

Brain/Mental Health:

HOW DO YOU FEEL today?

- Does your mood and energy level swing up and down?
- Do you crave sugar or salt?
- Are you overweight and putting on more and more belly fat?
- If you are a woman do you have premenstrual syndrome, painful or heavy periods and a low sex drive?
- Are you depressed?
- Do you sleep poorly?
- Do you feel tired but wired?
- Do you have to live on coffee in the morning and a few glasses of wine at night just to wake up and calm down every day?

If you do, you are not alone. This could be down to your Hormones!

Hormones (messenger molecules of our endocrine systems) and **neurotransmitters** (messenger molecules of our brains and nervous systems), are both involved in **almost every function of the body** and are critical to our well-being.

In fact -our gut nervous system (enteric nervous system) is known as our **second brain**. Your gut, in fact, contains more neurotransmitters than your brain. It is highly wired back to your brain and messages travel back and forth. When those messages altered for any reason in any direction – from the brain to the gut or the gut to the brain – your health will suffer.

At Nutrilnsight I use the Functional Medicine model to assess your health. This means connecting the dots and identifying the interactions between different systems in the body through comprehensive case history taking, your presenting signs and symptoms and if required functional laboratory testing. The goal is to identify and address the triggers and underlying causes of your health problems that often then cause imbalances in body systems, rather than simply focusing on symptoms.