

NeuroBiome Assessment



Panel Overview

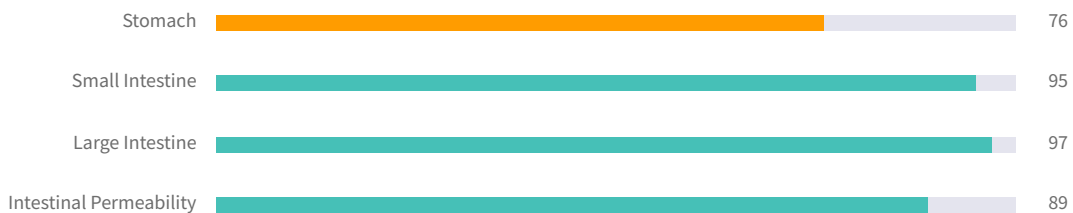
The NeuroBiome panel is a comprehensive assessment of the functionality of key body system, secretions, microbes, nutrients, and food and environmental sensitivities. The purpose is to provide specific information on areas of excess, deficiency, toxicity and inflammation that contributes to chronic problems of physical and mental health. A synthesis of this information by Dr. Bauman or a skilled health provider can point the way towards helping you prioritize your needs and design a program of health improvement. It is good to key parts of this assessment quarterly to measure progress, and modify your wellness program accordingly.

Systems and Organs

You are a complex network of biologically, ecological and psychological systems. This section of our assessment will look specifically at key organs of the digestive system, branches of the nervous system, immune system response patterns, endocrine system interactions and hormone secretions that regulate energy production, stress and blood sugar management, and sleep. A percentage of optimal functionality will be reported.

Poor Function (Weakened): 0-49 Moderate Function (Inflammation): 50-80 Strong Function (Ideal): 80+

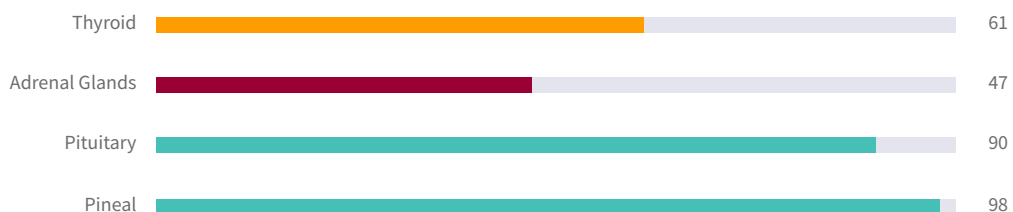
Digestive System

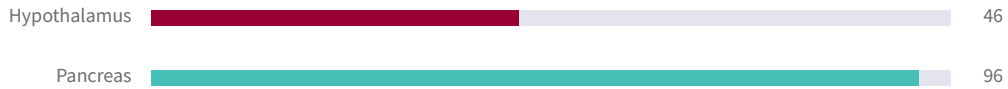


Nervous System



Endocrine System





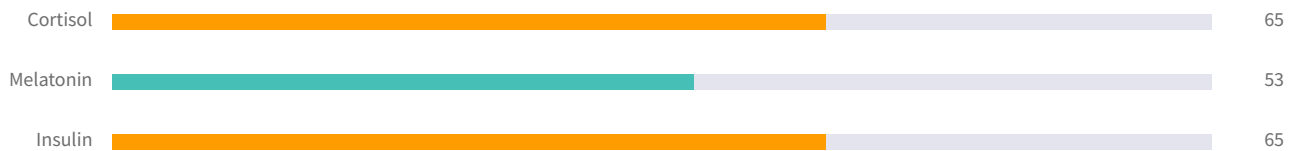
Immune System



Hormones

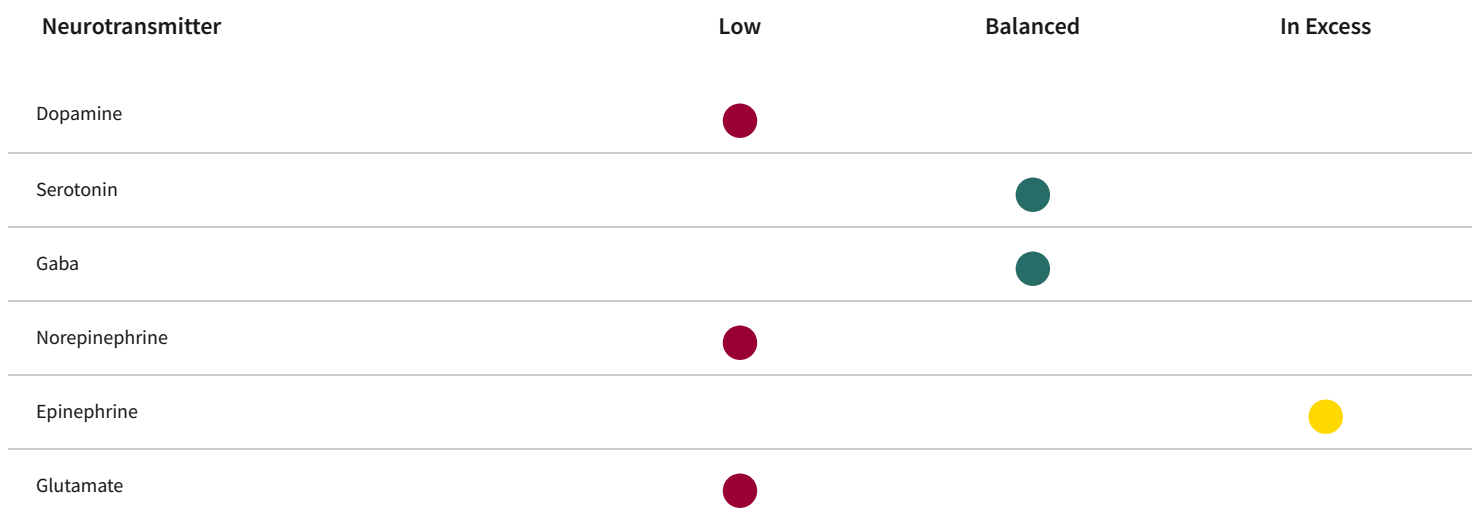
A hormone is a signaling molecule produced by glands that are transported by the circulatory system to target distant organs to regulate physiology and behavior. Hormones are used to communicate between organs and tissues for the regulation of digestion, metabolism, respiration, tissue function, sensory perception, sleep, elimination, stress, movement, reproduction, and mood.

Low: 45-52 Balanced: 53-63 High: 64+



Neurotransmitters

A neurotransmitter is a chemical that exists in the brain and throughout the body, especially concentrated in the gut, that signals and excitatory or inhibitory transmission of nerve impulses. These are mediated by stress, foods, thoughts, activity, rest, relaxation, and chemicals such as alcohol, drugs, and pollutants. An imbalance in neurotransmitters leads to poor cognition, memory, coordination and energy. This section assesses excess, sufficiency or insufficiency of each neurotransmitter to show where balance has been disturbed and the potential for it to be restored.



Neurotransmitter

Low

Balanced

In Excess

Histamine



Microbe Balance

We are not alone. The average human body contains approximately 30-40 trillion cells, but also about 40 trillion microorganisms including bacteria, parasites, fungi and viruses. In fact, there are so many microorganisms in our bodies that they actually make up between one to three percent of our weight—if you weigh 150 pounds, roughly two or three pounds of that is made up of bacteria and other tiny living organisms. This section will examine the activity level of 8 key beneficial bacteria, as well as four categories with commonly presenting toxic exposure to bacteria, parasites, viruses, heavy metals, and EMFs.

Beneficial Bacteria

Low Activity

Medium Activity

High Activity

L. Acidophilus



L. Rhamnosus



L. Fermentum



B. Bifidum



B. Coagulans



B. Longum



B. Infantis



Saccharomyces. B



Toxic Exposure

Low Activity

Medium Activity

High Activity

Bacterias

Common organisms such as: h. pylori, clostridium diff, campylobacter, shiga, mycoplasma, salmonella



Parasites

Common organisms such as: giardia, cryptosporidium, toxoplasma, entoamoeba, taenia, ascaris, trichinella, echinococcus



Molds

Common organism such as: mycotoxins, candida, aspergillus, trichophyton, mucor



Viruses



Common organisms such as: epstein barr, bartonella, coxsackie, cytomegalovirus

Heavy Metal Toxicity

Common metals such as: Aluminum, Mercury, Lead, Arsenic, Cadmium, Copper, Nickel, and Iron



EMF Toxicity

Sources include: wireless devices, power lines, magnetic and electric fields



Methylation Capability

Methylation is a vital biochemical process that enables our cells repair DNA, detoxify foreign chemicals, support immune activity, and liver function. A by-product of poor methylation, homocysteine has been associated with an increased risk and incidence of inflammation, pain, depression, cardiovascular issues, immune dysfunction and neuro-degeneration This genetic and age related defect of metabolism can be corrected when essential co-factors, such as folic acid, B-12, glycine and betaine, are provided in sufficient amount and well absorbed.

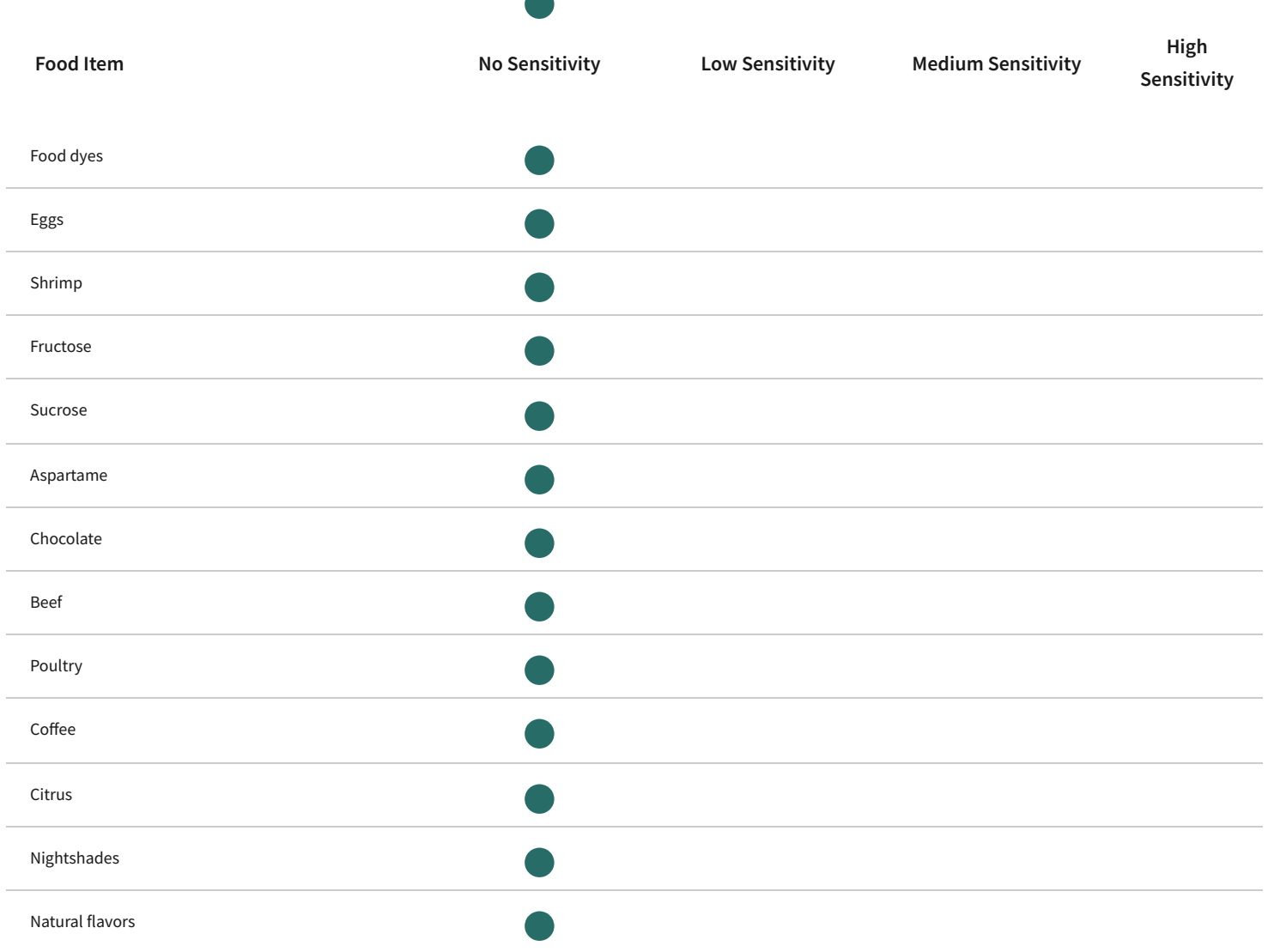
Balanced: 50-59 High: 60-69 Very High: 70+



Food Sensitivites

Food sensitivity is a term used to describe a variety of responses (allergy, intolerance or reactivity) of the body to commonly consumed foods, additives and environmental compounds. Reactions may be immediate, , such as hives, or delayed, such as brain fog, fatigue, indigestion, leaky gut, irritability, sleep disturbance, and apathy. Indications of no, low, medium and high sensitivity to common foods and food additives will be displayed.

Food Item	No Sensitivity	Low Sensitivity	Medium Sensitivity	High Sensitivity
Cow milk	●			
Wheat	●			
Gluten	●			
Soy	●			
Tree nuts		●		
Tomatoes	●			
Corn	●			



Essential Nutrition

This section will provide data on the adequacy of vital digestive enzyme secretions that enable the body to properly assimilate the essential nutrient categories we will assess, such as amino acids (proteins), fatty acids (fats), and micronutrients (vitamins and minerals largely found in carbohydrates). Levels of excess, sufficiency or insufficiency will be indicated. In many cases, when a person is experiencing chronic health issues along with stress, toxicity, trauma, addictive coping, relying on alcohol or drugs for self medication, plus aging, their digestion, assimilation, and elimination capability diminishes. In this instance, a person will need more than the RDA (recommended daily allowance) of certain nutrients to rebuild.

