Anterior Cingulate Gyrus (ACG) Summary
(The brain’s gear shifter)

**ACG Functions**
- Brain’s gear shifter
- Cognitive flexibility
- Cooperation
- Go from idea to idea
- See options
- Go with the flow

**ACG Problems**
- Gets stuck on negative thoughts or behaviors
- Worries
- Holds grudges
- Obsessions/compulsions
- Inflexible, may appear selfish
- Oppositional /argumentative
- Upset when things do not go your way
- Intense dislike for change
- Tend to say no without thinking

**Diagnostic Problems**
- OCD
- Eating Disorder
- Chronic pain (stuck on pain)
- Oppositional defiant disorder
- Difficult temperaments (need to have way)
- Tourette’s syndrome
- Addictions
- PMS< some types
- Posttraumatic stress

**Ways to Balance the ACG System**
- Neurofeedback to calm ACG activity
- Intense aerobic exercise
- Relationship counseling, anger management
- Lower protein/complex carbs diet

**ACG Supplements**, to boost serotonin to the brain, such as 5-HTP or St, John’s Wort

5-HTP (hydroxytryptophan) supports the nervous system by promoting the production of serotonin. The body converts 5-HTP into serotonin, an important neurotransmitter responsible for mood, hunger, and sleep. A lack of serotonin can lead to increased feelings of hunger, anxiety, depression and lack of sleep.

People taking prescription medication or pregnant or nursing women should consult a health professional before taking 5-HTP.

St. John’s Wort contains at least 10 pharmacologically active constituents. Numerous studies show that one of these, hypericin, appears to act similar to MAO inhibitors and serotonin-reuptake inhibitors, elevating mood and acting as a mild sedative.

Another constituent, hyperforin, may have more powerful mood-enhancing properties. A randomized, double-blind, placebo-controlled study published in 1998 showed that patients who received the highest amounts of hyperforin-containing St. John’s Wort scored highest on the Hamilton Rating Scale for Depression (A higher score on the rating scale indicates lower levels of depression).