

THE AMINO ACID THERAPY CHART: Correcting Brain Neurotransmitter & Glucose Deficiencies

Name _____

Date _____

(1) In Column A, put a number from zero (no symptoms) to ten next to each symptom you feel, with one being slightly felt or hardly ever felt and ten being strongly felt or felt all the time.

(2) Check the Column B substances that you use to reduce the symptoms in the same section of Column A.

| COLUMN A | COLUMN B | COLUMN C | COLUMN D |
|--|---|--|---|
| Neurotransmitter Deficiency Symptoms | Substances Craved, Used | Amino Acid Solutions | Neurotransmitters Promote |
| TYPE 1-Low Serotonin | | | |
| <input type="checkbox"/> negativity/pessimism <input type="checkbox"/> low self-esteem <input type="checkbox"/> depression/winter blues/SAD <input type="checkbox"/> worry/anxiety/fear <input type="checkbox"/> panic attacks/phobias, fear of heights, snakes, small spaces, etc.) <input type="checkbox"/> Hyperactivity <input type="checkbox"/> obsessive thoughts/behaviors <input type="checkbox"/> perfectionist, controlling <input type="checkbox"/> irritability, anger <input type="checkbox"/> fibromyalgia, TMJ, migraines <input type="checkbox"/> suicidal <i>thoughts</i> (suicidal plans indicate other types of depression) <input type="checkbox"/> afternoon or evening cravings for substances for relief <input type="checkbox"/> Insomnia, disturbed sleep <input type="checkbox"/> night owl, hard to get to sleep | <input type="checkbox"/> sweets <input type="checkbox"/> starch <input type="checkbox"/> tobacco <input type="checkbox"/> chocolate <input type="checkbox"/> Ecstasy <input type="checkbox"/> cannabis (THC/CBD) <input type="checkbox"/> alcohol <input type="checkbox"/> Prozac <input type="checkbox"/> Zoloft <input type="checkbox"/> Lexapro (SSRIs) <input type="checkbox"/> Effexor, Cymbalta, etc. SNRIs <input type="checkbox"/> St. John's Wort <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Trazadone <input type="checkbox"/> Melatonin <input type="checkbox"/> Sleep meds, herbs <input type="checkbox"/> _____ <input type="checkbox"/> _____ | L-TRYPTOPHAN 500-2,000 mg MA or as needed 5-HTP 50-200 mg MA or as needed. 10:00 pm if sleep is a problems or symptoms persist into the evening Melatonin 1-5 mg before sleep at ideal bedtime if tryptophan does not work alone, or for shift , or jet lag | Serotonin: positive outlook emotional flexibility self-confidence sense of humor Melatonin (a hormone made from Serotonin) 8 hours of deep restful sleep |
| Type 2-Low Blood Sugar | | | |
| Especially if you skip or go too long between meals: <input type="checkbox"/> irritable, shaky, stressed, headachy, teary <input type="checkbox"/> crave sugar, starch, alcohol, drugs, behaviors | <input type="checkbox"/> sweets <input type="checkbox"/> starches <input type="checkbox"/> alcohol <input type="checkbox"/> caffeine | L-Glutamine 500-2000 mg AM, MM, MA | Adequate Fuel source for all brain cells: sense of stability and groundedness |
| TYPE 3-Low Endorphin | | | |
| <input type="checkbox"/> sensitive to emotional pain <input type="checkbox"/> often feel sad/lonely/hurt cry or tear up easily <input type="checkbox"/> history of chronic pain <input type="checkbox"/> love/ crave comfort, reward, pleasure, numbing from foods, alcohol, drugs, or behaviors (e.g., exercise, porn, self harm, gaming, etc) | <input type="checkbox"/> sweets <input type="checkbox"/> chocolate <input type="checkbox"/> starch <input type="checkbox"/> alcohol <input type="checkbox"/> Vicodin, Percocet <input type="checkbox"/> heroin <input type="checkbox"/> Kratom <input type="checkbox"/> Cannabis (THC/CBD) <input type="checkbox"/> tobacco | DL-phenylalanine (DLPA) or D-phenylalanine (DPA) 500-2000 mg, AM, MM, MA | Endorphins: Emotional and physical pain relief pleasure joy loving feelings numbness |
| TYPE 4-Low GABA | | | |
| <input type="checkbox"/> stiff, tense, or painful muscles <input type="checkbox"/> stressed /burned out <input type="checkbox"/> unable to relax/ get to sleep <input type="checkbox"/> often feel overwhelmed <input type="checkbox"/> crave food or other substances | <input type="checkbox"/> alcohol <input type="checkbox"/> cannabis (THC) <input type="checkbox"/> Xanax <input type="checkbox"/> Ativan <input type="checkbox"/> tobacco <input type="checkbox"/> sweets/starches | GABA 100-500 mg 1-3x per day L-Theanine 100-200 mg 1-3x per day (if GABA fails) | GABA: calmness relaxation stress relief improved focus |
| TYPE 5-Low Catecholamine | | | |
| <input type="checkbox"/> bored, apathetic depression <input type="checkbox"/> lack of energy <input type="checkbox"/> lack of drive <input type="checkbox"/> lack of focus, concentration <input type="checkbox"/> ADD <input type="checkbox"/> <i>crave, need substances for energy</i> | <input type="checkbox"/> caffeine <input type="checkbox"/> cocaine, meth <input type="checkbox"/> Sugar <input type="checkbox"/> Wellbutrin/SNRIs <input type="checkbox"/> Ritalin and other ADD drugs <input type="checkbox"/> Cannabis (THC) <input type="checkbox"/> chocolate effect <input type="checkbox"/> opiates | L-Tyrosine 500-2000 mg AM, MM, MA by 3 pm L-Phenylalanine same dosing for a milder | Catecholamines: alertness energy mental focus drive enthusiasm |

*AM-on arising; B-with breakfast; MM-midmorning; L-with lunch; MA-midafternoon; D-with dinner; BT-at bedti me.