

Crucial Amino Acids **in Support of Sobriety & Emotional Wellbeing**

L-Tyrosine: It is the precursor to Dopamine and Norepinephrine, which are fired and depleted primarily by alcohol and stimulants, such as caffeine, cocaine, and methamphetamines. Tyrosine is used to reduce symptoms of withdrawal from those substances, to reduce cravings for them, and to increase energy and focus. Tyrosine also supports thyroid function. It is best used before 3 pm.

5HTP/L-Tryptophan: They are the precursors to Serotonin, which is fired and depleted primarily by ecstasy, marijuana, and alcohol. They are used to reduce symptoms of withdrawal from those substances, and to reduce cravings for them. They are also used to support withdrawal from SSRIs. They are helpful for symptoms of Serotonin deficiency such as social anxiety, an agitated, anxious depression, irritability and aggression, PMS, chronic pain, carbohydrate craving and binge behaviors, and insomnia. Tryptophan can be more sedating than 5HTP.

L-Glutamine: It supports energy metabolism in the brain, reducing symptoms of low blood sugar. Glutamine is used to reduce cravings for alcohol, sugar & other addictive substances. It also supports liver function, and has an anti-inflammatory effect on inflamed or irritated mucosal tissues. It is useful in the treatment of addicts with IBS or gastritis. It needs to be taken on an empty stomach.

D-Phenylalanine (DPA): A synthetic amino acid, DPA is the mirror form of L-Phenylalanine. DPA has been well researched as an effective support for the endorphin system. Endorphins are fired and depleted by the opiate family of drugs and alcohol, therefore, DPA is used to reduce withdrawal symptoms from and cravings for heroin, oxycodone and other opiates. DPA may also reduce pain awareness, & can decrease the amount of required pain medication. It may help with intense grieving & emotional pain. It can be bought over-the-counter mixed with L-Phenylalanine, as DLPA, or by itself online.

GABA (Gamma Amino Butyric Acid): GABA is both an amino acid and a neurotransmitter. It is fired and depleted by benzodiazepine drugs, alcohol and marijuana. GABA is used to manage withdrawal from these substances, and to reduce cravings for them. It also decreases insomnia, muscle tension and anxiety, and has anti-convulsant properties. GABA is best dosed under 500mg at a time, or with taurine, glycine, inositol, and others, rather than just by itself. **L-Theanine** supports GABA as well as offsetting glutamate, cortisol and adrenaline. It is good for overwhelm and ADHD anxiety.

These free-form amino acids can be found at most vitamin stores and online. Taking a good multi-vitamin with meals helps with the conversion of these amino acids into neurotransmitters.

Academy for Addiction and Mental Health Nutrition

www.addictionnutritionacademy.com 720-328-2683

christinaveselak@gmail.com