

## A NEUROTRANSMITTER DEFICIENCY ASSESSMENT GUIDE

Neurotransmitters	Common Deficiency Symptoms
Serotonin	Negativity, depression, worry, anxiety, low self- esteem, obsessive thoughts/behaviors, winter blues, PMS, irritability, rage, heat intolerance, panic, phobias, suicidal thoughts, afternoon or evening cravings, fibromyalgia, TMJ,
Melatonin	Night owl, hard to get to sleep, insomnia, disturbed sleep
Dopamine/Norepinephrine/Adrenalin	Depression, lack of energy, lack of drive, cravings for caffeine, other stimulants, lack of focus and concentration, A.D.D.
GABA	Stiff tense muscles, stressed, burned out, unable to relax, overwhelmed
Endorphin	Very sensitive to emotional or physical pain, cry easily, crave comfort, reward or numbness, "Love" certain foods, drugs or alcohol.

1 Audhya, T, PhD., Advances in measurement of platelet catecholamines at Sub-picomole level for diagnosis of depression and anxiety, Clinical Chemistry, Vol 151, No. 6, Supplement, 2005.

2 Ross, J., The Diet Cure, Penguin, 2000; 120.

3 Ross, J., The Mood Cure, Penguin, 2004; 16-18.

Sx	Serotonin	Dopamine	GABA	Acetyl choline
Depression, loss of pleasure in hobbies/interests, hopelessness	X	X		
Inner rage, anger, aggression	X	X		
Paranoia	X			
Difficulty falling asleep	X		X	
More susceptible to pain	X			
Feeling of dependency on others	X			
Self-destructive thoughts		X		
Isolating from others		X		
Inability to finish tasks		X		
Not rested even after hours of sleep		X		
Low libido		X		
Feeling of worthlessness		X		
Panic, anxiety, impending doom, knots in stomach			X	
Feeling overwhelmed for no reason	X		X	
Worry, guilt, mind is restless, inner tension, excitability			X	
Visual memory (shapes/images) and verbal memory decreased				X
Decreased creativity, comprehension, calculation of numbers, recognizing objects + faces				X
Excessive urination				X
Slower mental response				X