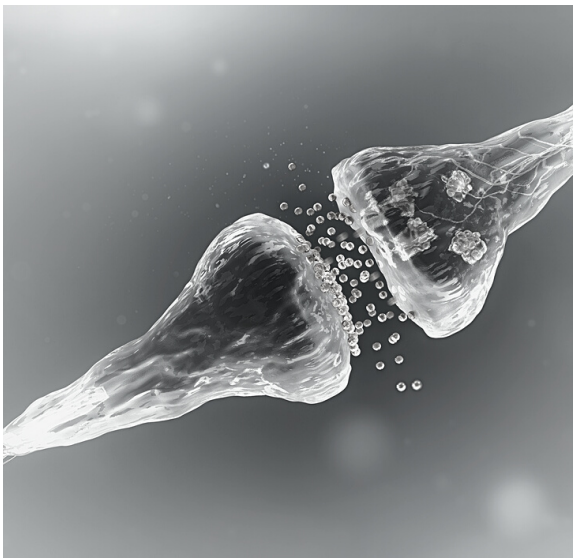


Test kit: Neurotransmitters

ORY ANALYSIS – URINE TEST



What do neurotransmitters in our body?

Neurotransmitters are chemical messengers that are formed in our nerve cells and serve to transmit an electrical stimulus from the nerve cell to another cell. The strength of the subsequent stimulus depends on various factors, on the receptor density at the target cell but also on co-transmitters, and can be both inhibitory and excitatory.

Stress as the most common cause of a neurotransmitter shift.

The body's acute stress response is initially a physiological reaction to cope well with normal stresses. If the body is subsequently given sufficient time to recover, it remains without further consequences. However, if the recovery phases are lacking and the stress becomes chronic, the production of neurotransmitters can shift and eventually become exhausted. The complex neuroendocrine interplay becomes unbalanced. Chronic stress leads to a sustained consumption of stress hormones and messenger substances until the neurons are depleted.

There are many symptoms, some of them very unspecific, which make an examination of the neurotransmitter concentration in the body appear reasonable. Continuous fatigue despite sufficient sleep duration, seemingly causeless sadness up to depressive mood, loss of performance, stressful mood swings or in the case of an incipient burn-out, a laboratory diagnostic clarification can be useful.

TEST INSTRUCTION



CHECK

- Requirement sheet + instructions for performance
- 1 urine tube with stabilizer
- 1 transfer pipette
- 1 transport tube
- Shipping box + adhesive tape for secure sealing



REQUIREMENTS

- do not eat fish and seafood 2 days before the start of the test
- do not consume bananas, cheese, almonds, nuts, green or black tea, vanilla or vanilla-containing products, cocoa, alcohol, coffee or caffeinated drinks, energy drinks, nicotine the night before
- do not exercise in the morning and remain fasting until urine is collected
- water and fruit tea are allowed



TEST INSTRUCTIONS

- for the test the **second morning urine** is needed (the first morning urine is the urine after getting up, the second morning urine is collected at least 2-4 hours later in the morning - not before!)
- Please use **midstream urine** (Urine is obtained without interrupting urination by having the patient hold the collection cup in the urine stream. This should be filled about halfway). The first and last part of the urine is not collected.
- Using the enclosed pipette, fill the centrifuge tube to the mark at the top, about 5mm below the closed lid... Please make sure that the stabilizer substance (small filter) remains in the tube.
- Then swirl the tube briefly (do not shake).
- The tube does not need to be labeled, as it is already provided with a barcode containing your data.



PACKING AND SHIPPING

Please put the urine tube into the transport tube and this together with the completed request form into the shipping bag and bring it to the mailbox or post office. Shipping envelope does not need to have postage added.

Important note: Please do not send on Friday or before holidays!



Done! You will receive an email when your results are in.

"Health is not everything, but without health everything is nothing!"

Arthur Schopenhauer



Auguste-Viktoria-Straße 91, Charlottenburg
14193 Berlin, Tel. 030 88 66 33 73
praxis@natura-heilpraxis.de
www.natura-heilpraxis.de



ORY-BERLIN.DE