

# 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>•</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><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>

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

**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*