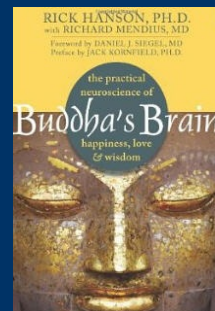


March 2013



**Susan Wallace, L.Ac.**

**Featured Book of the Month**



I recommend Rick Hanson's comprehensive book: [Buddha's Brain](#) combines the latest in modern science with ancient teachings to show you how to have greater emotional balance, as well as lead a healthier life.

The authors have simplified the latest neuro-scientific research and presented it in a wise and

## Albany Acupuncture Health and Wellness Newsletter

### Neurotransmitter Imbalances and Chronic Health Problems

Neurotransmitters and hormones are chemicals that send signals between cells in the body, regulating everything from blood pressure to how well you sleep at night. These physiological messengers are produced throughout the body, and through their communication with our organs and one another, they help maintain a balance designed to keep you happy and healthy.

I find that complex and recurring health conditions are often masked by symptoms so common those symptoms lose their diagnostic value. In fact, patients with significantly different underlying conditions may experience a similar set of symptoms. The good news is that even complex health conditions reveal themselves in the form of biomarkers. That's why I test my patient's biomarkers, specifically neurotransmitter and hormone levels, to improve diagnostic accuracy and increase the effectiveness of the treatment regimen.

**Many common symptoms are related to neurotransmitter imbalances**

Neurotransmitter imbalances are associated with

compassionate style that comforts and educates at the same time. As an added benefit, the author's wife writes an appendix on nutritional neurochemistry recommending nutrients, supplements and dietary basics to support brain function. "I've repeatedly seen that small, thoughtful, sensible changes in what you put in your mouth each day can gradually produce physiologically and psychologically significant benefits," writes Hanson.

You can find out more about Dr. Hanson's book at your local bookstore or online at Amazon at [Buddha's Brain](#).

**Book Club Starts April 30, 2013**

I have started a **Health and Nutrition Book Club** that will begin Tuesday April 30 at 7:00pm. We will meet once a month at my office to discuss that month's book topic more in depth. Contact me now if you are interested and I will send you details and reserve your seat.

[SusanWallaceAcupuncture@sonic.net](mailto:SusanWallaceAcupuncture@sonic.net)

You can find more information on acupuncture, nutrition, diet, herbs and exercise on my website:

[www.SusanWallaceAcupuncture.com](http://www.SusanWallaceAcupuncture.com)

Check out my [new business Facebook page](#):

many of today's most common and recurring health conditions. Because neurotransmitters are functionally integrated with the endocrine system (including the adrenal glands), sex hormones and the immune system, neurotransmitter imbalances can cause widespread health problems. The following patient symptoms may indicate neurotransmitter imbalances:

- Fatigue and lack of energy
- Anxiousness and low mood irritability
- Sleep difficulties
- Changes in appetite, excessive cravings and sudden weight loss/gain
- Poor mental performance, including issues with memory, attention, and ability to concentrate

Because nerves affect the functioning of all cells in the body, neurotransmitter-related disorders are common. An estimated 84% of the population has some degree of neurotransmitter deficiency or imbalance. Prolonged stress, poor diet (especially protein deficiency or malabsorption), genetic predisposition and some prescription drugs can contribute to neurotransmitter imbalances.

**Each patient is unique, but symptoms are not**

Many of my patient's symptoms, such as fatigue, sudden weight gain, anxiousness and sleep difficulties can have different underlying causes. While one sleep-deprived patient may have low serotonin, another may have high glutamate. Neurotransmitter testing measures key biomarkers for each patient.

Today's complex and recurring medical problems often require an approach that views nervous, endocrine and immune functions as an integrated system. Neurotransmitter testing helps me uncover

adrenal and immune issues that affect proper neural balance.

#### Which neurotransmitters could be involved in your health concerns?

| Do you suffer from:                                     | These neurotransmitters may be involved.   |
|---|--|
| <input type="checkbox"/> Poor Sleep                     | Serotonin, Taurine, GABA, Glutamate, Histamine, PEA, Norepinephrine, Epinephrine |
| <input type="checkbox"/> Fatigue                        | Glutamate, Histamine, Norepinephrine, Epinephrine                                |
| <input type="checkbox"/> Anxiousness                    | Taurine, GABA, Glycine, Glutamate, PEA, Norepinephrine, Epinephrine              |
| <input type="checkbox"/> Low Mood                       | Serotonin, Glycine, Glutamate, PEA, Norepinephrine                               |
| <input type="checkbox"/> Attention Difficulties         | PEA, Dopamine, Norepinephrine  |
| <input type="checkbox"/> Excess Energy                  | Taurine, GABA, Norepinephrine, Epinephrine                                       |
| <input type="checkbox"/> Cravings                       | Serotonin, Glutamate, Dopamine   |
| <input type="checkbox"/> Intestinal Complaints          | Serotonin  |
| <input type="checkbox"/> Poor Cognitive Function        | Glutamate, PEA, Dopamine   |
| <input type="checkbox"/> Weight Management Difficulties | Serotonin, Epinephrine   |
| <input type="checkbox"/> Excess Stress                  | Serotonin, Glycine, Norepinephrine, Epinephrine                                  |
| <input type="checkbox"/> Headaches                      | Serotonin, Histamine   |
| <input type="checkbox"/> Immune Issues                  | Serotonin, Glycine, Glutamate, Histamine, Norepinephrine                         |

#### Testing biomarkers helps customize patient treatment

Once I have the personalized, integrated information from a patient's lab results, I can better address underlying imbalances. The result is increased care effectiveness and decreased care expenses.

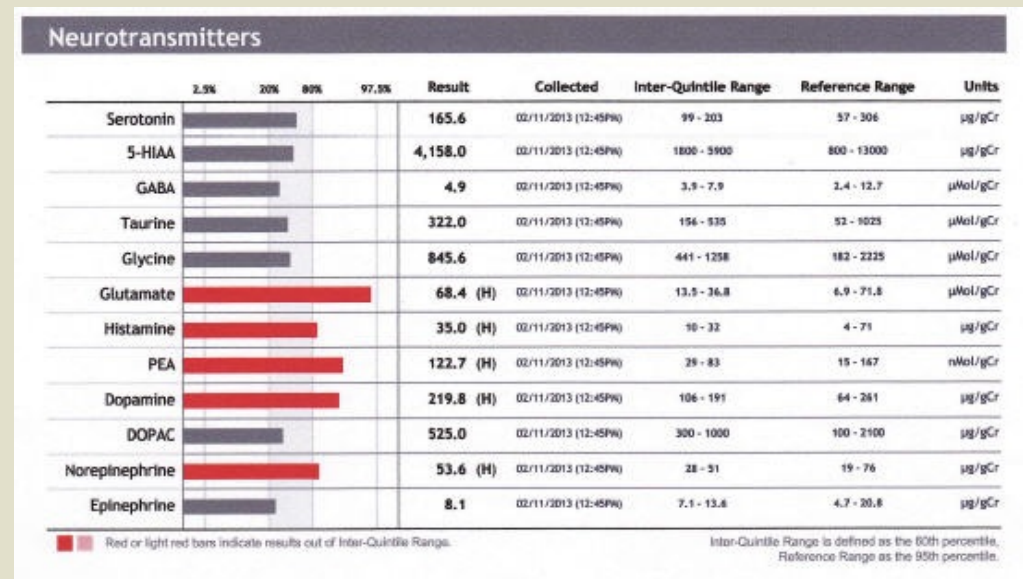
Measuring and optimizing neurotransmitter levels provides a cutting-edge approach for patients with a variety of ailments. For example, serotonin has an ability to constrict blood vessels. During a migraine, serotonin levels drop significantly, causing blood vessels to dilate, resulting in intense pain. Once the migraine sufferer's neurotransmitters are measured, treatments that optimize serotonin production can provide a preventive approach that minimizes migraine occurrence and thus the need for repeated drugs to treat recurring acute episodes.

[Contact me](#) if you are interested in having your neurotransmitters

and hormones tested. It is a simple saliva and urine based test that you can administer from your home. I can have the results back in a week and we can discuss a treatment or supplement regimen depending on the test results. If you are on Medicare, the test is covered by your Medicare coverage.

### View sample test results below

In this sample, the red bars indicate neurotransmitters that are out of balance, in this case too high (H).



### Featured Book of the Month

I recommend Rick Hanson's comprehensive book: [Buddha's Brain](#). *Buddha's Brain* combines the latest in modern science with ancient teachings to show you how to have greater emotional balance, as well as lead a healthier life.

### Book Club Starts April 30, 2013

I have started a **Health and Nutrition Book Club** that will begin Tuesday April 30 at 7:00pm. [Contact me](#) if you wish to reserve a seat.

Tel: (510) 559-8700  
 www.SusanWallaceAcupuncture.com  
 Email: SusanWallaceAcupuncture@sonic.net

---

Albany Acupuncture  
1009A Solano Avenue  
Albany, CA 94706  
US