

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	Redo	Column B	Column C	Column D
Now	Neurotransmitter	Date	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	flexibility
___	low self-esteem	___	<input type="checkbox"/> chocolate		emotional
___	hyperactivity	___	<input type="checkbox"/> Ecstasy		self-confidence
___	obsessive thoughts	___	<input type="checkbox"/> marijuana	L-Tryptophan	sense of humor
___	or behaviors	___	<input type="checkbox"/> alcohol	Either 500-1000 mg MA	
___	perfectionist, controlling	___	<input type="checkbox"/> Prozac	as needed. Use eve by	
___	irritability, rage (e.g. PMS)	___	<input type="checkbox"/> Zoloft	10:00 pm only if sleep is a	
___	panic attacks, phobias	___	<input type="checkbox"/> Effexor	problem or symptoms	
___	(fear of heights, snakes,	___	<input type="checkbox"/> Lexapro	persist into the	
___	small spaces, etc.)	___	<input type="checkbox"/> _____	evening	
___	fibromyalgia, TMJ,	___	<input type="checkbox"/> _____		
___	migraines	___	<input type="checkbox"/> _____	Melatonin	Melatonin (made
___	afternoon or evening	___	<input type="checkbox"/> _____	3 mg for sleep	from Serotonin)
___	cravings for substances	___	<input type="checkbox"/> _____	at ideal bedtime	8 hours of deep
___	insomnia, disturbed	___	<input type="checkbox"/> _____	if the above does not	restful sleep
___	sleep	___	<input type="checkbox"/> _____	work alone, or for shift	
___	night owl, hard to	___	<input type="checkbox"/> Trazadone	workers	
___	get to sleep	___	<input type="checkbox"/> caffeine	L-Tyrosine	Catecholamines:
TYPE 2-Low Catecholamines					
___	apathetic depression	___	<input type="checkbox"/> cocaine	500-2000 mg	alertness
___	lack of energy	___	<input type="checkbox"/> meth	AM, MM, MA by	energy
___	lack of drive	___	<input type="checkbox"/> tobacco	3:00 pm	mental focus
___	lack of focus,	___	<input type="checkbox"/> Wellbutrin		drive
___	concentration	___	<input type="checkbox"/> Ritalin	L-Phenylalanine	enthusiasm
___	ADD	___	<input type="checkbox"/> Adderall	same dosing for a milder	
___	crave substances for	___	<input type="checkbox"/> marijuana	effect	
___	energy or focus	___	<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		
___	crave substances	___	<input type="checkbox"/> _____		
___	for stress relief	___	<input type="checkbox"/> _____		
TYPE 4-Low Endorphins					
___	very sensitive to	___	<input type="checkbox"/> starch	DL-phenylalanine (DLPA) or	
___	emotional/physical pain	___	<input type="checkbox"/> chocolate	D-phenylalanine (DPA)	psychological and
___	cry or tear up easily	___	<input type="checkbox"/> marijuana	500-1500 mg, AM	physical pain relief
___	history of chronic pain	___	<input type="checkbox"/> alcohol	MM, MA by 3:00 pm	pleasure
___	love and crave comfort,	___	<input type="checkbox"/> Vicoden	reward	
___	pleasure rewards from pleasure or	___	<input type="checkbox"/> heroin		loving feelings
___	numbing foods, drugs/	___	<input type="checkbox"/> caffeine		numbness when needed
___	alcohol/ behavior, e.g.	___	<input type="checkbox"/> tobacco		
___	exercise, porn, self-harm	___	<input type="checkbox"/> _____		
Type 5 -Low Blood Sugar					
___	cravings for sugar,	___	<input type="checkbox"/> sweets	L-Glutamine	Adequate Fuel source for
___	starch, or alcohol	___	<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	___			blood sugar balance

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

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