

Amino Acid Therapy Chart

Reversing Neurotransmitter Depletion

Name _____ Date: _____

(1) In Column A, put a number from 1 to 10 by each symptom - with 1 being slightly felt and 10 being strongly felt or felt all the time.
 (2) Check off the column B substance that you use to reduce the symptoms in the column A.

Column A	Column B	Column C	Column D
NT Deficiency Symptoms	Substances Used	Amino Acid Solutions *	Neurotransmitters provide
Type 1 Low in Serotonin ___ afternoon or evening cravings ___ negativity, depression, worry, anxiety ___ low self esteem, social anxiety ___ obsessive thoughts or behaviors ___ hyperactivity/ tics ___ controlling, perfectionism ___ winter blues ** ___ irritability, rage (PMS) ___ dislike hot weather ___ panic attacks; phobias (fear of heights, small places, snakes, etc.) ___ fibromyalgia, TMJ, other pain ___ suicidal thoughts	<input type="checkbox"/> sweets <input type="checkbox"/> simple carbs <input type="checkbox"/> tobacco <input type="checkbox"/> chocolate <input type="checkbox"/> Ecstasy <input type="checkbox"/> marijuana <input type="checkbox"/> alcohol <input type="checkbox"/> Prozac <input type="checkbox"/> Zoloft <input type="checkbox"/> Paxil <input type="checkbox"/> Effexor <input type="checkbox"/> Celexa <input type="checkbox"/> _____	5-HTP 50-150 mg MA, Evening by 10 PM or L-Tryptophan (evening dose needed if sleep is a problem or symptoms persist into the evening or are very severe.)	Serotonin: positive outlook emotional stability self confidence emotional/mental flexibility sense of humor
Type 2 Low in Cats ___ cravings for stimulation ___ depression, apathy ___ lack of energy ___ lack of drive ___ easily bored ___ lack of focus/concentration ___ ADD	<input type="checkbox"/> sweets <input type="checkbox"/> starches <input type="checkbox"/> chocolate <input type="checkbox"/> aspartame <input type="checkbox"/> alcohol <input type="checkbox"/> marijuana <input type="checkbox"/> opiates <input type="checkbox"/> caffeine <input type="checkbox"/> cocaine <input type="checkbox"/> diet pills <input type="checkbox"/> tobacco <input type="checkbox"/> Wellbutrin <input type="checkbox"/> Ritalin <input type="checkbox"/> Adderall	L-tyrosine 500-2000 mg AM, MM, MA by 3PM Add fish oil/ omega 3 1-3 grams EPA/DHA check thyroid and adrenal functions	Catecholamines: alertness energy mental focus drive enthusiasm

<p>Type 3 Low in GABA ___ crave carbohydrates, alcohol/drugs for relaxation ___ stressed and burned out ___ unable to loosen up ___ stiff or tense muscles ___ often feel easily overwhelmed</p>	<ul style="list-style-type: none"> <input type="checkbox"/> sweets <input type="checkbox"/> starches <input type="checkbox"/> tobacco <input type="checkbox"/> marijuana <input type="checkbox"/> alcohol <input type="checkbox"/> Valium <input type="checkbox"/> Neurontin <input type="checkbox"/> Xanax 	<p>GABA 100-500 mg 1-3 x per day at stressful times Add Theanine, Glycine and/or Taurine for feelings of overwhelm</p>	<p>GABA: calmness relaxation stress tolerance</p>
<p>___ night owl, hard to get to sleep ___ insomnia ___ typical sleep hours _____ to _____</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Lunesta <input type="checkbox"/> Ambien <input type="checkbox"/> Benadryl <input type="checkbox"/> _____ 	<p>Melatonin If 5 HTP or L-Tryptophan alone do not work for sleep: .5 - 5mg at bedtime</p>	<p>Melatonin: (Converted from serotonin) 8 hours of deep, restful sleep</p>
<p>Type 4 Low in Endorphins ___ Crave comfort, reward or numbing treats ___ "Love" certain foods, behaviors, drugs or alcohol ___ Sensitive to emotional or physical ___ Cry, (tear up) easily</p>	<ul style="list-style-type: none"> <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"/> Heroine 	<p>DLPA (DL-Phenylalanine or D-Phenylalanine) 500-1500 mg AM, MM, MA by 3 pm</p>	<p>Endorphin: psychological and physical pain relief and tolerance pleasure reward loving feelings numbness</p>

<p>Hypoglycemic ___ cravings for sugar, starch or alcohol ___ irritable, shaky, or headaches - especially if too long between meals</p>	<ul style="list-style-type: none"> <input type="checkbox"/> sweets <input type="checkbox"/> starches <input type="checkbox"/> alcohol 	<p>L- glutamine 500 - 1500 mg AM, MM, MA can add Chromium 300 mcg x 3 meals</p>	<p>fuel source for brain cells: sense of stability feel grounded blood sugar balance</p>
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General Nutritional Solutions (for all types):

- Multivitamins and minerals are essential
- Fish Oil 1000 - 3000 IU combined EPA and DHA
- Diet that contains no less than:
 - Protein: 25-30 grams/meal
 - low carbohydrate vegetables: over 4 cups/day
 - Fat: Saturated - butter, nuts, olive oil, avocado
 - Higher whole carbohydrate foods: fruit, beans, potatoes, sweet potatoes, whole grains
 - Water: 50 oz/day or more

USING AMINO ACIDS - PRECAUTIONS:

If you have Overactive Thyroid (Graves disease) PKU (Phenylketonuria) or Melanoma;
DO NOT TAKE L-TYROSINE, DLPA or L- Phenylalanine.

Please consult with your medical provider before taking any amino acids if any of the following statements apply:

- You react to supplements, foods, or medications with unusual or uncomfortable symptoms
- You have serious physical illness, particularly cancer
- You have severe liver or kidney problems
- You have an ulcer (amino acids are slightly acidic)
- You are pregnant or nursing
- You have Schizophrenia or other mental illness
- You are taking any medications for mood problems, particularly MAO inhibitors or more than one SSRI

Consult an expert before taking if:	Melatonin	L-Tyrosine or D - Phenylalanine	GABA	Taurine	DLPA	L-Glutamine
you have high blood pressure		X	X		X	
you have low blood pressure			X	X		
you get migraines		X			X	
you have asthma or severe depression	X					
you have manic (bipolar) tendencies		X			X	X

- AM = upon arising MM = midmorning; MA = mid afternoon, BT = bedtime ** Also test vitamin D levels (250 HD) optimal reference 35-70. Moderate exercise, as tolerated. 2500 - 10,000 LUX light box - preferably partially full spectrum, UV protection.
- Adapted from @Julia Ross, author of *The Mood Cure* (Penguin 2000) For more information go to MoodCure.com and DietCure.com

I have read the above precautions and attest that none of the precautions listed above, pertain to me.

_____ signature

_____ date