

# Dopamine Deficiency

## Related Symptoms and Conditions

With a dopamine deficiency, the early warning signs of deteriorating health are related to loss of energy: physically you experience fatigue, and mentally you're sluggish. These effects can show up in your body in a variety of ways and can affect any of the four major domains of brain function.

**A dopamine deficiency can cause any of these symptoms:**

### Physical Issues

Anemia	Excessive sleep	Narcolepsy
Balance problems	Food cravings	Nicotine cravings
Blood sugar instability	Head and facial tremor	Obesity
Bone density loss	High Blood Pressure	Parkinson's disease
Carbohydrate binges	Hyperglycemia	Slow or poor metabolism
Constipation	Inability to gain or lose weight	Slow or rigid movements
Decreased desire for food	Joint pain	Substance abuse
Decreased physical strength and activity	Kidney problems	Sugar or junk food cravings
Diabetes	Light-headedness	Tremors
Diarrhea	Low sex drive	Thyroid disorders
Difficulty achieving orgasm	Movement disorders	Trouble swallowing
Digestion problems		

### Personality Issues

Aggression	Hedonistic behavior
Anger	Inability to handle stress
Carelessness	Isolating oneself from others
Depression	Mood swings
Fear of being observed	Procrastination
Guilt or feelings of worthlessness/ hopelessness	Self-destructive thoughts hopelessness

### Memory Issues

Distractibility	Lack of working memory
Failure to listen and follow instructions	Poor abstract thinking
Forgetfulness	Slow processing speed

### Attention Issues

Attention deficit disorder	Hyperactivity
Decreased alertness	Impulsive behavior
Failure to finish tasks	Poor concentration

Obviously, no one person will have all of the listed symptoms of dopamine deficiency at once. Yet all of these symptoms are treated every day by thousand of doctors, most of whom overlook or may be unaware of the fact that they are caused by a dopamine deficiency.

Dr. Brian N. Hardy  
(435) 688-8830