

神經遞質平衡 與情緒健康






您受以下問題困擾嗎？



- | | |
|--------------------------------------|---|
| <input type="checkbox"/> 經常感到擔憂或焦慮 | <input type="checkbox"/> 很難起床 |
| <input type="checkbox"/> 常感悲傷 | <input type="checkbox"/> 每朝都需要咖啡或糖份 |
| <input type="checkbox"/> 容易產生恐慌 | <input type="checkbox"/> 經常感到疲累但又亢奮 |
| <input type="checkbox"/> 容易衝動及情緒失控 | <input type="checkbox"/> 經常有睡眠障礙或發惡夢 |
| <input type="checkbox"/> 成癮的問題 | <input type="checkbox"/> 重複某些行為（如不停洗手或清潔） |
| <input type="checkbox"/> 確斷患有精神疾病 | <input type="checkbox"/> 注意力經常難以不集中 |
| <input type="checkbox"/> 易怒、易受刺激和不耐煩 | <input type="checkbox"/> 經期前後過度情緒化、眼 |
| <input type="checkbox"/> 容易對前景感到悲觀 | <input type="checkbox"/> 淺、容易憤怒或心情抑鬱 |
| <input type="checkbox"/> 生活感到不知所措 | |

如果您正受3個或以上的問題困擾，
您的神經遞質可能已經失衡，
造成各種情緒問題！

 **HK BioTek®**

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了解神經遞質

神經遞質是我們大腦和各種神經細胞傳遞信息的物質，我們所眼見、聽見、接觸、聞到和進食需要靠神經遞質來向大腦溝通，再作出各樣反應。

神經遞質間的平衡對大腦運作十分重要，若果失衡的話，會出現各種生理及心理問題。



多巴胺

大腦快樂和獎勵系統的中介；提高注意力，集中力和動力，調節運動控制，是行為成癮的關鍵



腎上腺素和去甲腎上腺素

通過刺激警覺性、血壓和心率來調節「攻擊或逃避反應」以應付危急情況



γ-氨基丁酸 (GABA)

大腦中主要的抑制性「關閉」開關；改善情緒，緩解焦慮，促進睡眠



谷氨酸

大腦中主要的興奮性「開啟」；提高警覺性，優化學習和記憶，改善情緒和性慾



甘氨酸

抗炎，改善睡眠質素和緩解激進行為



組織胺

增加新陳代謝，促進清醒和抑制食慾



苯乙胺 (PEA)

促進能量，提升情緒，調節注意力和攻擊性



血清素

大腦中主要的興奮性「開啟」；提高警覺性，優化學習和記憶，改善情緒和性慾

神經遞質對健康的影響



焦慮和抑鬱：與谷氨酸、苯乙胺、組織胺、血清素以及腎上腺素和去甲腎上腺素的不平衡有關



疲勞：興奮性和抑制性神經遞質之間可能存在不平衡



衝動行為：GABA、多巴胺和血清素失衡通常與專注力不足、過度活躍和強迫症等疾病有關



失眠：受谷氨酸、組織胺、多巴胺、GABA、血清素、去甲腎上腺素和腎上腺素影響



經前症候群或經前焦慮障礙：經常涉及血清素、多巴胺、去甲腎上腺素和GABA等不平衡

荷爾蒙測試：神經遞質

運用尿液檢測進行全面評估



檢測神經遞質是否平衡



比較不同症狀或情緒障礙的結果，以制定個人化的治療計劃

Neurotransmitters Balance & Emotions



Are you troubled with the following problems?



- | | |
|--|--|
| <input type="checkbox"/> Often feel worried or anxious | <input type="checkbox"/> Find it hard to get out of bed |
| <input type="checkbox"/> Feel sad often | <input type="checkbox"/> Require coffee or sugar to start your day |
| <input type="checkbox"/> Prone to panic attacks | <input type="checkbox"/> Feeling tired but hyper |
| <input type="checkbox"/> Struggle with impulsivity | <input type="checkbox"/> Sleep disturbances & bad dreams |
| <input type="checkbox"/> Addiction problems | <input type="checkbox"/> Repetitive behaviors like handwashing or cleaning |
| <input type="checkbox"/> Diagnosed with a mental health disorder | <input type="checkbox"/> Hard to concentrate |
| <input type="checkbox"/> Moodiness and impatience | <input type="checkbox"/> Excessive moodiness, tears, anger or depression around period |
| <input type="checkbox"/> Have a gloomy outlook | |
| <input type="checkbox"/> Feeling lost in life | |

If you are troubled with any 3 problems of the above,
Your neurotransmitter might be imbalance,
leading to your emotional issues!



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Knowing your neurotransmitters

Neurotransmitters are chemical messengers used by the nervous system to relay anything that it sees, hears, touches, smells or ingests - communicating back and forth between the brain and the body.

Optimal balance is required to maintain health. Imbalances can produce psychological symptoms.

Dopamine:
mediator of pleasure and reward; improves attention, focus and motivation, modulates movement control, and is a key player in addictive behaviors.

Epinephrine & norepinephrine:
regulate the fight or flight response by stimulating alertness, blood pressure and heart rate.

GABA:
major inhibitory 'off' switch in the brain; improves mood, relieves anxiety and promotes sleep.

Glutamate:
major excitatory 'on' switch in the brain; increases alertness, optimizes learning and memory, and improves mood and libido.

Glycine:
anti-inflammatory; improves sleep quality and calms aggression.

Histamine:
increase metabolism, promotes wakefulness and suppresses appetite

PEA (phenethylamine):
promotes energy, elevates mood and regulates attention and aggression

Serotonin:
the 'happiness molecule'; contributes to the feelings of calm and wellbeing that ease depression and anxiety, supports sleep and decreases appetite.

Health Impacts of Neurotransmitters



Anxiety & Depression: Linked with imbalances of Glutamate, PEA, Histamine, Serotonin, as well as Epinephrine and Norepinephrine



Fatigue: An imbalance between excitatory and inhibitory neurotransmitters is likely.



Impulsive behaviors: GABA, Dopamine and Serotonin imbalances are commonly linked to disorders like ADD, ADHD and OCD.



Insomnia: Glutamate, Histamine, Dopamine, GABA, Serotonin, Norepinephrine and Epinephrine play a role in insomnia.



PMS or PMDD: Imbalances such as Serotonin, Dopamine, Norepinephrine and GABA are often involved.

Hormone Testing: Neurotransmitter Profile

Urine testing for a comprehensive assessment.



Identify neurotransmitter imbalances



Match test results with symptoms or mood disorder for a tailor-made treatment plan