

NEUROCHEMISTRY BIBLIOGRAPHY

Scholarly Journals and Books

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- Role of drugs on neurotransmitters

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Easy-to-Read Articles Appearing to be Science Based

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Alban, D. (n.d.). How to balance norepinephrine levels naturally. Retrieved from Be Brain Fit website:

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- Comprehensive summary about norepinephrine

Alban, D. (n.d.). Neurotransmitter testing: is it effective? Is there a better alternative? Retrieved from Be Brain Fit website: <https://bebrainfit.com/neurotransmitter-testing/>

- Good symptom checklist
- Links to quizzes for self-diagnosis

Angelaki, D., Dickman, & David, J. (n.d.). The vestibular system. Retrieved from NOAB website:

<http://nobaproject.com/modules/the-vestibular-system>

- In-depth summary of vestibular system with mention of neurotransmitters involved

Bergland, C. (2016, February 28). Neuroscience pinpoints unique way exercise fights depression. Retrieved from Psychology Today website: <https://www.psychologytoday.com/blog/the-athletes-way/201602/neuroscience-pinpoints-unique-way-exercise-fights-depression>

- Easy-to-read article that outlines intensity and duration resulting in neurochemical changes in GABA and glutamate

The biochemistry of anxiety. (n.d.). Available from CalmClinic website:

<https://www.calmclinic.com/anxiety/biochemistry-of-anxiety>

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- Cool weighted blanket infographic!

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<https://www.understood.org/en/learning-attention-issues/child-learning-disabilities/information-processing-issues/at-a-glance-4-ways-brain-structure-and-chemistry-may-affect-processing-speed>

- Nice infographic

Braverman Personality Type Assessment. Available from <https://www.bravermantest.com/>

- Not a strong basis in research

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- Easy to read
- Epstein, A. R. (2014). *Coping with anxiety and stress disorders*. (2014). Boston, MA: Harvard Health Publishing. Available from <https://www.health.harvard.edu/mind-and-mood/coping-with-anxiety-and-stress-disorders>
- Exercise may help boost brain neurotransmitters, improve mental health. (2016). Los Angeles, CA: Anthem Media Group. Retrieved from ProQuest website: <https://search.proquest.com/docview/1769837218?accountid=143111>
- Role of exercise on glutamate and GABA
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- Hain, T. (2017, December 26). Neurotransmitters in the vestibular system: Dizziness and BALANCE. Retrieved from Dizziness-and-balance.com website: <http://www.dizziness-and-balance.com/anatomy/physiology/neurotransmitters.htm>
- In depth with good references
- Healthline Editorial Team. (2015, April 28). 7 foods that could boost your serotonin: The serotonin diet. Retrieved from Healthline website: <https://www.healthline.com/health/healthy-sleep/foods-that-could-boost-your-serotonin>
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- Easy-to-read, comprehensive information about dopamine with links to research
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- Easy to read explanation of the benefits of inversion with references
- Jockers, D. (n.d.). Is your brain making enough GABA? Retrieved from DRJockers website: <https://drjockers.com/gaba/>
- Easy to read with lots of helpful visuals
- King, P. (2015, August 23). What are the main neurotransmitters? Retrieved from Quora website: <https://www.quora.com/What-are-the-main-neurotransmitters>
- The link between the brain and your happiness and health. (2017, September 11). Retrieved from InnerDynamics website: <http://www.innerdynamicsmap.com/link-brain-happiness-health/>
- Low levels of neurotransmitter serotonin may perpetuate child abuse across generations. (2007, February 9). Available from University of Chicago News Office website: <http://www-news.uchicago.edu/releases/06/061102.childabuse.shtml>
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- Easy-to-read explanation of dopamine
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- Easy-to-read overview of effects of adrenaline and cortisol
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- Thorough and easy-to-read
- Neil, J. (2017, November 27). Motivation and emotion: Neurotransmitters and emotion. Retrieved from Wikiversity website:

https://en.wikiversity.org/w/index.php?title=Motivation_and_emotion/Book/2017/Neurotransmitters_and_emotion&oldid=1784904

- Easy-to-read summary of impact of neurotransmitters on emotions

Neurotransmitters and autism. (n.d.). Retrieved from Autism Coach website:

<http://autismcoach.com/neurotransmitters-and-autism/>

- In-depth summary of neurochemical differences and gut-brain connection

Neurotransmitters: Serotonin, Gaba, Dopamine, and Acetylcholine. (2011, December 5). Retrieved from Know Mental.com website: <http://knowmental.com/neurotransmitters-serotonin-gaba-dopamine-acetylcholine/>

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Park, A. (2008, December 30). Why We Take Risks – It's the Dopamine. Retrieved from STAR Institute website:

<http://content.time.com/time/health/article/0,8599,1869106,00.html>

Patoine, B. (2009, October 13). Desperately seeking sensation: fear, reward, and the human need for novelty. Retrieved from The Dana Foundation website: <http://www.dana.org/News/Details.aspx?id=43484>

- Nicely summarizes connection of dopamine to sensation seeking and addictive behaviors

RPE Scales for Kids:

- https://host.healthiergeneration.org/_asset/lsvgo/15-6382_RPEscaleKids.pdf
- https://vignette.wikia.nocookie.net/aforathlete/images/7/74/RPE_Training_%28chart%29.gif/revision/latest?cb=20150604021925

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Schuster, S. (2011, September). Norepinephrine vs. epinephrine. Retrieved from Livestrong website:

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- The role of exercise on these two chemical hormones

Silver, L. (n.d.). ADHD Neuroscience 101. Retrieved from Attitude website:

<https://www.additudemag.com/neuroscience-101/>

- Great article about neurotransmitters and ADHD; also covers brain regions affected by ADHD

Sincero, S. M. (2013, March 21). Neural transmission. Retrieved from Explorable website:

<https://explorable.com/neural-transmission>.

- Good overview of how neural transmission works

Stannard G. E. (2016). Neurotransmitters Involved in ADHD. Retrieved from PsychCentral website:

<https://psychcentral.com/lib/neurotransmitters-involved-in-adhd/>

- Covers the three subtypes of ADHD
- Covers stimulant vs non-stimulant med options
- In-depth, scientific information about neurotransmitter involvement

University Health News Staff. (2017, July 17). Norepinephrine deficiency: Surprising research challenges our understanding of natural depression remedies. Retrieved from University Health News Daily website:

<https://universityhealthnews.com/daily/depression/surprising-research-challenges-our-understanding-of-norepinephrine-deficiency/>

- Easy to read article about norepinephrine's role and ways to change levels

Valenzuela, C., Puglia, M., & Zucca, S. (2018). *Alcohol Research & Health*, 34(1). Available from National Institute on Alcohol Abuse and Alcoholism website: <https://pubs.niaaa.nih.gov/publications/arh341/106-120.htm>

- Easy-to-read overview with explanation of inhibitory vs. excitatory

Westby, C. E. (2014). Social neuroscience and theory of mind. *Folia Phoniatica Et Logopaedica*, 66(1–2), 7–17.

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- Scientific article on ASD mind.

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