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## What is a neurotransmitter test?

Neurotransmitters are the chemicals in your brain that communicate commands to different parts of your body and impact mood, sleep, focus, etc. Serotonin, Dopamine, and Epinephrine may be some of the names that you might recognize. Some neurotransmitters are "exciting" or energizing while some are inhibitory or calming. We need both in balance. While a urinary neurotransmitter test does not measure exact amounts in the brain, it can be a good indicator of potential problems and more direct testing is much more intrusive. The vast majority of serotonin which is essential to positive mood is produced in the gut. There have been research studies linking levels of neurotransmitters in the urine to specific disorders like depression and PTSD.

## Why should I get a neurotransmitter test?

If you are experiencing concerns with fatigue, irritability, impulsiveness, trouble concentrating, anxiety, depression, insomnia, restlessness, etc., a neurotransmitter test and treatment through supplementation is one of your treatment options. Many people do well with talk therapy that includes structured behavioral changes, cognitive techniques, and self-exploration. Some may be better able to change their thoughts and habits when their brain and body feel more balanced. The irritability I experienced as a result of adrenal fatigue was surprising even to me. Taking vitamin-based supplements allow me to take a breath and think before I respond to life stressors. (I also don't crave sugar nearly so much!). Many of my clients see neurotransmitter testing and supplementation as a more natural approach or a first step before considering pharmaceutical psychiatric medications like anti-depressant and anti-anxiety medications.

## How does a neurotransmitter test work?

Taking a neurotransmitter test is very convenient.

- The test kit will show up on your door in just a few days (it was less than a business week for me). Inside are all the instructions and items you will need.
- You will want to read the instructions to plan when is the best time for you to take the test.
- Once you have collected your sample following all of the included instructions, use the mailing label included, to re-seal the box, and drop it in a Fed-Ex box.
- Once your results are in, I will review them with you and the supplement suggestions made by Neurogistics or Neuroscience.



I am paneled with two labs, which provide you several options for testing. At Neurogistics.com you will take a self-test to help determine which of their products is right for you (or your child) and order the test online, using my practitioner ID BR914. For a Neuroscience test, you can choose either self-pay or to bill the test to your insurance company; you can also choose which neurotransmitters you do or do not want to test.

I can order Neurogistics, Neuroscience, or Designs for Health supplements for my clients; however, most find they can obtain very similar products for less from places like Amazon. We will also discuss the pros and cons of these different options, and you can determine what is the best choice for you. It has been wonderful to be able to help my clients with this treatment option and I enjoy seeing how some of them experience quick changes almost as much as they do.

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