

The Amino Acid Therapy Chart

Name: _____ Date: _____

Type 1-Low Serotonin Substances used Amino Acid Solution

CHECK THE BOX IF ANY OF THESE APPLY:

<input type="checkbox"/> negativity, depression <input type="checkbox"/> winter blues <input type="checkbox"/> worry, anxiety <input type="checkbox"/> low-self esteem <input type="checkbox"/> hyperactivity <input type="checkbox"/> obsessive thoughts or behavior <input type="checkbox"/> perfectionist, controlling <input type="checkbox"/> irritability, rage <input type="checkbox"/> panic attacks, phobias (fear of heights shakes, small places, etc.) <input type="checkbox"/> fibromyalgia, TMJ, migraines <input type="checkbox"/> afternoon or evening cravings <input type="checkbox"/> insomnia, disturbed sleep <input type="checkbox"/> night owl, hard to get to sleep	<input type="checkbox"/> sweets <input type="checkbox"/> starches <input type="checkbox"/> tobacco <input type="checkbox"/> chocolate <input type="checkbox"/> marijuana <input type="checkbox"/> alcohol <input type="checkbox"/> Prozac <input type="checkbox"/> Zoloft <input type="checkbox"/> Effexor <input type="checkbox"/> Lexapro <input type="checkbox"/> Trazadone	5-HTP 50-200 mg MA, eve or as needed L-Tryptophan 500-1000 mg, eve, or as needed Use either by 10:00 pm if sleep is a problem or symptoms persist into the evening Melantonin 1-3 mg for sleep, take at bedtime if above does not work alone or for shift workers
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TYPE 2-Low Catecholamines

<input type="checkbox"/> 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"/> crave substances for energy or focus	<input type="checkbox"/> coffee <input type="checkbox"/> cocaine <input type="checkbox"/> meth <input type="checkbox"/> tobacco <input type="checkbox"/> Wellbutrin <input type="checkbox"/> Ritalin <input type="checkbox"/> Adderall <input type="checkbox"/> marijuana <input type="checkbox"/> chocolate <input type="checkbox"/> sweets	L-Tyrosine 500-2000 mg AM, MM, MA by 3 pm L-Phenlalanine same dosing for a milder effect
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TYPE 3-Low GABA

<input type="checkbox"/> stiff tense or painful muscles <input type="checkbox"/> stressed/burned out <input type="checkbox"/> unable to relax/loosen up/get to sleep <input type="checkbox"/> often feel overwhelmed <input type="checkbox"/> craving substance for stress relief	<input type="checkbox"/> marijuana <input type="checkbox"/> alcohol <input type="checkbox"/> Xanax <input type="checkbox"/> Ativan <input type="checkbox"/> tobacco <input type="checkbox"/> sweets/starchy foods	GABA 100-500 mg, 1-3x's per day
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TYPE 4-Low Endorphins

<input type="checkbox"/> very sensitive to emotional/physical pain <input type="checkbox"/> cry or tear up easily <input type="checkbox"/> history of chronic pain	<input type="checkbox"/> starch <input type="checkbox"/> chocolate <input type="checkbox"/> marijuana	D-phenylalanine 500-1500 mg AM, MM, MA by 3:00 pm
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___ love & crave comfort, pleasure, reward
or numbness from substances or behaviors
(e.g. exercise, porn, self-harm)

___ alcohol
___ Vicoden
___ heroin
___ caffeine
___ tobacco

TYPE 5-Low Blood Sugar

___ irritable, shaky, stressed, especially
if you go long between meals
___ cravings for sugar, starch or alcohol

___ sweets
___ starchy foods
___ alcohol

L-Glutamine
500-1500 mg, AM, MM, MA

AM: on arising MM: midmorning MA: midafternoon BT: bedtime