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## Student Success \ Brain, Emotion, and Health

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### Upgrade Your Limbic System

**BEGIN BUILDING FOR YOURSELF A NEW “LIBRARY” OF POSITIVE & CONSTRUCTIVE THOUGHTS AND EXPERIENCES**

**MONITOR YOUR FRIENDSHIPS AND RELATIONSHIPS**

- Are these people providing you with constructive and positive energy and experiences?

**PHYSICAL EXERCISE**

- This by itself can improve your limbic system and overall brain functions.

**YOUR NUTRITION AND YOUR LIMBIC SYSTEM**

- Protein sources such as lean fish, beans, cheese, and nuts (esp. almonds).
- Amino Acid L-Tryptophan (check with your doctor).
- Inositol (B vitamin family; check with your doctor).
- Avoid too many simple carbohydrates (cakes, candy, pasta, and bread).