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**December 28th 2016:Balancing Neurotransmitters and
optimizing sleep**

Neurotransmitters are the primary messengers for the nervous system, which coordinates everything from the stress response to general organ function to emotion and cognitive function. What has recently come to light in the research is that the immune system also produces and uses neurotransmitters. Imbalances in these neuro-immune markers, can disrupt normal nervous and immune system function leading to the manifestation of psychological, somatic, and mood disorders, and related clinical complaints. Symptoms can also sometimes present as a hormone issue.



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