

Neurotransmitter Checklist

LOW SEROTONIN SYMPTOMS

- Do you have loss of pleasure in hobbies and interests?
- Do you feel overwhelmed with ideas to manage?
- Do you have feelings of inner rage?
- Do you have feelings of inner paranoia?
- Do you have feelings of depression?
- Do you feel like you are not enjoying life?
- Do you feel lack of artistic appreciation?
- Do you get depressed when it is cloudy or when there is lack of sunlight?
- Do you have loss of enthusiasm for your favorite activities?
- Are you not enjoying favorite foods?
- Are you not enjoying friendships and relationships?
- Are you unable to fall into deep restful sleep?
- Do you have feelings of dependency on others?
- Do you feel more susceptible to pain?
- Do you have feelings of unprovoked anger?

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2008 Annual IAACN
Scientific Symposium

LOW DOPAMINE SYMPTOMS

- Do you have feelings of worthlessness?
- Do you have feelings of hopelessness?
- Do you have self-destructive thoughts?
- Do you have inability to handle stress?
- Do you have anger and aggression while under stress?
- Do you not feel rested even after long hours of sleep?
- Do you desire to isolate yourself from others?
- Do you have unexplained lack of concern for family and friends?
- Are you distracted easily?
- Do you have an inability to finish tasks?
- Do you feel the need to get alert by consuming caffeine sources?
- Do you have low libido?
- Do you lose your temper for minor reasons?

LOW GABA SYMPTOMS

- Do you have feelings of anxiousness or panic for no reason?
- Do you have feelings of dread?
- Do you have feelings of "knot" in your stomach?
- Do you have feelings of being overwhelmed for no reason?
- Do you have feelings of guilt about decisions?
- Do you have a restless mind?
- Do you have a hard time turning your mind off when you want to relax?
- Do you have disorganized attention?
- Do you worry about things you never had thought about before?
- Do you have feelings of inner tension and inner excitability?

LOW ACETYLCHOLINE SYMPTOMS

- Do you have a declining loss of visual memory?
- Do you have a declining loss of verbal memory?
- Do you have memory lapses?
- Do you have impaired creativity?
- Do you have diminished comprehension?
- Do you have difficulty calculating numbers?
- Do you have difficulty recognizing objects and faces?
- Do you have an altered keen awareness of self?
- Do you have excessive urination?
- Do you have slowness of mental responsiveness?