

TJ Nelson: The next step is to explore amino acids and see which ones work best for you. To determine where to start with Amino Acids, I tried many different amino acids and experimented extensively and then through all my research, reading and studying up on how other people use amino acids, there is really two main ones that are most likely to work depending on your symptoms.

We are going to start with kind of seeing what kind of depression you have, what are the symptoms going on and then what is most likely going to work and help you now. The thing with supplements, these are amino acids as they are the natural protein building block that your brain uses to make this neurotransmitters. For example, serotonin is made by when you eat protein, the protein has an amino acid in it and it's called tryptophan. This tryptophan which uses B vitamins is converted into 5HTP and that is converted into 5HT which is serotonin.

Now while your catecholamines like dopamine norepinephrine and epinephrine, those are made through the amino acid tyrosine. Tyrosine is found in protein. When you eat it with B vitamins, your brain converts those into the dopamine, epinephrine and all of that.

Now, a lot of people either lack serotonin or lack of catecholamines, most people with depression are going to be lacking in the serotonin. For me personally, I was lacking in both which can happen as well. First off we are going to talk about the symptoms of low serotonin, symptoms of low catecholamines and then we are going to decide which one is going to work best for you.

Low serotonin symptoms is going to result in stuff like inner tension, thinking the world is never going to get better, everything sucks, the world is a dark and lonely place, you feel like you are the only one suffering this ailment, it's where you are going to have problem sleeping, you can't fall asleep, you can't stay asleep. A lot of people with low serotonin are going to want to crave candy to boost that back up.

Let's see, a lot of people have anxiety. They'll have panic attacks. They'll be perfectionist. You can be really controlling or obsessive. Before, when I was depressed, randomly I would just get obsessed with something. I would just see like a guitar song on YouTube and for the next three or four days, all I wanted to do is learn that song, nothing else would matter. I mean it helped me learn the song but I wasn't very happy at the time. Also, it can be where you get really irritable or pissed off for no reason at all. Basically, when most of your thoughts are filled with my "life is never going to improve, this is a dark and lonely place, everything sucks."

Second most common type of depression is where you have low catecholamines, the dopamine norepinephrine and epinephrine. Now, this is a little different because this is where you sleep way too much. You have no energy or motivation. You have ADD. This is where instead of feeling like everything is horrible, everything sucks, all these painful feelings instead of that you just feel nothing, you just feel numb, you don't feel excited about anything, you don't feel motivated, when things happen it's just like nothing is going on. No emotions. No feelings. Instead of feeling agitated or mad, you just feel numb. Instead of feeling tons of dark thoughts, you don't feel anything.

A lot of people with low catecholamines, they'll smoke marijuana or they'll drink alcohol because it actually acts as an upper for them. For me personally, this is really interesting because when I used to smoke marijuana, it would give me tons and tons of energy. I would just be laying in bed all day, I couldn't do anything and then I'll smoke some weed and all of a sudden, everything was awesome. I wanted to go watch a movie. I wanted to go out with friends. I wanted to go see new things.

The main difference between being low in serotonin and low in catecholamines is when you are low in serotonin, the world is a dark place, it's never going to improve. You have tons of feelings of darkness, everything sucks, and everything is horrible. Whereas when you are low in catecholamines, you really don't feel much of anything; you are just numb, you can't focus, you have no motivation, nothing is exciting. It's possible to be low in both.

Actually, what I'm going to suggest is trying out both if you feel like you are lacking in both these areas. But some people they'll still be motivated to go do stuff but everything sucks and they hate themselves. Whereas some people they don't really feel those dark feelings but they just don't want to get out of bed and nothing is motivating.

With amino acids and supplements, everybody is different. I wish there was just one amino acid or one supplement that would work for everybody so I could just hand that out and the problem will be solved. You have to experiment with different dosages, different things to see which one works best for you. What I did is through all my experimentation and through all my research, all the books I've read such as the mood cure, depression free naturally, all those programs; these are the most likely things to help you. List those first and those would be the first things you would try. With all the amino acids, you need to take them on an empty stomach. The reason is all the different amino acids and protein compete in the brain to attach to the site for the neurotransmitters. If you take these amino acids with food, you are going to have all those other amino acids competing and it won't be absorbed.