Can Noopept Help Overcome a Negative Mindset?

**Warning:** This post is purely speculative, subjective and anecdotal. There is little solid research to assert some of the statements in this post. If this doesn’t bother you, read on.

Otherwise, please view my other Nootropics posts or consider using nutrition and natural substances to help with negative mood and depression. *I am not a medical professional and everything here is speculative and merely presented for information and consideration purposes.*

I’ve been reading as usual, and revisited Noopept recently after recommending it to a family member.

For those of you who don’t recall reading my experience with this affordable nootropic, it’s taken at small dosage and has been known to increase good things like NGF (nerve growth factor) in rodents.

Although the drug is presently used for the treatment of Alzheimer’s and similar conditions of progressive cognitive decline, the research on the full effects and benefits this substance is still underway. This hasn’t stopped psychonauts at communities like /r/Nootropics and Longecity from trying it out however. Many have found Noopept to be positive for cognition and, in some cases, mood, without the same taxing side effects of stimulants or antidepressants.

However, it hasn’t been fully explored or expounded upon as to how it can help mood or mindset, or change worldview.
Noopept, learned helplessness, depression and negativity

One particular study on Noopept has resulted in an intriguing finding:

Long-lasting effects of new Russian psychotropic drugs Noopept and Afobazol on active avoidance conditioning and formation of learned helplessness neurosis were studied on an original experimental model in rats. **Noopept eliminated the manifestations of learned helplessness after long-term (21-day) treatment** by increasing the percent of trained animals. Afobazol was low effective in preventing manifestations of learned helplessness, but if used for a long time, it reduced the incidence of learned helplessness development by increasing the percent of untrained animals.

In a psychological terms, “learned helplessness” is a state in which an animal or person is repeatedly subjected to averse stimuli or another condition in which they are seemingly unable to change. After a while, they get the idea that they have no control over the situation, thus “learning” to become helpless. Even when the averse stimuli are removed, the animals still behave as if it will occur. When this happens, they are considered to have learned helplessness.

Now in the above experiment, the rats given the Noopept overcame their “learned...
helplessness” conditioning. That is, the rats were more likely to realize the averse stimuli they were subjected to were no longer there.

The duration in which the study occurred (3 weeks/21 days) is congruent with self-hacking nerd findings that Noopept’s effect improves over the long term, perhaps meaning an individual should take it daily to reap the benefits.

(Note that dosage should also be rotated. One month off for every two months on Noopept, or 2 days off for every 12 days on Noopept.)

**Learned helplessness in people**

Nowadays, it’s easy to learn helplessness even if you are a human being and not an animal taking part in a psychological experiment.

The truth is that we are all part of a big, ongoing psychological experiment taking place in the departments of marketing and employee relations of big companies. It’s profitable enough for them to learn what makes us spend and keep doing what we do to profit for them, even if it’s at our expense. **It’s our personal freedom to make some choices, even if we were conditioned into them.** Paradoxical, ain’t it?

It benefits the wallets of a certain group of people if you are conditioned to be helpless and perfectly obedient, and that you get the idea embedded in your mind that it’s “impossible to change things” or “useless to do anything about it.” If you go and start your own business or start taking command of your health, you become less profitable to certain people who rely on keeping someone down rather than helping them up for their livelihood.

Therefore, little things like proper nutrition and neuroplasticity-boosting nootropic drugs like Noopept are generally overlooked by people conditioned into believing there is no possibility outside of their current path in life.

**Can Noopept help you overcome fatalistic negativity?**

There is no solid scientific evidence at this point in time, but all positive anecdotes and limited evidence related to the administration of Noopept at normal doses (10−30 mg per day) suggest that yes, Noopept could help get a person out of a mental funk.

In another rat study, it was found that NGF and BDNF concentrations were increased in the hippocampus after just 28 days.\(^3\)

NGF or Nerve Growth Factor is important for brain health, especially the maintenance of nerves and neurons. BDNF or Brain-Derived Neurotrophic Factor is a neurotrophin similar to NGF. Unusual NGF levels are correlated with diseases like schizophrenia, depression and bipolar disorder.
The anxieties encountered in these disorders seem to cause the brain to compensate by secreting extra NGF as a measure of neuroprotection, or what I would think of as a sort of catalyst for neurological change. Administered on its own, NGF has many therapeutic properties and is also how certain psychiatric medications work — altering the levels of NGF that is secreted.4

Whether the benefits of Noopept can actually affect mood disorders for the better or if the NGF it causes the body to secrete can help you is scientifically unknown at this point.

However, consider this: if something is causing you stress, perhaps as an outcome of your actions, thoughts or emotions, would your brain be better prepared if it were in a place to change or continue doing what it’s been doing this whole time?

People who aren’t undergoing any further stress would be benefited by doing the same thing they’ve been doing their whole life, hence no need to secrete extra NGF.

Perhaps the Noopept puts the brain in a “ready to learn” mode which is possibly how the rats overcame their learned helplessness, similar to how the brain of a person under emotional duress would be prepared to create a mental paradigm shift in order to overcome the averse stimuli.

When you’re pushed out of your comfort zone or taking something like Noopept, your brain is open to rewriting its default programming in order to adapt. But I believe this is only possible if one is willing to act in order to change.

Again, all of the above is purely wild speculation of a layman and not established in hard research. You will have to do your own exploration to figure out if something like Noopept would be right for yourself.
If you’d like to try it, pick some up here. Health Supplement Wholesalers is the best vendor for nootropics that I’ve come across in terms of affordability and customer service.

Alternatively, read my review of Noopept. It’s been nearly one year since I first tried it, and to this day I still take Noopept in cycles, and I am currently taking 10mg per day with 500mg ALCAR and 500mg choline as my basic nootropic stack.

1. Definition of avoidance conditioning

2. Animal studies of learned helplessness – “A dog that had earlier been repeatedly conditioned to associate a sound with electric shocks did not try (later in another setting) to escape the electric shocks, even though all the dog would have had to do is jump over a low divider. The dog didn’t even try to avoid the “negative stimulus”; the dog had previously “learned” that nothing it did mattered.”

3. Noopept stimulates the expression of NGF and BDNF in rat hippocampus

4. Stress, anxiety and schizophrenia and neurotrophic factors: the pioneer studies with nerve growth factor

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Thoughts on Noopept Side Effects

As great as I feel my experience with Noopept has been, and like many things, there is always a tails side to the coin.

Most substances have side effects or lose their effect after a time, and the racetams may be no exception.

Currently we do not know much about the racetams, and Noopept being a newer member of the family is relatively unknown. Its potential for the treatment of Alzheimer's disease is known, and being an unscheduled substance it has been explored by fellow psychonauts who want to witness its cognitive-enhancement potential firsthand.

This post is my attempt to go through these side effects reported by those who have experienced this nootropic drug, and to help you decide if Noopept is right for you.

Noopept is one of the racetams I have the most experience taking besides Piracetam, the first and best-researched racetam.

**Nerve Problems as Noopept Side Effects**
This is a side effect I can personally ascribe to Noopept and is the reason I wanted to write this post.

When I was taking Noopept daily without any breaks outside of a normal cycle starting about a month ago, one of my arms began experiencing mild tingling and burning when moved in the wrong way, particularly and especially after weightlifting or other heavy lifting. These are signs of nerve impingement which I am naturally prone to experience.

I did not suspect the Noopept at first, but noticed that when my symptoms disappeared or diminished, they would come back up within a few hours of dosing Noopept.

When I stop taking Noopept altogether, the symptoms diminish or disappear within a day or two.

One discussion thread I found on Reddit explains that this may be caused by the increase in NGF (Nerve Growth Factor) that occurs when taking Noopept, perhaps inflaming or causing a growth of the nerves leading to impingement symptoms where nerves running through tight spaces become “pinched”.

Another poster in the same thread also explained that there may be a potential vitamin B6 deficiency based on the effects of other similar drugs, even though excessive B6 causes the same symptoms (I hadn’t started supplementing vitamin B6 until learning it may have the potential to help me).

The remedy for this is to simply stop taking Noopept if you experience this side effect.

I will have to determine in the near future if other racetams cause this nerve impingement to resurface, or if this is exclusive to Noopept. I cannot say that others will or will not have the same problem when taking Noopept; I have a family history of nerve impingements in the limbs. What a shame, as aside from this little problem I had a great experience with Noopept.

Being an optimist, I want this relationship to work out, but I will need some time without it.

Psoriasis/Eczema/Skin Dryness as Noopept Side Effects

This is more of a side effect related to the increased NGF as found in the same Reddit thread mentioned above. While I am naturally prone to having drier skin depending on the seasons, I noticed my skin issues flare up with regular dosages of Noopept.

The conclusion here is that if you are prone to dry skin, eczema, or psoriasis, you may
want to avoid Noopept and other NGF-boosting supplements.

**Hallucinations as Noopept Side Effects**

Some users who took extremely high doses of Noopept (we’re talking in the range of **grams**, **1000% higher than the recommended 10 mg doses**) have reported strange flashes and other strange visuals.

**Again, this side effect can only happen if you take too much.** If you are taking Noopept, you should only be taking 10 mg, which is just 1/100th of a gram. Powder City (formerly Health Supplement Wholesalers) offers a micro-scoop that can measure out 10 mg doses.

I am not interested in abusing a drug that is understudied, so I cannot verify this effect for myself.

**Irritability and Depressed Mood as Noopept Side Effects**

As with most racetams, irritability is an often-cited side effect in some people, even at typical doses. Noopept seems to be the same for some people, even though plenty have reported improved mood when taking it.

Although I have not noticed any of these side effects while taking Noopept with and without cholinergics (my favorite being the Choline and ALCAR combo to boost acetylcholine) many others have reported this. The main remedies are to take a lower dose than you are currently taking.

Other remedies for irritability and depressed mood may be related to nutrition and overall health as these side effects are not exclusive to the drug. This is why I recommend being in excellent health instead of relying on drugs like Noopept. **You have to fix the car before you can race in it.**

I have written a previous post on supplements that may help with depressed mood. It is a topic I plan to revisit in the future.

**Conclusion**

While Noopept does not seem to be harmful and with the side effects being relatively mild when one is taking the correct dosage and cycling off when appropriate, I do not recommend that anyone rely on any nootropic drug or even an herbal solution until they get their nutritional needs and dietary needs met and ensure their lifestyle is free of detrimental habits.

I repeat: **nootropics are no substitute for a healthy lifestyle.**
Because Noopept and other nootropic drugs in the racetam class are so new, it is not a good idea for one to explore them if their health is sub-optimal and they are not prepared to deal with any side effects such as the ones listed above.

If you are really in need of a pick-me-up or “cognitive enhancer” with less potential for side effects, I invite you to look into natural stimulants.

1. Reddit – Noopept dosage of 10mg- side effect of “tingly” legs harmless? ↩

Thoughts on Noopept Side Effects appeared first on Pill Scout.
Nootropic definition: what it is, and what it isn’t

“Nootropic” is a huge buzzword today. It’s not really part of our vocabulary, it’s made up of Greek words and rolls off the tongue. Of course it’s inevitable that the term will be abused when it’s such a catchy word and has so much marketing potential to be tapped into.

**Nootropic definition: What is it?**

“Nootropic” literally means “toward the mind.”

Nootropics have also been referred to as smart drugs or cognitive enhancers because of their effect on the mind. Dorlands Medical Dictionary says a nootropic is a drug with the quality of “having positive effects on organically impaired cognition or nervous system function; said of certain drugs.”

Therefore, you can say that any drug that benefits cognitive function is a nootropic. Anything that doesn’t is by definition not a nootropic.

However, nootropic’s definition has more recently been taken to mean “anything that makes you smarter/not dumb.”

The definition is so wide that some people will call *anything* a nootropic. It’s not a special
term at all, in fact it’s almost useless. For example, some will call the B vitamins a nootropic simply because you’ll be dumber than you could be if you’re not taking them.

By this popular nootropic definition, we already have “nootropics” in our kitchens, such as eggs (containing choline in the form of lecithin) and coffee or tea (both containing the stimulant caffeine, the latter containing theanine). Sounds pretty useless if you’re already eating these and you’re looking for more powerful stuff, no?

Personally, I would prefer to use the term nootropic to refer to anything that specifically benefits cognition, memory and/or overall mental function rather than mundane things that you should be incorporating into your diet anyway because they may be good for other purposes as well, and rather than things that have little to nothing to do with cognitive enhancement.

Even Examine.com’s page on Nootropics had this to say:

> Many supplements that are touted to increase cognition, focus, alertness, or well being are grouped under this vague blanket statement.

**Which substances are not nootropics?**

By our interpretation of nootropic as defined by Dorlands Medical Dictionary, few things really meet the nootropic definition beyond basic nutrition and what many of us already take, like coffee.

On one fly-by-night nootropic niche site, 5-HTP was erroneously referred to as a “nootropic.”

When taken correctly and before bed, 5-HTP can be used to boost serotonin levels and may benefit mood the following day, but it is not necessarily nootropic in the sense of Noopept, Pramiracetam or even Modafinil.

On the same site, NALT (N-Acetyl L-Tyrosine) was also incorrectly referred to as a nootropic. There is some anecdotal evidence that it has an uplifting effect on energy and mood, but is otherwise not inherently nootropic.

Elsewhere, I’ve seen phenibut referred to as a nootropic. It may be anxiety-reducing, and while calmness can lead to clear thinking, it is not inherently nootropic like the racetams or other stimulants.

It’s all disappointing to say the least.

**Conclusion**

There are few things that can significantly affect the mind in a nootropic manner.
These are pharmaceutical drugs like the racetam group, a few common substances you may already have around you, and other things you can attain through diet or supplemental nutrition. Don’t fall for the hype just because something is called a nootropic, and likewise, don’t be alarmed if what you take is not life-changing like the drug from that one movie.

1. Dorlands Medical Dictionary [Archived] →

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