## 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 Abnormal sleep positions Aches and soreness Allergies Arthritis Backache Blurred vision Butterflies in stomach Carbohydrate cravings Choking sensation Cold or clammy hands Constipation Diarrhea Difficulty swallowing Dizziness or light-headedness Drug and alcohol addiction	Drug reactions Dry mouth Flushing or pallor Hallucinations Headache High pain/pleasure threshold Hypersensitivity Hypersomnia Hypertension Insomnia and early-morning awakening Lump in throat Muscle tension Nausea Night sweats Palpitations	Paresthesia PMS or excessive menstrual bleeding Premature ejaculation Premature orgasm for women Salt cravings Shortness of breath Tachycardia Tinnitus Tremor Urinary frequency Vomiting Weight gain Yawning
Codependency Depersonalization Depression Impulsiveness Lack of artistic appreciation Lack of common sense	Lack of pleasure Loner behaviors Masochistic tendencies Obsessive-compulsive disorder Paranoia	Perfectionism Phobias Rage Self-absorption Shyness
Memory Issues		
Confusion	Memory loss	Too many ideas to manage
Attention Issues		
Difficulty concentrating Hypervigilance	Restlessness	Slow reaction time

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