Why is restoring HPA-T Axis function so *critical* for patient health?

Various HPA-T Axis Imbalances Affect Your Health

Links between chronic conditions and your neurotransmitter & hormone levels

This sheet provides an overview of the association between elevated or low levels of neurotransmitters and adrenal hormones with many chronic symptoms and conditions.

Associations with HIGH Levels:

Cortisol

- Anxiety
- Poor Sleep
- Insulin Resistance
- Immune Suppression

Dopamine

- Developmental problems
- Schizophrenia
- Psychosis

Norepinephrine

- Stress and Anxiety
- Hyperactivity
- Increased Blood Pressure
- Pain
- Hot flashes
- Migraines
- Anger

Epinephrine

- Insomnia
- Anxiety
- Stress
- Blood Sugar Elevation
- Insulin Resistance

Glutamate

- Neurotoxicity
- Anxiety
- Stress
- Decreased Mood
- Seizures

GABA

- Sedation

Associations with LOW Levels:

Cortisol

- Fatigue
- Inflammation and Allergies
- Low Libido
- Fatigue/Lethargy
- Aging
- Salt cravings
- Sensitivity to loud noise
- Difficulty with waking up
- Second wind at night
- Daytime sleepiness

Dopamine

- Lack of Motivation/Focus
- Addictions and Cravings
- Low Libido

Norepinephrine

- Lack of Focus/Energy/Motivation
- Depression with Apathy

Epinephrine

- Poor Methylation
- Lack of Focus/Energy
- Poor Blood Sugar Control
- Difficulty losing weight

Glutamate

- Fatigue
- Low Brain Function

GABA

- Anxiety
- Hyperactivity
- Sleep Difficulties

Serotonin

- Depression
- Anxiety
- Carbohydrate Cravings
- Insomnia
- Anger/Rage
- Pain
- Low libido
- Headaches
- Constipation
- PMS/Hot flashes

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Interaction of neurotransmitters, thyroid, adrenal hormones, and sex hormones

HORMONES » NEUROTRANSMITTERS

Hormone Effects on Neurotransmitters:

• Estrogen:	Enhances Serotonin, Modulates Dopamine
• Progesterone:	Enhances GABA
• Testosterone:	Enhances Serotonin, Enhances Dopamine
• DHEA:	Enhances Dopamine, Norepinephrine, Serotonin Neuroprotective, Increases neuronal plasticity
• Thyroid:	Enhances Serotonin
• Cortisol Excess:	Blocks Serotonin and Tryptophan metabolism into Serotonin; Use 5-HTP to bypass
• Cortisol Deficiency:	Decreases Serotonin, Epinephrine Increases Norepinephrine, Glutamate
• Insulin Excess: (Insulin Resistance)	Decreases Serotonin Increases Norepinephrine and Dopamine

NEUROTRANSMITTERS » HORMONES

Neurotransmitter Effects on Hormones:

• Serotonin:	Modulates Thyroid Function
• GABA Excess:	Impedes Thyroid Function
• Dopamine Deficiency:	Decreases Prolactin; Increases growth hormone; Increases TSH
• Norepinephrine Excess:	Acute; Increases Cortisol Chronic; Decreases Cortisol
• Epinephrine Excess:	Insulin resistance - Increases Insulin

Learn more about assessing, monitoring, and correcting neurotransmitter imbalances.

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