

Battery drained?

NeuroSpot – Your path to new energy

Are you stressed out?
Exhausted?



A simple lab test will show you how much juice is still left in your battery - and how you can recharge it.

BATTERY DRAINED?

EXHAUSTED?

Are you stressed out?

Are you stressed out? Stress, that is a state that everyone is familiar with. The word „stress“ very often is also used as a synonym for „very busy“ or „I don't have any time just right now“. In most cases, this state is only of short duration. If the body receives enough time to recuperate thereafter, then this remains without consequences. But if this state continues on and is even emphasised by additional stress factors, then the brief state of alarm our body experiences can turn into a permanent state of alarm.

Chronic stress can not be tied to one cause or one complaint. It is - almost always - an individual mix of various factors.



THE MOST COMMON SYMPTOMS

If the body is stressed that means that it is in **high alert**. If this **chronic stress** lasts for a longer period of time, a perpetual high alert level is generated, that can cause a multitude of symptoms.



INDIVIDUAL MIX OF CAUSES

Chronic stress can have different causes:

Acute and chronic infections:

- » Frequent colds
- » Recurring urinary tract infections

Physical overexertion:

- » On the job - long work days
- » Sports - excessive ambition/
training that is „too strenuous“

Environmental impacts:

- » Noise
- » Darkness
- » Environmental poisons

Physical:

- » Pain
- » Heat or cold
- » Night work / shift work

Emotional:

- » Unresolved conflicts
- » Anxiety
- » Deadline pressure
- » Loss of a loved one

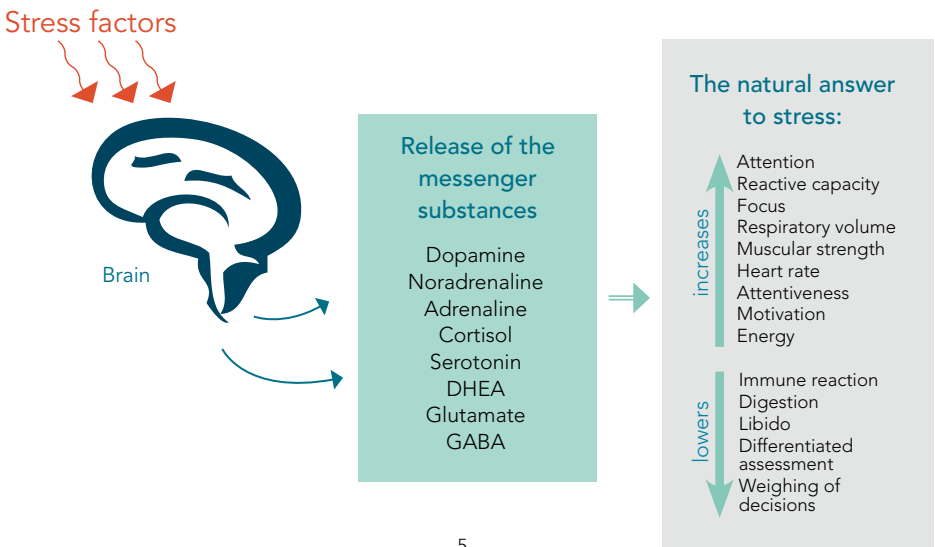


WHICH REACTION CAUSES STRESS IN YOUR BODY?

The biochemical and physical stress mechanisms are initiated in the brain. For this reason, many of those affected sometimes have the feeling that something is no longer quite right in their head. It is very simply a matter of the perpetual high alert level that was generated and the operational readiness of the body and the continuous release of messenger substances such as adrenaline, noradrenaline, serotonin and cortisol.

The good news: The amount of these messenger substances in the body can be made visible using a simple urine and saliva test (NeuroSpot). The balance can be re-established again with the results of the two tests.

The building blocks of the messenger substances must be absorbed with the food. For this reason, an individually matched healthy diet and naturopathic treatment can be a successful treatment.



STRESS-O-METER

The Stress-O-Meter provides you with first indications of how much juice is still left in your battery. A subsequent NeuroSpot test, consisting of a simple urine and saliva test shows you the path to how you can recharge your battery.

The Stress-O-Meter is intended only to help you gauge your stress level. The result can only be an indication and does not replace a medical diagnosis.

» How much juice is left in your battery?

	Yes	No
Although I am concentrating on one thing, all of a sudden I am thinking of other things.	<input type="checkbox"/>	<input type="checkbox"/>
Quite often, I forget something, despite having my day very well organised.	<input type="checkbox"/>	<input type="checkbox"/>
For some time now, I haven't been wanting to meet my friends anymore, although in the past we used to be on the go together.	<input type="checkbox"/>	<input type="checkbox"/>
Quite often, I ask myself how I am supposed to get it all done.	<input type="checkbox"/>	<input type="checkbox"/>
Although I relish the time together I have with my partner, I do not have that much of an interest in sex anymore.	<input type="checkbox"/>	<input type="checkbox"/>
I ask myself quite often what others think of me.	<input type="checkbox"/>	<input type="checkbox"/>
Sometimes I feel dejected and sad, although I did not have any negative experience.	<input type="checkbox"/>	<input type="checkbox"/>
Most of the time, I do not sleep well.	<input type="checkbox"/>	<input type="checkbox"/>
Currently, I am feeling insecure and have a difficult time making decisions.	<input type="checkbox"/>	<input type="checkbox"/>
I cannot motivate myself to do sports, even though I always was able to "tune out" when doing so.	<input type="checkbox"/>	<input type="checkbox"/>
I get anxious quickly when even a small matter does not go the way I envisioned.	<input type="checkbox"/>	<input type="checkbox"/>



Use the NeuroSpot test and your therapist to restore your balance.

» Stress-O-Meter results

You have answered **no more than 3 questions with „Yes“**. Your results indicate a rather temporary state of stress. Despite this, you should talk to your therapist about the result and take better care of yourself again.

You have answered **more than 4 questions with „Yes“**. Your result supports your assumption – You have an elevated stress level. A NeuroSpot test can show you which messenger substances are out of balance.



THE NEUROSPOT TEST – YOUR PATH TO NEW ENERGY

With the NeuroSpot tests it is possible to determine the current stress load in your body, with just one urine and saliva test. All important stress hormones and the participating messenger substances of your body are tested.

Thanks to the patented DrySpot technology you are able to very easily carry out the test, even at home.

During a personal discussion with your therapist, find out the variant that is best suited for you – **NeuroSpotBasis** or **NeuroSpotPlus**.



The NeuroSpot tests examine the following stress hormones and messenger substances:

Serotonin	– mood messenger / happiness hormone
Dopamine	– boosts concentration and motivation
Noradrenaline	– steering mental alertness
Adrenaline	– performance and stress hormone
GABA	– the body's natural sedative
Glutamate	– natural stimulant and brain detoxifier
DHEA	– youth hormone
Cortisol	– activity and stress hormone



THE STRESS COCKTAIL – AN OVERVIEW OF THE STRESS HORMONES AND MESSENGER SUBSTANCES

SEROTONIN *mood messenger / happiness hormone*

Serotonin, also called the „**happiness hormone**“, is an important messenger substance in the brain and is mainly created in the central nervous system.

Serotonin is essentially responsible for our emotions. Acting together with adrenaline and dopamine, it elevates the mood and controls motivation. It also has a relaxing and sleep-enhancing and anti-depressive effect. In addition, it participates in regulating the feeling of satiety and sensitivity to pain. Essential functions of the intestine and the absorption of nutrients through the intestines are also affected by serotonin.

Lack of serotonin:

- » Anxiety
- » Lack of drive
- » Depression
- » Increased sensitivity to pain
- » Exhaustion
- » Eating disorders with weight gain
- » Fibromyalgia
- » Difficulty concentrating
- » Migraine
- » Difficulty sleeping
- » Disquiet / nervousness
- » Dyspepsia

Excess of serotonin:

- » Very rarely

DOPAMINE *boosts concentration and motivation*

Dopamine is one of the most important messenger substances in the brain. Dopamine acts mostly in a stimulating manner. It is essential in particular for coordination, movement, memory and learning as well as concentration and mental performance. In addition, together with serotonin, it has a mood-lifting effect and regulates the so-called reward system and therefore drive and motivation.

Lack of dopamine:

- » Lack of drive
- » Movement disorders
- » Depression
- » Eating disorders (attacks of ravenous hunger)
- » Difficulty concentrating
- » Parkinson's disease
- » Loss of motivation
- » Muscle weakness
- » Addiction problems
- » Daytime fatigue
- » Forgetfulness
- » Diminished libido

Excess of dopamine:

- » Problems concentrating
- » Mental illnesses (schizophrenia)
- » Restlessness
- » Difficulty sleeping
- » Daytime fatigue
- » Inability to recover
- » Dyspepsia

NORADRENALINE *steering mental alertness*

Noradrenaline has the effect of increasing blood pressure, attention, alertness, concentration, willingness to perform, motivation and motor functions. It is also involved in the control of a multitude of hormones.

Lack of noradrenaline:

- » Lack of drive
- » Lack of energy
- » Impaired sensitivity to pain
- » Difficulty concentrating
- » Depressive state

Excess of noradrenaline:

- » Symptoms of anxiety
- » High blood pressure
- » Hyperactivity



ADRENALINE *performance and stress hormone*

Adrenaline enables the body to react to increased demands. It increases the respiratory volume, blood pressure and the heart rate, thus providing the body with more oxygen; it increases attentiveness and the general mental activity, motivation and willingness to perform.

In addition, it increases the metabolic activity and ensures that very quickly the muscles and the brain have more energy available.

On the other hand, it inhibits digestion and sexual activity.

Lack of adrenaline:

- » Fatigue with strong urge to sleep, all the way to extreme exhaustion
- » Lack of drive
- » Depressive state
- » Cardiac arrhythmia
- » Difficulty concentrating
- » Blood pressure is too low
- » Difficulties in losing weight

Excess of adrenaline:

- » Difficulty sleeping
- » Disquiet
- » Anxiety

GABA *the body's natural sedative*

Where stress is concerned, GABA plays a major role. It has a calming effect, since it influences the amount of the stress hormones.

In addition, GABA is very important for memory and learning. It prevents sensory overload, has an effect that is anxiety-resolving, relaxing, sleep-enhancing, pain-reducing, anti-spasmodic and it stabilises blood pressure.

Lack of GABA:

- » Anxiety
- » High blood pressure
- » Chronic pain
- » Depression
- » Epilepsy
- » Sugar cravings
- » Racing heart
- » Muscular tensions
- » Night sweat
- » PMS
- » Restlessness
- » Numbness
- » Tinnitus
- » Difficulty sleeping
- » Forgetfulness

Excess of GABA

An elevated level of GABA occurs mostly as a counteracting agent when other messenger substances are activated in excess, as is the case during chronic stress. This is how the body attempts to balance the effects of the elevated stress hormones or to at least dampen them.

GLUTAMATE *natural stimulant and brain detoxifier*

Glutamate is contained in many foodstuffs and contributes to their good taste. It is also commonly known as flavour enhancer in commercially prepared foodstuffs and spices, where it is used in dosages many times greater than in natural foods. However, the glutamate taken up with food does not reach the brain.

Therefore, below, we are not talking about glutamate occurring in foods, but the messenger substance in the brain composed of glucose and glutamic acid.

Glutamate has various important functions in the brain. As a messenger substance it is essential for the demanding tasks of the brains, such as learning and memory, for intentional, controlled movements as well as for the ability of the brain to perceive the environment and to adapt to it. In addition, glutamate participates in the metabolic processes that detoxify the brain of damaging ammonia.

Lack of glutamate:

- » Fatigue and exhaustion
- » Schizophrenia
- » Perceptual disturbances

Excess of glutamate:

- » Anxiety
- » Brain cell degradation
- » Epilepsy
- » Hyperactivity
- » Cramps
- » Parkinson's disease and other dementia illnesses
- » Depressive state
- » Disquiet



DHEA *Youth hormone*

DHEA is also called the „**Anti-Aging hormone**“. DHEA is made from cholesterol, mainly in the adrenal gland. The production of DHEA decreases continually as we age, from age 25 on. That is why the DHEA level can be used so well to determine the biological age of a human. Not only that, DHEA is also the precursor for the sex hormones testosterone and oestrogen.

DHEA is a direct counteragent to cortisol, it balances the stress reaction caused by cortisol thus helps dealing with stress.

Lack of DHEA:

- » Diminished ability to deal with stress
- » Enhances the effect of cortisol
- » Malaises
- » Depression
- » Learning difficulties
- » Forgetfulness
- » Lack of sex hormones
- » Menopause/andropause complaints

Excess of DHEA:

- » No negative symptoms



Your therapist can determine in a personal discussion with you the variant that is best suited to you – NeuroSpot Basis or NeuroSpot Plus.

CORTISOL *Activity and stress hormone*

Cortisol, also called the „**stress hormone**“ generally effects the body’s adaptation to stimuli. An important function of cortisol is that it activates the metabolism to mobilise energy reserves.

Lack of cortisol:

- » Problems concentrating
- » Lack of energy
- » Addison’s disease
- » Passivity and apathy
- » Difficulty to get up in the morning and become really awake
- » constant fatigue, despite sufficient sleep
- » Forgetfulness
- » Sugar cravings
- » Diminished ability to deal with acute stress

Excess of cortisol:

- » Tenseness
- » High blood pressure
- » Increased cholesterol levels
- » Susceptibility to infection
- » Difficulty sleeping
- » Disorder of the metabolism with over-weight
- » Increased belly fat

