

TJ Nelson: You have no motivation, you don't want to get out of bed, everything's numb, you're low in catecholamines. Your body makes catecholamines by synthesizing tyrosine, that's where you're going to make all your dopamine, your epinephrine, your norepinephrine is from the amino acid tyrosine. Obviously the first thing you want to try is taking tyrosine itself. With tyrosine the best time to take it I notice is right when you wake up in the morning on an empty stomach. Don't drink your coffee, just take tyrosine. Let it absorb in your body for around 20 minutes, see how it affects you. If one tyrosine you don't feel anything try taking another one, if you don't feel anything with that try taking a third one.

Some people I found they take tyrosine and then later in the day they can kind of feel it start to wear off and they start to feel low energy again. You can take tyrosine once more right after in between lunch and dinner when you've digested your lunch and on an empty stomach you can retake it again so you have energy to last throughout the day. The thing with tyrosine is you don't want to take it after 3-4 PM because if you take it too late it will keep you up at night because it gives you a lot of energy. I took a tyrosine later in the day and I had so much energy wanted to produce so much at night that and this wasn't happening in the sleep department.

The thing with tyrosine is you kind of have to go by feel with this one. If you take too much you can get jittery, have headaches or can even elevate your blood pressure a little bit. You don't want to take too much, I mean you're going to know if you take too much. You're going to know once you've replenished your tyrosine levels in your body because when you start taking tyrosine it will make you feel either jittery, too much energy. I don't take tyrosine anymore because I took it for awhile everyday and then once I got back on track, I would take it then I would just be all over the place, kind of be all crazy that's why I had to stop taking it. Now I'm fine, I don't have to take it, I don't have energy, I don't have motivation throughout the day.

With tyrosine wake up in the morning, take one, don't eat anything, don't drink your coffee, see how it affects you. If it doesn't, take a little more. If you need more energy you can take one between lunch and dinner, just make sure you don't take it too late because you don't want to not be able to sleep later on in the day. Second choice is phenylalanine. Phenylalanine is converted into tyrosine which is converted into catecholamines. The thing with phenylalanine is kind of like 5HTP and tryptophans. Some people don't respond very well to the tyrosine but they respond really well to phenylalanine. You take phenylalanine just like you take the tyrosine, first thing in the morning on an empty stomach, and if you need more in between lunch and dinner but not too late.

The thing with phenylalanine is some people have to start taking phenylalanine for awhile and then tyrosine will start to affect them. Or some people have to take phenylalanine with tyrosine for tyrosine to affect them. For some reason tyrosine's not working for you, you can either try taking phenylalanine by itself or you can take phenylalanine with the tyrosine and see if it will give you more motivation in that energy. I personally take phenylalanine now because I used to take tyrosine all the time but my levels are replenished to the point where if I take tyrosine it makes me feel jittery. If I kind of need a little boost or I feel I'm starting to ... my adrenals are starting to get worn out I'll just take a little phenylalanine, it's a lot more subtle and calm for me.

That's what I use now because tyrosine's just too strong. Again the third choice if you're low in catecholamines is going to be SAM-e. SAM-e like I discussed in the low in serotonin section is used in the methylation process, we all have it. If you're absorbing and using nutrients efficiently most people don't need it. For those that other things aren't working it could be a problem in your methylation process, providing more SAM-e in your body could be the trick to helping you feel better and more motivated. SAM-e is always a last resort supplement to try if this other things don't work.