Relative Nutritional Deficiency (RND) associated or induced serotonin and/or catecholamine conditions

OBESITY

Decreased life expectancy
Diabetes (Type II) → **Type II DIABETES (Goes away with weight loss)**
Heart disease
Increase incidence stroke
Sleep apnea
Knee problems
Back problems
Increased rehabilitation time
Increased rate of injuries
Female fertility problems
Gynecologic irregularities
Gouty arthritis
High blood pressure → **HYPERTENSION HYPERCHOLESTEROLEMIA**
Hiatal hernia
High cholesterol → **HYPERTENSION HYPERCHOLESTEROLEMIA**
Increased lung infections
Increase in gastric ulcers
Chronic pain
Fibromyalgia
Myoclonus

Type II DIABETES (Goes away with weight loss)

Decreased life expectancy
Increased infections
Diabetic neuropathy
Kidney failure
Macular degeneration
Heart disease
Foot ulcers
Therapeutic amputations
Disability
Increase incidence of stroke
Impotence

HYPERTENSION HYPERCHOLESTEROLEMIA

Decreased life expectancy
Heart disease
Stroke
Kidney failure
Vascular disease
Ischemia

INCREASED CANCER RISK

Increased colon cancer
Increased uterine cancer
Increased breast cancer

ALL the problems listed above are caused by or exacerbated by eating too much food (obesity).

At the heart of all these diseases is obesity (eating too much food). The only way to lose **significant** weight is to eat less food (decreased calorie intake). Serotonin and norepinephrine control the appetite center of the brain. The only drugs which control appetite and allow the patient to eat less food comfortably are the anorectic class of drugs in pharmacology. All of these drugs are serotonin and/or norepinephrine reuptake inhibitors.

OTHER DISEASES

DOPAMINE DOMINANT

Parkinson's disease
Restless Leg Syndrome

NEEDS DOPAMINE CHALLENGE

Adrenal fatigue
Alcoholism
Allergies / histamine driven
- Allergy induced asthma
- Multiple chemical sensitivities
- Peanut or other food allergies
- Urticaria, chronic recurrent

Bipolar
Essential tremor
- Rule out Parkinson's disease

Fatigue (negative metabolic workup)
GI disorder:
- Crohn's
- Irritable bowel disease
- Ulcerative Colitis

Hormone dysfunction
- Cortisol dysfunction
- Premenstrual Syndrome (PMS)

Lyme disease
Psychotic illness
Schizophrenia

SEROTONIN DOMINANT

Addiction
Alzheimer's (dementia)
ADD
ADHD
Autism

Cognitive deterioration
Chronic neurotransmitter depletion:
- Chronic illness
- Chronic pain
- Chronic stress

Depersonalization disorder
Depression
Eating disorder (anorexia / Bulimia)
GABA dysfunction
- Anxiety
- Glutamate regulation
- Panic disorder (attacks)
- Stiffman Syndrome

Hyperactivity
Insomnia
Obsessive Compulsive Disorder (OCD)
Organ system dysfunction
Phobias
Post-traumatic stress disorder (PTSD)
Seasonal affective disorder
Social anxiety disorder
Serotonin driven cardiac disease
Tension headaches
Tourette's Syndrome
Traumatic brain injury
Trichotillomania

If on level 3 dosing symptoms of the following are present the differential diagnosis needs to be revisited.

Fibromyalgia
Migraines
- Abdominal
- Headache
- Atypical