

EMOTION	MERIDIAN	NEURO TRANSMITTER	NUTRITION	MUSCLE	COLOUR	IMMUNE	IMMUNE NUTRITION
Shame & Humiliation	Bl 1	↓ Serotonin	Tryptophan, B3, B6, Folic, Fe, Zn, Mg	Tibialis post Peroneals		↓ B cells	Vit C, Vit E, Astragalus, Echinacea, Ginseng, Immune WHY 600,
Anxiety & Fear	Kid 27	↑ Serotonin	Cu, B2, SAM (Mg, Zn), AcetylCo, Glutathione, Glucuronic, Sulfur	Kidney Iliacus Upper trap		↑ B cells	Omega 3, Flax oil, DHA, Astragalus, Chilli, Moly, Ginseng, Vit D, E, K, Sugar
Guilt & Blame	GB 1	↓ Acetylcholine	Acetyl CoA, Choline B1, Mn	Popliteus		↓ T cells	Sel, Astragalus, Horseradish, Cats claw, Echinacea, Glutamine
Pride & Scorn	Liv 14	↑ Acetylcholine	B, B3, Mn, Mg, Zn	PMS Rhomboids		↑ T cells	Sugar, Cortisol, Gamma & Xrays, Hg, Statins
Apathy & Despair	LI 20	↓ GABA	Glutamate, B6, Mg, Zn	TFL Hamstrings Quadratus lum		↓ Eosinophils	Zn, Cu, mn, Fe, Ginger, Turmeric, Mustard, Horseradish
Anger & Hate	Lung 1	↑ GABA	B6, Mg, Zn	Deltoid Coracobrach Serratus Ant		↑ Eosinophils	Catalase, Ginkgo biloba
Grief & Regret	CV 24	↓ Dopamine	Tyrosine, B3, B6, Folic, Fe, Zn, Mg	Supraspinatus Infraspinatus		↓ Monocytes	Mag mal
Craving & Desire	GV 27	↑ Dopamine	Cu, B2, SAM (Mg, Zn), AcetylCo, Glutathione, Glucuronic, Sulfur	Teres major		↑ Monocytes	Tobacco
Lethargy	St 1	↓ Histamine	Histidine, B6, Mg, Zn	PMC Neck flexors		↓ Basophils	Allergens
Agitation	Sp 21	↑ Histamine	Cu, B2, SAM (Mg, Zn),	Latissimus d Triceps		↑ Basophils	Mg, Vit E, Zn, Lutein / Zeaxanthine, Quercitin, Hesperadin
Laziness	SI 19	↓ Noradrenalin	Tyrosine, B3, B6, Folic, Fe, Zn, Mg, B12, Cu, Vit C	Quadriceps Abdominals		↓ Neutrophils	I, Br, Cl, Sel, Zn, Ionic silver, Ginger, Turmeric, Mustard
Tension	Ht 1	↑ Noradrenalin	Cu, B2, SAM (Mg, Zn), AcetylCo, Glutathione, Glucuronic, Sulfur	Subscapularis		↑ Neutrophils	Catalase, Sugars
Aimless	TW 23	↓ Excitatory	Aspartate, B6, Zn. Glutamate, Mg	Teres min		↓ NK	Sel, Rhodiola, Vit A, B5, B12, C, D, E, Shark liver oil, Germanium
Manic	CX 1	↑ Excitatory	B2, Fe, Mg, B6, Vit C.	Gluteals Sartorius Gracilis		↑ NK	Glucocorticoids, Excess dietary fats