

Column A	Column B	Column C	Column D
NT Deficiency Symptoms	Substances Used	Amino Acid Solutions*	Neurotransmitters Provide
Type 3 Low 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	___ sweets ___ starch ___ tobacco ___ alcohol ___ marijuana ___ Valium ___ Ativan ___ Neurontin ___ Klonopin Others: _____	GABA 100-500mg 1-3x/day at stressful times (test salivary cortisol levels x4) Add Taurine, Glycine, and/or L-theanine, If needed	GABA: Calmness Relaxation Stress tolerance
Type 4 Low Endorphin ___ crave comfort, reward, or numbing treats. ___ “Love” certain foods, behaviors, drugs, or alcohol ___ sensitive to emotional or physical ___ cry (tear up) easily	___ sweets ___ starch ___ tobacco ___ alcohol ___ marijuana ___ chocolate ___ caffeine ___ Vicodin ___ heroin Others: _____	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: Psychosocial and physical pain relief and tolerance. Pleasure Reward Loving feelings
Hypoglycemic ___ cravings for sugar, starch, or alcohol ___ irritable, shaky, headachy— Especially if too long between meals	___ sweets ___ starch ___ 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

MULTIVITIMINS 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 4cups/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 50oz/day or more