

Biohack Your Brain



What Hormones Actually Do What?

The Hormones That Matter

Adrenaline - Gives us stress but also energy.

Serotonin - Gives us a safe feeling of being “at home”.

Dopamine - The reward molecule. When we get a compliment we produce dopamine.

DMT - Gives a feeling of being in tune with our intuition.

Endorphins - Natural painkiller and gives us a primal feeling of being okay.

Melatonin - For (better) sleep.

Adrenaline

When Adrenaline is released into the bloodstream, it boosts the supply of oxygen and glucose to the brain and muscles. Temporarily making you stronger. Both mentally and physically. At the same time it suppresses other non-emergency bodily processes, digestion in particular.

We need adrenaline to get into action. But if you are producing too much it gives you stress. It is essential that after an adrenaline release you slow down. This way adrenaline is a very healthy hormone that aids us in having energy. Too much, too long will get you into a burn out.

Adrenaline in combination with dopamine gives you the feeling of “flow”. Everything is just right.

Serotonin

Serotonin is produced in the pineal gland and in the gut. It helps with mood regulation and memory. It is a neurotransmitter that also has important jobs in other parts of the body. Most of the serotonin in your body is found in your gut, not your brain. Not only do the intestines produce almost all of the body's serotonin supply, serotonin is also required there to promote healthy digestion.

Serotonin gives you a feeling of happiness but not as intense as dopamine. More in a “I am relaxed and feel at home” kind of way.

Dopamine

Dopamine is the “reward molecule”. If you get a compliment you will produce dopamine. Also when you scratch something of your to do list. It gives you an energetic feeling of happiness. I call it the “yahooooo let’s go party!”-molecule.

Regular workout increases the dopamine (and endorphin) production. So does enough sleep, meditation and enough sunlight.

Dopamine in combination with adrenaline gives you motivation. That feeling of totally being on the right path. Breathing techniques like the Wim Hof Method, Tummo and my own technique called TT breathing may give you this feeling of flow.

Try it out! <https://youtu.be/ueElzRvXens>

Endorphins

Endorphins are made after a workout and after cold training (a cold shower or an ice bath). The “high” that you feel is caused by endorphins. They reduce discomfort and pain and maximize pleasure. This helps us to continue functioning despite injury or stress. Hence endorphins are natural painkillers

They play an important role in reducing stress and anxiety.

The feeling you get when your endorphin levels are good is confident and optimistic. It gives your self-esteem a boost.

Try and your shower cold for 30 seconds. You will know what the feeling of enough endorphins feels like.

DMT

Some scientists claim DMT is made inside our brain in the pineal gland and releases it when we dream. Some say that is not true.

Natural ways of releasing DMT are:

- Sitting in a dark room for days.
- Some breathing techniques. Here is a link to a DMT session from me on Youtube.
<https://www.youtube.com/watch?v=iYfHYAdvxqw&t=1283s>
- Some medicinal drugs (Ayahuasca)

DMT produces mosaics when you have your eyes closed. For me, DMT gives me a connection with my intuition, setting out the long term beneficial path.

Melatonin

Melatonin is the hormone that lets you fall asleep. Other than that it is a great anti-inflammatory molecule. It is supposed to reduce the risk of cancer.

It is produced (as serotonin and DMT) in the pineal gland.

Magnesium is supposed to increase the melatonin production.

Screen time (like now when you are reading this) is diminishing the production of melatonin. Watching Netflix before going to sleep may not be very wise.

Put your phone, laptop and iPad away a few hours before going to bed. It may make you sleep a lot better!

Key Takeaways

Adrenaline is not always bad. It gives us energy but too much of it gives us stress.

Adrenaline in combination with dopamine gives us the feeling of “flow”. Everything is just perfect as it is.

A breathing techniques like TT, Tummo or the Wim Hof Method releases these two hormones. That is why you feel so good afterwards.

Endorphins are natural painkillers. Through cold training (ending your shower cold or an ice bath) and exercise you make more of them.

Serotonin and DMT are produced in the gut as well as in the pineal gland. Please keep on belly breathing for a healthier gut and a more optimal hormonal system.