

The targeted use of individual amino acid supplements will balance brain chemistry to alleviate anxiety, fear, worry, panic attacks, and feeling stressed or overwhelmed.

It's not unusual to need to address all areas. You can have low **GABA** anxiety and low endorphins and low blood sugar. If this is the case address them one at a time. If addressing low endorphins helps reduce or eliminate the reward eating and helps you eat less or no sugar it means less impact on your adrenals and more even blood sugar levels and therefore less anxiety too.

DPA (or d-phenylalanine) for weepiness, pain and comfort and reward eating. This amino acid is a favorite with so many of my clients because it helps with the above by boosting your endorphins and when you chew a capsule you feel like you just got a big hug. DPA is an amino acid that destroys the enzyme that breaks down endorphins.

As with all the amino acids, when using **DPA**: Start low (500mg is a typical starting dose) and increase as needed. Take between meals and away from protein for the best effects, chewing it provides the quickest results.

Symptoms we see with low **GABA** are panic attacks, physical tension in certain settings like public speaking or driving, and the need to self-medicate to calm down, often with alcohol but sometimes with carbs and sugary foods. Insomnia can also be due to low GABA and you'll experience physical tension (rather than the ruminating thoughts which is the low serotonin type of insomnia – although it's not uncommon to experience both). GABA also helps with muscle spasms and pain relief when muscles are tight.

Sublingual is best. I find that **GABA** works best when used sublingually and this is one reason I like Source Naturals GABA Calm so much. If this is not an option (it does contain sugar alcohols that some clients can't or won't use and does contain tyrosine which as some contraindications) then opening a capsule of a GABA-only or a GABA-theanine combination are my next choices when working with someone.

GABA: Start very low and increase as needed. I have found 125mg to be a good starting dose but some pixie dust clients do well on a dab or pinch.

Glutamine also helps eliminate sugar cravings and the strong desire for something sweet when opened directly on to the tongue. Addressing low blood sugar is one of the most effective approach I use with clients to help ease anxiety. We achieve this with the use of glutamine and by controlling blood sugar by starting the day with a breakfast that includes quality animal protein.

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Tyrosine, the amino acid that boosts catecholamines and helps with focus, motivation, energy (especially when you crave carbs for energy) and the blah kind of depression. It's wonderful for helping you easily quit coffee/caffeine (when you are using it to "self-medicate" due to low catecholamines). It also provides support for the thyroid and surprising as it sounds, it may even ease some types of anxiety.

Migraines are one of contraindications with **tyrosine** if you are prone to them or have a history of migraines. This doesn't mean you can't ever benefit from tyrosine. With clients with migraine history we just start low, having them open a 500mg capsule and use just 50-100mg to start and then increase if they can.

Tyrosine does need to be watched with high blood pressure and bipolar disorder i.e. it may or may not be tolerated. A trial will help you figure this out. I personally can't use either mucuna or tyrosine in large quantities but can tolerate the small amount in the Source Naturals GABA Calm product.

Start low (500mg is a typical starting dose) and increase as needed. Take between meals and away from protein for the best effects. **Tyrosine** should never be used after 3pm as it's too stimulating when used after this time. For my clients with sleep issues we go slow and stop after the mid-morning dose until we determine if sleep is being affected.

It typically takes 2 to 3 cycles for an amino acid like **tryptophan** to have an impact on PMS itself. But it does typically start to work right away on the less severe anxiety and mood symptoms that may also be a factor during the rest of the month.

Do a trial of the amino acids to find the ideal dose for your needs. and right now – using 500mg **tryptophan**. Once you have figured out you do well with tryptophan-only product and have your dose, then consider reducing it slightly after about 2-3 weeks and adding in additional Tryptophan Complete. (referring to [Lidtke](#) Tryptophan products)

L-Theanine is a "unique non-protein amino acid found in green tea" which according to the study below, has shown benefits when used short-term or acutely as a supplement for it's anti-stress effects, reducing anxiety, improving sleep quality, improving cognition and even easing depression.

L-theanine (200 mg/day of Suntheanine), was used by study participants before going to bed each night and was used for four-weeks.

Study participants who used the theanine for two weeks observed the following:

- For sleep: Reductions in sleep latency (the amount of time it takes to fall asleep), sleep disturbance and less use of sleep medication
- For cognitive function: Improvements in verbal fluency (especially letter fluency) and improvements in executive function (planning, multi-tasking etc)

Also, please be aware of the following precautions in regard to specific amino acids and consult with a knowledgeable practitioner if in doubt:

- Overactive thyroid/Grave's disease: tyrosine, DLPA
- Phenylketonuria (PKU): tyrosine, DLPA
- Melanoma: tyrosine, DLPA
- High Blood pressure: tyrosine, DLPA
- Migraine headaches: tyrosine, DLPA
- Low blood pressure: GABA, taurine
- Asthma: tryptophan, melatonin
- Severe depression: melatonin
- Bipolar disorder: tyrosine, DLPA, glutamine
- Cancer: there is a question around glutamine (some research shows it's beneficial some research suggests avoiding it – check with your oncologist if you are currently undergoing treatment)

Compiled from Information found in *The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings* by Trudy Scott

[Link in Resources Tab](#)