

## The NeuroGenesis Solution

<u>Neuro-Transmitter:</u>	<u>Functions In:</u>	<u>Supplement Required:</u>
Serotonin	Emotional stability	l-tryptophan from food, calcium, magnesium, chromium, and vitamin B <sub>6</sub>
GABA	Staying calm	l-glutamine, vitamin B <sub>6</sub>
Enkephalin (Opioids)	Psychological pain relief	d-phenylalanine vitamin B <sub>6</sub>
Dopamine	Pleasure, reward, good feelings towards others, maternal/paternal love	l-phenylalanine vitamin B <sub>6</sub>
Norepinephrine	Arousal, energy, drive	l-phenylalanine vitamin B <sub>6</sub>

Why Be Stressed?  
beCALM'd™

## The NeuroGenesis Family of Products

Neu-BeCalm'd

Stop Smoking Kit

Neu-Relieve

Neu-Replenish

Neu-Recover

Neu-Slim

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Note: This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

beCALM'd™

Is Your Brain Chemistry Balanced ?

A Five Step Self Test



NeuroGenesis, Inc.  
A NEW BEGINNING FOR LIFE  
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In each of the five tests, please note the items which apply to your present feelings.

### The “O” Group

- My life seems incomplete
- I feel shy with all but my close friends
- I have feelings of insecurity
- I often feel unequal to others
- When things go right I sometimes feel undeserving
- I feel something is missing in my life
- I occasionally feel a low self-worth
- I feel inadequate as a person
- I frequently feel fearful when there is nothing to fear

### The “G” Group

- I often feel anxious for no reason
- I sometimes feel free floating anxiety
- I frequently feel edgy or find it difficult to sit still
- I often feel a knot in my stomach
- Falling asleep is sometimes difficult
- It is hard to turn my mind off when I want to relax
- I occasionally experience feelings of panic for no reason
- I often use alcohol or other sedatives to calm down

### The “D” Group

- I lack pleasure in my life
- I feel there are no real rewards in my life
- I have unexplained lack of concern for others even loved ones
- I experience decreased parental feelings
- Life seems less colorful or flavorful
- Things that used to be fun are no longer fun
- I have become a less spiritual or socially concerned person

### The “N” Group

- I suffer from a lack of energy
- I often find it difficult to get going
- I suffer from decreased drive
- I often start projects but don’t finish them
- I frequently feel a need to sleep or hibernate
- I feel depressed a good deal of the time
- I occasionally feel paranoid
- My survival seems threatened
- I am bored a great deal of the time

### The “S” Group

- I can’t stay asleep
- I am often irritable
- My emotions often lack rationality
- I occasionally experience unexplained tears
- Noise bothers me more than it used to
- I flare up at others more easily
- I experience unprovoked anger

- I feel depressed much of the time
- I find myself more susceptible to pain
- I prefer to be left alone

Three or more “yes” answers in any one group indicate a probable deficiency in a particular neurotransmitter due to insufficient quantities of specific amino acids, vitamins and minerals in your diet.

- The “O” group relates to a shortage of the Opioid (Enkephalin) neurotransmitters which may cause you to feel a mild sense of urgency all of the time.

- The “G” group relates to the neurotransmitter GABA. Even a small shortage of this brain chemical will produce a feeling of insecurity, anxiety, fatigue and depression.

- The “D” group relates to dopamine. This neurotransmitter creates the good feelings associated with the enjoyment of beauty or the affection you feel for others.

- The “N” group relates to a shortage of norepinephrine. A shortage of this neurotransmitter will cause feelings of a lack of ambition or drive, depression or boredom.

- The “S” group relates to the neurotransmitter serotonin. The lack of serotonin causes difficulty in getting to sleep as well as staying asleep.

**The amino acids, vitamins and minerals required to produce the neurotransmitters mentioned above in sufficient quantities are available in one multi-amino acid formula called beCALM’d.**