

The Amino Acid Therapy Chart: The Neurotransmitter Restoration Process

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 A.

Date	Column A	Column B	Column C	Column D
Now	Neurotransmitter	Substances	Amino Acid	Neurotransmitter
	Deficiency Symptoms	Used	Solutions*	Promotes
TYPE 1-Low Serotonin				
___	negativity, depression	<input type="checkbox"/> sweets	5-HTP	Serotonin:
___	winter blues	<input type="checkbox"/> starch	50-200 mg MA	positive outlook
___	worry, anxiety	<input type="checkbox"/> tobacco	or as needed	emotional flexibility
___	low self-esteem	<input type="checkbox"/> chocolate		self-confidence
___	hyperactivity	<input type="checkbox"/> Ecstasy		sense of humor
___	obsessive thoughts, behaviors	<input type="checkbox"/> marijuana	L-Tryptophan	
___	perfectionist, controlling	<input type="checkbox"/> alcohol	Either 500-1000 mg MA	
___	irritability,	<input type="checkbox"/> Prozac	as needed. Use eve by	
___	panic attacks, phobias,	<input type="checkbox"/> Zoloft	10:00 pm only if sleep is a	
___	(fear of heights, snakes, etc.)	<input type="checkbox"/> Effexor	problem or symptoms	
___	suicidal thoughts	<input type="checkbox"/> Lexapro	persist into the	
	fibromyalgia, TMJ,	<input type="checkbox"/> _____	evening	
	migraines	<input type="checkbox"/> _____		
	<i>afternoon or evening</i>	<input type="checkbox"/> _____		
	<i>cravings for substances</i>	<input type="checkbox"/> _____		
___	insomnia, disturbed	<input type="checkbox"/> Trazadone	Melatonin	Melatonin (made
___	sleep		1-6 mg for sleep	from Serotonin):
___	night owl, hard to get to sleep		by 10 PM if the above	8 hours of deep.
			amino acids do not work	restful sleep
			and for shift workers	
TYPE 2-Low Catecholamines				
___	apathetic depression	<input type="checkbox"/> caffeine	L-Tyrosine	Catecholamines:
___	lack of energy	<input type="checkbox"/> cocaine	500-2000 mg	alertness
___	lack of drive	<input type="checkbox"/> meth	AM, MM, MA by	energy
___	lack of focus,	<input type="checkbox"/> tobacco	3:00 pm	mental focus
___	concentration	<input type="checkbox"/> Wellbutrin		drive
___	ADD	<input type="checkbox"/> Ritalin	L-Phenylalanine	enthusiasm
___	<i>crave substances for energy or focus</i>	<input type="checkbox"/> Adderall	same dosing for a milder	concentration
		<input type="checkbox"/> marijuana	effect	
		<input type="checkbox"/> chocolate		
		<input type="checkbox"/> sweets		
TYPE 3-Low GABA				
___	stiff, tense or painful	<input type="checkbox"/> marijuana	GABA	GABA:
___	muscles	<input type="checkbox"/> alcohol	100-500 mg	calmness
___	stressed /burned out	<input type="checkbox"/> Xanax	1-3x per day	relaxation
___	unable to relax/	<input type="checkbox"/> Ativan		stress tolerance
___	loosen up/get to sleep	<input type="checkbox"/> tobacco		
___	often feel overwhelmed	<input type="checkbox"/> sweets/starch		
___	<i>crave substances for stress relief</i>	<input type="checkbox"/> _____		
		<input type="checkbox"/> _____		
TYPE 4-Low Endorphins				
___	very sensitive to	<input type="checkbox"/> sweets	DL-phenylalanine (DLPA) or	Endorphin Function:
___	emotional or physical pain	<input type="checkbox"/> starch	D-phenylalanine (DPA)	psychological and
___	cry or tear up easily	<input type="checkbox"/> chocolate	500-1500 mg, AM	physical pain relief
___	history of chronic pain	<input type="checkbox"/> marijuana	MM, MA by 3:00 pm	pleasure
___	<i>love and crave comfort,</i>	<input type="checkbox"/> alcohol	(eves if needed)	reward
___	<i>pleasure, reward, relief,</i>	<input type="checkbox"/> Vicoden		loving feelings
___	<i>numbing from foods, drugs,</i>	<input type="checkbox"/> heroin		
___	<i>alcohol/ behavior, e.g.</i>	<input type="checkbox"/> caffeine		
___	<i>exercise, porn, self-harm</i>	<input type="checkbox"/> tobacco		
		<input type="checkbox"/> _____		
		<input type="checkbox"/> _____		
Type 5 -Low Blood Sugar				
___	<i>hypoglycemic cravings for sugar,</i>	<input type="checkbox"/> sweets	L-Glutamine	Adequate Fuel source for
___	<i>starch, or alcohol</i>	<input type="checkbox"/> starches	500-1500 mg	all brain cells:
___	irritable, shaky, stressed,	<input type="checkbox"/> alcohol	AM, MM, MA	sense of stability and
___	especially if you go			groundedness,
___	too long between meals			

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

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