

# Amino Acid Therapy Chart: Reversing Neurotransmitter

## Depletion

Name \_\_\_\_\_

Date \_\_\_\_\_

(1) In Column A, put a number from 1 to 10 by each symptom you feel, with 1 being slightly felt or hardly ever felt and 10 being strongly felt or felt all the time.

(2) Check off the Column B substances that you use to reduce the symptoms in the same section of A.

Column A	Column B	Column C	Column D
NT Deficiency Symptoms	Substances Used	Amino Acid Solutions*	Neurotransmitters Provide
<p><b>TYPE 1 Low in Serotonin</b></p> <p>___ negativity, depression</p> <p>___ worry, anxiety</p> <p>___ low self-esteem</p> <p>___ obsessive thoughts or behaviors</p> <p>___ winter blues<sup>β</sup></p> <p>___ PMS</p> <p>___ irritability, rage</p> <p>___ dislike hot weather</p> <p>___ panic attacks; phobias (fear of heights, small spaces, snakes, etc)</p> <p>___ afternoon or evening cravings</p> <p>___ fibromyalgia, TMJ, other pain</p> <p>___ suicidal thoughts</p> <p>___ night-owl, hard to get to sleep</p> <p>___ insomnia, disturbed sleep</p> <p>Typical sleep hours: _____ to _____</p>	<p><input type="checkbox"/> sweets</p> <p><input type="checkbox"/> starch</p> <p><input type="checkbox"/> tobacco</p> <p><input type="checkbox"/> chocolate</p> <p><input type="checkbox"/> Ecstasy</p> <p><input type="checkbox"/> marijuana</p> <p><input type="checkbox"/> alcohol</p> <p><input type="checkbox"/> Prozac</p> <p><input type="checkbox"/> Zoloft</p> <p><input type="checkbox"/> Paxil</p> <p><input type="checkbox"/> Effexor</p> <p><input type="checkbox"/> Celexa</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p> <p><input type="checkbox"/> _____</p>	<p><b>5-HTP</b> 50-150 mg MA, Eve by 10:00 pm</p> <p><b>or L-tryptophan</b> 500-1500 mg MA, Eve by 10:00 pm (Evening doses needed if sleep is a problem or symptoms persist into the evening or are very severe.)</p> <p><b>Melatonin</b> for sleep at bedtime; .5 - 5 mg, immediately or 2-stage depending on type of insomnia, if 5-HTP or L-tryptophan alone do not work for sleep</p>	<p><b>Serotonin:</b> emotional stability self-confidence positive outlook emotional flexibility sense of humor</p> <p><b>Melatonin:</b> (converted from serotonin) 8 hours of deep, restful sleep</p>
<p><b>TYPE 2 Low in Catecholemines</b></p> <p>___ depression, apathy</p> <p>___ lack of energy</p> <p>___ lack of drive</p> <p>___ easily bored</p> <p>___ lack of focus, concentration</p> <p>___ ADD</p>	<p><input type="checkbox"/> sweets</p> <p><input type="checkbox"/> starch</p> <p><input type="checkbox"/> chocolate</p> <p><input type="checkbox"/> aspartame</p> <p><input type="checkbox"/> alcohol</p> <p><input type="checkbox"/> marijuana</p> <p><input type="checkbox"/> caffeine</p> <p><input type="checkbox"/> cocaine</p> <p><input type="checkbox"/> speed</p> <p><input type="checkbox"/> tobacco</p> <p><input type="checkbox"/> Wellbutrin</p> <p><input type="checkbox"/> Ritalin</p> <p><input type="checkbox"/> Adderall</p> <p><input type="checkbox"/> _____</p>	<p><b>L-tyrosine</b> 500-2000 mg AM, MM, MA by 3:00 pm (Add fish oil omega-3, 1-3 gms EPA/DHA emphasis) Check thyroid and adrenal functions</p>	<p><b>Catecholemines:</b> alertness energy mental focus drive enthusiasms</p>

\*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=mid-afternoon; D=with dinner; BT=at bedtime.

<sup>β</sup> Also test for vitamin D levels (25OHD) optimal reference 35-70. Moderate exercise, as tolerated. 2500-10,000 lux light box—preferably at least partly full-spectrum, with UV protection.

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Column A	Column B	Column C	Column D
<b>NT Deficiency Symptoms</b>	<b>Substances Used</b>	<b>Amino Acid Solutions*</b>	<b>Neurotransmitters Provide</b>
<b>TYPE 3 Low in GABA</b> — stiff or tense muscles — stressed and burned out — unable to relax/loosen up — often feel easily overwhelmed	<input type="checkbox"/> sweets <input type="checkbox"/> starch <input type="checkbox"/> tobacco <input type="checkbox"/> marijuana <input type="checkbox"/> alcohol <input type="checkbox"/> Valium <input type="checkbox"/> Ativan <input type="checkbox"/> Neurontin <input type="checkbox"/> Klonopin <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>GABA</b> 100-500 mg 1-3x per day at stressful times (test salivary cortisol levels x4) Add Taurine, Glycine, and/or L-threonine, if needed	<b>GABA:</b> calmness relaxation stress tolerance
<b>TYPE 4 Low in Endorphin</b> — very sensitive to emotional or physical pain — cry (tear up) easily — crave comfort, reward, or numbing treats — "Love" certain foods, behaviors, drugs or alcohol	<input type="checkbox"/> sweets <input type="checkbox"/> starch <input type="checkbox"/> chocolate <input type="checkbox"/> tobacco <input type="checkbox"/> marijuana <input type="checkbox"/> alcohol <input type="checkbox"/> caffeine <input type="checkbox"/> Vicodin <input type="checkbox"/> heroin <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>DL-phenylalanine [or D-phenylalanine]</b> 500-1500 mg; AM, MM, MA by 3:00 pm (Add free-form amino blend 700 mg x 3 before meals)	<b>Endorphin:</b> psychological and physical pain relief pleasure reward loving feelings numbness
<b>HYPOGLYCEMIC</b> — cravings for sugar, starch, or alcohol — irritable, shaky, headachey--especially if too long between meals	<input type="checkbox"/> sweets <input type="checkbox"/> starches <input type="checkbox"/> alcohol	<b>L-glutamine</b> 500-1500 mg AM, MM, MA (Add chromium 200 mcg x 3 meals)	<b>Fuel source for brain cells:</b> sense of stability and groundedness, blood sugar balance

**NUTRITIONAL SOLUTIONS THAT APPLY TO ALL TYPES:**

**FISH OIL 1000-3000 IU combined EPA and DHA**

**MULTIVITAMINS AND MINERALS** are also essential, as is a

**DIET** that contains no less than *4 cups low-carb vegetables* in a minimum of *3 meals*, each containing at least *25 gms protein*, as well as other *good fats and healthy carbs*, as needed



# Buying nutritional supplements through my health care professional

## Why should I buy supplements through my health care professional instead of the health food store?

Most people expect all nutritional supplements, such as vitamins, minerals and herbs to be exactly the same from company to company. Therefore, with this assumption in mind it makes perfect sense to buy the cheapest possible products. Unfortunately, this is not the case. Unbeknownst to many, supplement quality can vary tremendously from company to company. This can not only determine how well a supplement works, but whether it creates side effects that can range from minor annoyances to major inconveniences.

## How can quality be determined in a supplement?

In answering this question, it's important to know that nutritional supplements are processed food, just like a bag of potato chips or a can of beans that you might buy in a supermarket. In the case of supplements, nutrients (or, in the case of herbs, phytochemicals) have been packaged for purchase several days, weeks, or months after manufacture. What concerns would you have when purchasing of a bag of potato chips or a can of beans? Most likely, they would be these:

- 1. How fresh is the product?** No matter how carefully a processed food is packaged, eventually oxygen and age will take their toll, causing food to oxidize, or, in simpler terms, rot. Therefore, most people would like to get processed food that has only spent a short time on the shelf or in a warehouse.
- 2. Can my body use the nutrients?** Has the food been processed to the point where the body regards it as a foreign substance and can no longer absorb the nutrients it contains?

- 3. Do the contents of the bag or can match what is on the label?** Has the processing company, knowingly or unknowingly, added substances to the product that are not indicated on the label, or are indicated in the

wrong amount? Or, even worse, are the food substances on the label not even in the product?

- 4. Has the product been analyzed for microbial contamination?** Given recent concerns about E. coli contamination, this point is particularly important.
- 5. If there is a problem, can I talk to a manufacturer's representative?** If problems arise, we all want to talk to someone "in the know" who can resolve issues. This point is particularly important since it is very difficult for the consumer to determine any of the above points before the food is ingested. It is also nice to know that a trusted, highly reliable person stands behind the product.

## How do the above points relate to nutritional supplements? Let's examine them one at a time.

- 1. Freshness.** Most nutrients (especially B and C vitamins) and herbs oxidize very readily over time, no matter how carefully they are processed and packaged. Therefore, it is important that nutrient and herbal manufacturers buy small lots that are quickly processed and made available to the consumer as soon as possible. Unfortunately, because it is more cost effective to buy large lots that are stored in warehouses for several months at a time, most manufacturers do not do this. Because the companies with which we deal make freshness a top priority, it costs them more to make the product and, therefore, must charge more to stay in business.

- 2. Nutrient availability.** Because it is more cost effective, many nutrient or herbal companies highly compress the constituents into small, very hard tablets or cram them tightly into capsules. Moreover, because the companies very often lack the equipment, they do not check and see how readily these tablets or capsules break down in the digestive tract. As a result, the saying, "Americans have the world's healthiest toilets," is more often than not true. The companies with which we deal manufacture their supplements with digestibility in mind, which is constantly determined by on-site testing. Of course, this also adds to the cost of the product.

- 3. Contents of the supplements.** Because the nutrient and herbal industries are poorly regulated from a manufacturing standpoint, far too many instances exist where an unknown substance was added, something important was never included, or a combination of the two happens. The companies supplying our products provide 100% assurance that what is on the label is exactly what is in the bottle. They back up this claim with on site testing of each batch. Again, this adds to the cost of the product.

- 4. Microbial contamination.** The companies with which we deal analyze both the raw materials and the finished product for microbial contamination.

- 5. Reaching a manufacturer's representative.** Sadly, it is a known fact that many supplements available in health food stores are manufactured by different companies at different times, depending on which company offers the lowest price. Therefore, even though the labels may look the same, the quality of the product may vary greatly from batch to batch. While this manufacturing method assures the cheapest price, it makes it very difficult to track down the manufacturer for any particular batch. Furthermore, as you might expect, manufacturers know this and may relax their standards on the above mentioned points. The companies we deal with maintain a staff of highly trained professionals both locally and at the point of manufacture that can quickly and expertly answer any concerns that may arise. As you might expect, this also adds to the cost of the product.

In light of this analysis, is it better to spend a little less on products that give questionable, unpredictable results, or a bit more on those that are backed by reliable, trustworthy professionals and give much more consistent, satisfying results? If your answer is the latter, you have come to the right place.

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