**WHAT IS DOPAMINE DIET?**

****

Are you sick of how much time you spend on the Internet but you can’t help yourself?

Do you find regular activities that other people find fun not fun at all?

These are the signs that you need a **Dopamine diet**. But **WHAT IS DOPAMINE DIET?**

The **Dopamine diet** appears to be a good guideline for healthy digital habits, but we think it won’t do the trick in re-establishing healthy surfing habits and overcoming internet addiction.

**What is Dopamine?**

Dopamine is more of a predictive and motivational neurotransmitter. The things that give you pleasure - sex, drugs, food etc. are the actual source of the pleasure itself; they don’t increase dopamine levels which then makes you feel pleasure. They directly give you pleasure via nerve signals to the reward Centre of the brain, the nucleus accumbent.

**What Triggers Dopamine?**

Dopamine is triggered by any pleasurable or rewarding activity we do. This includes everyday activities like eating or drinking to more addictive activities like taking drugs, alcohol, sex, or playing video games. Taking drugs and playing video games produce an instant rush of Cheap Dopamine. According to some studies, video games release large amounts of dopamine in our brains – comparable to when taking drugs like amphetamine. And because these activities release more dopamine than others, we feel more pleasure doing them. So, consequently, we do more of these activities. Our brain gets used to the stimulus after some time, which means that we’ll need to take more and more of the drug or play more video games to satisfy our needs. Other activities start to feel less enjoyable compared to our desired stimulus.

**What are the Side Effects of Too Much Dopamine?**

1. ADHD
2. Addictions
3. Binging behaviours
4. Gambling
5. Obesity

High levels of dopamine can also be a contributes;

1. Mania
2. Hallucinations
3. Delusion
4. Schizophrenia

**What is Dopamine Diet?**

Dopamine is the reason why your brain would rather spend hours watching Netflix than the same time exercising. You know that exercising will bring you more satisfaction in the long run (even if it is unpleasant in the short run), but Netflix would bring you similar satisfaction instantaneously, with little to no effort. The more extreme end of the spectrum includes drugs such as cocaine and amphetamines. These can cause withdrawal symptoms so strong that we would sacrifice our well-being to get more of them. The idea behind the hypothetical detox is that we reset our brains’ reward pathways to become re-accustomed to more a natural level of dopamine release. This could result in us getting more satisfaction from simpler, more productive activities like meditation, working, and healthy eating. In this way, we could achieve or even surpass our goals. Levels of dopamine detoxing can range from abstaining from only one activity to abstaining from all activities that could bring enjoyment, including even simple conversations.

**History of the Dopamine diet**

The underlying concept of the dopamine detox has been around for centuries and can be traced back to Greek philosophers like Plato and Aristotle, who toyed with the idea that abstaining from certain enjoyable activities can lead to a more morally satisfying life. The ‘**Dopamine diet’** itself, however, is a modern term coined in 2020 by Dr Cameron Sepah, a Harvard psychiatrist from California. His idea was to help Silicon Valley tech and venture capitalists reduce mobile phone dependence. The concept has now become a widespread TikTok and social media trend.

In his own words: “**Dopamine diet”** is an evidence-based technique to manage addictive behaviours, by restricting them to specific periods and practising fasting from impulsively engaging in them, in order to regain behavioural flexibility.”

**How Dopamine diet is intended to work**

**Dopamine diet** is a form of [CBT](https://www.healthline.com/health/cognitive-behavioral-therapy), a therapeutic methodology that identifies unhelpful patterns of thinking or behaving, associates them with underlying causes, and helps you cultivate more beneficial processes. The underlying concept is that you’re more likely to engage regularly in unhelpful behaviours if they’re pleasurable and capable of producing dopamine. This is the process that can ultimately lead to addictive behaviours or impulsive pleasure-seeking.

**DOPAMINE DIET RULES**

* In general, 2-12 weeks. It takes time for our brains to rewire.
* 2 weeks are the minimum to experience noticeable effects. 30 days are long enough to see changes and make for a good monthly challenge. I personally recommend going with this route.

The simplified destroy the addiction looks like this:

***“Desire to change + Understand addiction + Break the compulsive pattern + Build a better life + Learn to handle your emotions better = Success”***

**Dopamine Diet - Do's and Don'ts**

**You Do:**

Eat Healthy Foods

* + Drink Water
  + Be in Nature
  + Meditate and Walk
  + Write / Read Books
  + Set your Future goals
  + Be Social

**You Don't:**

* Eat Sugar
* Have Masturbate
* Watch TV/Netflix/YouTube
* Use social media
* Over Exercise
* Consume Drugs/Alcohol (including Caffeine)
* Use the Internet/ Use Mobile Devices/Screens of Any Kind
* Eat Junk foods/ Carbonated Drinks

**Benefits Of Dopamine Diet**

* Increased ability to focus on hard tasks
* Increased self-motivation
* Improved emotion regulation
* Developed greater self-control and willpower
* Developed and improved patience
* Greater life satisfaction
* Increased feelings of self-worth
* Developed self-discipline

**Summary – What is Dopamine Diet?**

Signs of needing a **dopamine diet** are similar to the signs of an addiction: you don’t feel good about how you spend your time, you aren’t even enjoying it, and you act compulsively often. **Dopamine diet** is a catchphrase, but the technique is based on Cognitive Behaviour Therapy, which is super effective even for treating Internet addiction.

**Dopamine diet is a temporary solution that helps you rethink your relationship with digital devices.**

*Do it as an experiment. See how you use your time when all of it is not taken up by scrolling*.

**Read Further**

* Snyder, S. (2011). What dopamine does in the brain.  
  <https://www.pnas.org/content/108/47/18869>
* Novotney, A. (2019). The risks of social isolation.  
  <https://www.apa.org/monitor/2019/05/ce-corner-isolation>
* Wielgosz, J., *et al.*(2018). Mindfulness meditation and psychopathology.  
  <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6597263/>
* Volkow, N., *et al.*(2019). The neuroscience of drug reward and addiction.  
  <https://journals.physiology.org/doi/full/10.1152/physrev.00014.2018>

**Lady’s Finger Cultivation– Full Manual**

**INTRODUCTION**

Lady Finger or Okra is also known as ‘Bhendi’ and is an important vegetable crop in India. It is grown in both tropical and sub-tropical regions and also in the warmer parts of the moderate regions. 100g of edible okra’s nutritional value gives 1.9g protein, 0.2g fat, 6.4g carbohydrate, 0.7g minerals and 1.2g fibres. As a foreign exchanger crop, Okra or Lady Finger has a good potential and it accounts for 65% of the export of fresh vegetables.

**LOCATION:**

Uttar Pradesh, Bihar, Orissa, West Bengal, Andhra Pradesh, Tamil Nadu and Karnataka are the major **Lady Finger’s Cultivation** states in India.

**CLIMATE:**

Lady’s Finger is a typical tropical or sub-tropical crop and cannot tolerate frost. Performance is also adversely affected by drought, low night temperature and shade. Even though fertilization and seed set are affected during high rainfall, growth of plant and subsequent productivity is exceptionally good rainfall areas. Under high temperature and low humidity, plant growth is stunted and will be shorter in stature. Similarly, flowers drop when day temperature exceeds 42oC.

**SOIL:**

**Lady’s Finger Cultivation** prefers loose, well drained and rich soil. **The ideal pH for growth of plants is 6-8**

**SEASON:**

In areas where winter is mild, Lady’s Finger is grown throughout the year. Since it cannot tolerate frost and low temperature, only two crops are taken in plains of North India. As **kharif crop, seeds are sown from May to July** and as a **spring summer crop, sowing is done during February-March**. In hills of North India **Lady’s Finger Cultivation** in March-April.

**SEED RATE & SPACING:**

During summer, vegetative growth is relatively less and seeds are sown at a **closer spacing of 45 x 20 cm** or even less. **Seed rate required is 18-20 kg / ha.** During kharif, plant grows vigorously with more branching and seeds are sown at **wider spacing of 60 x 30 cm** for **branching types and 45 x 30 cm** for non-branching types. Seed rate recommended for **kharif crop is 8-10 kg/ha.** For harvesting smaller fruits for export, three rows planting with a spacing of 20-30 cm between rows and 20 cm within a row is advantageous. **Distance between two sets is kept as 60 cm**. This system has the unique advantage of easiness in inter cultural operations, harvesting, application of plant protection chemicals, etc

**LAND PREPARATION AND SOWING :**

Field is ploughed thoroughly for 2-3 times for making soil to a fine tilth. Ridges and furrows or raised beds are prepared and dibbling on sides of ridges or on raised beds sown seeds for **Lady’s Finger Cultivation**. Soak seeds for 6-12 hours before sowing to enhance germination during summer

**MANURING AND FERTILIZER APPLICATION:**

In order to maximize the yield in the rows before sowing for one hectare of land about 30 t of FYM (Field Yard Manure), 350 kg Super phosphate, 125 kg Murate of Potash and 300 kg Ammonium sulphate should be applied for **Lady’s Finger Cultivation**. Split application of N in soil at every 3rd picking is advantageous for getting high yield, for increasing number of harvests and to maintain size of fruits towards last harvests.

**APPLICATION OF FERTILIZERS IN TAMILNADU:**

Apply **FYM 25 t/ha, N 20 kg, P 50 kg and K 30 kg/ha as basal and 20 kg N/ha 30 days after sowing.** Apply Azospirillum and Phosphobacteria each at 2 kg/ha mixed in 100 kg of FYM before sowing.

**IRRIGATION:**

Water stress at flowering and fruiting stages will drastically influence growth of plants, size of fruits and yield. Immediately after sowing, field is irrigated. Subsequent irrigation is given at fixed intervals depending on texture of soil and climate. In black soils, **irrigation is done at 5-6 days interval.**

**INTERCULTURE:**

Weed growth should be under control till crop canopy covers fully. This is achieved by frequent hoeing, weeding and earthing up. Used of weedicides like Lasso (2 kg a.i./ha) or fluchloralin (1.5 kg/ha) or Metolachlor (1.0 kg a.i./ha) and **one hand weeding at 45 days after** **sowing** was very effective for **Lady’s Finger Cultivation**.

**Pests of Lady’s finger Cultivation and their Management**

* **Fruit and Shoot Borer**  
  Bores into shoots and pods and eats them causing damage to pods and reduction in yield.  
  **Management**: Remove the affected pods and shoots. Apply pesticide Carbaryl, at the rate of four grams per litre or Neem Oil solution.
* **Mites**  
  Sucks cell Sap of the leaves causing white patches appear on the leaves and the leaves ultimately fall down.  
  **Management:** Spraying of wettable Sulphur 2gm/litre of water or Dicofol 2.5ml/litre of water controls Mites.
* **Root Knot Nematode**  
  Enters Root of the plant and develops knots throughout the roots. Retards plant growth causes yellowing of leaves.  
  **Management:**
  + - Treat the soil with neem leaves or paddy husk at the sowing pits one week before sowing.
    - Deep ploughing and exposure to sun or plant rotation also controls the pests.
    - Application of Nemagon at the rate of 74 litres per acre before sowing also can control the pests.
* **Aphids**  
  Suck sap from soft areas of the plant causing curling and knotting of leaves.  
  **Management:** spraying of Tobacco decoction or Dimethoate 0.05% over the affected areas controls the pests.
* **White Fly**  
  Sucks sap from the leaves. Carriers of Yellow Vein Mosaic Virus. Curling and drying of leaves.  
  **Management:** spraying of Dimethoate 0.05% once in every 10 days controls the pests also controls Yellow Vein Mosaic Virus.

**IPM practices Package for Lady’s Finger Cultivation:**

* Sowing of YVMV resistant hybrids viz. Makhmali, Tulsi, Anupama-1 and Sun-40 etc. especially during kharif season of the crop.
* Grow maize/sorghum on borders as a barrier/trap crop for the entry of shoot & fruit borer adults.
* Set up yellow sticky and delta traps for white fly etc.
* Erection of bird perches @ 10/acre in the field for facilitating bird predation.
* Give two to three sprays of NSKE @ 5% alternating with sprays of pesticides, if needed, for leaf hopper, white fly, mites and aphids etc. Leaf hopper, if crosses ETL (5 hoppers/plant), spray imidacloprid 17.8 SL @ 150 ml/ha. This will be effective in controlling other sucking pests as well.
* Install pheromone traps @ 2/ acre for monitoring of *Earias vittella* moth emergence. Replace the lures after every 15- 20 day interval.
* Release egg parasitoid *Trichogramma chilonis*@ 1-1.5 lakh/ ha starting from 30-35 days after sowing, 4-5 times at weekly interval for shoot & fruit borer. Shoot & fruit borer, if crosses ETL (5.3 % infestation), spray cypermethrin 25 EC @ 200 g a.i/ha.
* Rogue out the YVMV affected plants, if any, from time to time.

**HARVESTING AND YIELD:**

Harvest fruits when they attain maximum size but still tender. Fruits of 6-8 cm long are preferred for export purposes. This is usually attained by 5-6 days after opening of flower. Harvesting is done in alternate days with a knife or by bending pedicel with a jerk. For harvesting, cotton cloth hand gloves should be used to protect fingers from stinging effect in **Lady’s Finger Cultivation**. It is advisable to harvest in morning hours since fruit hairs will be soft. Sprinkling water on pods during night will keep them cool and fresh for market.

Post-harvest management Fruits after harvesting are graded and filled in jute bags or baskets or perforated paper cartons and sprinkled with water. Pre-cooling of fruits before packing maintains turgidity of fruits and will save it from bruises, blemishes and blackening. This is usually done before packing fruits in perforated cartons of 5-8 kg before transporting to refrigerated van for export.

**YIELD:**  **6.0 – 8.0 t / ha for spring-summer crop** and **10 – 12.5 t / ha for kharif crop.**

**Cost of Cultivation of Lady’s Finger:**

| **Cost of Cultivation of lady’s Finger per acre:** | **Rupees** |
| --- | --- |
| Field Preparation | 14,820 |
| Sowing | 29,640 |
| Weeding | 13,832 |
| Plant Protection | 12,350 |
| Fertilizers | 14,820 |
| Wages | 14,820 |
| Total | 1,00,282 |

**Profitability per acre:**

Total cost of cultivation: Rs 1,00,282  
Total yield: 24 mt/acre  
Sale price: Rs 6 to 15 per kg  
Gross income at Rs 6/kg: (6 x 24,000) = Rs 1,44,000  
Net profit at minimum price: Rs 43,718  
*(Source: TNAU Agritech portal)*

**BUY OYSTER MUSHROOM IN CHENNAI ONLINE**

****

One kind of fungi that can be consumed is oyster mushrooms. They are among the mushrooms that are most consumed worldwide. Their oyster-shaped top and extremely short stem give them their name. The colour of oyster mushrooms is usually pale grey or greyish brown. They are well renowned for having amazing healthy qualities and containing potent nutrients. They have been used in traditional medical practices for many years. You can buy oyster mushrooms in Chennai online from MycopiaX Farms.

**What are Oysters?**

An oyster is a bivalve mollusk, meaning that it has two halves which are attached together with a hinge-like anatomy. This allows them to open and close as needed in their natural habitat. Although oysters are known for their pearls, not all oysters actually make pearls. Hence, why actual oyster pearls are so rare, coveted, and pricey. Named oyster mushroom since the shape of the cap resembles oysters found in the sea.

In terms of flavour, oysters taste similar to the seafood they’re often compared to: clams. However, while clams can be salty in flavour and rubbery in texture, oysters are a bit more tender and subtle in flavour. This is why you’ll usually see oysters referred to as a delicacy in higher-end cooking. The taste of oyster mushrooms is very mild, and some describe it as subtly woody or like seafood. What makes this mushroom so unique is their texture. They can have a very meaty texture when prepared properly! The oyster mushroom is frequently used in Japanese, Korean and Chinese cookery as a delicacy.  
  
Oyster mushrooms are not grown in soil and shouldn't need mush washing. Gently clean each mushroom with a damp cloth. If you have a lot of oyster mushrooms you can rinse them, but be careful not to rinse for too long as they can become water logged where some flavour can be lost.

**HEALTH BENEFITS OF OYSTER MUSHROOM**

Oyster mushrooms are among the best foods on earth for bolstering your immune system against acute and chronic illnesses because they contain beta-glucans.

● They are a great source of vital minerals like vitamin D and magnesium for strong bones.

● Oyster mushrooms may improve cardiovascular health by lowering heart disease risk factors like high cholesterol and high blood pressure.

● They are a fantastic food for reducing inflammation since they contain beta-glucans and antioxidants.

● Oyster mushrooms may offer anti-tumour, anti-inflammatory, and gut-health enhancing effects. More research, however, is required to confirm these possible advantages.

**METHOD OF COOKING OYSTER MUSHROOM**

Oyster mushrooms are tasty and complement a wide range of meals. Oyster mushrooms shouldn't be cleaned or washed until right before usage. Trim the stems at the base and throw them away.

Here are some suggestions for adding oyster mushrooms to your diet:

● Include them in stews and soups.

● Toss them in cooked rice, pasta, noodles, and grain recipes.

● Add chopped oyster mushrooms in gravies and sauces.

● For a healthy side meal, sauté them in garlic and olive oil.

● Roast or bake them in the oven.

● Incorporate them in egg-based dishes such as omelettes, and frittatas.

● They can be grilled on skewers with fresh vegetables and chicken or shrimp.

As you can see, there are numerous methods to prepare them, so feel free to use them in your favourite meals. Visit [recipe blog](https://grocycle.com/oyster-mushroom-recipes/)to learn quick and healthy recipes with oyster mushrooms.

**NUTRITIONAL FACTS OF OYSTER MUSHROOMS**

The nutritional value of 86 grams (or 1 cup) of uncooked oyster mushrooms is as follows:

● 28 calories

● 5 grams of carbs

● 3 grams of protein

● 1 gram of fat

● 2 grams of fibre

Oyster mushrooms contain a good amount of niacin, pantothenic acid, folate, choline, potassium, iron, phosphorus, zinc and smaller amounts of vitamin D and selenium.

**WHERE TO BUY OYSTER MUSHROOM IN CHENNAI ONLINE?**

MycopiaX Farms is an online organic store in chennai offering direct-from-the-farm home delivery of organically produced groceries, non-perishables, Fruits and veggies in Chennai. We are certified organic by NPOP, India. We have our farms and source directly from a handpicked network of organic farmers. MycopiaX Farms is the best place to buy oyster mushrooms in Chennai.

**RELATED QUESTIONS**

**Is oyster mushroom good for your health?**

Oyster mushrooms have been connected to a variety of health advantages. In addition to being very nutrient-dense, they may also support the health of the immune and cardiovascular systems, facilitate proper blood sugar regulation, and have anti-inflammatory and antioxidant benefits.

**Is oyster mushroom good for weight loss?**

Oyster mushrooms, in general, are beneficial for overall weight loss and health because they are low in both calories and fat and contain no cholesterol. The compounds in mushrooms that help control blood glucose levels also aid in the body's ability to burn fat. Their high nutritional content will keep you energized the whole day.

**What does oyster mushroom taste like?**

The flavour of oyster mushrooms is delicate and sweet. Some varieties smell somewhat like anise. Some have a fruity smell, like the yellow oyster mushroom. Glutamate is an amino acid found in mushrooms. This imparts a distinct umami flavour to the mushrooms. Umami, often known as savoury, is considered the fifth flavour. Low sodium dishes can benefit from the umami flavour. As a result, less salt needs to be added. In other words, mushrooms are a fantastic meat alternative

**What is the shelf life of oyster mushrooms?**

Oyster mushrooms have a shelf life of around 8–11 days at 0°C and about 2-3 days at 10°C. Once they go bad, they will develop a wet and slimy surface and turn darker in colour.

**How to store oyster mushrooms?**

The best way to keep oyster mushrooms fresh in the fridge is to put them in a plastic bag. Some people store the mushrooms in the refrigerator in a paper bag too. Fresh mushrooms should remain edible for between four and seven days.

**What is the price of oyster mushroom in Bangalore?**

A 200-gm box of oyster mushrooms costs ₹85 online at MycopiaX Farms.