



Neurotransmitter Profile

Your practitioner can uncover imbalances in your body's Communication System (Neurotransmitters) and correct many of the symptoms that you now live with daily. The following symptoms could indicate an imbalance in your Communication System:

- Mood disorders: depression, anxiety, OCD (obsessive-compulsive disorder)
- Sleep disorders: insomnia, unable to stay asleep, sleep apnea
- Metabolic disorders: fatigue, low stamina, low body temperature, hypoglycemia, diabetes
- Memory disorders: poor recall, unable to focus
- Eating disorders: cravings, lack of appetite control
- GI disorders: IBS with constipation or diarrhea
- Hormonal disorders: PMS, peri-menstrual symptoms, low libido
- Pain disorders: joint pain, headaches, fibromyalgia

Salivary Hormone Testing

Saliva collection allows for multiple collections over a day or month which provides a more detailed picture of hormonal fluctuations. Saliva can only be used to evaluate steroid hormones, including estrogens, progesterone, testosterone, DHEA, and cortisol. Salivary measurements are greatly affected by the use of exogenous hormones therefore it is pertinent to be aware of any current hormonal prescriptions prior to testing.

If your doctor choose to measure your hormone levels via salivary testing, our lab technician will meet with you to discuss a salivary hormone test kit that you will take home, to complete on a day that is typical of your usual activity and stress levels. This visit will take about 15 minutes. You will be instructed to complete saliva samples prior to eating or brushing your teeth at one or multiple points throughout the day. You can refrigerate the samples and bring them back to our office for processing at your next convenience.

What is the Communication System?

The brain initiates signals to the body in the form of chemical messages called neurotransmitters. These neurotransmitters further stimulate the body's glands, which secrete hormones. These hormones travel throughout the body and attach to the organs of the body at what are called "receptors." If there is a breakdown in this system, the message is either incorrect, or the signal too strong or weak, resulting in symptoms throughout the body.

How do I know if I have Neurotransmitter imbalances?

An initial assessment is an important first step in your wellness and prevention program. Identifying the beginning of an imbalance allows correction before it has heavily impacted your health. A series of assessments, however, is an important part of a program designed to correct the cause(s) of symptoms and conditions such as those listed above. Your clinician will first run a baseline test that includes a convenient urine collection and saliva collection. You can take the kit home, collect your samples as instructed in the kit and use the self-addressed mailer to return it to Sanesco.

Your clinician will receive your report within a couple weeks. He/she will then make treatment recommendations that include natural and targeted formulas for addressing the imbalances that were detected, plus any lifestyle changes that may be needed. As part of a complete program, you will be retested and, if necessary, changes made to your initial protocols by your clinician. Once you reach a state of optimal balance, your healthcare provider may suggest a protocol for you to maintain and prevent further symptoms that should preserve your state of health until you return for your usual checkup.

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