

TJ Nelson: In case you are curious about my story, how I've used amino acids in recovery is after my friend had died, I wrote a letter to myself saying I was going to try everything and in one year, if I was still depressed, I would kill myself.

The first thing I tried was antidepressants. It didn't really work because I had to keep upping the dose. It was just a bad, bad news bears going on. When I tried to get off the antidepressant, I was like okay, this isn't working so I'm going to stop taking it.

That wasn't very smart because I stopped taking it and the next day I went to an internship. I walked in about mid afternoon, everyone is like looking at me, what's going on. I was just in severe pain. I started walking home. Halfway to my house, I started crying. I walked into my house, I was trying to walk to the kitchen. I fell on the ground. I stared at the ceiling for two hours while telling myself to get up and I couldn't get up so I had to go back on the antidepressant.

Reading books like "Mood Cure" by Julia Ross, "Depression Free Naturally" by Joanne Matthews Larson, and through those books I found you can take 5HTP, tryptophan, and you need supplements to get off antidepressants so I started taking those. I started changing my diet and I was able to get off an antidepressant without too severe a withdrawal.

Then, after that, I just started experimenting with everything. I went crazy. You don't have to go crazy like I did. I tried every supplement you can think of to see which one would work for me. These are the things I've been taking lately. Those are the essentials and then I've been doing a SAM-e experiment just to see how it affects me personally based on my histamine blood test.

Then, I've also tried no flush niacin, rhodiola, 5HTP, there is tyrosine, tryptophan, lithium orotate, niacin, Phenylalanine, and GABA so you don't have to try all these. I'm just trying them all because I like to experiment with myself and I wanted to be able to try it, see the effects, and talk intelligently about it to you guys.

The first thing you want to take if you are low in catecholamines is tyrosine, low in serotonin is 5HTP. If those don't work, the tryptophan and phenylalanine, and then if those aren't going to work, SAM-e is an excellent choice as well as St. John's Wort. The main thing is just start with those ones. Most likely it will work. Those are nine times out of ten going to be effective for you. If those don't work, move down the line so you don't have to experiment and waste as much time as I did.

It came down to me taking tryptophan at night to sleep and in the morning taking tyrosine and later on phenylalanine to give me the motivation and energy

to function throughout the day. That combined with a good diet, I was no longer depressed and I could feel things again. I could look at a sunset and enjoy it again and I wasn't depressed. I was healthy and happy. I was a normal person. I could go out and do things.

Another key point is after every time you take a full bottle of these supplements, try not taking them. It could be you've restored the levels in your brain and you don't have to take the amino acids anymore. I went for a long period of time where I didn't take any of the amino acids because I didn't need to but if you stop taking them and then you fall back into a depression or no motivation again, all you have to do is retake them and bring yourself back up.

An example of this is as I was doing car sales and I was working like crazy trying to be the top guy and outsell everybody and I got really burned out. I actually quit that to be able to focus full time on Dominate Depression. When I quit, I was so burnt out thinking I had adrenal fatigue. I couldn't get out of bed. It had been two weeks after I quit. I was lying in bed, I couldn't do anything and I realized look, you haven't done anything in two weeks. Something is going wrong. I started taking tyrosine again every morning and in the afternoon taking one or two, sometimes even three pills of tyrosine a day.

After about three or four days, I was back functioning normal and I was able to prepare for my trip to move to Thailand. Now that I'm in Thailand, I don't take the tyrosine anymore because if I take it now, I get jittery. It's too much. Every now and then I'll just take a little phenylalanine because I don't have to take anything at all anymore because the tyrosine brought my catecholamines back into balance and got me out of that stress and that adrenal fatigue and I'm back to normal.

That is the perfect thing about these amino acids is they don't cause dependence. They don't make you have to take them every day and if you stop taking them, you are going to fall on the ground and stare at the ceiling for two hours. The thing with amino acids is you can take them until your body is restored and then you don't have to take them anymore and then after that, if you start to feel yourself slip a little bit, get a little depressed, or you can't get out of bed again, you just start taking those amino acids once more, bring yourself back, and stop taking them.

This is a more long-term solution. It's repairing your actual neurotransmitters. It's going to last you the rest of your life and you don't have to be on medication or taking pills all the time. I want you guys to look at these amino acids, see which ones you need, start to experiment with your biochemistry, go after the most likely solution to work first and try this out. It changed my life. I hope it changes your as well.