

Frequently Asked Questions

About NeuroSpot

Neuro Spot – Frequently Asked Questions (FAQs)

Q: What is the Neuro Spot test?

A: The Neuro Spot test is a specialized diagnostic tool that measures neurotransmitter levels in the body. Neurotransmitters are chemical messengers that influence mood, energy, focus, sleep, and overall mental health. This test helps identify imbalances that could be contributing to symptoms like anxiety, depression, fatigue, insomnia, or poor concentration.

Q: Which neurotransmitters are tested?

A: The test typically includes an analysis of key neurotransmitters such as:

- ☐ Serotonin
- ☐ Dopamine
- ☐ GABA
- ☐ Glutamate
- ☐ Norepinephrine
- ☐ Epinephrine
- ☐ Histamine
- ☐ Acetylcholine

Q: Who should take this test?

A: You should consider the Neuro Spot test if you:

- ☐ Experience chronic stress, anxiety, or low mood
- ☐ Suffering from insomnia or irregular sleep patterns
- ☐ Have difficulty focusing or brain fog
- ☐ Dealing with chronic fatigue
- ☐ Want to personalize your mental wellness or nootropic approach
- ☐ Are undergoing therapy and want a biochemical perspective

Q: How is the sample collected?

A: A urine and saliva sample is collected for the Neurotransmitter test. A trained lab technician from our team will visit your home to assist with sample collection. You will receive instructions on how to prepare before the test (e.g., hydration, medication or supplement guidelines, etc.).

Q: Where is the sample sent?

A: The collected urine and saliva sample is securely sent to our partner lab in Germany for high-precision analysis. The lab uses advanced technologies like LC-MS/MS or HPLC for accurate quantification of neurotransmitters.

Q: How long does it take to get the results?

A: The turnaround time is approximately 3/4 weeks from the day the sample is received in Germany. You will be notified once your report is ready.

Q: How do I understand the report?

A: Our experienced therapists and neuro health counselors will conduct a detailed session to walk you through your results. They will:

- Explain each neurotransmitter level
- Identify imbalances
- Suggest actionable protocols for improvement (lifestyle, dietary, supplement-based)
- Help integrate findings into your wellness plan or therapy

Q: Is this test only for people with mental health issues?

A: Not at all. Many individuals take this test as a proactive step toward optimizing cognitive performance, resilience, and emotional balance. It's also valuable for those seeking a bio-individual approach to managing their energy, focus, and productivity.

Q: Are there any dietary or medication restrictions before testing?

A: Yes, in some cases. Our support team will guide you on any necessary precautions before the test, such as temporarily pausing certain supplements or medications, fasting, or maintaining hydration. It's important to follow these to ensure accuracy.

Q: Is this a one-time test or should it be repeated?

A: Most clients start with one test to establish a baseline. In case of significant imbalances or ongoing symptoms, a follow-up test after 3-6 months is often recommended to assess progress and update protocols.

Q: How can you define stress?

A: The founder of stress research, Hans Selye, defined stress as the "non-specific reaction of the body to any kind of demand. "i.e., in addition to the specific reaction to stimuli (such as fighting off an infection) the body always provides the same reaction to stress, regardless of the respective trigger. Excitatory and inhibitory hormones and neurotransmitters are part of the response to stress. To provide an adequate response to stressors, these must be in balance. Already slight deviations in this balance may lead to health complaints.

Q: What happens with chronic stress?

A: After phases of increased stress that have triggered the physiological stress reaction, the body needs regeneration during which the entire system returns back to normal. The used-up neurotransmitters can be produced again and stored in the neurons until the next time they are needed. If these regeneration phases are missing, the stress becomes

chronic. The body no longer has the chance to go back to normal status. The need for messenger substances is continuous and elevated. Initially this leads to elevated levels with symptoms such as anxiety, hypertension, difficulty sleeping, but also to increased performance and similar. Later, this can lead to an overload of production. The body is no longer able to synthesise sufficient amounts of these messenger substances. The storage areas in the neurons cannot be filled and empty out increasingly. The consequence is a decreased level of the messenger substances with deprivation symptoms such as lack of drive, depressive state, trouble concentrating, all the way to burnout syndrome.

Q: What is GABA?

A: Where stress is concerned, GABA (Gamma-Amino Butyric Acid) plays a major role. It has a calming effect, since it influences the amount of the stress hormones and is also called the “body’s natural sedative”.

GABA is very important for memory and learning. It prevents sensory overload, has anxiety resolving, relaxing, sleep-enhancing, pain-reducing, anti-spasmodic and it stabilises blood pressure.

Q: How long do results take and what can I expect?

A: Results take 3/4 weeks and will be sent to you via email. You will receive your comprehensive NeuroSpot report which details your level of each stress marker and an explanation of what this means. You will also receive advice on how to improve your specific stress profile, by way of natural remedies, diet or lifestyle measures. You may like to discuss your results with your healthcare practitioner or book a naturopath consultation with our in-house practitioner.

Q: What causes stress?

A: Stress can be caused by various factors, including:

- Acute & chronic infections
- Allergies
- Anxiety
- Unemployment
- Financial pressure
- Drinks containing caffeine
- Conflicts
- Lack of fresh food
- Medications
- Permanent lack of time
- Smoking and other narcotic agents
- Lack of sleep
- Poor or irregular diet

- Death of a loved one
- Overexertion
- Environmental toxins
- Recurrent stress situations
- Healing of wounds
- Not enough relaxation
- Sugar & white wheat products

Q: Why do you test dry urine and saliva instead of blood?

A: Dry spot urine (DUS) testing is currently the most accurate and least invasive way to measure neurotransmitters in the body, outside of the expensive and invasive analysis using a puncture to access cerebrospinal fluid. Blood is not ideal for measuring neurotransmitters because it is so tightly regulated that it is not reflective of actual levels elsewhere in the body, hence you would not see if levels are below or above the normal range. Blood tests often make people nervous or stressed, which then results in artificially elevated cortisol. It is also not practical to have 3 blood tests throughout the day to see the pattern of cortisol, so a 3 point saliva test is ideal and can be taken anywhere. NeuroSpot utilizes enzyme-linked immunosorbent assay (ELISA) methods to quantify levels of each clinical marker.