

Low GABA

Anxiety

Tense muscles

Struggle to relax - Uses carbs, alcohol or drugs to relax

Feel overwhelmed

Worrier

Stressed

Low Serotonin

Anxiety

Panic attacks

Obsessive thoughts or behaviours /OCD tendencies

Perfectionism or controlling behaviour

Depressed or generally negative

Self critical

Suicidal thoughts

Low self-esteem

Low Catecholamines

Depression

Apathy

No energy

Easily bored

Lacking motivation or drive

Needs caffeine daily

Craves carbs or alcohol

Low endorphins

Low pain threshold
Comfort eater
Reward self with food
Highly sensitive
Food or alcohol cravings

Low Blood Sugar

Irritable
Lightheaded or headaches between meals
Eating improves tiredness
Nervous
Craves sweet or starchy foods

Other factors

There are a number of factors that predispose someone to imbalanced neurotransmitters and these should be addressed for long-lasting symptom relief. They include digestive, adrenal and thyroid issues. A comprehensive nutritional programme will help you to address these and restore optimal mental health.