

## GENETIC AND NEUROTRANSMITTER TESTING

Is there a generational component to the anxiety or depression?  
The biochemistry may need to be assessed.

### IF SEEKING NATURAL METHOD WITHOUT MEDS IF POSSIBLE:

Gene Testing: <http://www.genomixnutrition.com> is a Cheek Swab. This test will give you genetic information on how you process vitamins (MTHFR and COMT for example). It will let you know allergies and sensitivities to foods. You can look online for a local provider. I have used Arianna Blaher at Healing Hands Chiropractic 720-733-9510. She can also do a Neutrogenomic test which checks if your genetics work with SSRI etc. She then provides natural alternatives to medications. She is NOT ABLE TO PRESCRIBE antidepressants and anti-anxiety medications. She is in Castle Rock and can provide Homeopathic supplements and Neurotransmitters to avoid Pharmaceuticals and side effects. . The tests are costly and out of pocket but helpful

### NEEDING MEDICATION TO GET “TRACTION” WITH DEPRESSION/ ANXIETY and GENETIC INFO REGARDING MEDICATIONS BEST FOR YOUR GENETIC MAKEUP:

You can also use Nurse Practitioners who specialize in Psychiatry and can prescribe appropriate meds (they are under the supervision of a Psychiatrist). Some even take insurance.. They will draw a Genomind Genecept Assay Report (most insurances cover at least some of this test). Results include which medications are gene drug interactions (such as SSRI's like Paxil or Zoloft that may not be good for your genetic makeup; MTHFR and COMT profiles and more. Paramount Health Practitioners at 303-393-1726 are well recommended and have great communication but do not take insurance.. Other Nurse Practitioner groups do take insurance but have a harder time with communication due to patient overflow.