



Feel calm

Be happy

HARMONIOUS HEALTH PROGRAM

The Harmonious Health program is an easy to follow, scientifically advanced mental health care program that relieves stress and tension, builds your resilience and improves your overall health so you can feel calm, be happy and sleep well.

BENEFITS OF THE HARMONIOUS HEALTH PROGRAM:

- Professional advice and support from a qualified health professional (Naturopath & Personal Trainer).
- Superior quality supplements, that are well absorbed, hypoallergenic and tailored to suit your individual needs.
- Access to weekly webinars and educational videos to help you learn and grow, empowering you to take control of your health.
- Dietary advice, recipes, meal plans and shopping lists to make healthy eating easy to do.
- Regular consultations to provide personalised support, advice and inspiration.

Did you know that a simple urine test can assess your levels of serotonin, GABA, dopamine, noradrenaline, adrenaline and glutamate?

These are the most researched neurotransmitters (brain chemicals) in relation to their effects on mood, hormones, sleep, blood sugar levels, pain perception, appetite, energy and cognitive function.

The Harmonious Health Program has been specifically designed to help balance your neurotransmitters, sleep and stress hormones, so you can cope with the everyday stress that life throws your way.

Corporate Wellness

Need assistance for your employees or work colleagues? - Naturoway offers health appraisals, naturopathy consultations and health and wellbeing presentations - **Enquire today!**

If you'd like to know more about being healthy, happy and in harmony, contact Julie today, or head to www.naturoway.com.au/programs/harmonious-health, to find out more and get started!

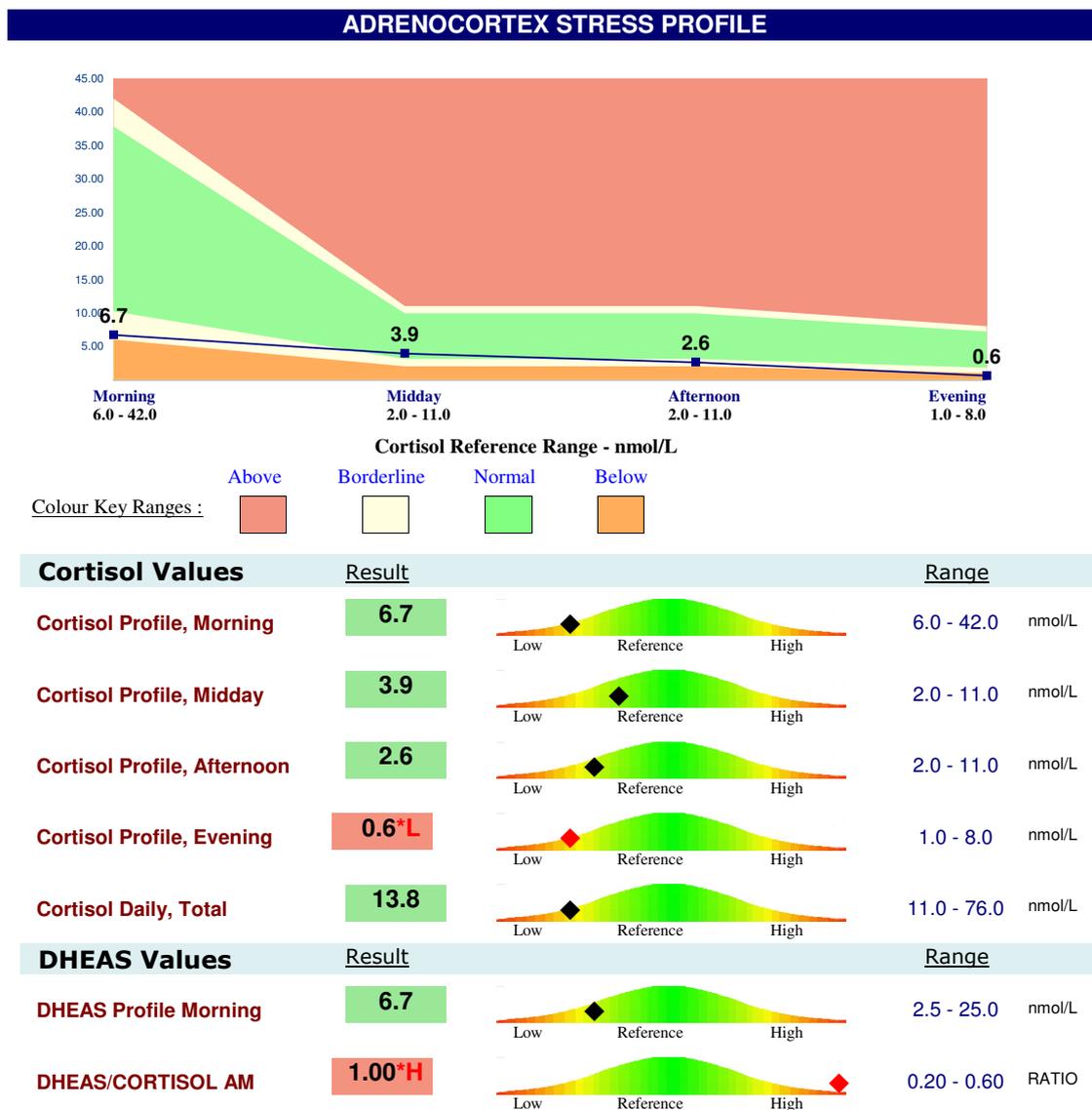


FUNCTIONAL PATHOLOGY TESTING

A unique feature of the Harmonious Health program is the option to perform pathology tests that can be performed from the comfort of your own home, that assess your stress hormones, cortisol and DHEA; your sleep hormone, melatonin and the 6 most researched neurotransmitters, in relation to their effects on your mood, hormones, sleep, blood sugar levels, pain perception, appetite and cognitive function.

I also use comprehensive Mood and Stress questionnaires to determine the underlying cause, so I can tailor my treatment to your specific needs, so you can live the life you deserve.

Example results from the stress test ...





Example results from the sleep test ...

ENDOCRINOLOGY SALIVA				
SALIVA	Result	Range	Units	
Cortisol Midnight	1.5	0.0 - 5.0	nmol/L	
Melatonin (Saliva)-Midnight	26	10 - 40	pg/mL	
Saliva Hormone Comments				

Example results from the neurotransmitter test ...

INTEGRATIVE MEDICINE				
URINE, SPOT	Result	Range	Units	
EXTENSIVE NEUROTRANSMITTER PROFILE				
Inhibitory Neurotransmitters				
SEROTONIN Urine	91.5	50.0 - 250.0	ug/gCR	
GABA, Urine	247.3	150.0 - 700.0	ug/gCR	
Excitatory Neurotransmitters				
DOPAMINE, Urine	145.2	100.0 - 350.0	ug/gCR	
NORADRENALIN (Nor-Epinephrine)	29.8	13.0 - 70.0	ug/gCR	
ADRENALIN (Epinephrine)	16.0	3.0 - 20.0	ug/gCR	
GLUTAMATE Urine	2.1	2.0 - 12.0	ug/gCR	
Adrenal Adaptation Index				
Noradrenalin/Adrenalin Ratio	1.9	< 10.0	RATIO	
Optimal Ranges Table				



SUPPLEMENTS

Superior Quality Products – I prescribe practitioner grade hypoallergenic supplements that can only be prescribed by a qualified health professional. They contain highly absorbable forms of nutrients and minimal excipients to help you achieve your wellness goals.

I can work with your other health care providers if you're concerned about interactions with other medications, including antidepressants.



SUPPLEMENT ONE – COMPOUND FORMULA

I get a Pharmacist to make up a compound formula that I have designed according to your test results, to:

- Support your adrenal glands which promote your stress hormone, cortisol
- Increase your GABA and serotonin neurotransmitters, which promote a state of calm, help you feel less overwhelmed and boost your mood, to make you happy
- Reduce muscle tension, relieve anxiety and treat mild to moderate depression
- Improve energy and build resilience
- Balance your blood sugar levels to reduce food cravings and promote energy
- Increase thyroid hormone production, to promote energy and assist with weight loss
- Increase vitamin and mineral levels with the body.

(See over page for ingredients and benefits).

SUPPLEMENT TWO – S-ADENOSYL METHIONINE (SAME)

A primary methyl donor and a critical cofactor for the synthesis of all major neurotransmitter pathways.

SUPPLEMENT THREE - ADAPTOGEN FORMULA

This product contains adrenal gland extract and adaptogenic herbs, which are used in herbal medicine to help you deal with mental and physical stress and improve performance. This product supports the body's ability to respond to stress with balanced, proactive energy, rather than alarm or exhaustion.

SUPPLEMENT FOUR - HIGH STRENGTH, PURIFIED FISH OIL

Omega 3 fatty acids have been shown to improve mental function through many mechanisms; they enhance membrane function, increase energy production, improve mood and cognition and reduce insulin resistance.

Cell membranes are partly made of omega 3 fatty acids, so fish oil makes it possible for neurotransmitters to pass through the cell membranes, so it can carry messages from one brain cell to another.

Why is the fish oil supplement I prescribe better than what you'd buy over the counter?

- The fish oil I use is sourced from small, cold water fish using eco-fishing practices. It is molecularly distilled to ensure purity, stability and compliance with low levels of contaminants. In accordance with the supplier's leading stance on quality and purity, they have ensured that the fish oil concentrates are well below the Australian allowable levels of heavy metals, pesticides and solvents.
- A randomised, double blind, placebo controlled trial measured the mood and cognitive effects of fish oil: After 35 days, 2.4 grams of EPA and DHA was associated with an improvement in brain functions associated with attention, particularly those involving the cortical processing. There was also a significant improvement in mood states including anger, anxiety, fatigue and confusion.



SUPPLEMENT ONE – COMPOUND FORMULA

This supplement includes some or all of the following ingredients, depending on your requirements:

- **Gamma-Aminobutyric Acid (GABA)**: to increase GABA levels, to reduce anxiety and a feeling of being overwhelmed.
- **Inositol**: to promote a state of calm and improve receptor function.
- **Glutamine**: is a precursor to GABA and is important for all tissue repair within the body, including the gut.
- **Alpha-ketoglutarate (AKG)**: is the nitrogen-free portion of glutamine, which is a precursor to GABA. This eliminates the need to use an excessive amount of glutamine powder.
- **Taurine**: is a GABA-A receptor agonist, helping to calm the brain. It also supports nerve growth and protects the brain by reducing the harmful effects of excess glutamate.
- **L-Theanine**: is a GABA-A receptor agonist, which will help the absorption of GABA. It reduces anxiety and induces alpha waves in the central nervous system to support an alert but calm state.
- **Magnesium bisglycinate chelate**: to reduce muscle tension, relieve anxiety and PMS, as well as assist in blood sugar regulation. Glycine is an inhibitory neurotransmitter that readily crosses the blood-brain barrier.
- **5-hydroxytryptophan (5-HTP)**: is a tryptophan metabolite and precursor to serotonin; which then goes on to synthesise your sleep hormone, Melatonin.
- **Choline bitartrate**: is a precursor to acetylcholine, which is the most abundant neurotransmitter in the brain. It's involved in nerve transmission that causes muscle contraction and crucial to arousal, learning, memory and motor function.
- **Ferrous bisglycinate**: iron deficiency may contribute to low GABA levels, because iron plays an important functional role in helping it bind to receptors. Reduced iron levels also leads to poor concentration and depression.
- **Vitamin C**: supports your adrenal glands, which release your stress hormones, making it essential for adrenal function. The highest levels found in your body are in the adrenal glands and brain tissues and vitamin C excretion is increased when stressed. It also improves your immunity and increases your absorption of iron.
- **Chromium picolinate**: supports healthy glucose metabolism and reduces sugar cravings.
- **Thiamine hydrochloride**: this activated form of vitamin B1, helps with the synthesis of GABA and acetylcholine. It also plays a role in neurotransmission, nerve conduction and muscle action due to its involvement with acetylcholine. Finally, it can improve how cells utilise glucose.
- **Riboflavin 5-phosphate**: this activated form of vitamin B2 is an important cofactor of the Krebs cycle, so is involved in producing energy.
- **Niacinamide & Nicotinic acid**: these activated forms of vitamin B3 are involved in numerous biological functions such as the production of serotonin, energy production, fatty acid synthesis, steroid synthesis and the regulation of gene expression.
- **P5P - pyridoxal 5-phosphate**: this activated form of vitamin B6 is critical for the production of GABA and serotonin and also supports methylation.
- **S,S,L-5-Methyl Tetra Hydro Folate [Ca]**: this activated form of folate (vitamin B9) is a primary methyl donor and a critical cofactor for the synthesis of all major neurotransmitter pathways. Imbalances have been associated with depression and schizophrenia.
- **Methylcobalamin**: this activated form of vitamin B12 is a methyl donor and is important in neurotransmitter function. It is also involved in the synthesis of protein structures in the myelin sheath and nerve cells.
- **Zinc citrate**: zinc is important for serotonin production, to normalise thyroid hormone production, to help sugar metabolism and improve digestion and immunity.
- **Selenomethionine**: selenium is a powerful antioxidant normalises thyroid hormone production, promotes energy and assists with weight loss.
- **Potassium iodide**: iodine ensures there's enough thyroid hormones (T4 and T3) in the brain to activate neurotransmitters, including serotonin, GABA, dopamine, noradrenaline and acetylcholine.

What does it mean when I refer to the activated form of a B vitamin?

It means your body has to do less, to gain more out of the vitamin. If you take the inactive form, your body has to convert it into the active form, because this is the form it can use. This requires other nutrients that you may be deficient in, preventing the conversion. By taking the active form, you can bypass this process, allowing your body to use it immediately.