



Hydroxyindoleacetic Acid-5, tso zis

Synonym: 5-HIAA, zis

Cov neeg mob yuav tsum zam, yog tias ua tau, los ntawm kev noj tshuaj, tshuaj tom khw muag khoom, thiab tshuaj ntsuab tshuaj ntsuab tsawg kawg 72 teev ua ntej kuaj.

Cov khoom noj uas muaj serotonin thiab tshuaj noj uas yuav cuam tshuam rau cov metabolism hauv serotonin yuav tsum zam tsawg kawg 72 teev ua ntej thiab thaum lub sijhawm sau cov zis rau HIAA.

Nrog koj tus kws kho mob tham yog tias koj muaj lus nug txog kev txwv tshuaj.

Tsis txhob noj zaub mov xws li:

Avocados, Txiv tsawb, Eggplants, Plums, Pineapple, Txiv lws suav, Walnuts, Alcoholic thiab Caffeinated dej haus.

Thov ua raws li cov lus qhia no. Kev npaj tsis raug rau tus neeg mob yuav tsis muab cov ntaub ntawv tsim nyog rau koj tus kws kho mob.