



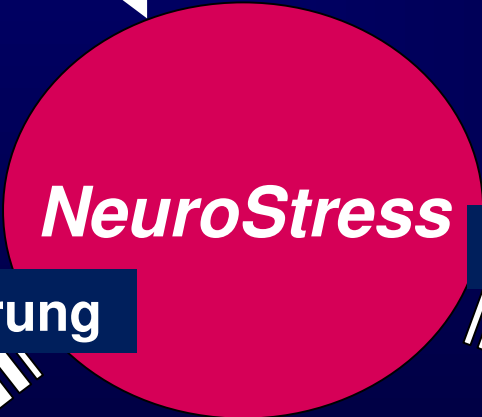
**Stress**

**akuter Stress**

**chron. Stress**

Kurzfristige Aktivierung der HPT-HVL-NNR-Achse, Cortisol-Noradrenalin/Serotoninanstieg

Chron. Hyperaktivität der HPT-HVL-NNR-Achse, erhöhter Sympathikotonus, genetische Disposition



**CRH-Desensibilisierung**

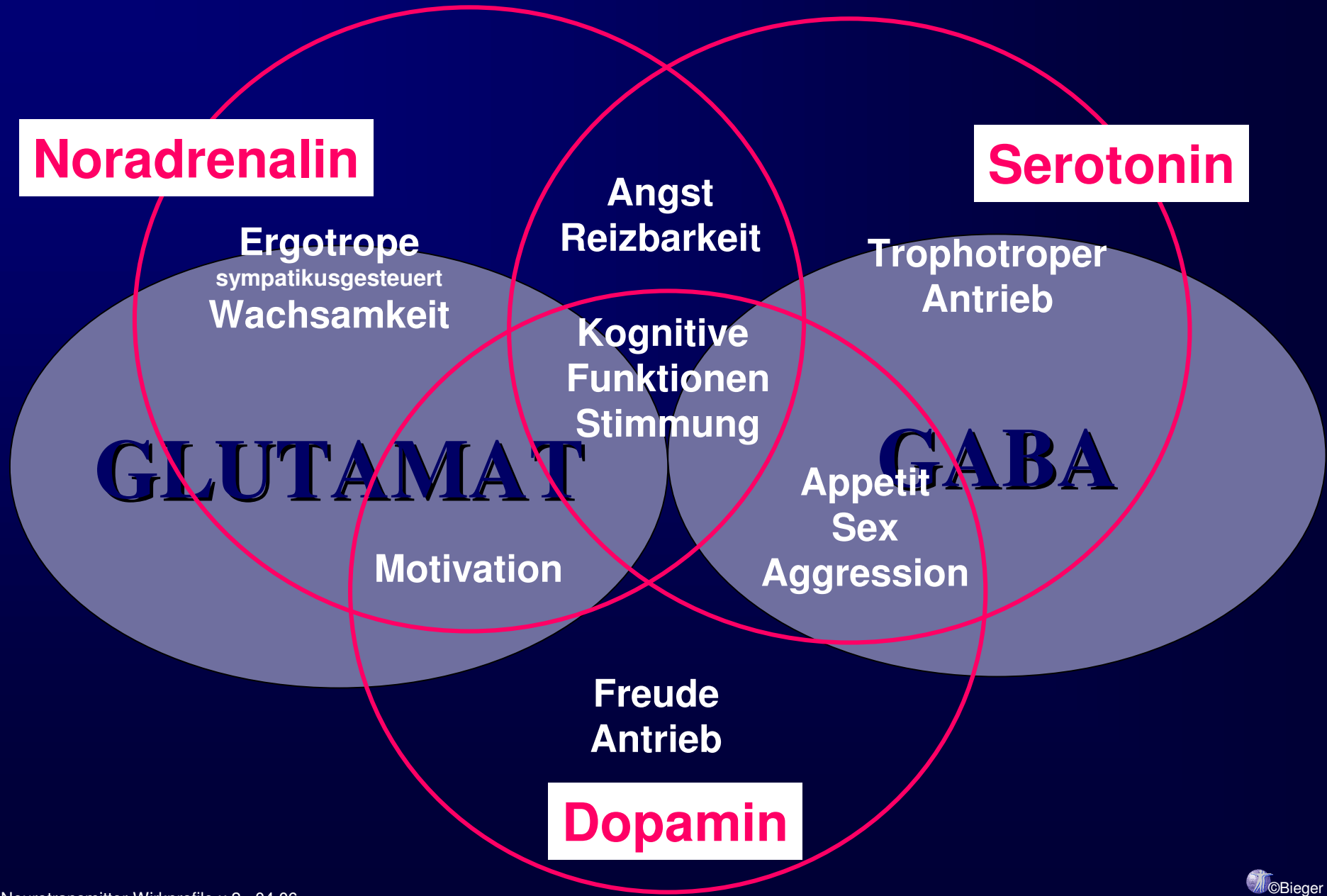
**CRH-Dauerstimulation**

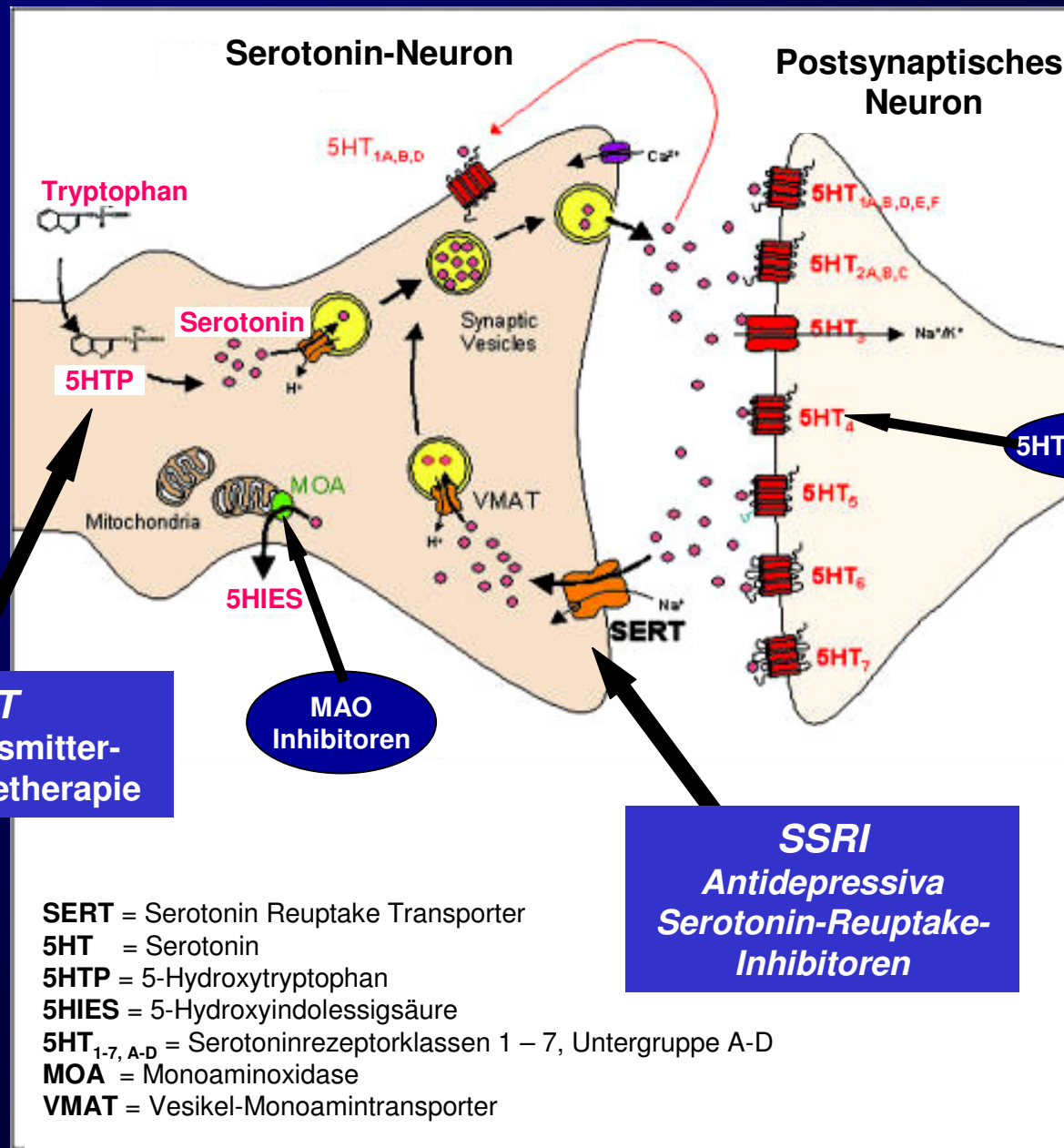
**Depression  
Hypocortisolismus**

**Depression  
Hypercortisolismus**

**Fatigue  
Hypocortisolismus  
5HT-Defizit**

# Wirkungen der Neurotransmitter



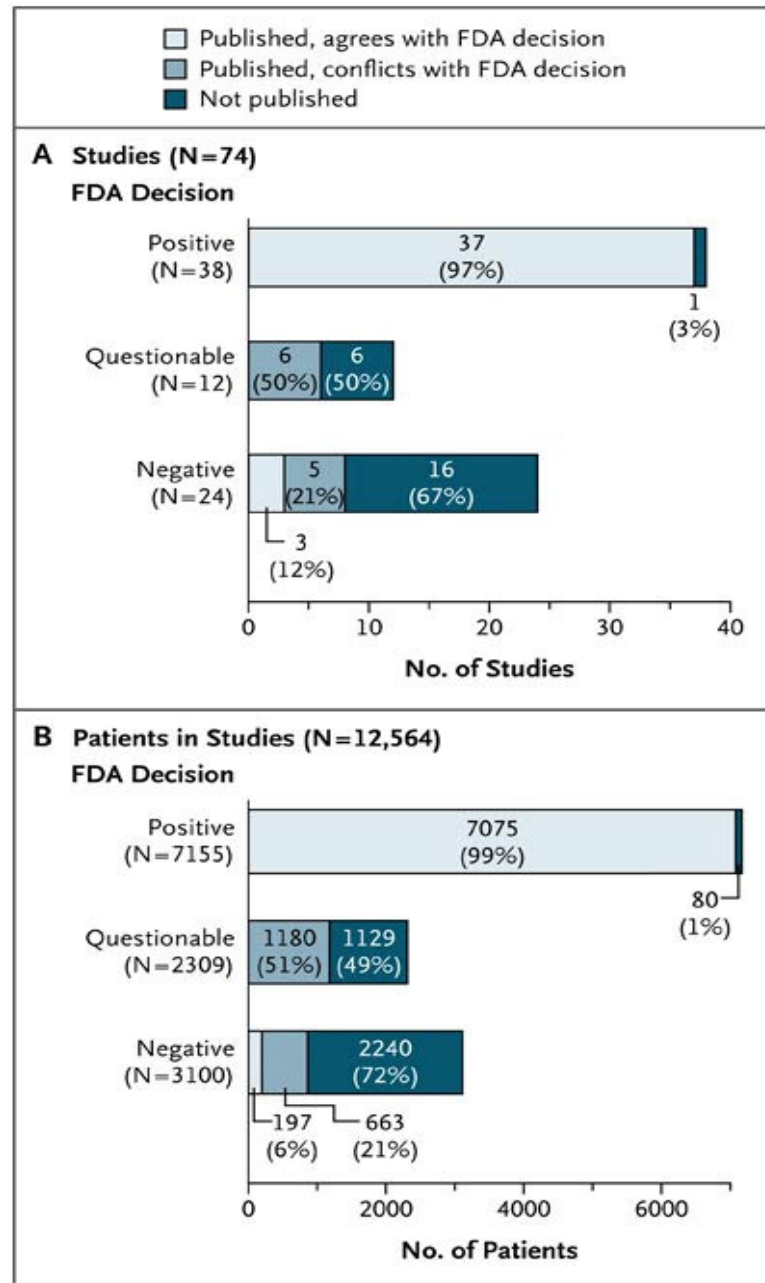


# Selective Publication of Antidepressant Trials and Its Influence on Apparent Efficacy

Turner E et al. *N Engl J Med* 2008;358:252-260

## Effect of FDA Regulatory Decisions on Publication

Effect of FDA Regulatory Decisions on Publication. Among the 74 studies reviewed by the FDA (Panel A), 38 were deemed to have positive results, 37 of which were published with positive results; the remaining study was not published. Among the studies deemed to have questionable or negative results by the FDA, there was a tendency toward nonpublication or publication with positive results, conflicting with the conclusion of the FDA. Among the 12,564 patients in all 74 studies (Panel B), data for patients who participated in studies deemed positive by the FDA were very likely to be published in a way that agreed with the FDA. In contrast, data for patients participating in studies deemed questionable or negative by the FDA tended either not to be published or to be published in a way that conflicted with the FDA's judgment.

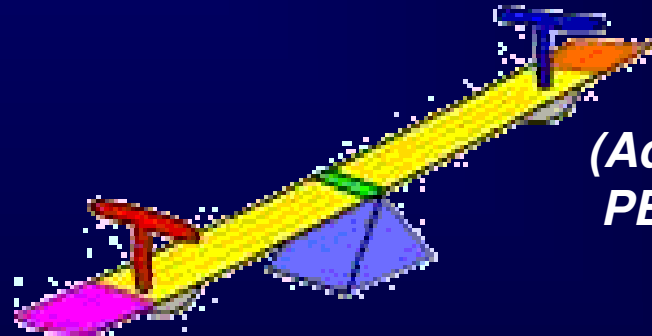


# Pivotales Neurotransmitter Konzept

Wiederherstellung der Balance zwischen

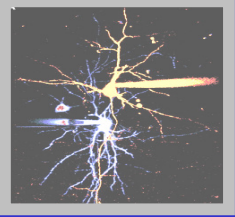
**Excitation**

*(Adrenalin, Noradrenalin,  
PEA, Glutamat, Histamin)*



**Inhibition**

*(GABA, Serotonin, Glycin, Theanin)*



# *Neurotransmitter- Balancierung*

**Diagnostik** (Stresshormone, Neurotransmitter)



Speichel, Urin

**Konditionierung** (inhibitorisches System)



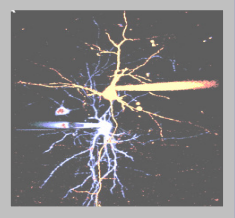
Serotonin, GABA

**Therapie** (exzitatorisches System)



Katecholamin-Präkursoren

**Erhaltungstherapie** (Balance)



# Grundregeln der Aminosäure-Substitution bei NeuroStress

- 1. Start mit inhibitorischen/dämpfenden NT-Vorstufen, im allgemeinen mit 5-HTP-Präparaten**
- 2. Supplementierung zu Beginn meist abends**
- 3. Je stärker die Dysbalance im Test, desto zurückhaltendere Anfangsdosierung**
- 4. Bei gleichzeitiger Einnahme von Antidepressiva sehr zurückhaltende Supplementierung und langsame Steigerung unter Antidepressiva-Reduktion**