

You have tried dieting.
 You have tried to get enough sleep.
 You have tried to quit cold turkey.

Have you checked your hormones and neurotransmitters lately?



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 |
|--|---|---|---|---|
| Addictive behavior | | | | |
| Poor impulse control | | | | |
| Cravings (for food, alcohol, tobacco or other) | | | | |
| Poor appetite control | | | | |
| Cognitive concerns | | | | |
| Mood concerns | | | | |
| Difficulty sleeping | | | | |

Information Provided By:

Cravings

Solving the Always Wanting More Syndrome



Proper hormone and neurotransmitter balance can help you:

- Feel more energetic**
- Sleep better**
- Reduce anxiety**
- Improve memory**
- Curb cravings and compulsions**
- Lose weight**

Proper neuroendocrine balance can help women and men curb cravings and addictions. An accurate salivary hormone test and urinary neurotransmitter test can be the starting point on a path to looking and feeling better.



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Ask your healthcare provider about Labrix testing today!



Cravings: your body telling you that something is out of balance

What's Happening and the Effect on the Body

What do you crave? Sweets? Salty snacks? Sex? Drugs? Gambling? Screens? Cravings and compulsions can drive us to indulge in behaviors that are not healthy for us, even when we know better!

Neurotransmitters are the brain's messenger system, but sometimes, they lose balance. These imbalances drive many of the cravings that we experience. When we are not feeling comfortable in our own skin, some of us turn to foods or substances to elicit a feel good response. While any imbalance can result in cravings, we know that dopamine and glutamate are often the neurotransmitters involved in addictions - be they drugs, alcohol or food. A serotonin deficiency may present as cravings for carbohydrates, both salty and sweet. Imbalanced levels of epinephrine or norepinephrine drive some of us to engage in risky behaviors.

Some signs that your neurotransmitter levels are out of balance:

- Sugar cravings**
- Addictive behaviors**
- Poor impulse control**
- Cravings for food, alcohol, tobacco, etc**
- Cognitive or mood concerns**

Hormones play an important role in maintaining blood sugar balance and restorative sleep patterns and imbalance may result in cravings and disturbed sleep.

Your adrenal glands make cortisol (the stress hormone), which impacts blood sugar levels, blood pressure, heart rate and metabolism. The ideal cortisol pattern is highest first thing in the morning, and steadily decreases toward night time. Over time, continued stress disrupts the delicate balance of hormones, including how much cortisol is made and when it is released. When your body is under constant stress, your nervous system never receives the signal to relax. This causes the cortisol response to become altered, which can lead to other hormones going awry.

Over a period of time with constant stress, the HPA axis (adrenal glands are part of this system) becomes altered, eventually producing less and less cortisol. Without enough cortisol, the body needs to find energy from somewhere else. Our bodies crave sugar, caffeine and other stimulants to counteract lowered cortisol levels and temporarily raise energy levels.

Some signs that cortisol and other hormone levels are out of balance may include:

- Sugar cravings**
- Difficulty sleeping, and feeling tired but wired**
- Afternoon slump**
- Headaches**
- Constantly stressed**

Testing Considerations

Neuroendocrine testing and follow up is crucial for identifying the appropriate treatment to get you back on track. Once hormone and neurotransmitter levels are balanced, restorative sleep, diminished cravings, and days filled with energy and vitality could be just around the corner. The Neurohormone Complete Panel is an excellent way to evaluate hormone and neurotransmitter function. This panel tests sex steroid hormones, adrenal hormones, and neurotransmitter levels, all of which can contribute to cravings and compulsions.

The **NeuroHormone Complete Panel** will test:

- Estradiol**
- Progesterone**
- Testosterone**
- DHEA**
- Cortisol 4 times during day**
- Serotonin**
- GABA**
- Dopamine**
- Norepinephrine**
- Epinephrine**
- Glutamate**

