

Serotonin Deficiency

Related Symptoms and Conditions

For a serotonin nature, the early warning signs of deteriorating health are the result of a serotonin deficiency, which causes a disconnect between the mind and body. This disconnect can manifest itself in a variety of ways, including any of the following symptoms and conditions.

Physical Issues

Abnormal sense of smell	Drug reactions	Paresthesia
Abnormal sleep positions	Dry mouth	PMS or excessive menstrual bleeding
Aches and soreness	Flushing or pallor	Premature ejaculation
Allergies	Hallucinations	Premature orgasm for women
Arthritis	Headache	Salt cravings
Backache	High pain/pleasure threshold	Shortness of breath
Blurred vision	Hypersensitivity	Tachycardia
Butterflies in stomach	Hypersomnia	Tinnitus
Carbohydrate cravings	Hypertension	Tremor
Choking sensation	Insomnia and early-morning awakening	Urinary frequency
Cold or clammy hands	Lump in throat	Vomiting
Constipation	Muscle tension	Weight gain
Diarrhea	Nausea	Yawning
Difficulty swallowing	Night sweats	
Dizziness or light-headedness	Palpitations	
Drug and alcohol addiction		

Personality Issues

Codependency	Lack of pleasure	Perfectionism
Depersonalization	Loner behaviors	Phobias
Depression	Masochistic tendencies	Rage
Impulsiveness	Obsessive-compulsive disorder	Self-absorption
Lack of artistic appreciation	Paranoia	Shyness
Lack of common sense		

Memory Issues

Confusion	Memory loss	Too many ideas to manage
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Attention Issues

Difficulty concentrating	Restlessness	Slow reaction time
Hypervigilance		

Obviously, no one person will have all of these symptoms at once, and certainly some are more serious than others.