

LINKS BETWEEN CHRONIC CONDITIONS AND NEUROTRANSMITTER/HORMONE LEVELS

VARIOUS HPA AXIS IMBALANCES AFFECT HEALTH:

Associations with HIGH Levels?

Cortisol

- Anxiety
- Poor Sleep
- Insulin Resistance
- Immune Suppression

Dopamine

- Developmental problems
- Schizophrenia
- Psychosis

Norepinephrine

- Stress and Anxiety
- Hyperactivity
- Increased Blood Pressure
- Pain

Epinephrine

- Insomnia
- Anxiety
- Stress
- Blood Sugar Elevation
- Insulin Resistance

Glutamate

- Neurotoxicity
- Anxiety
- Stress
- Decreased Mood

Associations with LOW Levels?

Cortisol

- Fatigue
- Inflammation and Allergies

DHEA

- Low Libido
- Fatigue/Lethargy
- Aging

Dopamine

- Lack of Motivation/Focus
- Addictions and Cravings
- Low Libido

Norepinephrine

- Lack of Focus/Energy/Motivation
- Depression with Apathy

Epinephrine

- Poor Methylation
- Lack of Focus/Energy
- Poor Blood Sugar Control

Glutamate

- Fatigue
- Low Brain Function

Serotonin

- Depression/Low Mood
- PMS and Hot Flashes
- Sleep Difficulties/Anxiety
- Carbohydrate Cravings

GABA

- Anxiety
- Hyperactivity
- Sleep Difficulties