

Balance Brain Chemistry to relieve depression, pain, insomnia and more

Brain chemistry is an important issue that affects approximately 60-70 % of the American population. It is also an area of health that we are just beginning to understand. Fortunately there are now ways to test levels in the body and safe effective natural treatments for imbalances.

Brain chemicals are also called neurotransmitters. They are made in the brain, adrenal glands and nervous system and act as messengers in the body. They effect both the body and the mind. They tell different organ systems in the body what to do and are released in response to many different types of stimuli. They also affect our emotions making us feel happy, sad, negative or positive.

There are two classes of neurotransmitters, excitatory and inhibitory. Excitatory neurotransmitters speed us up and inhibitory ones calm us down. Normally these two classes of chemical messengers act as a system of checks and balances to allow normal function. Chemicals in the excitatory class include epinephrine, dopamine and norepinephrine. Inhibitory chemicals are serotonin and GABA.

There are many factors that effect the balance of brain chemistry in our bodies. Chronic stress, poor diet, toxicity, and hormone imbalances are a few things that can cause imbalance to occur. There is also growing evidence that exposures to the chemicals in plastics and pesticides can aversely affect our brain chemistry .

Too much of an excitatory neurotransmitter can make you feel jittery and anxious. Low levels of the inhibitory neurotransmitters can cause depression, anxiety, increased bodily pain, weight gain, carbohydrate cravings and sleep problems.

One of the most common neurotransmitter imbalances is low serotonin levels. It occurs in many different groups of people. For example women who are heading into menopause very often have low serotonin levels. Estrogen and serotonin levels are linked and as estrogen declines so does serotonin. Alcoholics and substance abusers also often have low serotonin levels which contributes to the vicious cycle. Chronic high levels of stress will cause your body to use more serotonin and often leads to depletion.

The good news is that we can measure brain chemicals and use the results to design a treatment plan. I use a simple urine test to show which chemicals are out of balance. It is quick and easy.

In the realm of treatment the natural world provides some amazing tools for balancing brain chemistry and restoring quality of life. Rhodiola rosea is an herb which can be used to inhibit excess epinephrine secretion to calm anxiety and panic. The amino acid taurine is absolutely necessary for your brain to make the soothing brain chemical GABA. 5HTP gives your body the ingredients to make serotonin.

These natural remedies let your body control the amount of these substances that are made and the timing of release so that it can respond to a changing world.

Rebalancing brain chemistry can be like the sun coming out on your world. The fog can lift and you can be you again. If you think that you might have neurotransmitter imbalances get tested and treated. There is no reason to suffer and let life pass you by!