

Upgrade Your Limbic System

Begin Building for Yourself a new “Library” of Positive and Constructive Thoughts & Experiences

Monitor Your Friendships and Relationships:

- Are these providing with You with Constructive and Positive Energy and Experiences?

Physical Exercise:

- This by itself can improve Your Limbic System and Overall Brain Functions

Your Nutrition and Your Limbic System:

- Protein sources such as lean fish, beans, cheese, nuts (esp. almonds)
- Amino Acid L-Tryptophan (check with your doctor)
- Inositol (B vitamin family; check with your doctor)
- Avoid too many simple Carbohydrates (cakes, candy, pasta, bread)