



Natural Psychiatry: Our Temperament is connected to our Brain chemistry

By Judith Pentz, M.D.


Did you know that your mental/emotional wellbeing and how you connect with the world happens through your Neurotransmitters—Serotonin is the pleasure generator linked to our feeling good. Dopamine aids in our being extroverted, and GABA aids in calming us and assists with our organizational skills. There is new research indicating that we each have a specific Neurotransmitter that is dominant and helps to shape the character we have and what physical/mental/emotional maladies we end up experiencing.

A 48 year old man came to see me. He had been experiencing sadness, anxiety and nausea as well as cravings for alcohol in the past few months. He had not responded well to his prescription medication and was experiencing loss of sex drive. Physical causes were reviewed by assessing labs and he received a physical exam from his family doctor. Labs showed increased cholesterol and low Vitamin D. His physical exam was normal. He was determined to have a GABA dominant personality style and needed GABA and serotonin as well. He benefited from lifestyle changes including increased exercise and finding quiet time before or after work. Adding GABA, Vitamin B6 and magnesium assisted in managing his anxiety. Other nutritional adjuncts included Omega 3, a multivitamin with both B complex and Vitamin D.

Psychotherapeutic issues explored loss and grief unresolved from 20 yrs ago. He was encouraged to explore a level of spirituality he was able to feel comfortable with—allowing the Divine to enter his life in a quiet but meaningful way. He also did an inventory of toxic people, food and video games he played and made adjustments. His cravings decreased with addition of low doses of Tryptophan and adding more hugs into his life!

We each have one dominant Neurotransmitter but all the Neurotransmitters are present in our body/brain. Knowing which one is “ruling” us is a helpful tool in navigating our mental/emotional/physical state of being so we are more balanced. This allows us to weather the challenges/opportunities life brings our way.

HOLISTIC PSYCHIATRY AT ITS BEST!



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