

Re: increasing serotonin-levels

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From: John Savage (rookswood_at_suburbian.com.au)

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Bob <bbruner@uclink4.berkeley.edu> writes:

>On Mon, 17 May 2004 23:07:21 +0100, "nieuws" <rlagas@planet.nl> wrote:

>

>>How can I increase serotonin-levels in my brain without taking taking

>>medicines such as SSRI's (Selective Serotonin Reuptake Inhibitor). Which

>>food is suitable ?

>>

>Recent news story said that getting a dog would be good.

But patting it would be even better.

Rebecca Johnson, nursing and veterinary medicine, Uni of Missouri-Columbia, at a conference in Barcelona says preliminary results of ongoing research "indicate that levels of serotonin rise dramatically after interaction with live animals, particularly dogs." Blood tests before and after also showed increases in the other feelgood hormones, prolactin and oxytocin.

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John Savage (news address invalid; keep news replies in newsgroup)