

Which Amino Acids Are Likely to Work Best for You?

Low Serotonin Symptoms

- Low self-esteem
- Guilt and inner tension
- Obsessive
- Perfectionist
- Controlling
- Irritability or impatience for no reason
- Anxiety
- Sleep problems (Not getting enough, hard to fall asleep)
- Cravings for sweets
- Thoughts like “My life will never improve”
- Life is a dark and lonely place

Low Catecholamine Symptoms

- Sleep too much, hard to wake up
- No focus or concentration
- Instead of feeling agitated or mad, you feel nothing at all
- Instead of feeling tons of dark thoughts, you feel numb
- Don't react strongly to anything
- No excitement for life
- Addicted to cocaine, coffee, or uppers
- Marijuana or alcohol give you energy instead of relax you
- Don't want to talk very much, have a hard time being extroverted
- ADD/ADHD

The main difference between the two is that low serotonin symptoms result in feelings of darkness, that things will never improve, and in not being able to sleep whereas low catecholamines will result in you not feeling much at all, being numb to everything, sleeping too much, and having no energy or motivation.

It is possible to be low in both.

Start with the Most Effective Amino Acids and Supplements First

Depression is unique for everyone. I am not here to tell you that I have a magical supplement that all by itself will help everyone. It is important you test on your own biochemistry what works and doesn't and make adjustments from there. Start with the first choice supplements. If they don't work, then try the next ones down the line. If you order using the links I provide to supplements I have found to work, I make about \$0.10. You can also search for the supplements yourself or better yet, find them locally so you can start right away.

You need to take all the amino acids on an empty stomach for them to work. The only supplement that is taken with food is St. John's Wort. This is because amino acids compete with each other in the brain. If you take the amino acids with food, they won't work.

Low in Serotonin

- Your body takes tryptophan from foods and converts it into 5-HTP and then serotonin with the help of B Vitamins.
- First Choice: **5-HTP**
 - Start with 50mg capsules
 - [Jarrow Formulas 5-HTP](#) – 50mg
 - If you find yourself having to take more than one capsule of 5-HTP in order for it to work, then [NOW Foods 5-HTP 100mg](#) is a good choice
 - Take on an empty stomach in between lunch and dinner. If one capsule doesn't work, try taking a second one.
 - If you need help sleeping, this is great to take before bed.
 - You will know that you have restored your levels if you start to feel sleepy or spacy when you take them. That means you have taken too much.
- Second Choice: **Tryptophan**
 - Some people don't respond to 5-HTP very well (I am one of those people). If that is you, tryptophan is the next choice.
 - [Jarrow Formulas L-Tryptophan](#)
 - [Source Naturals L-Tryptophan](#)
 - Take it exactly as described for 5-HTP, on an empty stomach.
 - L-tryptophan has cured many people's insomnia problems.
 - You will know that you have restored your levels if you start to feel sleepy or spacy when you take them. That means you have taken too much.
- Third Choice: **St. John's Wort**
 - St. John's Wort outsells Prozac in Germany. You need to be careful eating certain fermented foods, drinking alcohol, and you may become more sensitive to the sun while taking it.
 - [Nature's Way St. John's Wort](#) -Very cost effective
 - [Gaia Herbs St. John's Wort](#) – More expensive
- Fourth Choice: **SAM-e**
 - SAM-e is in all of our bodies and is involved in the methylation process. Usually, when taking enough vitamins, SAM-e isn't needed. However, for some people, SAM-e has been reported to be very effective either alone or taken with the other supplements.
 - [Jarrow Formulas SAM-e 200mg](#)
 - [NOW Foods SAM-e](#)
 - A cheaper version of a supplement that helps with the methylation process is TMG
 - [Source Naturals TMG](#)

Low in Catecholamines

- Your body makes epinephrine, norepinephrine, and dopamine from the amino acid tyrosine.
- First Choice: **Tyrosine**
 - [Twinlab L-Tyrosine Plus](#)
 - This tyrosine is actually too strong for me. If you get irritable, that means you've taken too much.
 - [NOW Foods L-Tyrosine](#)
 - Works great and more subtle than the Twinlab version
 - Take 1 capsule in the morning without eating anything (and without coffee!)
 - If you don't feel anything for 20 minutes, take another one.

- Can take another one in between lunch and dinner.
 - Don't take too late or it can make it harder to fall asleep
 - If you take too much you can get headaches, feel jittery, or have elevated blood pressure. You have to go by feel with Tyrosine.
- Second Choice: **L-Phenylalanine**
 - Converts into tyrosine. Can use this instead of tyrosine or combine with tyrosine if tyrosine alone doesn't work. Personally works for me and is a lot more subtle.
 - [NOW Foods L-Phenylalanine](#)
 - Take it the same way you would take Tyrosine
- Third Choice: **DLPA**
 - Contains both the D and L forms of phenylalanine. Some people react negatively to the D form, others react very positively. DLPA has a higher conversion into endorphins and is great for people who are sensitive to pain, cry easily, are overly emotional, or even sensitive to physical pain. It still provides the raw building blocks to produce tyrosine, which will later create more neurotransmitters like dopamine and epinephrine.
 - [Carlson Labs DL-Phenylalanine](#)
- Fourth Choice: **SAM-e**
 - SAM-e is in all of our bodies and is involved in the methylation process. Usually, when taking enough vitamins, SAM-e isn't needed. However, for some people, SAM-e has been reported to be very effective either alone or taken with the other supplements.
 - [Jarrow Formulas SAM-e 200mg](#)
 - [NOW Foods SAM-e](#)

Other Supplements to Consider

- **GABA**
 - If you feel as though stress is your major problem, GABA is what tranquilizers try to mimic and can take your stress levels down and help you sleep.
 - [NOW Foods GABA 750mg](#)
 - Take throughout the day on an empty stomach or at night to help you sleep
 - If you take too much you will tired, so when you first try it don't try it at work
- **DLPA**
 - DLPA can be converted into endorphins effectively. If you find that you are extremely sensitive to pain, cry easily, or have severe mood swings, it could mean you are low in endorphins. DLPA is two forms of phenylalanine.
 - [Source Naturals DL-Phenylalanine](#) – Only \$7 per bottle for 30 capsules. Can try it and see how it affects you without investing too much money.
 - Take with an empty stomach in the morning or mid-afternoon

Troubleshooting

“I feel numb and have no energy but I don't respond to tyrosine”

- If after taking tyrosine and going through the rest of the program you still lack energy and motivation, it could be your thyroid. Thyroid problems are extremely common with people who suffer from depression. Order a thyroid test through your physician to check your thyroid function.
- If you still feel crappy, your sex hormones could be out of whack. Take a test for your sex hormones through a doctor. For example, one test showed that I was low in DHEA. I wouldn't have known otherwise unless I got the test done.

Don't respond to anything, B Vitamins don't have an effect, and I have severe inner tension

- Pyroluria is a condition where you have too many kryptopyrroles in your body. They bind to Vitamin B6 and zinc, making it so you cannot use these essential nutrients in your brain and body. It is a rare condition, but if nothing else works and you have mood swings, can't tolerate emotional or physical stress, sometimes get white specks on your fingernails, have severe inner tension, pale skin that burns easy, eyes that are sensitive to light, tire easy or have no dream recall, prefer not to eat breakfast, etc. then getting a test done is worth it. I got a test done a while back just to make sure.

Neurotransmitter(s)	Symptoms
Serotonin	Negativity, depression, worry, anxiety, low self-esteem, obsessive, seasonal affective depression (SAD), irritability, panic/phobias, cravings for food, fibromyalgia, TMJ, heat intolerance, rage, suicidal thoughts
Dopamine, Norepinephrine, Epinephrine	Lack of energy and drive, addicted to caffeine and other stimulants, can't focus, can't concentrate, ADD/ADHD
Endorphins	Sensitive to pain (physical or emotional), cry easily, crave comfort foods, try to “numb” themselves, use drugs and alcohol for numbing effect, “love” certain foods and drinks
GABA	Stiff and/or tense muscles, constantly stressed or burned out, cannot unwind and relax, easily overwhelmed