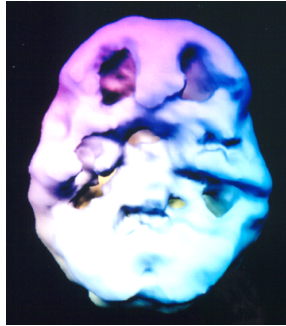


COREPSYCH RADIO # 15 JUNE 11, '09
THURSDAYS 4 EST, 3 CST, 2MST, 1PST



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Review Last week: Neurotransmitters and Their Role in Brain Health

Program 15: Stress, Sleep, and Your Neurotransmitter Balance

I predict that the next several years will find us using increasingly advanced technology and further research to better understand what happens with the specifics of brain neurotransmitters in respect to different clinical office findings. SPECT imaging shows us the macro-physiology of the brain.

These interventions do not suggest that we throw away all we know about psychopharmacology, but offer additional insights for further augmentation and treatment strategies.

These tests are less expensive, often paid for by insurance and take evidence closer to the clinical conditions.

For this program two downloads for reference: Each Illustrated PDF by NeuroScience will be used as outlines for each half of the program

1. Stress and Neurotransmitter Balance:

<http://www.corepsychblog.com/wp-content/uploads/2009/06/stress-presentation.pdf>

2. Sleep and Neurotransmitter Balance:

<http://www.corepsychblog.com/wp-content/uploads/2009/06/sleep-presentation.pdf>