

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	Amino Acid Precursors for adults	Neurotransmitters Promote
TYPE 1-Low Serotonin			
_____ negativity/pessimism _____ low self-esteem _____ depression/winter blues _____ worry/anxiety/fear _____ panic attacks/phobias (fear of heights, snakes, small spaces etc.) _____ hyperactivity _____ obsessiveness/OCD _____ perfectionist, controlling _____ irritability, anger _____ fibromyalgia, TMJ, migraines _____ suicidal thoughts (suicidal plans indicate other types of depression) _____ afternoon or evening cravings. _____ insomnia, disturbed sleep _____ night owl, hard to get to sleep	sweets starch nicotine Ecstasy Cannabis (THC) alcohol Zoloft, Paxil, (SSRIs) Effexor, Cymbalta (SNRIs) St. John's Wort Trazadone	L-TRYPTOPHAN 500-2,000 mg MM, MA, BT as needed OR 5-HTP 50-200 mg MM, MA, BT as needed.	Serotonin: positive outlook emotional flexibility self-confidence sense of humor
TYPE 2-Low Blood Sugar			
_____ You skip or go too long between full meals You have hypoglycemic episodes: irritable, shaky, stressed, head-achy, teary, unfocused	sweets starches alcohol caffeine nicotine	L-Glutamine 500-2000 mg AM, MM, MA as needed	Glutamine converts to glucose to fuel cells and regulate GLP-1. Sense of stability and groundedness, reduced carb cravings
TYPE 3-Low Endorphin			
_____ sensitive to emotional pain _____ often feel sad/lonely/hurt _____ cry or tear up easily _____ history of chronic pain _____ crave comfort, reward, pleasure, numbing from foods, alcohol, drugs, or behaviors (e.g., exercise, porn, self harm, internet, etc)	sweets chocolate gluten / dairy (casein) alcohol opioids eg Fentanyl, Buprenorphine, Kratom heroin & other opiates Cannabis (THC) nicotine	DL-phenylalanine (DLPA) 500-2000 mg, AM, MM, MA as needed OR D-phenylalanine (DPA) 500-2000 mg, AM, MM, MA as needed	Endorphins: Emotional and physical pain relief pleasure, joy loving feelings, numbness
TYPE 4-Low GABA			
stiff, tense, or painful muscles stressed /burned out unable to relax/get to sleep often feel overwhelmed highly sensitive (HSP) crave food or other substances for stress relief	alcohol cannabis (THC) Xanax Ativan nicotine sweets/starches Kava	GABA 100-500 mg 1-3x per day as needed OR L-Theanine 100-200 mg 1-3x per day as needed	GABA: calm relaxation stress relief improved focus
TYPE 5-Low Catecholamines			
Dopamine, Norepinephrine, Adrenaline bored, apathetic depression lack of energy, stimulation lack of drive lack of focus, concentration ADD crave substances for energy	caffeine cocaine, meth Sugar Wellbutrin/SNRIs ADD drugs eg Ritalin Cannabis (THC) chocolate opiates Kratom	L-Tyrosine 500-2000 mg AM, MM, MA by 3 pm as needed OR L-Phenylalanine same dosing for a milder effect	Catecholamines: alertness energy mental focus drive enthusiasm excitement

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