

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>TYPE 1 Low in Serotonin</p> <p>___ afternoon or evening cravings</p> <p>___ negativity, depression</p> <p>___ worry, anxiety</p> <p>___ low self-esteem</p> <p>___ obsessive thoughts or behaviors</p> <p>___ hyperactivity</p> <p>___ controlling, perfectionism</p> <p>___ winter blues^β</p> <p>___ irritability, rage (eg PMS)</p> <p>___ dislike hot weather</p> <p>___ panic attacks; phobias (fear of heights, small spaces, snakes, etc)</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>5-HTP 50-150 mg MA, Eve by 10:00 pm or L-tryptophan 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>Melatonin 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>Serotonin:</p> <p>positive outlook</p> <p>emotional stability</p> <p>self-confidence</p> <p>emotional and mental flexibility</p> <p>sense of humor</p> <p>Melatonin: (converted from serotonin) 8 hours of deep, restful sleep</p>
<p>TYPE 2 Low in Catecholamines</p> <p>___ Cravings for stimulation from sugar, chocolate</p> <p>___ caffeine, cocaine, meth</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"/> diet pills</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>L-tyrosine 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>Catecholamines:</p> <p>alertness</p> <p>energy</p> <p>mental focus</p> <p>drive</p> <p>enthusiasm</p>

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

^β 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.

Column A	Column B	Column C	Column D
NT Deficiency Symptoms	Substances Used	Amino Acid Solutions*	Neurotransmitters Provide
TYPE 3 Low in GABA ___ crave carbs, alcohol or drugs for relaxation ___ stressed and burned out ___ unable to relax/loosen up ___ stiff or tense muscles ___ 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"/> _____	GABA 100-500 mg 1-3x per day at stressful times (test salivary cortisol levels x4) Add Taurine, Glycine, and/or L-threonine, if needed	GABA: calmness relaxation stress tolerance
TYPE 4 Low in Endorphin ___ crave comfort, reward, or numbing treats ___ "Love" certain foods, behaviors, drugs or alcohol ___ sensitive to emotional or physical pain ___ cry (tear up) easily	<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"/> _____	DL-Phenylalanine [or D-Phenylalanine] 500-1500 mg; AM, MM, MA by 3:00 pm (Add free-form amino blend 700 mg x 3 before meals)	Endorphin: psychological and physical pain relief and tolerance pleasure reward loving feelings numbness
HYPOGLYCEMIC ___ cravings for sugar, starch, or alcohol ___ irritable, shaky, headache—especially if too long between meals	<input type="checkbox"/> sweets <input type="checkbox"/> starches <input type="checkbox"/> alcohol	L-glutamine 500-1500 mg AM, MM, MA (Add chromium 300 mcg x 3 meals)	Fuel source for brain cells: sense of stability and groundedness, blood sugar balance

GENERAL NUTRITIONAL SOLUTIONS THAT APPLY TO ALL TYPES:

MULTIVITAMINS AND MINERALS are also essential, True Balance (by NOW Foods) or Glucobalance (by Biotics) are designed to stabilize blood sugar. And they do!

FISH OIL 1000-3000 IU combined EPA and DHA

DIET that contains no less than:

Protein: 25-30 grams/meal (more if few carbohydrates can be tolerated) See separate handout

Low Carbohydrate Vegetables: Over 4 cups/day See separate handout

Fat: Saturated, e.g. butter, nuts, seeds, extra virgin olive oil

Higher Whole Carbohydrate Foods: Fruit, beans, potatoes, yams, whole grain-*if tolerated*

Pure Water 50 oz/day or more