

TJ Nelson: You're low in serotonin. Again, serotonin is made by the use of B vitamins to convert amino acid tryptophan found in food into 5-HTP and then into 5-HT. You should be taking your B vitamins, so that shouldn't be a problem with the conversion process. Now the first thing you want to try is 5-HTP. 5-HTP is inexpensive, the most direct route, you're skipping that conversion of tryptophan into 5-HTP so you can get the more direct form that's going to be quickly turned into serotonin.

You want to start with 50 milligrams. Just choose a high quality brand. Personally, I've tried Jarrow Formulas, Now Foods. I'll list those in the worksheet. With this, best time is to take one on an empty stomach in between lunch and dinner. If one doesn't work, take another one and if that doesn't work, take another one. Just up the dose until you feel something. Also, at night, you can take before you go to bed to see if it helps you with sleep.

Second choice for serotonin is tryptophan. Now, some people don't respond to 5-HTP very well, I'm actually one of them. 5-HTP, when I take it, I don't really feel much of anything at all. For those people, tryptophan has been found to work. Personally, two brands I can recommend is Jarrow Formulas L-Tryptophan and Source Naturals L-Tryptophan. I like Tryptophan because for one, 5-HTP didn't work for me and there's so many studies done on Tryptophan for helping people to sleep. I took L-Tryptophan when I was getting my sleep schedule back in order when I have insomnia and I would sleep for nine or 10 hours sometimes until I got back on track, which was amazing. I'd never done that before.

Another one of my readers on my website, he read my post about supplements to take for sleep. He was a Xanax addict for years and he tried L-Tryptophan and now he can sleep without taking Xanax. All he has to take is the L-Tryptophan. If 5-HTP doesn't work for you, try L-Tryptophan. You take L-Tryptophan exactly like the 5-HTP. Take it always on an empty stomach. One capsule between lunch and dinner, take more if you don't feel anything and especially try taking it before you go to bed to help asleep.

Third choice is St. John's Wort. You probably heard of St. John's Wort before because in Germany it actually outsells Prozac. It's actually a prescription in Germany. What it does is it actually blocks reuptake of all the neurotransmitters in your brain so they're more available to be used. The thing with St. John's Wort is you have to be a little careful. Sometimes when people take it you can be sensitive to sunlight. You can't eat certain foods like fermented foods like cheese, alcohols, things like that because it can have problems with digestion. St. John's Wort, I actually took it for a year or two. It helped me a lot. The thing I found with me was it kind of gave me a little anxiety, which wasn't the best. St. John's Wort, tons of research done on it. If you don't really respond to the 5-

HTP and L-Tryptophan and you're low on serotonin, St. John's Wort is excellent thing to add on top of those or try.

Nature's Way St. John's Wort, the one with the purple lid, is very inexpensive and I found that to work. Also, you can get Gaia Herbs St. John's Wort, it comes in a phyto-liquid capsule. A lot of people say it absorbs better; it's more pure form. You can try that one as well. Last choice for people is SAM-e. SAM-e is actually found in all of our bodies. It's involved in the methylation process. What that is, is when your body's making neurotransmitters and other compounds, the needs to throw methyl groups onto these compounds in order to make neurotransmitters. What SAM does is it travels throughout your body. It finds things like homocysteine and certain things and it throws a methyl group onto it so it can recycle.

If you have enough vitamins and minerals in your body, the methylation process should take care of itself. However, for a small amount of people that don't respond to anything, they try SAM-e and it makes them feel amazingly better. I actually did a test on myself and I had high levels of histamine, which meant that my methylation process probably wasn't occurring as it should be. Normally I feel fine just taking a lot of B vitamins, my multivitamin, fish oil, amino acids. I tried SAM-e myself for two weeks and I actually felt a lot better, was more calm. For me personally, the tryptophan and tyrosine combo is a lot more effective but there's a lot of people out there that tried a lot of stuff that, they try SAM-e, the feel a lot better and it works.