



Food Shopping List for Enhanced Brain-Based Wellness Provided to Users of Blue STAR Bright Mobile app By STARS of Wellness PLLC, 2015



DOPAMINE is the brain chemical that is associated with high voltage BETA waves and can result in high energy, powerfulness and reflexively fast responses. It mediates motivation, interest, drive and pleasure. Deficiencies in psychological terms can be noticed in fatigue, burn-out, depression, compulsions and addictions.

Integrating more of the following foods and spices into your diet may help improve **Dopamine:*

FRUITS

Apples
Dates
Pomegranate Juice

VEGGIES

Broccoli
Carrots
Garlic
Onions
Spinach

PROTIEN

Beef (lean)
Duck
Eggs
Soy Products
Pork
Turkey
Wild Game

SPICES

Basil
Bay Leaves
Black Pepper
Cayenne
Cumin
Fennel
Flaxseed
Garlic
Ginger
Mustard Seed
Rosemary
Savory
Sesame Seeds
Tarragon
Turmeric

DAIRY

Cottage Cheese
Ricotta Cheese
Yogurt

DRY GOODS

Almonds (unsalted)
Brown Rice
Chocolate (Dark)
Granola
Legumes
Lentils
Oatmeal
Quinoa
Tea (Black & Green)
Walnuts
Wheat Germ
Whole Wheat

*** Consult with your physician especially in instances of food allergies, sensitivities or dietary restrictions.**

Sources from Eric R. Braverman M.D. publications: The Edge Effect, (2005). The Healing Nutrients Within, (2003) and Younger (Sexier) You, (2011). For more information about the science of brain-based neurotransmitter health visit www.pathmed.com





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***ACETYLCHOLINE** is the brain neurotransmitter produced in the parietal lobes and is associated with language, intelligence/learning and attention. It is prevalent throughout the body as well as the brain and is responsible for memory and cognition. Deficiencies in psychological terms can be noticed in memory problems, loss of energy, apathy, and loss of enthusiasm for learning.*

**Integrating more of the following foods and spices into your diet may help improve
Acetylcholine:*

FRUITS

Blueberries
Grape Juice
Lemon
Oranges

VEGGIES

Asparagus
Avocados
Broccoli
Cabbage
Cauliflower
Lettuce

PROTIEN

Beef
Caviar
Chicken
Eggs
Fish
Liver, beef/chicken
Tofu

SPICES

All Spice
Basil
Black Pepper
Cumin
Rosemary
Olive Oil
Sage
Salvia
Thyme
Turmeric

DAIRY

Milk

DRY GOODS

Almonds (unsalted)
Fava Beans
Hazelnuts
Peanuts/Peanut Butter
Soybeans
Wheat Germ

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GAMMA-AMINOBUTYRIC ACID (GABA) is the inhibitory brain chemical produced in the temporal lobes and is associated with calming and rhythmic theta brain waves. Psychologically this neurotransmitter tends to be associated with routine, stability, calmness, consistency, empathy, organizational skills and reliability. Deficiencies can be noticed in terms of increased anxiety, tremulousness, worry, loss of order, loss of stability and a sense of uncertainty.

Integrating more of the following foods and spices into your diet may help improve **GABA:*

FRUITS

Bananas
Cantaloupe
Grapefruit
Carrots
Figs
Lemon
Mangos
Oranges

VEGGIES

Beets
Broccoli
Cilantro
Kale
Peas
Potatoes
Rutabagas
Spinach
Turnips
Yams

PROTIEN

Beans
Fish
Halibut
Lean Meats
Nuts
Poultry

SPICES

Caraway
Cardamom
Cinnamon
Cloves
Coriander
Lemongrass
Licorice Root
Marjoram
Oregano
Paprika
Passionflower
Poppy Seeds
Rosemary
Saffron
Sage
Turmeric

DRY GOODS

Bran
Brown Rice
Cassava (yucca)
High-Fiber Cerals
Lentils
Nuts
Oatmeal
Rice Bran
Walnuts
Wheat Bran
Whole Grains
Whole Wheat

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SEROTONIN is a brain chemical produced in the occipital lobes and is associated with re-synchronizing your brain so that every morning you wake up feeling refreshed and rested. It is a key neurotransmitter for emotional stability and “feeling good”. Imbalances are associated with certain mood disorders, especially depression. In the early stages, deficiencies can be noticed in terms of sleep difficulties, loss of enthusiasm, joylessness and poor judgment.

Integrating more of the following foods and spices into your diet may result in a more serene mood by elevating **Serotonin:*

VEGGIES

Avocado
Kelp

DAIRY

Cottage Cheese
Milk
Yogurt

DRY GOODS

Chocolate (dark)
Herbal Tea
Wheat Germ
Whole Grains

PROTIEN

Chicken
Duck
Egg
Hen
Herring
Pork
Soy Bean Products
Trout
Turkey

SPICES

Basil
Black Pepper
Borage
Cayenne Pepper
Cumin
Dill
Fennel
Licorice (Anise)
Marjoram
Nutmeg
Peppermint
Thyme
Turmeric

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