

Do I have endorphins?

I certainly hope so. Endorphins are part of a group of chemicals naturally found in the brain called “neurotransmitters.”

They should be making you happy, but only if you treat them right!

Endorphins have pain-relieving properties, and euphoric properties (a “high” or buzz or in love feeling), they improve mood, affect the release of sex hormones, and reduce appetite.

Good guys to have around, for sure! And there’s more...

Endorphins naturally block pain signals in the nervous system. But low levels of endorphins can not only make you feel pain more distinctly, and it can also cause depression.

Depression? No!!! So what can I do?

Cut the sugar, as it can lower endorphin levels. Clinically, I have seen time and time again --when a patient stops consuming sugar, at least half of their pain level disappears!

And what else can I do?

There are nutritional supplements that can help you feel better:

Siberian ginseng and adrenal organ boosters such as Drenamin, Drenatrophin PMG, Adrenal Complex, and a few others made by Standard Process, an organic nutrient line available only through doctors. We can find the right one for you via a non-invasive test called Nutrition Response Testing (NRT), where we can quickly see which nutrients you require for optimum health as well as how much to take.

Endorphins are released in higher amounts with supplements, massage, acupuncture, local electrical stimulation, hydrotherapy, exercise, and chiropractic spinal manipulation.

So...if you take the right supplements and get adjusted, you will have less pain, eat less, be in a better mood, and feel amazing!