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FORGET DOPAMINE! MAKE FRIENDS WITH YOUR HYPOTHALAMUS.

Conservative western doctors still focus on dopamine deficiency when researching and treating Parkinson's disease. Yet even conservative research has shown that other neurotransmitters are involved when we display Parkinson's disease symptoms.

U.K. research has shown a strong involvement of serotonin, while other Australian and international studies have indicated that there are many neurotransmitters deficient when we display these symptoms.

Expression of neurotransmitters is a very complex matter with many triggers causing increase or decrease in production. But, fundamentally, neurotransmitters production is initiated by the response of our hypothalamus to many sensory inputs.

If we use a variety of techniques (simple to learn) to “make friends with” our hypothalamus and move it into a calmer, safer state of being, our neurotransmitter production will be better balanced and our health will improve.

