

Not in the mood for love this Valentine's?

Submitted by: Partners in PR Ltd

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Increase your 'love molecule' with help from SimplyVital.com

Valentines Day is supposed to be the most romantic day of the year and these days there is a lot of external pressure on us to be loving and romantic. This pressure can turn into a source of worry for many people and 14th February can even be quite depressing for many singletons!

However, at Simply Vital, we get quite excited about love, so if you would like to be more positive this Valentine's day, we invite you to visit us at www.simplyvital.com where you can learn more about the "love molecule", find products to raise your mood, motivation and libido, and, claim your free flower essence to help you with your relationships!

PEA – the "love molecule" is important for health

Phenylethylamine or PEA is an amino acid naturally produced by our brain when we feel calm, loving and joyful. PEA is known to have specific neuroregenerating properties and is responsible for increasing brain attention, mental acuity and improving mood. People in love have particularly high levels, hence it was named the "love molecule" by scientists.

Interestingly, unhappy or depressed people produce very little PEA, which negatively affects the levels of other important neurotransmitters such as dopamine, serotonin etc and although not widely known, it is dopamine that is required for the generation of pleasurable feelings, sexual desire and motivation. If you are not feeling any of these feelings, you may find it helpful to top up your dopamine levels by taking PEA orally.

Natural food products with high levels of PEA

PEA has been shown to lift mild to moderate depressions, substantially improve libido and increase energy levels significantly since it directly contributes to increasing the freely circulating dopamine in the brain.

There are only two natural food sources with significant quantities of PEA; wild Klamath blue-green algae and raw cacao. Find these special wild foods in:

vitalMAX - pure, wild organic Klamath blue-green algae with extra high levels of nutrients and PEA.

vitalWOMAN - pure, wild organic Klamath blue-green algae (AFA), soy isoflavones and herbs.

WILDBARS - raw cacao, wild blue-green algae, a concentrate of PEA, macadamia nuts, hemp seeds, maca root powder and mesquite: a rich chocolate treat with a low glycaemic index. Eat this super concentrated PEA bar either as a meal replacement or as dessert.

Flower essences and relationships

Working at the emotional level, vitalFLOWERS are essences that act gently to help us improve our relationships and importantly, our relationship with ourselves....which often is the cause of our woes! These little bottles can help reduce your worries (Crab Apple), open you up (Agrimony) or give you the extra confidence you need to be more positive (Larch).

Find these products and your free vitalFLOWER at www.simplyvital.com - 0870 6091180

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Further press info & images from jackie@partnersinpr.co.uk – 01409 281749