

“How to Improve Your Sex Life and Productivity with Bioidentical Hormone Replacement Therapy & Neurotransmitters Balancing”

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What Can Be Done About Your Productivity? Neurotransmitter Balancing as a Real Solution

You've now been introduced to the different types of personalities and I have stressed that it is possible to change. You can be the person you want to be. You might now wonder how it's possible to become something different. Can you really change the way you have been for years? Yes.

Because the hard truth is that being productive cannot be managed unless you have your hormones balanced. No matter how valuable the advice is, you must balance your hormones and your neurotransmitters as well as be open to more changes in your daily life.

Let's take for example, a very typical problem. There are too many things to do and remember (memory, motivation and attention) and too much stress (stress reduction techniques).

You have too much on your mind and need clarification! too much in your mind, you need clarifications for many things. What you need here is rapid and clear thinking. You need to manage your actions, be more motivated and get rid of the unnecessary. For this, you need GABA.

Is it possible to fix this situation? Of course it is. This is the perfect example of where neurotransmitter balancing can work for you.

Lack of time is not the major issue here. Sure, we could all use a couple of more hours in the day to do everything we need to do. But, we aren't going to get it. So, how is it that some people do fine with what they have, while others feel helpless?

The real problem is a lack of clarity and definition of what a project really is and what the associated next action steps required are. In order to get that you need: motivation, memory, GABA to suppress unnecessary stimuli and obviously you need a good mood -- serotonin.

Also you need some energy and good sleep: testosterone estrogen and progesterone balancing.

The entire process should go like this:

1. You need to be captured: need motivation, attention, memory and discipline. For this, you need dopamine, acetylcholine, GABA.

2. Process: you need energy, hence no stress. Your cortisol level should be normal and you have to be able to think quickly. For that you need acetylcholine, and GABA to remove all unnecessary stimuli, which can only distract you.

3. Organize: You need GABA and acetylcholine.

4. Review: You need GABA and acetylcholine.

5. Then it has to be done: You need motivation: dopamine, and energy: cortisol level. You also need a quick mind: acetylcholine, and concentration: GABA.

Is it easier for you to see what you are lacking now? Are there certain parts that you think you can handle, but some that you are terrible at? Take a look at the next several articles and see that there is a whole world of possibilities.

The Strong One: Dopamine Personality Traits and What You Can Do To Become a Leader

Do you ever feel like you aren't interested in sex anymore?

Do you feel like you can't lose weight?

Do you feel like people take advantage of you?

Do you feel like you can't wake up no matter what?

Do you have trouble concentrating or not thinking fast enough?

You might be dopamine deficient, which is our first personality phenotype. This, very powerful, characteristic, is what makes up our CEOs and leaders. It is linked to executives and those who can think fast, make decisions, and achieve their goals. Dopamine personalities are confident and good at getting and keeping relationships.

People are full of energy and thoughts. They are social and outgoing, and sexually dominant.

Which leads us to dopamine deficiency. People who are dopamine deficient often have fatigue and depression. They are often obese and have addictions. Usually they need coffee to get up in the morning and lack motivation. Their motivation for sex is also decreased and they often sleep too much. They are also more likely to do what others tell them to do rather than lead.

Do you feel like this describes you? Do you wish there was something you could do about it? Well, there is!

Let's take for example you are at a meeting at work. Who is leading the meeting? Is it you? If it's not, do you wish that it was you but you don't really have the energy to push yourself to be that leader?

There are specific hormones and deficiencies that lead us to what we once thought was just a personality flaw we would always have to live with. However, in today's society, we understand that these personality flaws are not just flaws, but they affect and damage everything from our relationships to our careers.

The World's Greatest Thinkers

The Acetylcholine Personality

Do you have a hard time remembering dates and numbers?

Are you often embarrassed for forgetting anniversaries or not being romantic enough when you do remember?

Now that we have looked a little into dopamine type personalities, we can see that we all fall into each category a little bit. No one is strictly one type of personality. But the key is to find what kind suits you best, and which you are mostly lacking, connect it with the key hormones you are missing: AND FIX IT!

Acetylcholine, the second type of personality we are going to talk about is responsible for memory. These personalities can quickly recall facts and dates. It comes natural for them to look back and recapture information. It is also very easy for them to quickly process and use that information at the moment.

Acetylcholine personalities are quick to learn languages and pay good attention. They have good imaginations and are often smart. They also enjoy aroma and beauty. They like to flirt and are romantics. And they love to look toward a better future and creating harmony.

Are you afraid that you don't see these personality traits in yourself? Maybe this sounds more like you:

Those who have low acetylcholine have poor memories, insomnia, and have a hard time being romantic. They suffer with depression, have a hard time with relationships and caring about others and are often obsessed with their own deficiencies.

Many times those who have low acetylcholine have a loss of creativity and even suffer from learning disorders.

Some of the conditions associated with low acetylcholine include Alzheimer and dementia.

Smooth Operator: GABA Personalities Are Relaxed and On the Ball

The third type of personality is called GABA (gamma-amino butyric acid), the chief inhibitory neurotransmitter. It is associated with calmness, memory, and concentration.

Do you feel like you have a hard time concentrating?

Are you always nervous and shaky around others?

Are you embarrassed that you have sweaty palms?

Is it easy for you to get overwhelmed, even to the point of panic attacks?

GABA personalities are our cool, calm and collected friends. They are the ones who can handle anything, and can be counted on for anything, because they always come through.

The inhibitory neuronal transmitter suppresses the outside environment and allows the person to concentrate.

These people have great memories and don't need caffeine to wake up. They follow the rules and can achieve the goal without breaking or bending rules. They are logical and often fiscally responsible.

Does that sound like you? Do you think you have problems in some of these areas?

People, who have GABA deficiency often find it hard to concentrate, remember or even focus. Physical symptoms often accompany this, and it includes sweating, palpitations and shaking.

People who suffer from GABA deficiency can't keep friends, lie often and lose friends. Many times they break the law and have mood swings.

Some serious side effects include tremors, anxiety, insomnia, and even seizures. GABA deficient people tend to be associated with epilepsy, sleep disorders, and drug and alcohol addiction.

But don't feel hopeless. The first step is to come into our offices and fill out a questionnaire, speak with the doctor about your issues, and begin working on fixing your flaws.

Happiness and Joy Serotonin Personalities Love to Live

So far in our series, we have discussed the dopamine, acetylcholine, and GABA personalities. They are all very functional. Very good at work and logical. The final personality is Serotonin, and this is the lover. The lover of life and learning and happiness.

Do you find yourself wishing that you were happier?

Do you crave sugar all the time?

Are you not interested with sex or any sexual partner?

Are you afraid to take risks?

People associated with the Serotonin personality use all of their senses to achieve pleasure. They are enthusiastic and happy. They love challenges and goals and look for joy.

They are very perceptive and can concentrate easily. A good memory is natural for them and they use it to solve problems quickly and with a good persona. They don't really crave sweets and enjoy the outdoors.

Serotonin personalities also have aspects not so great, like when they have trouble finding a healthy, committed relationship or can't work hard for a long time. However, since they are usually looking toward achieving their happiness, they are OK with that.

Sexually, they are said to be very open and experimental, dramatic and spontaneous, as they are in their everyday lives.

Do you see yourself like this, or is this something you wish for? At work, do you wish that you could take on a project with confidence and ease. How about at home? Do you feel like you are looking for the joy and happiness of life or that you are going through the daily routine no matter whether or not it makes you feel fulfilled?

Serotonin deficiency can include memory problems and slow reactions. Insomnia and depression are also keep factors, as are sugar cravings. Suicidal thoughts are also related to serotonin deficiency.

If you truly feel that you may be serotonin deficient, it is possible to get better! There is a way to get the traits that you feel like you may be missing. First, call Doctor Kalitenko at 718-382-9200 and find out more about Bioidentical Hormone Replacement Therapy and neurotransmitter balancing.

Dopamine Deficiency Solutions Hormone Replacement Therapy Can Lead to Success

So, now you have read up on the four phenotypes and you think you might be dopamine deficient. You decided that you're sick of sitting on the sidelines while other people take the lead, get the job, get the satisfying sex life and relationship. You want to be successful, too.

As you get older it becomes more important for you to be able to be flexible and have all the traits that someone younger and more vibrant, and willing to work cheaper, has. You need to be able to compete in the work world. You also need to continue to make your spouse happy as you both age and change.

First, of course, you should make an appointment and discuss this, fill out a questionnaire, talk about this with a doctor who deals with hormone replacement.

Besides just hormone replacement, don't forget that we have natural ways that you can change your life to help you to change some of the traits you are unhappy with.

What you eat definitely alters your traits and moods. For someone who is dopamine deficient, they should look to a diet that has smaller, higher protein meals. They should restrict carbohydrates, eat rice and leafy vegetables, milk, cottage cheese, curd, chicken, dark chocolate, duck, eggs, pork, ricotta, Turkey, walnuts, and soy beans.

If considering Bioidentical Hormone Replacement Therapy, be prepared for your doctor to discuss estrogen, testosterone, cortisol, HGH, DHEA and thyroxin.

Becoming The Hopeful Romantic Raising Up Your Acetylcholine

Do you wish that you could be more romantic? Maybe remembering your anniversary would be a good start, or coming up with the perfect gift. Are you sick of forgetting things at work, being passed up for promotions because something else can take in and remember information better than you can.

Acetylcholine deficient people tend to be depressed and care only about themselves. Many times they are hard to keep in relationship and often disoriented and confused.

If the symptoms discussed in the acetylcholine deficient categories describe you, there is hope for you!

First, we encourage you to make an appointment at our offices to take a questionnaire and find out exactly where you stand. Then, we will work with you on a program of possible Bioidentical Hormone Replacement Therapy and neurotransmitter balancing, as well as lifestyle changes that include food, sleep and stress relief, to help you no longer feel deficient in any aspect of your life.

If you find yourself in this category, it doesn't mean it's just your personality type and you have to live with it forever. It rather means that you can now take control of your life and see what you need to make your future successful and happy.

Some of the food associated with helping up your acetylcholine include almonds, artichokes, beef, broccoli, egg, cabbage, fish, liver, pork, shrimp, avocado, cucumber and zucchini

The hormones that could be responsible include estrogen, pregnenolone, HGH and DHEA. We can help you at our offices.

For more information, call 718-382-9200.

GABA Deficiency Have You Running Scared? Look Into Altering Solutions To Keep Your Cool

Do you want to be that person that can handle anything calmly and rationally? Want to be able to come up with answers, to put together an idea at work from beginning to end?

Are you sick of people associating you with always being nervous and jumpy?

It's hard to know you are the one that no body can count on. Maybe you're always nervous and you put yourself in the background because you know that you can't handle projects with the clarity that you need.

Is it hard for you to be in a relationship because you are always panicked or scared or uncomfortable with your physical symptoms, like sweaty palms, palpitations and shakes?

There is something that you can do! With a tailored plan of Bioidentical Hormone Replacement Therapy, neurotransmitter balancing, the right foods, stress relief solutions and supplements tailored to your specific needs, it is possible to for you to get the personality traits that you lack.

GABA personalities, associated with concentration and pushing through, with calmness and rationality, are the do-ers at our jobs. The ones who, following the rules, will get a project done with no problem.

It is important at your job, with your family, and in relationships, that you can be counted on to come through. It will only hurt you to know that you are living with something, a deficiency that you don't have to live

with. You can be more successful in so many aspects of your life if you just find out what you are lacking and make the move to fix it.

It isn't benefiting your job or your home life when people know that you can't be trusted. When others have to solve problems while you sit by, nervous and useless, it hurts you and those around you.

Hormones associated with GABA and GABA deficiencies are progesterone and pregnenolone, which we would work with when you came to our offices.

Foods that you can look to also help include almonds, bananas, liver, broccoli, brown rice, lentils, oranges, potato, spinach, and walnuts.

Call our offices at 718-382-9200 for more information and to schedule and appointment with Doctor Kalitenko. Find out how you can be balanced again.

A Life of Happiness Curing Serotonin Deficiency

Is it hard for you to feel truly happy? Do you feel like you have no energy, but wish that you were that person? The one that goes for what they want and does what they want, when they want it?

You know those people. The ones that just go out and get what makes them happy. And yet you sit there and feel trapped in your own life. They are the ones who seem like nothing bothers them. They don't overeat, they are energetic and loveable and social. They get pleasure from everything they do, and if they don't...they don't do it!

Sometimes it's just part of life that you have to do things that you don't always want to do. But sometimes, it is a true deficiency. To feel depressed and unable to achieve goals. To feel like you can't

enjoy anything. To constantly be craving sweets. This could be a serotonin deficiency and the good news is: You don't have to take it anymore.

With neurotransmitter balancing, it is possible to fix what you thought was just part of your personality.

And this can help you in your personal as well as work life. If you enjoy what you are doing, are more confident and up to a challenge, the goals you will achieve will be endless.

Foods that are said to help with serotonin include avocado, cheese, chicken, chocolate, cottage cheese, duck, egg, pork, turkey, yogurt, and milk.

Jogging, walking, yoga and aerobics are encouraged.

Progesterone, HGH, pregnenolone are the hormones associated with serotonin deficiency.

You can achieve wellness, happiness and balance. First, accept that you are not stuck with the personality traits you have. They are part of you, but they need not be permanent. Call my offices at 718-382-9200 to find out how to become who you want to be!

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