



SUMMIT

Naturopathic News

Treat the cause, not the symptoms.

Naturally.

Attention Kids!

Neurotransmitter testing and targeted nutrients for attention, hyperactivity and mood issues.

Today, a significant number of children suffer from hyperactivity, behavioral issues, lack of focus and developmental delays. These challenges become even more apparent when the school year begins and kids are expected to spend more time inside, sit still and focus for longer periods of time.

The dynamics and stressors of modern society often create an environment of over-stimulation for kids. These stressors, including poor diet, neurotoxins, heavy metal toxicity, genetics and emotional stress, can result in imbalances in hormones and neurotransmitters. Every day life, compounded with any type of pre-natal or early childhood trauma, may lead to chemical imbalances extreme enough to inhibit the child's ability to focus, self-soothe or self-regulate. Approximately 7% of American school children have imbalances great enough to be diagnosed as ADHD (Attention Deficit and Hyperactivity Disorder). ADHD is now the most common mental health complaint among children. In other children, the parent, teacher or coach may see chemical imbalances manifest as low self-esteem, irregular sleep patterns, social or behavioral difficulties, impulsivity, problems with anger control, or self-destructive behaviors.

"Neurotransmitters" are chemicals that carry messages between nerve cells. They are circulated throughout the body, and are required for proper brain and body function. Imbalances can result in a variety of health problems, including emotional and behavioral disorders.

Each neurotransmitter behaves differently. Some, such as serotonin, GABA and glycine, are inhibitory, and help calm the brain. Other neurotransmitters are excitatory, having the opposite effect. These include dopamine, epinephrine and histamine. Focus and calm behavior requires a balance of these inhibitory and excitatory compounds.

Neurotransmitter level testing can be helpful in guiding treatment, whether drug-based or nutrient-based. Nutrient-based programs work to support the body in creating a balance. Specialized neuromodulatory formulas are designed to help balance each individual's unique biochemistry. Neurotransmitter testing can also help guide drug-based

therapies. Matching a drug to a child's unique chemical imbalance may help eliminate trial-and-error prescribing.

Neurotransmitter testing and therapy should not stand alone, but used in conjunction with other important therapies, including optimal nutrition and avoidance of food allergies, processed foods and artificial ingredients, such as food dyes and MSG (monosodium glutamate). Children, like adults, need regular exercise, play, laughter, love, positive reinforcement, and limited "screen time". Regular counseling or therapy is also important and can be extremely helpful for both the child and his or her family.

Childhood should be a time of freedom, of expanding creativity, energy and physical, social and emotional growth and learning. Children are active and energetic, and don't always listen and sit still. However, if you see your child having limitations due to emotional or mental challenges, know that many options are available. Neurotransmitter testing, is one method to help you and your child move towards a happier, healthier life.

For more information on neurotransmitter testing for children and adults, contact Dr. Nearpass or Dr. Pollack at the Mountain-River Naturopathic Clinic in Frisco at 668-1300.



Mountain-River Naturopathic Clinic_{LLC}

Dr. Justin Pollack · Dr. Kimberly Nearpass

PO Box 4236 · Frisco, CO 80443

Ph: (970) 668-1300 Fax: (970) 668-1301

Nutrition for Kids

“Do Not Eat”

- Artificial dyes
- Artificial preservatives
- Hydrogenated or Partially Hydrogenated Oils
- High Fructose Corn Syrup
- Aspartame, Nutrasweet, etc
- Propylene glycol
- Nitrites/nitrates
- MSG

“Dirty Dozen”

- Wheat, Dairy, Corn, Soy, Eggs, Citrus, Peanuts, Strawberries, Chocolate, Red meat, Alcohol, Sugar

Immune Enhancing Foods

- Garlic and onions
- Ginger
- Fresh fruits and vegetables
- Brothy soups
- The Basics:
 1. Multivitamin and mineral: A low-cost insurance plan
 2. Fish Oil/Omega 3's: Contribute to immune health; regulate white blood cell activity; important components of cell membranes and hormones; prevent allergy and inflammation; support cardiovascular health; help stabilize mood; and, promote healthy nervous system and brain function.

“Anti-immune” Foods

- SUGAR!!
- Mucus producing foods: dairy, wheat, citrus

Nutritious Snack Substitutions for Kids

Instead of...	Try...
Ice cream	Smoothies (blended fruit, berries, bananas, yogurt, herb tea, or rice milk) Blended frozen bananas, with or without added berries or carob frozen yogurt Frozen berries
Soda pop or Kool Aid	Fresh fruit juice diluted at least ½ and ½ with mineral or filtered water Herbal tea (fruit flavored varieties from Celestial Seasonings or Stash), sweetened with stevia Tea (Pelican Punch) mixed with apple cider or other fruit juices
Jello	Mix 1 tablespoon agar-agar with 3 ½ cups fruit juice and simmer for 15 min, pour into a mold with fresh fruit or berries, and refrigerate
Popsicles	Fresh juice frozen in popsicle or ice trays Blend a banana and frozen berries or fruit with “Tea-Juice,” then freeze
Candy	Dried fruits and nuts Pitted dates stuffed with peanut butter, almond butter, or an almond
Cookies	Whole grain crackers or sprouted breads with nut butters, agave nectar, or “Earth Balance” margarine Convert you favorite recipe using natural sweeteners and whole wheat flour For special treats, buy natural food store animal crackers
Cake	Essene bread Make your own cake using whole grain flour and honey or molasses as a sweetener. Cut a watermelon into the shape of cake layers. Use sliced bananas for filling between the layers and top with various fruits, berries, and flowers using a toothpick to hold them on. Great for summer birthday parties!
Chips	Whole wheat pretzels, or “Goldfish”
Buttered Popcorn	Popcorn with brewer’s yeast, agave nectar, sunflower oil, or walnut oil
Sugary cereals	Whole grain cereal (low sugar), almonds, and raisins
Other Junk	Carrot sticks, sliced apples, celery, pre-peeled oranges, jicama, green or red bell peppers Ants on a log (celery with peanut butter and raisins)



Mountain River

NATUROPATHIC CLINIC

Dr. Justin Pollack · Dr. Kimberly Nearpass
PO Box 4236 · Frisco, CO 80443
Ph: (970) 668-1300 Fax: (970) 668-1301

Neurobiomarkers

Epinephrine

Norepinephrine

Dopamine

Serotonin

Glycine

Taurine

GABA

Glutamine

Glutamate

Aspartic Acid

PEA

Agmatine

Histamine

DOPAC

5-HIAA

Tyramine

Hormones

Testosterone

Estradiol

Estrone

Estriol

Dihydrotestosterone

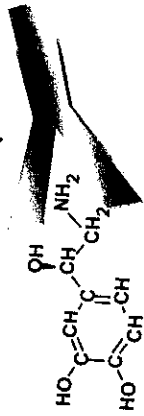
Cortisol

DHEA

Progesterone

Melatonin

How are Neurobiomarkers measured? Enzyme Linked Immunosorbent Assay



Neurobiomarkers are measured in a spot urine collection via accurate and cost efficient Enzyme Linked Immunosorbent Assays (ELISA). In this process, highly specific antibodies bind to a neurobiomarker protein complex that allows for detection of these very small molecules.

Others make claims. We make history.

Leadership
Established in 2000, we were the first organization to bring you neuroendocrine assessments and targeted nutritional neuromodulation.

Experience
Our database contains more than 200,000 patient data files. Our knowledge and experience cannot be matched.

Service
Friendly, efficient and solution-based staff members are here to meet your needs.

Expertise
Clinical and Technical Operations and a network of healthcare providers are available to tackle your most challenging cases...at no charge.

Innovation
NeuroScience bridges the gap between academic research and clinical application- bringing you the latest developments in the realms of neurology, endocrinology, and immunology.

Put Your Nervous System

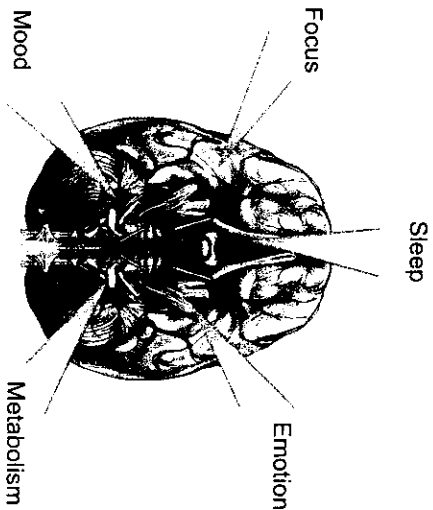
to the Test



NEUROSCIENCE
Improving Health Through The Nervous System

The Nervous System is the body's mission control.

The nervous system is responsible for regulating all other systems and processes including sleep, emotions, metabolism, mood and focus.



“I am so grateful for Neuroscience and the benefits that my patients are receiving. Neuroscience has revolutionized my practice!”
 Eileen Stretch, ND
 Seattle, WA

NEUROSCIENCE
 Improving Health Through The Nervous System
 (888) 342-7272
www.neurorelief.com

What is the status of your Nervous System?

Just like our genetic make-up, nervous system biochemical profiles are unique to every individual. Symptoms such as sleeplessness, anxiousness, low mood, fatigue, hyperactivity and many others may result from imbalances in multiple neurotransmitter and/or hormone systems.

	Pt. 1	Pt. 2	Pt. 3	Pt. 4	Pt. 5
Epinephrine (ug/gCr)	15.6	2.9	3.2	1.6	2.5
Norepinephrine (ug/gCr)	23.6	117.9	27.5	19.8	30.5
Serotonin (ug/gCr)	95.2	124.1	38.7	153.3	82.7
GABA (umol/gCr)	3.5	5.3	8.2	7.4	2.1
PEA (nmol/gCr)	298	174	150	956	302
Glutamate (umol/gCr)	11.0	21.4	9.6	15.6	58.4
Histamine (ug/gCr)	5.2	7.8	4.2	28.7	11.8
Cortisol (ng/ml)	0.9	1.3	6.8	2.5	1.1
Melatonin (pg/ml)	26.7	10.4	68.7	46.7	33.1

Neuroendocrine profiles of 5 subjects with similar presentations of difficulty falling asleep. Note biomarker individuality.

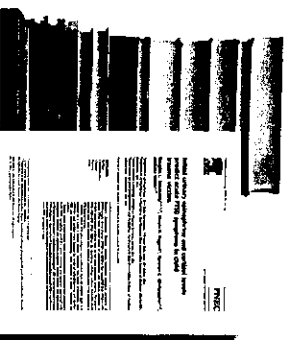
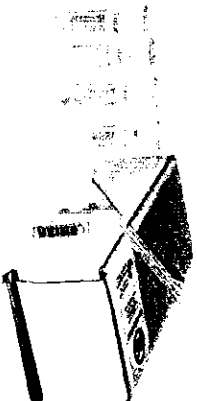
“Therapies guided by this testing have changed the lives of many patients in my practice.”

Eileen Wright, MD
 Asheville, NC

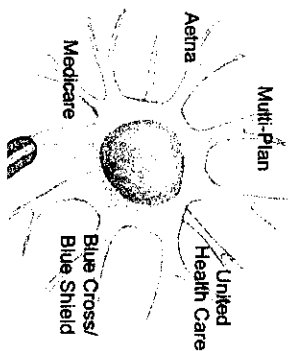


Find out through Neurobiomarker testing.

Through the measurement of key neurotransmitters and hormones, NeuroScience's NeuroEndocrine Profiles allow you to assess neuroendocrine function reliably and affordably.



Backed by Science.
 Scientific literature suggests urinary neurotransmitter excretion correlates with various neurological and biological symptoms. Neurobiomarker testing can assist healthcare practitioners in making more informed decisions regarding the choice of a particular intervention and help monitor therapeutic effectiveness.



Covered by Insurance.
 Neurobiomarker testing is covered by most major insurance companies. NeuroScience can submit claims on behalf of your patients, to make the billing process easier for you.