

NEURO-ENDOCRINE | SUPPORT PROTOCOL[†]

[Developed by Penny Kendall-Reed, N.D.]^{††}

Protocol Objectives:

To differentiate between hyper and hypo adrenal states where feedback in the HPA axis has been lost, and to help support the parasympathetic nervous system. This protocol will highlight the assessment of imbalances and deficiencies in several neuro-endocrine hormones that have been shown to slow metabolism.[†] Additionally, it will provide recommendations for support of these various metabolic pathways.[†]

Clinical Objective	Assessment	Select from the following Recommendations [†]	Dosing
Adrenal Support for Hyperadrenal States[†] Reset lost negative feedback in the HPA loop[†] Maintain healthy glucocorticoid levels[†]	Orthostatic BP more than +15mm Hg	Sereniten Plus	1 - 2 capsules twice daily w/o food
	Monitor glucocorticoid/cortisol levels	Melatonin Prolonged Release 3mg	1 - 3 capsules before bedtime
	Patient presents with racing thoughts, difficulty falling asleep, irritability and restlessness, weight gain	Seditol[®] Plus	2 capsules before bedtime or 1 upon waking in the night
		GABA 500mg (optional)	1 capsule twice daily w/o food
Adrenal Support for Hypoadrenal States[†] Healthy Cortisol Release[†] Adrenal Fatigue Support[†]	Orthostatic BP less than +5mm Hg	Sereniten Plus	2 capsules twice daily with a gradual decrease to 1 twice daily w/o food
	Monitor glucocorticoid levels	Melatonin 3mg	1 - 3 capsules or dissolvable tablets before bedtime
	Patient presents with feeling light headed on standing, fatigue, sleeping 8-9 hours but waking exhausted, weight gain	AdrenoMend™ (herbal adaptagen)	2 - 4 capsules in the morning with food
		or Adrenplus-300 (glandular)	1 capsule twice daily w/o food
Healthy Stress Response[†] Maintain Healthy Cortisol and DHEA balance[†]	Cortisol and DHEA assessment	Sereniten Plus	1 - 2 capsules twice daily w/o food
	Adrenal fatigue assessment	Relora[®]-Plex	1 capsule twice daily
	Postmenopausal status	or GABA 500mg	1 - 2 capsules per day w/o food
	Monitor DHEA, estradiol, progesterone, and bioavailable testosterone	DHEA if indicated	5 - 50 mg as needed
Dopamine Support[†]	Patient presents with craving for fatty foods and alcohol, addictive or thrill seeking behavior	L-Tyrosine 500mg	1 - 2 capsules twice daily w/o food
		Brain Energy	1 capsule twice daily w/o food
		Sereniten Plus	1 capsule twice daily
Serotonin Support[†]	Patient presents with cravings for sweets, digestive discomfort (gas and bloating) and requires mood and emotional support	Sereniten Plus	1 capsule twice daily w/o food
		Neurotransmitter Balance[†] caution taking with anti-depressants	1 capsule twice daily w/o food
		L-Glutamine 500mg as needed to reduce sweet cravings	1 capsule opened and swished in mouth, then swallow
Leptin Support[†]	Patient presents with general food cravings and is never satiated. Difficulty not eating after dinner meal.	L-Carnosine 500 mg	1 capsule twice daily w/o food
Insulin Support[†]	Fasting Blood sugar/insulin assessment	Gluco-Mend	1 capsule before each meal
	Patient presents with inability to lose weight and poor sleeping patterns. Often tired after meals.	Sereniten Plus	1 - 2 capsules twice daily w/o food
		Seditol[®] Plus	1 capsule before bed or upon waking at night

^{††}Dr. Kendall-Reed has been retained as a medical consultant in advising Douglas Laboratories. She is compensated for this service. This information is intended for use by healthcare practitioners, is for informational purposes only, and does not establish a doctor-patient relationship. Please be sure to consult your physician before taking this or any other product. Consult your physician for any health problems.

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