

MEHAK WELLNESS CENTRE

(BIOFEEDBACK & STRESS MANAGEMENT)

ISO 9001:2015

A division of

INDIAN INSTITUTE OF ALTERNATIVE MEDICINES & NATURAL HEALING ®

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AMINO ACID THERAPY

AMINO ACID THERAPY – DIAGNOSIS & TREATMENT – NON INVASIVE

Amino Acid Therapy and Neurotransmitter Function

Most people have heard of several common neurotransmitters, including serotonin and melatonin (sleep), dopamine, norepinephrine and epinephrine (adrenaline) and are familiar with at least some of their functions in regards to mood (depression).

What most people do not know is that neurotransmitter imbalances can dramatically affect many other aspects of your health and can cause or exacerbate any of the following conditions: Anxiety, Cravings, Depression, Hot flashes, Increased appetite, Insomnia, Low-pain tolerance, Migraines, Mood swings and more...

Imbalances Cause Disease Symptoms

Neurotransmitters are a class of chemical messengers in the body that help regulate, either directly or indirectly, most of the other systems and functions in the body. If there are imbalances in these neurotransmitters, many bodily functions will start to function inappropriately, which can lead to a number of unpleasant or debilitating symptoms. Most people have heard of several common **neurotransmitters**, including **serotonin**, **dopamine**, **norepinephrine** and **epinephrine** (also known as adrenaline) and are familiar with at least some of their functions in regards to mood (especially depression) and sleep (serotonin is the immediate precursor to melatonin, which helps you fall asleep and stay asleep). What most people do not know is that neurotransmitter imbalances can dramatically affect many other aspects of your health and can cause or exacerbate any of the following conditions:

ADD / ADHD

Binging behavior

Compulsion Eating disorders

Fibromyalgia

Increased appetite

Migraines

Parkinson's disease

Poor mental focus

Restless legs

Weight gain

Addictions

Crohn's disease

Depression

Hormone imbalances

Insomnia

Mood swings

Poor concentration

Poor thyroid function

Sleep difficulties

Obsessive thoughts

Anxiety

Cravings

Fatigue / Chronic fatigue

Hot flashes

Low pain tolerance

PMS

Poor memory

Poor weight loss

Trichotillomania

The key point is that when imbalances in neurotransmitters occur, information is not relayed optimally in the brain which causes symptoms. Most people exhibit more than one of these conditions but fail to make the connection between them. This connection is not made because most health care professionals don't know much about brain chemistry or how to use amino acid therapy to correct the underlying neurotransmitter imbalances.

We have a novel approach to help those with these disorders substantially reduce and / or eliminate their symptoms. We identify the imbalanced **AMINO ACIDS** and balance them.

Serotonin, dopamine, and norepinephrine neurotransmitter levels that are not high enough cause the following brain disease



OBESITY
leads to diseases listed in the left two columns



- Decreased Life Expectancy
- Diabetes
- Heart Disease
- Increase in Stroke
- Sleep Apnea
- Knee Problems
- Back Problems
- Increased Rehabilitation Time
- Increased Rate of Injuries
- Increase in Gall Stones
- Female Fertility Problems
- Gynecologic Irregularities
- Gouty Arthritis
- Increased Lung Infections
- High Blood Pressure →
- High Cholesterol →
- Increase in Gastric Ulcers
- Chronic Pain
- Hiatal Hernia
- Fibromyalgia
- Myoclonus

INCREASE CANCER RISK

- Increased Colon Cancer
- Increased Uterian Cancer
- Increased Breast Cancer

Type II Diabetes

- Decreased Life Expectancy
- Increased Infections
- Diabetic Neuropathy
- Kidney Failure
- Macular Degeneration (blind)
- Heart Disease
- Foot Ulcers
- Vascular Disease
- Therapeutic Amputations
- Disability
- Increase in Stroke
- Impotence

High blood pressure and High cholesterol

- Decreased Life Expectancy
- Heart Disease
- Stroke
- Kidney Failure
- Vascular Disease
- Ischemia

Most people have more than one **brain disease** active simultaneously.

The incidence of **brain disease** increases after exposure to drugs that deplete serotonin, dopamine or norepinephrine neurotransmitter levels or exposure to neurotoxins which cause brain damage.

Other Diseases

- Parkinson's Disease
- Obesity
- Bulimia
- Anorexia
- Depression
- Anxiety
- Panic Attacks
- Migraine Headaches
- Tension Headaches
- Premenstrual Syndrome (PMS)
- Menopausal Symptoms
- Obsessive Compulsive Disorder (OCD)
- Trichotillomania
- compulsivity
- Insomnia
- Impulsivity
- Obsessionality
- Inappropriate Aggression
- Inappropriate Anger
- oppositional defiant disorder in children
- Psychotic Illness
- Fibromyalgia
- Chronic fatigue syndrome
- Adrenal fatigue/burnout
- Hyperactivity
- Attention Deficit (ADD ADHD)
- Hormone dysfunction
- Adrenal dysfunction
- Dementia
- Alzheimer's disease
- Traumatic Brain Injury
- Brain fog
- Phobias
- Chronic Pain
- Nocturnal Myoclonus
- Irritable Bowel Syndrome
- Crohn's Disease
- Ulcerative Colitis
- Cognitive Deterioration
- Functional Deterioration
- Increased mortality rate
- Organ System Dysfunction
- Chronic Stress
- Cortisol Dysfunction
- Hormone Dysfunction
- Restless Leg Syndrome

Amino acids are basic building blocks used in the body to build proteins, such as muscle and other tissue, and they also serve as precursors to neurotransmitters. Amino acid therapy may be used to treat a variety of conditions, including Parkinson's disease, restless leg syndrome, anxiety, depression, attention deficit disorder, addictions, migraines, fibromyalgia, chronic fatigue, and more.

In simple words, so to say, every human being should go in for a regular scan for the AMINO ACIDS, and correct the same at the earliest. Let's say an imbalanced AMINO ACID could lead to multiple disorders which cannot be reversed.

We, at **MEHAK WELLNESS CENTRE**, offer **NON-INVASIVE** Diagnosis on State of the Art, latest 21st Century technology to verify the state of **AMINO ACIDS** and offer a solution to balance them. We are in a position to diagnose and help in balancing the same.

This can be diagnosed much before any other modern science equipment / test could diagnose. Diagnosis on the Neuro and Neurotransmitters, and correcting them is our specialization.

In most cases it goes undiagnosed, thus time is wasted and no proper solution is offered.

DR. MEHRA, with vast experience of 30 years, working with chronic cases and winning accolades (75+ Certificates & Awards); is confident that with the balancing of the AMINO ACIDS most of the discomforts / disorders / diseases can be curbed.

We offer in house **NON-INVASIVE** Diagnosis followed with Therapy for correction along with anti-dotes & Supplements required to stabilize the condition.

BALANCED AMINO ACIDS WILL AID IN A BALANCED METABOLISM

NON-INVASIVE TREATMENT FOR AMINO ACIDS

SOLUTION FOR BALANCING AMINO ACIDS

Test costs Rs.18,000/- (Optional)

Panel Test Rs.3,900/-

QRMA Test Rs.3,900/-

Therapy per session Rs.12,000/- (Optional)

Panel Therapy per session Rs.5,000/-

Cost of other related Therapies, Detoxification & Supplements / Frequency medication is recommended as per the patient's budget and comfort. Inquiry for **SUPPLEMENT CHART**.