

Crossroads Offers Neurotransmitter and Hormone Testing

Our 5 day outpatient program-**Reclaim Your Hope**- and our 4 day outpatient program-**Learning to Love Yourself**- now include this testing **free of charge to you** to help detect the physiological issues complicating your emotional wellbeing. These tests will provide additional information that may be very helpful in your recovery. Therapy is directly supported when the biochemistry of the body is addressed.

What Are These Tests?

- Two noninvasive, simple-to-take tests
- They are based on samples of saliva and urine that are sent to a lab for analysis to test neurotransmitter and hormone levels.
- Providing comprehensive, important information on how the systems of your body are working and how they affect your emotional well-being.
- We have a special expert guest speaker during the program who will answer any questions you may have

Are you on anti-depressant or anti-anxiety medication? You can take the lab results from these tests to your physician to see if another medication may be more helpful or you may choose a more natural, holistic path. That is your choice! The test results will also include specific nutritional recommendations to assist in the restoration and resetting of the nervous system.



An emotion is the psychophysiological response to the interactions between biochemical and environmental stimuli. Many expressed emotions have been

shown to stimulate specific brain regions. It is directly and indirectly influenced by the immune system, chronic inflammation, and mental thoughts. Mental and emotional therapies for behavioral modifications are directly supported when biochemistry is also addressed. Assessment of neurotransmitter levels can provide valuable information about the status of the nervous system and its interaction with other systems in the body.

How Can These Tests Help?

Depression: It is very common for women with depression to take antidepressant therapies recommended by their doctor. Commonly prescribed medications for depression work by altering brain signaling via neurotransmitter modulation. Assessment of neurotransmitters involved in depression can be helpful in selecting the best class of medication, tracking the medication's effects, and determining the success of the medication.



Anxiety: Anxiety disorders can vary greatly in severity and duration, and accordingly, a variety of treatment plans are available. Assessment of neurotransmitter levels can provide valuable information about the status of the nervous system and its interaction with other systems in the body. The immune system can be evaluated

in a number of ways to identify the presence and cause of inflammation or other root causes of anxiety. Once the biochemical abnormalities contributing to anxiety are identified, a personalized treatment approach to depression can be undertaken.

Stress: The way in which you manage stress throughout your life can have a substantial impact on your health and wellbeing. Modern living has created unnatural stress that the body can no longer adapt to at a certain point. In individuals with trouble coping, this can potentially lead to issues such as inflammatory or immune problems, in addition to neurotransmitter imbalances.



Looking in to the potential cause of stress is essential in resolving the associated symptoms. Making an effort to reduce the stressors commonly present in everyday life is important, as well as providing support to help your body better deal with stress. Laboratory evaluation of neurotransmitter levels can lead your healthcare practitioner to suggest targeted amino acid therapy customized to your test results as well as your symptoms.

Hormone issues can lead to a variety of clinical symptoms. Often these issues are addressed as only a hormone problem. It is also important to consider the possible involvement of nervous, endocrine, and immune systems. The nervous system is the central regulator of the endocrine system. The immune system can override both. Evaluation of all three of these systems is needed in order to arrive at the correct diagnosis and treatment plan. Hormones and neurotransmitters can become imbalanced due to stressors on the body such as chronic inflammation, immune issues, anxiety, or depression.

What Do These Tests Cost?

At Crossroads **we are women helping women**. We know from personal experience the physical changes in our bodies throughout our lives. We understand that emotions are complex and believe that finding the right solutions based on a body, mind and spirit approach is an important component of healing. It is for this reason that this testing and education is being added to our program **WITHOUT ANY ADDITIONAL COST TO YOU!**

We limit the size of our groups in order to provide the most intensive therapeutic experience in a condensed format! Now these expensive tests as part of our treatment protocol in order to provide the best possible quality of care we can provide. Don't miss out on this opportunity! Questions?

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