

# 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
<b>TYPE 1 Low in Serotonin</b> _____ afternoon or evening cravings _____ negativity, depression _____ worry, anxiety _____ low self-esteem _____ obsessive thoughts or behaviors _____ hyperactivity _____ controlling, perfectionism _____ winter blues <sup>β</sup> _____ irritability, rage (eg PMS) _____ dislike hot weather _____ panic attacks; phobias (fear of heights, small spaces, snakes, etc) _____ fibromyalgia, TMJ, other pain _____ suicidal thoughts _____ night-owl, hard to get to sleep _____ insomnia, disturbed sleep Typical sleep hours: _____ to _____	<input type="checkbox"/> sweets <input type="checkbox"/> starch <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"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<b>5-HTP</b> 50-150 mg MA, Eve by 10:00 pm <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.)  <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	<b>Serotonin:</b> positive outlook emotional stability self-confidence emotional and mental flexibility sense of humor  <b>Melatonin:</b> (converted from serotonin) 8 hours of deep, restful sleep
<b>TYPE 2 Low in Catecholamines</b> _____ Cravings for stimulation from sugar, chocolate caffeine, cocaine, meth _____ depression, apathy _____ lack of energy _____ lack of drive _____ easily bored _____ lack of focus, concentration _____ ADD	<input type="checkbox"/> sweets <input type="checkbox"/> starch <input type="checkbox"/> chocolate <input type="checkbox"/> aspartame <input type="checkbox"/> alcohol <input type="checkbox"/> marijuana <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 <input type="checkbox"/> _____	<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	<b>Catecholamines:</b> alertness energy mental focus drive enthusiasm

\* AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; 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

Column A	Column B	Column C	Column D
NT Deficiency Symptoms	Substances Used	Amino Acid Solutions*	Neurotransmitters Provide
<b>TYPE 3 Low in GABA</b> — 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"/> _____	<b>GABA</b> 100-500 mg 1-3x per day at stressful times (test salivary cortisol levels x4) Add Taurine, Glycine, and/or L-theanine, if needed	<b>GABA:</b> calmness relaxation stress tolerance
<b>TYPE 4 Low in Endorphin</b> — 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"/> _____	<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 and tolerance pleasure reward loving feelings numbness
<b>HYPOGLYCEMIC</b> — 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	<b>L-glutamine</b> 500-1500 mg AM, MM, MA (Add chromium 300 mcg x 3 meals)	<b>Fuel source for brain cells:</b> 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