



Dr. Faisal Tai Explains the Role of Serotonin

Serotonin produced in the brain

"Serotonin is central to many of our behavioral responses. In fact, serotonin has been implicated in practically every type of human behavior, including appetitive, emotional, motor, cognitive and autonomic," said [Faisal Tai, M.D.](#), a board-certified psychiatrist with Psychiatry of Texas in Houston and the CEO of online mental health provider PsychPlus.

Tai said Cleveland Clinic refers to serotonin as your body's natural 'feel-good' chemical because of how it helps regulate mood.

"Healthy serotonin levels allow people to feel more focused, happier and calmer," he said.

Neurochemistry research suggests serotonin is involved in the regulation of a variety of physiological functions and behaviors.

"In addition to eating, serotonin influences sleep and is involved in balancing our circadian rhythm," Bichelman said. "Research into the neural basis of moral judgment and behavior has led to the theory that serotonin influences prosocial behavior, giving us an aversion to harming others. Melatonin is synthesized from serotonin, an important function not commonly understood among the general population."

