AMINO ACID THERAPY CHART

Reversing Neurotransmitter Depletion

Name

Date

- (1) In Column A, put a number from 1-10 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 D
NT Deficiency Symptoms	Substances Used	Neurotransmitters Provide
NT Deficiency Symptoms Type 1 Low Serotonin	substances Used 	Serotonin Positive outlook Emotional stability Self-confidence Emotional and mental flexibility Sense of humor
 TMJ (jaw pain) other chronic pain suicidal thoughts night-owl, hard to get to sleep insomnia, disturbed sleep Typical sleep hours: to 		Melatonin: (converted from Serotonin) 8 hours of deep, restful sleep
Type 2 Low Catecholamines Cravings for stimulation from sugar, chocolate, caffeine, cocaine, meth depression, apathy lack of energy lack of drive lack of focus, concentration ADHD, hyperactivity	sweets starch tobacco chocolate Aspartame affeine Cocaine diet pills Wellbutrin Ritalin Adderall Others:	Catecholamines Alertness Energy Mental focus Drive Enthusiasm

*AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=midafternoon; D=with dinner; BT=bedtime. Also test for vitamin D levels (250HD) 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 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 neede	GABA: Calmness Relaxation Stress tolerance
Type 4 Low Endorphin crave comfort, reward, or numbin 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 blen 700 mg x 3 before meals)	Endorphin: Psychosocial and physical pain relief and tolerance. Pleasure Reward Loving feelings
Hypoglycemic cravings for sugar, starch, or alcoh irritable, shaky, headachy— Especially if too long between me		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