

TJ Nelson: Now, you figured out if you've got low serotonin and low catecholamines, maybe you've got low in both. You're trying out some amino acids, but they're still not working. There's a few other things to consider if taking the vitamins and basic minerals and these amino acids are not giving you relief. Let's say you've been taking Tyrosine but you still feel numb, no motivation to do anything and you don't want to get out of bed even after a few weeks of taking Tyrosine. If that's going on, I would strongly advise you to check your thyroid. Thyroid problems are found all the time in people with depression. If you're low in thyroid hormone, you're not going to have any energy to do anything.

If you're taking these vitamins and these minerals and you've taken Tyrosine for a few weeks and you're still not feeling anything, you've tried phenylalanine, maybe a few other supplements, test your thyroid. Your test might come back and say, "Your thyroid is messed up," and you get that thyroid fixed, depression is gone. You're taking the Tyrosine, your thyroid is normal, you still don't feel anything, this could mean your sex hormones are out of whack. Your testosterone, your estrogen, something is not right in that department. That's going to make you feel depressed. That's going to make you feel off, and if those are off, it's going to take more fine tuning by a physician, a more a closer look because hormones are very a delicate balance.

I actually got a test done for me. My DHEA was actually low, so for me there was a little issue going on that could be resulting in me not feeling as good. I also noticed I wasn't really recovering from workouts, and that was because my blood test showed I was low in DHEA. If you've been taking Tyrosine, if you're taking some supplements and nothing works, your thyroid is normal, get a test done for your sex hormones. You feel like crap, so nothing is working, just get the test done and see if you have a deeper issue that needs to be resolved.

The last thing you want to consider, let's say you don't respond to anything, B vitamins don't do anything for you, none of the amino acids. The last thing you want to consider is Pyroluria. Pyroluria is when we have too many kryptopyrroles in your body. Those aren't harmful in themselves, but they'll actually bind to vitamin B6 and zinc and render them useless, so you can't make the compounds you need. If you remember earlier, vitamin B6 is involved in the conversion of the amino acids like tryptophan, to the 5-HTP and to the 5-HT serotonin.

If you've got too many kryptopyrroles in your body, you have a condition called Pyroluria. You need to resolve that situation before anything is going to work. I'm going to read off right here a list of all the symptoms of Pyroluria because if you're trying all these other stuff, vitamins, minerals, B vitamins are not working, it's something to really consider. I got a test done on myself because it was cheap. I want to make sure it wasn't an issue, so I wasn't wasting my time. In the back of my head, I kind had these symptoms. I didn't want it to be Pyroluria.

I got the test done. It was cheap. I know I don't have it. Pyroluria is a rare condition, but if nothing else works, you have mood swings, you can't tolerate emotional or physical stress. Sometimes, you get white specks on your fingernails, you have severe inner tension, you have pale skin that burns easy, eyes are sensitive to light, you tire easy, you have no dream recall, prefer not to eat breakfast in the morning. Those are common symptoms of Pyroluria.

Main thing is most people are going to have tons of that inner tension within themselves, and if you have that, that could be meaning you don't have any vitamin B6 or zinc in your body because those kryptopyrroles are binding to them and making it so you can't use them. That is another condition that is pretty rare, but if all the stuff you've been trying is not working, just go get the test done. Get the test done on Pyroluria. Rule it out so you make sure that's not a deeper issue that's going to be there for the rest of your life if those are the symptoms you're experiencing.