

## The 5 Brain Types Associated with Obesity

Similar to the brains of addicts, overeaters tend to have specific brain patterns associated with being overweight or obese. If you've struggled with weight issues, it is likely your brain is driving this behavior in one of these five ways.

### Type 1: Compulsive Overeater

This type of overeater often has low serotonin and overactivity in the ACG.

Primary Symptoms:

- Gets stuck on thoughts about food
- Compulsively driven
- Feels no control
- Night time eater
- Worry
- Trouble sleeping

Compulsive Overeaters can benefit from ACG 4 Circle prescriptions, including:

- Supplements that boost serotonin:
  - 5HTP
  - Inositol
  - Saffron
  - L-tryptophan
  - St. John's Wort
- Learn to distract yourself when you get a thought in your head more than 3 times
- Intense exercise
- A higher "smart" carbohydrate diet
- DHA Omega-3

### Type 2: Impulsive Overeater

This type of overeater tends to have low dopamine and decreased activity in the PFC. Of note, having ADD doubles a person's risk for obesity.

Primary Symptoms:

- Poor impulse control
- Hard time saying "no" even if not really hungry
- Short attention span
- Distractibility
- Disorganization

Impulsive Overeaters can benefit from the PFC 4 Circle prescriptions, including:

- Dopamine-boosting supplements:
  - Green tea
  - L-tyrosine
  - Rhodiola
  - Ginseng
  - Zinc
  - Ferritin
- Structured goal setting
- Intense exercise

- A diet higher in high quality protein
- EPA Omega-3

### **Type 3: Impulsive-Compulsive Overeater**

People with this type have a combination of both impulsive and compulsive features, due to low serotonin and low dopamine. They have too much activity in the attention region (ACG) and too little activity in the supervising region (PFC).

Impulsive-Compulsive Overeaters can benefit from the PFC and ACG 4 Circle prescriptions, including:

- Boost dopamine & serotonin with a combination of:
  - Green tea PLUS 5HTP
- NOTE: Green tea or 5HTP alone makes this type worse
- Learn how to distract yourself when you get a thought in your head more than three times
- Structured goal setting
- Intense exercise
- A balanced diet
- EPA/DHA Omega-3

### **Type 4: Sad or Emotional Overeater**

People with this type tend to use food to medicate underlying feelings of sadness and to calm the emotional storms in their brains. They typically have increased limbic activity along with decreased levels of dopamine and norepinephrine. They often struggle with:

- Depression
- Low energy
- Low self-esteem
- Pain symptoms
- Winter weight gain

Sad or Emotional Overeaters can benefit from the Limbic 4 Circle prescriptions, including:

- Supplements:
  - Omega-3s
  - SAmE
- Learning to Kill the ANTs
- Intense exercise
- A diet balanced between protein and carbohydrates

### **Type 5: Anxious Overeaters**

People with this type often use food to medicate their feelings of anxiety. They tend to have overactive basal ganglia and low levels of GABA.

Primary Symptoms:

- Nervousness
- Predicting the worst
- Physical tension

Anxious Overeaters can benefit from the Basal Ganglia 4 Circle prescriptions, including:

- Supplements to boost GABA:
  - Magnesium
  - Relora
  - Holy Basil
  - B6
  - Theanine
  - GABA
  - Valerian
  - Kava Kava
- Learning to Kill the ANTs
- Meditation
- Hypnosis
- Deep breathing exercises
- Heart Rate Variability (HRV) training
- Intense exercise
- Balanced diet
- DHA Omega-3