



Dr. Bakshi's  
Advance  
Diagnostics

---

*Your Path to Informed Health Decisions*

---

# What Are Neurotransmitters & Hormones

Neurotransmitters and hormones are essential chemical messengers that facilitate communication within the brain and throughout the nervous system. They influence a wide range of functions, including mood, cognition, stress response, sleep, and overall physical health. Key players include:

- **Serotonin**  
Regulates mood, sleep, and appetite. Low levels are associated with depression, anxiety, and sleep disturbances.
- **Dopamine**  
Involved in motivation, reward, and pleasure. Imbalances may contribute to ADHD, Parkinson's disease, and low mood.
- **GABA (Gamma-Aminobutyric Acid)**  
The brain's primary calming neurotransmitter. Deficiency can lead to anxiety, irritability, and sleep issues.
- **Glutamate**  
A powerful excitatory neurotransmitter essential for learning, memory, and overall brain function.
- **Noradrenaline (Norepinephrine)**  
Supports attention, focus, and emotional stability. Imbalances can affect stress management and mood.
- **Adrenaline (Epinephrine)**  
Triggers the fight-or-flight response. Elevated levels may cause panic, restlessness, and heightened stress.
- **Cortisol**  
The body's main stress hormone. Chronic elevation is linked to fatigue, weight gain, anxiety, and insomnia.



## Signs of Neurotransmitter & Hormonal Imbalance

When neurotransmitters or hormones are out of balance, it can manifest through various mental, emotional, and physical symptoms, such as:

Persistent mood swings or anxiety

Low mood or depression

Chronic fatigue or low energy

Insomnia or restless sleep

Poor focus and brain fog

Irritability or aggression

Memory lapses

Low motivation or drive

Difficulty coping with stress

Weight gain or difficulty losing weight

## Discover the Root Cause

The Neurospot Neurotransmitter Test offers a comprehensive analysis of your brain chemicals and hormones that regulate mood, sleep, energy, and mental performance. It helps identify imbalances that may be contributing to your symptoms, enabling you to take a targeted and proactive approach to your mental and emotional well-being.



## Why Choose the Neurospot Test?



### Scientific Clarity

Gain clear, data-driven insights into your brain's chemical balance



### Personalized Recommendations

Receive a tailored protocol based on your unique biochemistry.



### Early Intervention for Better Outcomes

Address imbalances before they develop into chronic conditions.

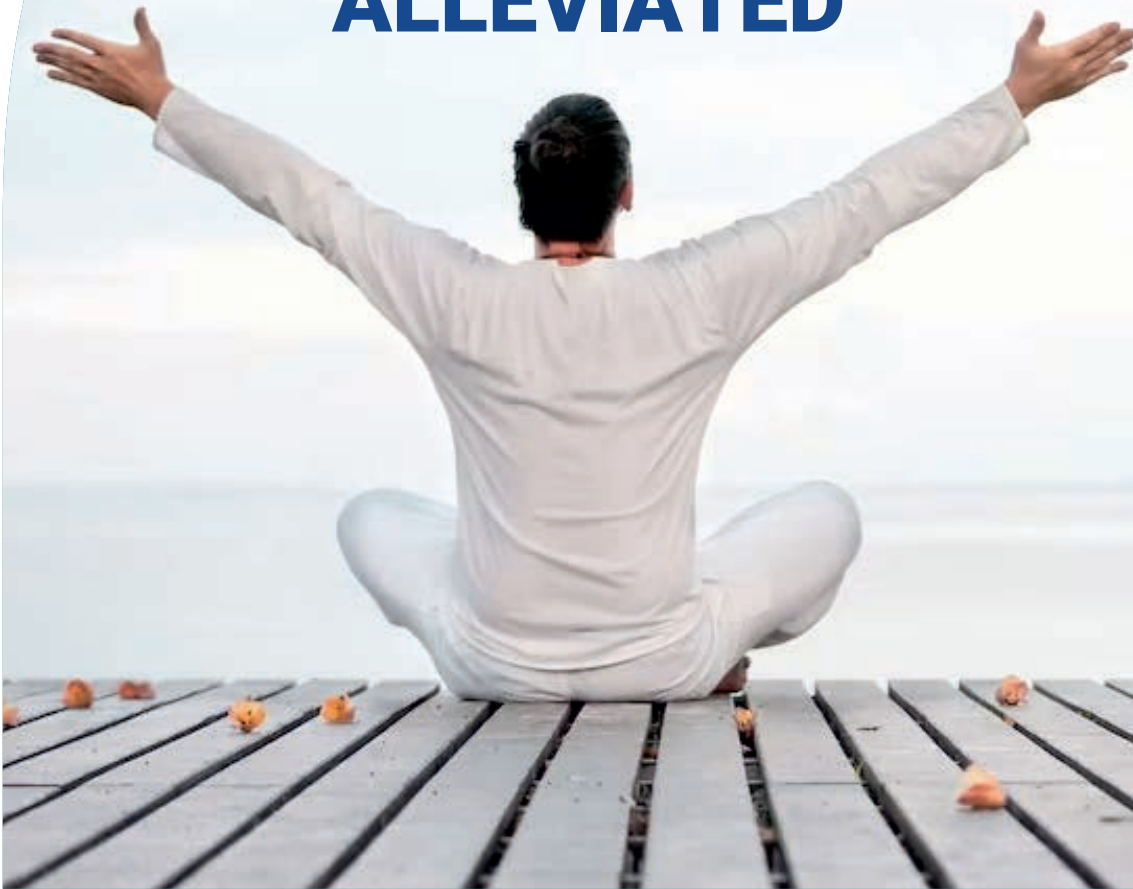


### Holistic Approach

Improve mental health, cognitive function, and stress resilience through a whole-person perspective.



# STRESS-RELATED COMPLAINTS CAN BE SPECIFICALLY ALLEVIATED



*Neuro Spot Test is Proprietary of R-Biopharm, Germany and the tests are performed at CTL Laboratory in Germany.*

*Brought to India by*



**Dr. Bakshi's Advance Diagnostics LLP**

📍 B-32, Pusa Road, Rajendra Nagar  
New Delhi - 110005

☎ +91-8448282600  
✉ info@dbad.in

🌐 [www.dbad.in](http://www.dbad.in)