



Summary Symptoms & Signs Associated with Neurotransmitter Imbalances



Excitatory



Inhibitory

Neurotransmitter	Symptom
Glutamate	<i>Too high a level</i>
	Neuro-degenerative diseases
	Paroxysmal symptoms
	Hyperactivity
	Migraines
	Poor attention
	Irritability
	Explosive behaviours
	Anger attacks
	Aggression
	Poor mood / mood swings
	Bipolar disease
Dopamine	<i>Too low a level</i>
	Inability to concentrate
	Poor attention & poor attention to detail
	Poor memory
	Reduced ability to feel pleasure
	Flat, bored, apathetic and low enthusiasm
	Depressed
	Low drive and motivation
	Restless
	Impatient
	Difficulty getting through a task even when interesting
	Crave uppers (e.g. caffeine/nicotine/diet soft drinks)
	Shy/introvert
	Low libido or impotence
	Mentally fatigued easily and physically fatigued easily
	Put on weight easily
	Procrastinator/little urgency
	Sleep too much and trouble getting out of bed
	Prone to addictions (e.g. alcohol, cigarettes)/addictive personality
	Drug abuse
	Family history of alcoholism/ADD/ADHD

Neurotransmitter	Symptom
Dopamine	<i>Too high a level</i>
	Psychosis
	OCD
	Anxiety
	Aggression
	Poor impulse control
	Low pain threshold
GABA	<i>Too low a level</i>
	Anxiety
	Phobias
	Feel stressed/pressured/overwhelmed
	Butterflies in stomach
	Lump in throat
	Have trouble relaxing/loosening up
	Low stress tolerance
	Body tends to be tense/stiff/uptight
	Trembling/twitching/shaking
	Anxious/nervous/jumpy/'on edge'
	Sleep problems or chronic pain
	Use alcohol/food/cigarettes to relax
	Valium/Xanax/Avitan/GABA reduce above symptoms
	Family history of anxiety
Serotonin	<i>Too low a level</i>
	Depression
	Anxiety
	Melancholic
	Insomnia / Sleep problems / Light sleeper
	Nervous
	Worrier
	Poor response to stress
	Negative / Pessimistic
	Irritable / impatient/edgy
	Self destructive, masochistic or suicidal thoughts / plans
	Think about the same things over & over again
	Low self esteem / confidence
	Feel worse in and dislike dark weather
	Anger / rage / explosive behaviour / assaultive
	Inflammation / chronic pain
	PMS
	Anti-depressants / 5HTP improve mood
	Family history of depression / anxiety / OCD / eating disorders

Neurotransmitter	Symptom
Noradrenaline 	<i>Too low a level</i>
	Poor cognitive function
	Poor concentration
	Panic
	Palpitations
	Sweaty
	<i>Too high a level</i>
	Cardiovascular disease
	Panic
Acetylcholine 	<i>Too low a level</i>
	Poor concentration
	Poor memory
	Difficulty remembering names and faces after meeting people
	Trouble understanding spoken or written language
	Forget where you put things (e.g. keys)
	Slowed and/or confused thinking
	Making simple mistakes at work
	Difficulty finding the right words before speaking
	Lost some of my creativity / lack imagination
	Dry mouth
	Increased risk of dementia