

You are trying to eat right.
 You are exercising more.
 You are trying to manage stress...but still don't feel great.

Have you checked your neurotransmitters?



Neurotransmitters are natural chemicals that regulate numerous physical and emotional processes such as mental performance, emotional state, physical energy, and pain response. Testing for and treating imbalanced neurotransmitter function can have a profound influence on overall health and well-being. Ask your doctor about testing and treatment strategies that may help you:

- Feel energetic, inspired, and motivated**
- Maintain good mental focus and concentration**
- Have a healthy sex life**
- Be less sensitive to pain**
- Manage cravings and have a healthy appetite**
- Control addiction and dependency**

Ask your healthcare provider for your Labrix test kit today!

Symptom Review

Review the symptom checklist below and indicate any symptoms you are experiencing. Return to your healthcare provider to start the conversation about your health! 0 = none, 3 = severe

Symptom	0	1	2	3
Mood concerns (i.e. depression, anxiety)				
Fatigue				
Sleep issues				
Poor mental focus, ADD, ADHD				
Low energy and stamina				
Addictive behavior(s)				
Low libido and/or sexual dysfunction				
Low pain tolerance				
Cravings (for food, alcohol, tobacco or other)				
Poor appetite control				

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Neurotransmitters: Maintaining Mood, Motivation and More





What's Happening?

Neurotransmitters have a very important role in allowing the body to work properly and sustain good mental and physical health. They help the brain balance the highs and lows of feelings, and manage the hormonal signals that are sent to other organs in the body. When neurotransmitters are balanced, concentration, motivation, mood and focus are likely to improve. When neurotransmitter levels are unbalanced, these energizing and motivating signals can be absent and many people report feeling more moody, stressed, sluggish, and out-of-control.

The physical and emotional stresses most people have in their lives, combined with a poor diet in a fast-paced and processed food society, demands a lot from the body and can ultimately lead to neurotransmitter imbalances. In fact, these imbalances are associated with most of the chronic symptoms and conditions seen in healthcare provider offices today:

- Mood problems such as depression and anxiety**
- Fatigue and sleep disorders**
- Poor mental focus, ADD, ADHD**
- Low physical energy and stamina**
- Addiction and dependency**
- Low libido and sexual dysfunction**
- Low pain tolerance**
- Cravings and poor appetite control**

You may have heard of the neurotransmitters serotonin, dopamine, norepinephrine, and epinephrine, but do you know how they can affect your health?

Effect on the Body

Serotonin imbalance is one of the most common contributors to mood related problems, and pharmacologic agents that alter serotonin levels are among the most commonly used class of drugs prescribed for anxiety and depression. When serotonin is out of balance, depression, anxiety, worry, obsessive thoughts and behaviors, PMS and sleep cycle disturbance can result. Serotonin regulates many processes connected to other health issues such as carbohydrate cravings, pain tolerance, and appropriate digestion.

Dopamine is referred to as the 'feel good' neurotransmitter because it is responsible for motivation, drive, and positive feelings associated with activities such as being in love, exercising, listening to music, and sexual activity. Insufficient dopamine can cause difficulty in initiating or completing tasks, poor concentration, low energy, and a lack of motivation. A low dopamine level can also lead to addictive and compulsive behavior.

Norepinephrine and epinephrine are also referred to as 'noradrenaline' and 'adrenaline'. These neurotransmitters are critical in managing the body's stress response. Norepinephrine and epinephrine are involved in a wide variety of actions including attention, focus, regulating heart rate, and suppressing inflammation. Involved in arousal, they prepare the body for action by relaying messages in the sympathetic nervous system as part of the body's fight-or-flight response. High levels of norepinephrine and epinephrine are often linked to anxiety, stress, elevated blood pressure, hyperactivity, and sleep issues whereas low levels are associated with lack of energy, difficulty concentrating, depression, and poor motivation.

Testing Considerations

There are other potential neurotransmitter imbalances contributing to symptoms as well. The benefit for you is that addressing these imbalances can be a very simple and effective approach to feeling better!

The first step towards better health is to identify possible imbalances with a lab test. The test your healthcare provider can order from Labrix is noninvasive and simple to do. The relationships and interactions among neurotransmitters and hormones are closely tied, so it is sometimes best to have both tested. Because of this, a test from Labrix that combines neurotransmitters and hormones together will provide you and your healthcare provider with the most comprehensive view of your body's neuroendocrine status.

Labrix tests the following neurotransmitters:

- Serotonin**
- GABA**
- Dopamine**
- Epinephrine**
- Norepinephrine**

- Glutamate**
- Glycine**
- Histamine**
- PEA**

Talk to your healthcare provider about testing and treating your neurotransmitters and hormones. It may just be the right step to helping you feel better and enjoy more of your life again.

