

Tried and true results...

Since adding Pam's specialty of neurotransmitter balancing to my practice, my patients are amazed at how quickly they can feel better and are then better equipped to handle their life issues.

-Jean Johnson, Licensed Professional Counselor, Licensed Marriage & Family Counselor, Advanced Addiction Counselor

I had symptoms such as fatigue, mild depression, foginess and more. After spending months reading and visiting doctors - but with no change in my wellbeing - I decided to give this a try. What was most noticeable for me, was how fast I noticed a change - my mood and mental clarity altered within a few days! It was a complete and joyous surprise to have such an "instant" shift in so little time. Thank you.

- A.W. Chicago, IL

I operate in a fast-paced world with a lot of responsibilities and I cope better now than I ever have. What a gift! Before I worked with Neurogistics I weighed 145 pounds and carried a huge amount of stress. Now, I weigh 110 pounds and, despite having even more responsibilities and less free time, I have found consistency and contentment in my life that I didn't even know was possible. The changes are nothing short of remarkable. Thank you for changing my life.

- M.H. Austin TX

I have been a nervous and worried person for most of my life. I tried Prozac and it gave some relief, but there was still tension and anxiety. When I started my Neurogistics regimen I began to feel clearer and more relaxed. I have improved even more over time through the follow-ups and adjustments in my protocol. It is great to finally feel consistently "normal" and happy.

- A.R. Los Angeles, CA

The purpose of this letter is to express my gratitude to you for your services! I have never felt better in my entire life. My husband has even fallen back in love with me! I am no longer feeling the constant stress and depression that once ruled my life and for the first time in years, I am truly enjoying my children!! There is no more yelling at this house. We tend to stay calm and happy because of the way I am now handling everything! My husband and I don't even fight anymore. We discuss our problems calmly. In addition, I had not been able to focus for as long as I can remember, but here I am making lists and completing my tasks that I was previously unable to do.

I just wanted to let you know how pleased my entire family is! I feel like you have quite possibly saved my life!

- P.S. Austin TX

Shortly after my 84th birthday, I began my neurotransmitter therapy. I immediately noticed that my memory was better. There was a group of us that played golf every week and we were all trying to remember the name of a friend that used to be in our group years ago. After about 6 weeks on my therapy, I remembered his name. I also noticed that there are many times in conversation where I remember names and places very easily, whereas before I started the program I would struggle to recall during the conversation and normally wouldn't until later on in the day or night.

As far as my sleep goes, Neurogistics has helped me tremendously. I was waking up every 2 hours and would struggle to get 5-6 hours of sleep. Now I sleep a solid 8 hours with no interruptions. I wake up feeling better and more rested than I have in years.

- T.E.H. New Braunfels, TX

Beginning the Brain Wellness Program is Fast & Easy

Simply follow these steps:

1. Pick up your test at A Harvest of Health
2. Complete the test at home and mail the specimen from a local Fed-Ex pick-up location.
3. Complete a Personal Wellness Intake Form and submit to A Harvest of Health.
4. Schedule your appointment with A Harvest of Health to find out your test results.
5. Begin your journey to better health!



Nutrition & Wellness Center

760 N Main Street • Bluffton, IN 46714
Phone: (260) 824-1600 / (800) 292-1392
Email: info@aharvestofhealth.com
www.aharvestofhealth.com

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**If you or someone you
know is experiencing...**

**Depression
Anxiety
Headache, Migraine
Memory Loss
Insomnia
Lack of Energy
Weight Issues
ADD/ADHD
Difficulty Focusing
or Chronic Pain**

**...there is a *scientific,*
all natural, personalized
program that has already
helped thousands**


NEUROGISTICS
THE BRAIN WELLNESS PROGRAM

It could be your Brain Chemistry...

There is a wealth of clinical and research evidence which demonstrates that **neurotransmitter (brain chemistry) imbalances can affect mood, sleep, concentration, and weight, and can cause a wide range of adverse symptoms** when they are depleted or out of balance.

It is estimated that **86% of Americans** have very low neurotransmitter levels.

What are Neurotransmitters?

Neurotransmitters are the **brain chemicals** that communicate information throughout our brain and body. They are involved in every function, from muscle movement to hormone release.

What causes Neurotransmitter depletion?

- **Stress**
- **Poor diet**
- **Lack of protein and Omega-3s**
- **Neurotoxins**
- **Genetic predisposition**
- **Drug use** (prescription/recreational)
- **Alcohol and caffeine usage**
- **Lack of sleep**

You can do something about it!

Research has shown that these important brain chemicals (neurotransmitters) **can be replenished and balanced naturally.**

Restoring neurotransmitter levels and achieving your correct balance can have **a profoundly positive effect on every aspect of your life.**



Pam Machemehl Helmly, CN

Time-Tested

Affordable

Highly Effective

A comprehensive approach to Brain Chemistry Balancing, offering a personalized program including:

Pam Machemehl Helmly, CN

Expertise from the foremost clinician specialized in neurotransmitter testing and evaluation.

Neurotransmitter Lab Test

Identifies your unique Neurotransmitter Profile with our exclusive, proprietary, clinical laboratory assessment, starting with an easy-to-use, in-home urine testing kit. Complete this test in the privacy of your home, then send it off to the lab for analysis.

Personalized Brain Wellness Report

Contains everything you need to know to get started and progress on your program: your lab results, a customized protocol, and simple dietary recommendations and lifestyle guidelines to enhance neurotransmitter performance.

Neurogistics Supplements

Exclusively designed by our scientists for The Brain Wellness protocols, these supplements contain the highest quality, all-natural ingredients and are easily available through A Harvest of Health Nutrition & Wellness Center.

Progress Monitoring

Our successful mentor program is designed to help you get the most from your personalized protocol and recommendations, ensuring your progress at every stage.

Practitioner Consultations

Consultations are available by phone in person to discuss your test results. Appropriate recommendations will be made and follow-up will be maintained to insure you experience results!

“I believe in this program and I have dedicated my career to helping people feel their best through the science of brain wellness.”

~ Pam Machemehl-Helmly