

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 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
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 (e.g. PMS) _____ dislike hot weather _____ panic attacks; phobias (fear of heights, small spaces, snakes, social phobia, etc.) _____ fibromyalgia, TMJ, other pain _____ suicidal thoughts	<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"/> _____	5-HTP 50-150 mg MA, Eve by 10:00 pm OR L-Tryptophan 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.)	Serotonin positive outlook emotional stability self-confidence emotional and mental flexibility sense of humor
_____ night-owl, hard to get to sleep _____ insomnia, disturbed sleep Typical sleep hours: _____ to _____	<input type="checkbox"/> Lunesta <input type="checkbox"/> Ambien <input type="checkbox"/> Benadryl <input type="checkbox"/> _____	Melatonin IF 5-HTP or L-Tryptophan alone do not work for sleep: .5-5mg at bedtime; immediately or 2-stage depending on type of insomnia	Melatonin (converted from serotonin) 8 hours of deep, restful sleep
TYPE 2 Low in CATECHOLAMINES _____ 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"/> 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 <input type="checkbox"/> _____	L-tyrosine 500-2000 mg AM, MM, MA by 3 pm (Add fish oil omega-3, 1-3 gms EPA/DHA emphasis) Check thyroid and adrenal functions	Catecholamines alertness energy mental focus drive enthusiasm
TYPE 3 Low in GABA _____ crave carbohydrates, 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"/> Xanax	GABA 100-500 mg 1-3x per day at stressful Times (test salivary cortisol levels x4) Add Taurine, Glycine, and/or L-Theanine, if needed	GABA: calmness relaxation stress tolerance

* AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=mid-afternoon; D=with dinner; BT=at bedtime. ** Also test for vitamin D levels (25OHD) optimal reference 35-70. Moderate exercise, as tolerated. 2500-10,000 Lux light box—preferably partly full-spectrum, with UV protection.
 Adapted from © Julia Ross, author of *The Mood Cure* (Penguin 2004) & *The Diet Cure* (Penguin 2000) For More Information go to MoodCure.com and DietCure.com

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 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.

<p>TYPE 4 Low in ENDORPHIN</p> <p>_____ crave comfort, reward, or numbing treats</p> <p>_____ “Love” certain foods, behaviors, drugs or alcohol</p> <p>_____ sensitive to emotional or physical pain</p> <p>_____ cry (tear up) easily</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"/> _____	<p>DL-Phenylalanine</p> <p>[or D-Phenylalanine]</p> <p>500-1500 mg; AM, MM, MA by 3:00 pm (Add free-form amino blend 700 mg x 3 before meals)</p>	<p>Endorphin:</p> <p>psychological and physical pain relief and tolerance pleasure reward loving feelings numbness</p>
<p>HYPOGLYCEMIC</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>L-glutamine</p> <p>500-1500 mg AM, MM, MA (Add chromium 300 mcg x 3 meals)</p>	<p>Fuel source for brain cells:</p> <p>sense of stability grounded-ness blood sugar balance</p>

GENERAL NUTRITIONAL SOLUTIONS THAT APPLY TO ALL TYPES:

- MULTIVITAMINS AND MINERALS are also essential.
- Supplements designed to stabilize blood sugar.
- 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

USING AMINO ACIDS – PRECAUTIONS:

If you have: overactive thyroid (Grave’s disease), PKU (phenylketonuria) or Melanoma; **Do NOT take:** L-tyrosine, DL-phenylalanine, or L-phenylalanine.

Please consult a knowledgeable practitioner before taking any amino acids if any of the following statements apply to you:

- 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:	Melatonin	L-tyrosine or L-phenylalanine	GABA	Taurine	DLPA	L-glutamine ^[1]
If you have high blood pressure		X			X	
If you have low blood pressure			X	X		
If you get migraine headaches		X			X	
If you have asthma or severe depression	X					
If you have manic depression (bipolar) tendencies ^[2]		X			X	X

* AM=on arising; B=with breakfast; MM=midmorning; L=with lunch; MA=mid-afternoon; D=with dinner; BT=at bedtime. ** Also test for vitamin D levels (25OHD) optimal reference 35-70. Moderate exercise, as tolerated. 2500-10,000 Lux light box—preferably partly full-spectrum, with UV protection.
 Adapted from © Julia Ross, author of *The Mood Cure* (Penguin 2004) & *The Diet Cure* (Penguin 2000) For More Information go to MoodCure.com and.DietCure.com