



Sanesco[®]
health in balance

**Are you suffering from
Chronic Symptoms
such as...**

**Hot Flashes
or Anxiety?**

**Depression
or Insomnia?**

**Weight
Gain or
Cravings?**

**Now there
is hope.**

Many chronic symptoms and diseases share a common root. They can begin from imbalances in the body's messengers, the neurotransmitters and hormones.

Ask your doctor today about the Communication System Management™ model, a revolutionary, non-drug approach to addressing chronic symptoms.


Long Natural Health

info@longnaturalhealth.com | www.longnaturalhealth.com
888.337.0511 | 303.845.1827

How this Revolutionary Approach Can Work For You

The Communication System Management™ model (CSM):
3 steps to Assess and Correct Imbalances

Assess:

Step 1 Test and Retest for Imbalances

- Simple urine and saliva tests are taken and analyzed by a team of experts.
- Testing and retesting your neurotransmitter and hormone levels allows your doctor to see where to begin therapy, and how to adjust it in order to bring you back to optimal balance.

Step 2 Results and Correlation

- The laboratory results as well as educational information about the causes and effects of imbalances are sent to your doctor.
- This educational information will help your doctor to link your laboratory values to the symptoms you experience.

Correct:

Step 3 Targeted Nutritional Therapy™

- An individualized, natural treatment protocol is developed and recommended by your doctor.
- Each product has been carefully designed to target root imbalances while helping to alleviate symptoms.
- These formulations are made with the highest quality, natural ingredients, and balanced to provide your body with what it needs to rebuild its systems and regain normal function.

With the Communication System Management™ model's effective strategy, your neuro-hormonal imbalances are uncovered, and natural therapy is recommended by your doctor to target the cause. The symptoms that can be managed are endless. Together, you and your doctor can rebuild your Communication System and alleviate chronic symptoms.

Sanesco | The right course, the right choice

Your doctor knows how a simple lab test can uncover your neuro-hormonal imbalances, and how managing these imbalances can alleviate your symptoms.

Your doctor has chosen the CSM™ as part of their treatment regimen for a reason: it works! It targets the root cause of disease, rather than the symptoms. The results speak for themselves. Because your doctor is dedicated to your health and well-being, they have made the CSM™ a part of their practice.

Most medications treat symptoms, providing relief for a time and often with unwanted side-effects. This revolutionary approach reaches the cause, instead of masking symptoms. Because the root imbalance is being cared for, your symptoms are alleviated naturally, and recurrence is prevented.



Working with your doctor to rebalance your Communication System will empower you to take an active role in your own health.

Neuro-hormonal Imbalance

Imbalances in neurotransmitters and hormones can lead to symptoms like weight gain, fatigue, anxiety, poor sleep patterns, menopausal symptoms, depression, and many more.

The symptoms you may be experiencing have a root cause. Research has shown that deficiencies and excesses of certain neurotransmitters, such as serotonin and dopamine, and hormones like cortisol can lead to chronic illness. Discovering where imbalances begin can mean the end of your symptoms.

How Imbalances in the Neuro-Endocrine System Can Affect Your Body



Increased cortisol can cause insomnia, hyperactivity and decreased thyroid function



Lower serotonin levels can lead to depression, anxiety and insomnia



Epinephrine & norepinephrine levels can increase anxiety, hyperactivity, insomnia, and insulin resistance



Low dopamine can result in poor focus, low libido, and depression with exhaustion



High glutamate can contribute to anxiety, sleeplessness and irritability.



Low GABA can lead to increased anxiety, insomnia, and irritability.

What contributes to these neuro-hormonal imbalances? Many factors can disrupt this delicate system, leading to an array of symptoms and illnesses. Poor diet, chronic stress, environmental factors, lack of exercise and sleep, stimulants, genetic predisposition, and even medications that are prescribed to take care of symptoms, can eventually deplete your system, causing further imbalance.

Talking To Your Doctor

Ask your doctor about Sanesco's natural, safe, and effective clinical approach to your health.

If your health is important to you ask yourself these 10 questions.

- Do you have a hard time waking up in the morning?
- Do you have difficulty sleeping?
- Are you fatigued or lethargic?
- Do you have difficulty concentrating and completing tasks?
- Do you have low motivation?
- Are you irritable?
- Do you have a low libido?
- Do you have addictions and cravings?
- Do you have PMS or menopausal symptoms?
- Are you gaining weight, particularly around your abdomen?

If you answered yes to any of these 10 questions take this patient brochure with you when you talk with your doctor.