

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:

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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