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&  
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## Neuro Regulation and Mental Health

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The diagnosis and treatment of mental health conditions is a significant problem for the GP. Such conditions are considered to be associated with altered brain structure, function and associated chemistries; hence the use of psychotropic medications to alter a person's mental state; yet mental health problems are often accompanied by pathological onset in the visceral organs; therefore a precise understanding of how this biodynamic mechanism functions has immense significance as a diagnostic and therapeutic modality.

The author will speak about 'neuroregulation', in particular the neuroregulation of the autonomic nervous system and physiological systems, and illustrate that the primary function of the brain is to regulate the stable and coherent function of the autonomic nervous system and physiological

systems; but, also, that emergent visceral pathologies (of both genetic and phenotypic nature) influence brain function, neuroplasticity, and the normal regulated parameters e.g. blood pressure, blood glucose, temperature, pH, pO<sub>2</sub>, sleep, etc.

To screen for the range of complex correlates using contemporary biomedical indices, and then to treat the patient, is a time-consuming and expensive problem for the medical profession however there is one technology, the first to be based upon a precise and sophisticated mathematical model of how the brain regulates the autonomic nervous system and physiological systems (Strannik), which is able to do so effectively and at much lower cost than any current technology(s).

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