

# What Does Serotonin do?

**Blood clotting:** helps the body to heal faster



**Sleep:** stimulates the areas of the brain that are in control of sleep-wake behavior

**Sexual function:** can cause a decreased libido when levels are too high



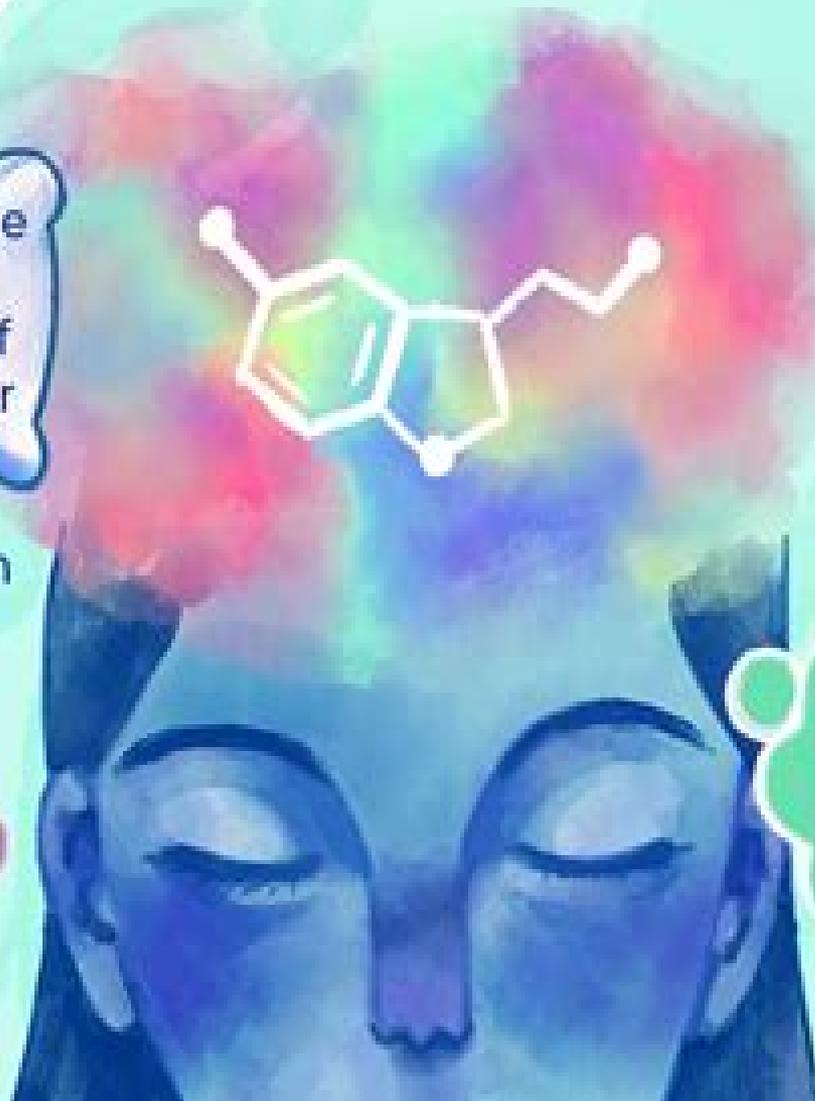
**Bone health:** can cause osteoporosis when levels are too high



**Mood regulation:** reduces feelings of depression and anxiety



**Nausea:** helps the body expel food quicker than normal



# Happiness Guide Boost Serotonin Level

**Xiang Xie**



## **Happiness Guide Boost Serotonin Level:**

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