

Mindful



Health

# Newsletter

Vol. 2 • Issue #1

**W**hat if you were eating all of the right things and you were still gaining weight? What if you could not resist the sight of "junk food" or you had to finish everything on your plate? What if you were frequently depressed for no reason? What if you suffered from terrible anxiety? What if you spent half of the night trying to fall asleep? Does this sound like you?

Well, what if I told you this was not your fault? What if there was a chemical component in your body contributing to this behavior? Well, a neurotransmitter imbalance might just be the problem.

## **WHAT ARE NEUROTRANSMITTERS?**

Neurotransmitters affect almost every part of the body because they play a vital role in the nervous system. They affect the mental, physical, and emotional capacities.

## **WHAT HEALTH CHALLENGES ARE ASSOCIATED WITH A NEUROTRANSMITTER IMBALANCE?**

- Addictions • Eating disorders • ADD/ADHD
- Fibromyalgia pain • Anxiety • Insomnia
- Autism • Irritable bowel syndrome
- Migraines • Psychological imbalances
- Depression • Obesity and weight issues

Neurotransmitters may not be the primary cause of a problem but resetting the levels can help to re-establish proper communication in the body.

**Come visit my website at  
[www.mindfulhealth.biz](http://www.mindfulhealth.biz)  
for more information.**

## **HOW DO I KNOW IF I HAVE AN IMBALANCE?**

Well, many of the characteristics I described in the first paragraph can be an indication of a problem. Neurotransmitters control one's overall feelings of satisfaction whether it is work, appetite, etc. Serotonin, also known as the "master neurotransmitter," is responsible for cravings and much of it originates in the gut. So if you have had digestive problems, chances are, you might have a serotonin imbalance. Low levels have been associated with depression, poor diet, insomnia, inflammation, stress, and addictive behaviors.

But in addition to recognizing these characteristics I can run a lab test which will tell us exactly where your levels are, or I can test your neurotransmitter point on my electrodermal screening machine. Then I can offer supplementation to bring the serotonin and subsequent neurotransmitters back into balance.

## **WHAT WILL I NOTICE WHEN THE LEVELS ARE BALANCED?**

- Metabolism reactivation • Better moods
- Improved digestion • Reduced cravings
- Less anxiety • Restful sleep

**Stop blaming yourself! It is time to figure out what is really going on inside of your body. Call me for a consultation, I would love to help!**

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 956-7629 for a free consultation or e-mail her at [Nicole@mindfulhealth.biz](mailto:Nicole@mindfulhealth.biz)