

Getting and Staying Clean and Sober

Here are some tools I found invaluable in my recovery:

The Thomas Recipe:

This formula for home-withdrawal from opiates has been reprinted widely. I include it here for those who have not yet discovered it. Each time I was able to quit – cold turkey – from my opiate addiction, this was the method I used. The PAWS has to be address separately.

I have included a few additions of my own during the period of withdrawal that actually shortened and lessened the severity of my own, final and successful withdrawal attempt. Here is the Thomas Recipe.

"PLEASE NOTE: I am not a doctor, simply a long-time Rx opiate junkie who has had many opportunities to develop a way to detox. This is a recipe for at-home self-detox from opiates based on my experience as well as that of many other addicts. It is not intended as professional medical advice. It is always wise to make sure none of the recipe ingredients or procedures conflict with medications you may be taking. Likewise, if you have any medical condition, disease, allergy or any other health issue, consult your doctor before using the recipe. Thanks, Thomas

THOMAS RECIPE

If you can't take time off to detox, I recommend you follow a taper regimen using your drug of choice or suitable alternate -- the slower the taper, the better.

For the Recipe, You'll need:

1. Valium (or another benzodiazepine such as Klonopin, Librium, Ativan or Xanax). Of these, Valium and Klonopin are best suited for tapering since they come in tablet form. (these are also the sedatives in this family with the longest half-life, which makes them ideal for withdrawal since they won't wear off suddenly). Librium is also an excellent detox benzo, but comes in capsules, making it hard to taper the dose. Ativan or Xanax should only be used if you can't get one of the others.

2. Imodium (over the counter, any drug or grocery store).

3. L-Tyrosine (500 mg caps) from the health food store. (Be Careful with this at first, It can trigger headaches in some opiate users- I opened my capsules up and took it in very small doses)

4. Strong wide-spectrum mineral supplement with at least 100% RDA of Zinc, Phosphorus, Copper, Magnesium and Potassium (you may not find the potassium in the same supplement).

5. Vitamin B6 caps.

6. The Amino Acid 4-500 caps--L-Glutamine in either powdered form or capsules from the health food store. This substance seems to help with generally supporting the nervous system, offering support to whatever brain chemicals and weak spots you may need help with.

7. D or DL Phenylalaine another amino acid you can get from a health food store that particularly addresses helping your body manufacture endorphins and lessen pain levels).

8. Access to hot baths or a Jacuzzi (or hot showers if that's all that's available).

How to use the recipe:

Start the vitamin/mineral supplement right away (or the first day you can keep it down), preferably with food. Potassium early in the detox is important to help relieve RLS (Restless Leg Syndrome). Bananas are a good source of potassium if you can't find a supplement for it.

Begin taking Amino Acids L-Glutamine and DLPA about the 3rd Day. Some find that adding amino acids – slowly at first, until you find out how you react, greatly reduces severity of symptoms during and especially after acute withdrawal.

Begin your detox with regular doses of Valium (or alternate benzo). Start with a dose high enough to produce sleep. Before you use any benzo, make sure you're aware of how often it can be safely taken. Different benzos have different dosing schedules. Taper your Valium dosage down after each day. The goal is to get through day 4, after which the worst WD symptoms will subside. You shouldn't need the Valium after day 4 or 5.

During detox, hit the hot bath or Jacuzzi as often as you need to for muscle aches. Don't underestimate the effectiveness of hot soaks. Spend the entire time, if necessary, in a hot bath. This simple method will alleviate what is for many the worst opiate WD symptom.

Use the Imodium aggressively to stop the runs. Take as much as you need, as often as you need it. Don't take it, however, if you

don't need it.

At the end of the fourth day, you should be waking up from the Valium and experiencing the beginnings of the opiate WD malaise. Upon rising (empty stomach), take the L-Tyrosine. Try 2000 mgs, and scale up or down, depending on how you feel. You can take up to 4,000 mgs. Take the L-Tyrosine with B6 to help absorption. Wait about one hour before eating breakfast. The L-Tyrosine will give you a surge of physical and mental energy that will help counteract the malaise. You may continue to take it each morning for as long as it helps. If you find it gives you the "coffee jitters," consider lowering the dosage or discontinuing it altogether. Occasionally, L-Tyrosine can cause the runs. Unlike the runs from opiate WD, however, this effect of L-Tyrosine is mild and normally does not return after the first hour. Lowering the dosage may help.

Continue to take the vitamin/mineral supplement with breakfast.

As soon as you can force yourself to, get some mild exercise such as walking, cycling, swimming, etc. This will be hard at first, but will make you feel considerably better.

Thomas"

PAWS – Post Acute Withdrawal Syndrome:

I highly recommend reading: ***Staying Clean & Sober*** by Miller and Miller for finding and benefiting from natural supplementation in the right combination for you. I used this book extensively in determining just what amino acids I needed and how to go about implementing a strategy to heal my

addicted brain.

I used a combination of DLPA, L-Glutamine and L-Taurine, B- Complex, magnesium and a healthy, appropriate diet to augment the deficient neurotransmitters caused by overexposure to prescription painkillers. It varies from person to person; usually a good deal of thought and experimentation is needed to determine the right combination of supplementation, diet, exercise and change in lifestyle to support recovery.

I am in the early stages of remission, but it seems to be holding and I finally feel able to rise above this problem that has taken such a heavy toll on the quality of my life.

Perhaps some of this information will help you in your quest for freedom from substance abuse.

~D.Y. Varis

Research notes from the web:

This thread is for help with PAWS, i.e. listing anything you may find helpful to combat PAWS. It is not a place for personal experiences except in so far as they relate to the efficacy or otherwise of something used to help get through PAWS. Please do not post general personal experiences here. But post them here <http://www.drugs-forum.com/forum/showthread.php?t=130010> or start a journal thread of your own. Thank you - Dickon]

Many people addicted to oxys, hydro, heroin, fentayl, or other opiates are concerned about what to expect AFTER the initial WITHDRAWAL period (~3-10 days, depends on the drug). The reality of Recovering from Opiate addiction is that there is an initial "HELL" period (immediate withdrawal) that is followed by a much longer, much milder period of time while the body is fine-tuning the nervous system, and while the body's own endogenous opiate system (endorphin) is recuperating.

There are 2 basic stages of opiate withdrawal.

The Short-lived, Acute, intense, immediate withdrawal which occurs directly after stopping all opiates. "clucking", shakes, profuse sweating, chills, gooseflesh, body temperature instability, autonomic instability, "revved-up," diarrhea, cramping, bone pain, mental anguish, etc. (takes ~3 to 10 days depending on the half-life of the drug)

PAWS or "Post Acute Withdrawal Syndrome." This is the more drawn-out phase of withdrawal...as the body learns to cope without the drugs. includes boredom, insomnia, self-doubt, 'restless legs,' depression.

I believe from my own experience, combined with reports from recovering opiate addicts and the physiology involved that the initial withdrawal is the big, feared MONSTER associated with feelings of sickness and delirium, whereas PAWS can be extremely different for different people. PAWS seems to be more akin to a "waiting game" with fears of overwhelming boredom than an acute sickness. The most important thing to remember during PAWS is *AWARENESS that **PAWS IS ONLY TEMPORARY!***

With time, PAWS will go away!! In fact, with few exceptions, it seems that with every passing week, PAWS symptoms can be demonstrated as improving--sometimes DRAMATICALLY compared to the weeks prior. Some Reasons why PAWS takes several months to get over:

Behavioral changes are necessary in order to learn new and solid pathways for the brain's reward circuit, and it takes MUCH LONGER for your effective neurotransmitter levels and nerve conduction parameters to return to normal, pre-addiction levels.

And depending on your expectations and how you approach these critical 're-building' and 're-organizing' phases, will go far in how well you'll feel during and after withdrawal. ***What can be done to HELP your nerve conduction while re-equilibrating to life without opiates?*** (or--"*How to Maximize Your Neuronal Signaling During Post Acute Withdrawal Syndrome.*")

Boost the deficient neurotransmitters.

Maximize electrical conduction ALONG the nerve.

BOOSTING THE DEFICIENT NEUROTRANSMITTERS. First, let's talk about boosting the neurotransmitters. For the opiate addict, this means SPECIFICALLY "**ENDORPHIN**"---short for "*Endogenously Produced Morphine*" aka "*Endomorphine*" aka "**ENDORPHIN.**" There are some things you should know about endorphins. They are the body's natural opiate. Endorphin is released naturally in response to pain, orgasm, exercise, laughter, positive thoughts, secondary messengers responsible for fevers & immune responses, and there are other potential triggers including prayer. These tips may not seem like earth-shattering phenomena by themselves, but believe me, when these steps are clustered and performed regularly, **THEY REALLY DO HELP!!!** Common activities known to boost endorphin levels/

satisfy cravings:

Chocolate. Chocolate has a mild effect on endorphins.

Candy. Actually *any* kind of sugary candy boosts natural endorphin levels. Candy helps most with early stages of withdrawal. Lab mice experiments have shown sugary **sweets** appease craving after abruptly cessation of morphine. Swim practically **LIVED** on Reese's Pieces, sour candies, M&M's, and those 'tiny' Hershey Kisses for **8 TO 10 WEEKS!** *Note: he did not gain or lose weight during this time.*

Exercise. This is #1. Force yourself to walk out the front door. **FORCE YOURSELF** to walk 2-3 blocks from your front door...then you turn around and get 2-3 additional blocks in for good measure. **I CANNOT STRESS THIS ENOUGH!!!** The best exercise is running/jogging/spinning/anything aerobic. Second best is walking or yoga. Somewhere in-between the two is weight lifting. Weight lifting or resistance-training can be done in a fraction of the time and there is evidence to show that this kind of exercise might benefit the **MOST** at the late stages of withdrawal (i.e. insomnia from 'restless legs').

Quote:

some medical professionals believe the positive feeling you get when you meet a physical challenge, rather than the exertion itself, is what stimulates the endorphin release.... (how much endorphin-release you get) is all about intensity and duration.

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Accomplishment. That's right. Any kind of accomplishments. Small ones, big ones. Just be sure you're **PLANNING** and **EXECUTING** daily. Anything that fosters a feeling of self-accomplishment and **PRIDE** will cause your brain to squirt out some Endogenous Morphine.

Sex. Orgasms release endorphins. You've probably already figured this one out... **OR--**more likely, you've noticed that your sex drive has gone down to almost **NOTHING** while on opiates. This is normal. I can explain the hormones of it later if you're interested. The point is, you've replaced the endorphin-rush of sex with one that requires no build-up, no mess, and no chance of rejection. Do not feel embarrassed if you become a masturbation machine. This is also a normal part of recovery. Eventually, the sex act itself will be overshadowed by the **LOVE** aspect.

Love. Love is a complicated emotion. It's the fuel for poets, playwrights since recorded history and the need for it traces all the way back to the first man and

woman. HOWEVER!! SEXUAL LOVE IS *NOT* WHAT I'M TALKING ABOUT HERE!!!! Ultimately, your most long-lasting, gratifying experiences outside of drugs will come from the experience of giving AND RECEIVING love. Get creative with this. Love your enemies. Remember people's names. Start remembering birthdays. Surprise someone with your generosity. Next time you mow the lawn, cut your neighbor's grass...and take his trash out to the street. Donate time to feeding the homeless. There's literally TENS OF THOUSANDS of small things you can do to put forth love out into the world. *THIS* is the true secret to learning how to live without opiates! And believe it or not, the rewards are MUCH GREATER than even the best heroin you'll ever do!!! But you've got to get up and DO SOMETHING!

Sleep. Eventually---like in 4-6 months from now--your body's autonomic nervous system will stop being 'revved-up' all the time. Eventually, you will be able to sleep again without having to knock yourself in the head with a sledgehammer! When this day comes, BE PREPARED! Start going to bed as early as possible, to allow yourself a good 7 or 8 hours of restful sleep. Your endorphin levels will naturally increase from the circadian rhythm, plus you'll allow yourself the luxury of copious dreaming--not only endorphin-releasing, but overall will make your days more relaxing and give your psyche plenty of time to play.

Eat a hot Chili Pepper. *

Quote:

The rush you get after holding one on your tongue is likely due to your body's protective response. "Chewing a hot pepper can release endorphins centrally and on the tongue," says Dr. Hirsch. Why? To reduce pain, of course.

Think Positive Thoughts.* Placebos, prayer and positive thinking all trigger endorphin release according to Dr. Slotnick.

Get Emotionally Moved *

Quote:

Dr. Fuhrman says that viewing beautiful art, watching a touching dramatic scene or even listening to an inspiring piece of music can produce endorphins. "A person who gets pleasure in life, from whatever source, will keep endorphins at a healthy level," he says.

Undergo Acupuncture.*

Quote:

"Putting needles into the body is a release," says Dr. Fuhrman, "and it may trigger endorphin production." Also, acupuncture patients benefit from a placebo effect -- they believe that the process is working, so it really does, says Dr. Fuhrman. Talk about the brain's power. Endorphin factor: 3 (NOTE: HIGHEST LEVEL). People who use acupuncture tend to be positive thinkers, which adds to the effects.

Be Afraid.*

Quote:

Whether you're watching a horror movie... or feeling a rush of wind in your hair as you plummet down a steep incline on a roller coaster, fear causes endorphin release. Why do you think extreme sports are so popular? No one wants to get hurt; it's just fun (in a twisted kind of way) to cheat death. "The thrill of a high-speed ride induces a positive mood state that can leave you giddy," says Dr. Hirsch. And Freddy Krueger can do it for you too. Who knew he was such a heartthrob?

Watch a Funny Movie or TV Show. More specifically, research has proven that simply the *expectation* of watching one's favorite funny movie releases Beta-endorphin and human growth hormone.** Go ahead and *buy the Seinfeld Box DVD*.

2. MAXIMIZING NERVE CONDUCTION. or How to Increase Electrical Conductivity WITHIN Neurons. The portion of your body that is re-learning its own equilibrium WITHOUT OPIATES is essentially an **aquatic salt-water ecosystem** that runs almost entirely off electrolytes (+ and - particles called "ions" dissolved in solution) and VERY THIN membranes. These membranes are "semi-permeable" which means that with some assistance from various proteins, these membranes allow your body to separate and partition off *positively-charged & negatively-charged* ions. This creates VOLTAGE--the difference in charges across a membrane or "potential energy." You can imagine the separated + and - ions as being like a battery. As long as the membranes are intact and your body is able to separate positives from negatives, then your batteries are "charged." But, if you punch a hole in one of the membranes or stop actively separating out positives from negatives, you end up with a lifeless or DEAD battery. ions from Anytime you 'fire' off a neuron, an "ON" signal is propagated from somewhere deep inside the brain, along a LOOOONG axon, that ends by terminating into either another neuron (inside the brain) or somewhere else outside the brain (like a muscle or a salivary gland, for example). If you were to tell yourself, "I am now Lifting my right fore-finger," then a neuron in your brain's motor cortex will first "fire" using a neurotransmitter. But the signal actually travels all the way down on a single neuron from the brain to your right arm. All the way down a discrete "wire" found in a bundle of other wires (your spinal cord) until the single nerve cell finally ends on muscles in your forearm where ANOTHER

neurotransmitter is released, cause you to LIFT YOUR RIGHT FOREFINGER. **Why the description?** well, the FIRST step involved in this example involves a neurotransmitter. In this case, the neurotransmitter is called acetylcholine... but there are plenty of other neurotransmitters whose functions are to transmit various ideas, emotions, reactions, reflexes, memories, etc. The SPECIFIC neurotransmitter you're missing is **ENDORPHIN**. Earlier in this post, I listed suggestions to help you SHOWER your brain with endorphin-- and *these will make you feel much better*. If you can assimilate some or all of these activities into your daily routine, then you'll not only be back to normal very soon, BUT (swear to GOD) *you'll actually FEEL MUCH BETTER THAN YOU DID ON OPIATES!!!* The reason I went thru the whole explanation of the + and - ions, the function of cell membranes to partition off these charged particles, and how that nerves & thus your entire brain FUNCTIONS by using a continuous flow of ions in and out of various partitions is because I want you to really REALLY UNDERSTAND something about how our bodies work. You see, all this fine detail about nerve transmission can ONLY take place under ONE condition. And this is one of the *most convincing arguments for evolution* that I've ever heard... *The ONLY PERFECT ENVIRONMENT for the proper flow of electricity and nerve conduction is found---IN THE OCEAN!* Fortunately, our body's have a "waxy coat" of skin that traps the ocean INSIDE US! So, whenever you hear someone say "SALT IS BAD FOR YOU", you can tell them they would be DEAD if it weren't for the salt they eat! Without getting too involved in this, just know that your body has exquisite mechanisms for hanging onto precious minerals and filtering out 'excess' ions.

This is mostly done by the kidneys. **HOWEVER, your body has NO WAY of either DILUTING or CREATING electrolytes.** (i.e. sodium, potassium, calcium, magnesium, & trace minerals) **So, HOW CAN YOU ASSIST YOUR BODY IN ACHIEVING THIS OPTIMUM AQUEOUS ENVIRONMENT???** Simple. **Drink plenty of water. Plain water. Not colas, not coffee, not beer.** Your body will utilize pure water to form the MOST PERFECT, EXACT ion levels in the various partitioned areas. Unlike what many people believe, drinking extra water does NOT go straight into your piss!! Rather, the water goes from your GI tract, into your bloodstream where it is then dispersed EVENLY throughout every single cell in your body! That's right...when you drink a glass of pure water, that water becomes almost instantly available to EACH AND EVERY CELL IN YOUR BODY, in order beginning with those cells which NEED WATER THE MOST! So, those cells which urgently need this pure water will get 'first dibs', and so on until the water has been evenly dispersed. **What do the cells DO WITH this pure water??**

Rejuvenate Cell Processes/Restore Cellular Health. First off, the new

water allows overly-concentrated, sluggish, toxic (dehydrated) cells to return to their original healthy size, shape, & texture. You may recall from biology that a single water (H₂O) molecule is generated in cellular energy generation (called respiration). Glucose and Oxygen are transformed into energy, releasing CO₂, and H₂O. Well, if your teachers were like mine, *they neglected to teach how important pre-EXISTING H₂O was for this energy to be produced in the first place! Without a surplus of pure H₂O, NONE of this energy can be produced!!*

Eliminate Toxins. This pure water is necessary for your muscles (and other cells) to mobilize their toxic byproducts for excretion in to the urine. Plus, the additional water will optimize *sub*-cellular activities that have become erratic or sub-optimal from dehydration, built-up waste materials, and are living in an overall unbalanced, unhealthy state. These molecular-level processes will be cleansed by way of excessive hydration, dilution of toxins, and toxic elimination when these toxins are absorbed along with excess water into the bloodstream and almost immediately filtered into the urine. This 'flooding' leads to a "clean slate" on a sub-cellular level, which then allows the cell's energy production to normalize, which translates into higher energy, more energy efficiency on the tissue & organ level which affects the energy and health that we "FEEL" as organisms!!

Enhance Normal Nerve Conduction Velocity. Remember all that talk about positive and negative ions being separated by membranes to form a 'biological battery'?? Well, one of the most vitally important pieces of the nerve-conduction puzzle is adequate hydration! Adequate hydration allows nerves to conduct their signals FASTER and also allows each nerve to 'reset itself' FASTER as well! So, in essence, **adding pure water into your body will make your brain and muscles faster and more efficient--as though your neurotransmitter levels were actually HIGHER--**when in reality, you haven't done *anything* to change your neurotransmitter levels!

When your urine has any yellow coloration or smells, this signifies waste products and toxins that your body must ELIMINATE in order to create this perfect aqueous environment for your nerve cells, muscles, and every tissue. HOW MUCH WATER SHOULD YOU DRINK? honestly, everyone is different. People going through drug withdrawal require more water than someone whose tissues are already in equilibrium. Your need for 'extra' water during times of stress or drug detoxification will be obvious by the color and smell of your urine. **RULE OF THUMB REGARDING PURE WATER CONSUMPTION: *Your urine should be clear and have no smell.***

This signifies optimal hydration.

Vitamins and Minerals. For fastest re-equalization, you should **take ONE daily vitamin** with minerals. These days, most every daily vitamin includes **minerals** as well as **folate (aka folic acid)**. Don't waste your money on expensive vitamins or supplements. All you need are the basic RDA. The *REAL* secret to maximizing the absorption of vitamins is to simply take them WITH FOOD. Taking excess or "mega-dose" vitamins is just a waste of vitamins. **250mg to 500mg of Vitamin C per day** is also encouraged, especially in the first few months of withdrawal. The basic message is to take care of the things that you probably never even THOUGHT ABOUT while on the junk. Things like making sure to take vitamins, eat balanced meals to provide sustenance, exercising and drinking PLENTY OF WATER! There are other threads which discuss supplements which can be taken to boost other neurotransmitters like norepinephrine, dopamine, and serotonin. Feel free to ask me if you have any questions...this is just WAY TOO HUGE of a topic to answer in a single post! good luck future smack quitters, and to all the Ex-Junkies--PEACE! -DICK *

Endorphins 101: Your Guide to Natural Euphoria, Slotnick, MD David & Walke, Melissa. YourTotalHealth.ivillage.com

****Just Expectation Of A Mirthful Laughter Experience Boosts Endorphins.** American Physiological Society session at Experimental Biology 2006, Lee S. Berk of Loma Linda University, 07 Apr 2006

Read more: <http://www.drugs-forum.com/forum/showthread.php?t=73599#ixzz1ToCDh5Rr>

A PRO-RECOVERY DIET:

The most important meal of the day is every meal of the day for someone in recovery. According to Julia Ross, MA, Executive Director of Recovery Systems in Mill Valley, California, a skipped meal is the number one cause of relapse. Since the brain and nervous system use the amino acids that compose protein for manufacturing neurotransmitters that program our moods and appetites, high-protein foods are the most important element of those three or more meals a day. Alliance programs encourage clients to keep protein-rich snacks on them at all times, so they will never be hungry. Peanuts, tree nuts, cheese sticks or cottage cheese, sunflower seeds, pumpkin seeds, and jerky are easily available even at gas stations for a quick biochemical energy pickup and are far more nutritious than a costly energy drink that offers little more than caffeine

and sugar.

A Pro-Recovery Diet is colorful! Eat a rainbow every day, with green, red, yellow, and purple foods. Avoid what's white (sugar, flour, rice). If you eat a potato make it a baked potato and eat the brown skin where many nutrients are hidden.

One of the most important nutrients in a Pro-Recovery Diet is a group of vitamins called the B complex. A deficiency of B vitamins is closely linked to the spectrum of emotional problems among addicts from irritability to psychosis. B vitamins are found in whole grains like brown rice and 100% whole grain baked goods, dark green leafy vegetables such as kale, chard, and mustard greens, brewer's yeast, nuts, seeds, and animal-based foods such as dairy, fish, meat, and poultry.

Another crucial addition to a Pro-Recovery Diet are the right kind of fats, called omega-3 fatty acids, which are found in deep-sea fish oil, especially salmon and sardines. Another source is flax seed, which can be ground and added to meals. The omega-3 fatty acids help relieve depression and a myriad of other negative emotions. They also build healthy brain cells and encourage the production of dopamine, the neurotransmitter that is deficient in people who crave stimulants. Apart from their use in addiction treatment, they protect us against heart disease, cancer, and autoimmune diseases.

SOME OF THE KEY SUPPLEMENTS USED IN A NUTRITION-BASED TREATMENT PROGRAM:

Most addicts are significantly depleted in many nutrients and benefit from supplementation with vitamins, minerals, and fatty acids. The most crucial nutrients for early recovery, however, are amino acids. Amino Acids: Fragments of protein. There are 22 amino acids in food, but, for the treatment of addictive disorders, we are most interested in supplementing five to eight of them. Each of these amino acids influences the activity of a particular neurotransmitter that directly affects cravings for a specific drug. L-Tryptophan and 5-HTP (5-hydroxy tryptophan) are used to manufacture serotonin, the brain's natural antidepressant. Serotonin deficiency symptoms: depression, self-deprecation, irritability, panic, anxiety, compulsive thoughts and behaviors, suicidal thoughts and behaviors, sleep disorders, seasonal affective disorder, cravings worse in the afternoon or evening, sensitivity to heat, minimal sense of humor.

Cravings: sweets and starches; uses nicotine, marijuana, and alcohol for

relaxing and comfort when stressed; Prescribed SSRI drugs like Lexapro, Zoloft, Paxil, Prozac or SNRI drugs like Effexor or Cymbalta. GABA is used to augment the neurotransmitter GABA (gamma amino butyric acid), the anti-stress chemical. GABA deficiency symptoms: anxiety, tension—emotional and physical—and feeling overwhelmed by stress. Cravings: carbohydrates, nicotine, marijuana, or alcohol to relax when stressed. Prescribed tranquilizers like Valium, Neurontin, Xanax, and Ativan. D-Phenylalanine (fee nil al a neen) extends the life of pain-relieving chemicals called endorphins. (L-phenylalanine is a form that stimulates the nervous system).

D-phenylalanine is a powerful pain reliever without being a stimulant. It is available online. Most health food stores sell a mixed form called DL-Phenylalanine. Endorphin deficiency symptoms: crying easily even over commercials on television, chronic pain, emotional fragility, particularly sensitive to pain. Cravings: Numbing foods like sweets and starches, uses substances like nicotine, marijuana, heroin, or alcohol to numb feelings. Prescribed pain relievers like Vicodin.

Don't take D- or DL-Phenylalanine if you have melanoma, Grave's disease, or phenylketonuria (PKU). Be cautious about taking Phenylalanine if you have migraines, Hashimoto's thyroiditis, high blood pressure, or manic depression (bipolar disorder).

L-Tyrosine (tie row seen) is used to manufacture catecholamines (cat a coal a meens) like dopamine, norepinephrine and epinephrine. These neurotransmitters cause us to wake up in the morning alert and refreshed with a clear mind, able to concentrate and focus on our goals. Catecholamine deficiency symptoms: fatigue, unfocused, lack of motivation, depression, apathy, feeling of boredom but no energy to do anything more interesting, possibly diagnosed as “attention deficit disorder” (ADD).

Cravings: whatever will ramp up the nervous system; sweets and starches for the quick rise in blood sugar and temporary stimulation, brain stimulants like caffeine or aspartame, and stimulating drugs like methamphetamine and cocaine; May also use tobacco, marijuana, opiates, or alcohol as stimulants; chooses risky sports and activities such as gambling or unsafe sex to raise catecholamine levels to feel more alive. Prescribed Ritalin, Wellbutrin, or Adderall. Don't take L-tyrosine if you have had melanoma, Grave's Disease, or phenylketonuria (PKU). Be cautious about taking L-tyrosine if you have migraines, Hashimoto's Thyroiditis, high blood pressure, or manic depression (bipolar disorder).

L-Glutamine is a perfect fuel for the whole brain, balancing blood sugar levels

to maintain energy and clear thinking. Blood sugar deficiency symptoms: irritability, shakiness, weakness, dizziness, especially if too many hours have passed since the previous meal.

Cravings: whatever gives quick relief to low blood sugar, like sweets, starches, and alcohol.

Be cautious about taking L-glutamine if you have manic depression (bipolar disorder). While low doses of L-glutamine may relieve bipolar depression, in approximately 50% of bipolar cases normal doses of L-glutamine can trigger mania.