

BRAIN FUNCTION QUESTIONNAIRE

By Dr. Roger Murphree and Dr. Louise Swartswalter

Welcome! You're here because you want to improve your brain functioning. That's great. Because the fact is: if you're not living life to the fullest, chances are your brain needs help.

This questionnaire identifies what you may be lacking and explains what you may need to re-balance and optimize your brain – so you feel great again.

SECTION 1: OPTIMIZE YOUR NEUROTRANSMITTERS

Your neurotransmitters determine your brain chemistry, which determines how you feel and how well you function. For each group of transmitters below, check the descriptions that apply to you some of the time, frequently or all the time:

The “O” Group Checklist

- Life seems incomplete
- Feeling with all but your closest friends
- Feeling insecure
- Feeling unequal to others or inadequate as a person
- When things go right, you may feel undeserving
- Something is missing in your life
- You occasionally feel a low self-worth or esteem
- Feeling inadequate as a person
- Feeling fearful when there is nothing to fear.

If you checked three or more of the above, welcome to the “O” group.

The “O” group is named for the **opioid** neurotransmitters contained in the hypothalamus gland.

Opioids are released in small bursts when we feel a sense of urgency (stress).

Stress can continue build as constant mind chatter increases: “I’m not good enough, I should do more, be more, have more.” People who lack sufficient opioids are also more sensitive to pain.

If we don't make enough of our own natural opioids to turn down the chatter or alleviate the pain, some of us turn to artificial opioids, including alcohol, marijuana, food, etc. in order to feel good.

Exercise is another way to manufacture extra opioids – this is seen especially with “runner's high” and other exercise euphoria.

What helps: If you don't manufacture enough of your own opioids, here are safe alternatives to raise your levels:

- Amino acids DL-phenylalanine and L-glutamine
- ANHC Adrenal Support
- Fish oil, probiotics and minerals

The “G” Group Checklist

- Feeling anxious for no reason (also called “floating” anxiety)
- Feeling “edgy” – it's hard to relax
- Experiencing a “knot” in your stomach
- Experiencing difficulty falling asleep
- You want to quiet your mind but it won't turn off
- Occasional feelings of panic for no reason
- You may turn to alcohol or other sedatives to calm down

If you checked three or more of the above, welcome to the “G” group.

“G” group symptoms are caused by a lack of the neurotransmitter gamma-aminobutyric acid (GABA).

GABA is an important neurotransmitter involved in regulating moods and mental clarity. Tranquilizers such as Xanax, Ativan, Klonopin, etc. treat anxiety and panic disorders by increasing GABA.

GABA is made from the amino acid L-glutamine. L-glutamine passes across the blood-brain barrier and helps provide the fuel needed for proper brain function.

Even a slight shortage of L-glutamine will produce unwarranted feelings of insecurity and anxiousness. Other symptoms of low “G” include continual fatigue, depression, and occasionally impotence.

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“Since I have been working with Louise, I am no longer afraid or anxious about taking steps toward starting my business and my future success. I actually feel hopeful about the experience and am enjoying the process. I have been so impressed with the mental shift that Louise has helped me achieve.” – M.C.

What helps: Some doctors recommend taking GABA as a supplement, but Dr. Swartswalter has found that many people can't take it that way. She uses combination of the frequency of GABA along with homeopathy for anxiety and the supplement Mood Max. It can take some adjustments to get the right combination, but Dr. Swartswalter has helped people wean off their anti-depressants.

The “D” Group Checklist

- Lack of pleasure in life
- You feel there are no real rewards in life
- Unexplained lack of concern or others, even loved ones.
- Decreased parental feelings
- Life seems less “colorful” or “flavorful.”
- What used to be fun isn't enjoyable anymore
- Feeling less spiritual
- Feeling less socially concerned

If you checked three or more of the above, welcome to the “D” group. (Are you in more than group? Don't worry – this is not uncommon and can still be treated effectively.)

“D” group symptoms result from low levels of the neurotransmitter dopamine. Dopamine is associated with the enjoyment of life: food, arts, nature, your family, friends, hobbies, and other pleasures.

The popularity of cocaine and chocolate stems from the fact that these substances cause very high levels of dopamine to be released in a sudden rush.

Brain fatigue, confusion and lethargy are all by-products of low dopamine.

The brain cells that manufacture dopamine use the amino acid L-phenylalanine as raw material. Like most cells in the hypothalamus, they have the ability to produce four or five times their usual output when larger quantities of the raw materials are made available through nutritional supplementation.

“I am amazed how much my son’s ADHD has been calmed by remote treatments with Louise. We noticed a significant decrease in his aggressive behavior almost immediately. We have seen every professional around to help him, and Louise is one of the only ones to make a significant impact on his behavior. I cannot express my gratitude to her for helping my son.” --M.C.

What helps:

- The supplement Mood Max
- Biofeedback
- A good diet rich in brain foods

The “N” Group Checklist

- Low energy
- It’s hard to get going
- Decreased drive
- Starting projects and not finishing them
- Desire to sleep or “hibernate”
- Frequent feelings of depression
- Occasional feelings of paranoia
- Your survival seems threatened
- You feel bored

If you checked three or more of the above, welcome to the “N” group.

The neurotransmitter norepinephrine, when released in the brain, causes feelings of arousal, energy and drive. But a short supply of norepinephrine causes the opposite: lack of ambition, drive and/or energy.

A norepinephrine deficiency can even cause depression, paranoia and feelings of apathy.

Norepinephrine is used to initiate the flow of adrenaline when you are under psychological stress. The production of norepinephrine in the hypothalamus is a 2-step process. First, the amino acid L-phenylalanine is converted into L-tyrosine. L-tyrosine is then converted into norepinephrine.

As a supplement L-tyrosine, can increase both norepinephrine and dopamine. But too much L-tyrosine can cause headaches.

What helps:

- The supplement Mood Max
- The supplement Total Recall

The “S” Group Checklist

- ___ Difficulty falling asleep
- ___ Difficulty staying asleep
- ___ Irritability
- ___ Irrational emotions
- ___ Occasional unexplained tears
- ___ Bothered by noise – it seems louder than normal
- ___ Flaring up at others more easily than you used to
- ___ Unprovoked anger
- ___ Depression
- ___ Susceptibility to pain
- ___ Preferring to be left alone

If you checked three or more of the above, welcome to the “S” group. Serotonin is a hypothalamus neurotransmitter necessary for sleep. Lack of serotonin causes difficulty in getting to sleep as well as staying asleep. It is often this lack of sleep that causes the symptoms mentioned above.

Serotonin levels can easily be raised by supplementing with the essential amino acid L-tryptophan. According to Dr. Murphree 5-hydroxytryptophan (5-HTP), a form of tryptophan, also works well for most patients. When taken correctly, 5-HTP turns right into serotonin.

Therapeutic administration of 5-HTP has been shown to be effective in treating a wide range of health problems including anxiety, depression, fibromyalgia, insomnia, binge eating, pain and chronic headaches.

Source: Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome by Dr. Rodger Murphree Pages 230-239

One four year old boy with autism leaped forward in his cognitive abilities, understanding of language, positive interactions with others and his attention span after 10 weekly sessions with Dr. Louise. His teacher commented: “This progress would have taken 8 -10 months on the older biofeedback programs. His Mom and Dad are delighted and I am so happy! Dr. Louise you are really helping him change - what a difference!”

What works. Dr. Swartswalter has found that not everyone responds to L-tryptophan or 5-HTP for raising serotonin. Her natural approach includes:

- The frequency of serotonin given at night to improve sleep
- Mood Max supplement
- Psych depression homeopathic remedy
- Heavy metal cleanse

Serotonin can be given as a frequency all night and this often improves sleep.

Mood Max and psych depression and a heavy metal cleanse helps. I like to look for the CAUSE and correct this bio chemically and in the energy field. I think this provides a quicker, more complete result. RESULTS COUNT!

SECTION 2: THE PARASITE SYMPTOM CHECKLIST

Many people with chronic brain problems are suffering from undiagnosed parasites that prevent them from healing.

- _____ Have you ever traveled outside the US?
- _____ Do you have foul-smelling stools?
- _____ Do you experience any stomach bloating, gas or pain?
- _____ Do you experience any rectal itching?
- _____ Do you experience unexpected weight loss with increased appetite?
- _____ Do you experience food allergies that get worse despite treatment?
- _____ Do you feel hungry all the time?
- _____ Have you been diagnosed with irritable bowel syndrome?
- _____ Have you been diagnosed with inflammatory bowel disease?
- _____ Are you plagued by an itchy nose, ears or anus?
- _____ Do you have sore mouth and gums?
- _____ Do you experience chronic low back pain unresponsive to treatment?
- _____ Do you have digestive disturbances?
- _____ Do you grind your teeth at night?
- _____ Do you own a dog, cat or other pet or are you frequently around animals?

If you checked three or more of the above symptoms, you may be suffering from a parasitic infection.

Source: Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome by Dr. Rodger Murphree p. 374

What helps:

Naturopathic doctor Louise Swartswalter helps patients through herbs such as wormwood, a protozoa kit, black walnut hull tincture, the remedy vermafuge or a specific Hanna Kroeger remedy. But she doesn't stop there. Each patient gets a careful diagnosis and personal plan which can include energy frequencies, participating in a Brain Boosters Group or other customized approach.

Louise's entire program is called **Beautiful Balanced Brain**; components of the program are selected specifically for each participant based on testing.

Louise developed her Beautiful Balanced Brain program "because I saw the inconsistency of results with the plentiful supplements out there. I believe in finding the cause and addressing it physically, mentally, emotionally and spiritually and in the field. It is this powerful combination that gets results!"

READY TO TAKE ACTION AND RECLAIM YOUR BRAIN HEALTH?**Here's your next step:**

You're invited to check out Dr. Louise Swartswalter's personalized program **Beautiful Balanced Brain** as well as her **Brain Booster's Group** by requesting your free 15-minute consultation. Louise works with patients long distance as well as in her Albuquerque Natural Health Center in New Mexico.

Call for your free 15-minute Brain Health Consultation: 505 797 0540
Or email: Louiseswarts@msn.com

Get back your health and your life!