

Neurotransmitter Questionnaire

Low Serotonin Levels

- Carbohydrate cravings
- Not sleeping well
- Nervous depression
- Anxiety
- Scattered thinking
- Feel overwhelmed
- Inability to relax

Low Norepinephrine Levels

- Fatigue
- Loss of motivation and ambition
- Feeling of immobility
- Depression
- Sleeping too much
- Lethargic

Low GABA (gamma-amino butyric acid) Levels

- Generalized anxiety
- Panic attacks
- Always mentally wired while trying to sleep
- Worried over little things
- Not handling stress as well as you should
- Feel overwhelmed