

TJ Nelson: We've discussed how to replenish your serotonin, how to restore your catecholamines back. There's a few other supplements you can consider if you have certain other problems. For a lot of people, stress is a huge issue. If you're over stressed all the time, the stress is going to burn you out, it's going to burn out your adrenals, it's going to deplete all your B vitamins in your body and you're not going to feel good. You're going to stay depressed because stress is just wearing you down. A lot of people found relief with stress by taking an amino acid called GABA.

GABA is an inhibitory neurotransmitter, it calms you down, it shuts that stress response off that fight or flight is turned off when your body is releasing GABA. Tranquilizers things like Xanax, those are strong drugs. They actually mimic GABA in your brain so instead of taking those, you can try taking GABA. You can take it all throughout the day on empty stomach, see if it will relax you or you can take it at night to help you sleep.

With GABA, you want to make sure when you first try it though, take it on empty stomach but don't take it while you're working or doing anything important because if you take too much of it, it's going to make you sleepy, tired and spacey so even just one capsule, if you're sensitive to it or you did digest it really good it can make you spacey and tired and it's not going to be effective if you're trying to work and get things done.

Another thing to consider is if you have a lot of mood swings, you cry really easy or if you find your way sensitive to everything in life, this could mean your low in endorphins. For example, let's say small things make you cry, small things make you sad. I mean obviously emotion is okay but if you're just overly sensitive to everything, it could be that you're low in endorphins and you're not making enough endorphins your natural pain killer in your body. There's amino acid DLPA that actually conforms the D-forms and L-forms of phenylalanine.

For me personally, I didn't have to take DLPA because the phenylalanine and tyrosine I was taking was doing the job any ways, but when you combine both the D-forms and the L-forms of phenylalanine, it's going to create certain other neurotransmitters and endorphins in the body such as PEA which is found in chocolate. It's going to give you those natural pain killing endorphins so you don't feel sad or cry easy all the time.

A really good one is source naturals DLPA. It's only seven dollars per bottle and put that on the worksheet. It's high quality, you can try that; cheap, effective if that's what you need. The thing with DLPA, you take it just like you take your tyrosine and phenylalanine. You're going to take it on empty stomach preferably right in the morning when you wake up and if you need more after lunch once you digested your meal but not too late as it can give you some energy as well.