



## 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 our Neurogistics website.

#### ***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.

#### ***Certified Practitioner Consults***

Referrals are available for phone consultations from our worldwide network of practitioners when required or as a support option at any time during your program.

***“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***