

Deep Limbic System (DLS) Summary

(the mood and bonding center)

DLS Functions

- Mood Control
- Charged memories
- Flight or fight response
- Modulates motivation
- Sets emotional tone
- Appetite/sleep cycles
- Bonding
- Sense of smell
- Libido

DLS Problems

- Depression, sadness
- Focused on the negative
- Irritability
- Low motivation and energy
- Negativity, blame, guilt
- Poor sleep and appetite
- Social disconnection
- Isolation
- Low self-esteem
- Low libido
- Hopelessness
- Decreased interest in things that are usually fun
- Feelings of worthlessness or helplessness
- Feeling dissatisfied or bored
- Crying spells

Diagnostic Problems Associated with Abnormal DLS Activity

Depression

Pain syndromes

Cyclic mood disorders

Ways to Balance the DLS

Biofeedback, increase left PFC activity

Intense aerobic exercise

Relationship counseling

Increased protein diet

Cognitive-behavioral strategies to deal with ANTs (automatic negative thoughts)

DLS Supplements:

Brain Protex w/Huperzine A (60 caps) NSP Stock #3114-1 is a unique blend designed to provide the brain with maximum protection against free radical damage and nutrients that support optimal brain health.

Huperzine may help prevent the breakdown of acetylcholine, which seems to be an indicator of overall memory function.

Focus Attention (90 caps) NSP Stock #1833-4 is a unique herbal blend that contains *Melissssa officinalis*, Ginkgo biloba, DMAE (dimethylaminoethanol), Slippery Elm, L-Glutamine and Grape Seed Extract. This unique blend provides important nutrients for normal brain-stimulation levels. In addition, it helps modulate brain activity and energy levels. It also supports blood circulation and neurotransmitters in the brain.

Ingredients in Focus Attention help protect the body from undesirable side effects caused by drugs or exposure to toxic chemicals, food additives, pesticides, etc. It also combines powerful nutrients to restore balanced mental activity.