

## “BiPolar”

Research and studies published by scientists working with NeuroGenesis in the 1980's pointed out that many problems associated with extreme mood swings or exaggerated moods of highs and lows may very well be the result of environmental stress or trauma. As demonstrated by animal research, stress (life trauma of various types and degrees) would dramatically affect the level of certain neurotransmitters, reducing their level sometimes very quickly. This depletion does not automatically correct since it requires nutritional intake of certain amino acids, vitamins and minerals as precursor building blocks to produce the transmitters.

In addition, it was determined that genetics (what you inherit from parents) plays a significant role in the determination of the levels of these transmitters a person has available to produce emotional states.

For example: if a person inherits the DNA for elevated levels of dopamine then that person may express an uncommonly high mood, even giddiness at times. Such a person might be extremely talkative, always on the go, always rapidly going from one thing to another. When the available dopamine was exhausted (waiting for more nutritional building blocks to produce the dopamine) the person would likely experience the effects of a deficiency of dopamine and express a down mood, low energy and little pleasure in life.

Research has determined that a number of neurotransmitters are negatively affected by stress. Among these are dopamine, GABA, serotonin and the opioids. With a deficiency of these transmitters the person might have difficulty concentrating, feel anxious, irritable, and inadequate and sense little pleasure from daily activities or associations. Transmitters are meant to function, not singularly or by themselves, but as a unit like an orchestra. When one group of transmitters is not available in adequate amounts then the entire “orchestra” cannot produce what it should or could if everything was in balance.

By providing the brain with adequate amounts of the correct nutritional building blocks a better balance of neurotransmitters can be achieved and a better balance of thoughts, feelings and actions can be achieved.

Each of us is impacted by trauma every day. Each of us pays a price in neurotransmitter destruction as a result of the trauma. Using specific building blocks demonstrated to assist in the nutritional support of these transmitters can allow us to feel better, think better and act in a more rational manner.

Neu-Becalm'd provides these exact building blocks to support this nutritional effort.