

Chronically Underwhelmed

Chronically Underwhelmed:
The Modern Journey Back to Happiness

by

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Abstract

The biological environment of depression is produced by a change in the way excitable cells communicate. Where there are too few transporters or an excess of binding sites, serotonin can accumulate creating neurological and behavioral changes. Symptoms of depression are experienced when the excitable cells are chronically underwhelmed by a low turnover of intracellular signaling. Research from Genetics and Molecular Biology will be discussed in its ability to present solutions towards maintainable lifestyle options for reducing or improving depression.

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