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Amino Acids In The Natural Treatment of Stress, Depression, Migraines, Weight Control

Amino Acids are the building blocks for proteins, hormones and neurotransmitters. Neurotransmitters are naturally occurring substances, which are secreted between brain cells and are needed for sending information through the brain and nervous system. Serotonin is a neurotransmitter. The major antidepressant medications were developed to enhance the amount of serotonin between the neurons (brain cells) to relieve the symptoms of depression/ anxiety. An important problem found with the use of these medications is that over time the natural level of neurotransmitters may diminish and the original dose of the medication is found to stop working as well. As a result the patient either gets a higher dose or a second medication, or because of side effects the physician may resort to trying another medication. Patients are told that the problem is their depression.

If the true underlying problem is a depletion of neurotransmitters by their medication, that should be the problem which is addressed. The amino acid 5-Hydroxytryptophan is converted to serotonin. L-Cysteine and L-tyrosine are amino acids, which are converted into the neurotransmitters, known as catecholamines. By using these amino acids with the help of other nutrients patients can be treated without medication. Information taken from numerous studies and a database of thousands of people supports the view that the proper amino acids will treat not only depression/anxiety states but many other conditions as well.

5-Hydroxytryptophan (5-HTP) taken twice to four times per day in total daily doses from 300mg and above, with L-Cysteine and L-tyrosine at doses from 3,000 mg and above, taken together allows many patients to get off anti-depressants or avoid them altogether. Vitamins B6, C, Calcium, Magnesium, and Gaba are accessory factors working with these amino acids in optimal functioning. One piece of good news is that these nutrients can be taken while taking medications. A patient does not have to choose between taking their medication and trying the nutrient program. We observe the response to the nutrients while medication is still being taken, and then withdrawing the medication slowly as the patient improves.

In medicine today, doctors and their patients are "flying blind" because no testing is done. Antidepressant/anti-anxiety medications are prescribed without any knowledge

of the actual levels of neurotransmitters the medication is working on. By testing a urine sample for the neurotransmitters, serotonin, dopamine, epinephrine, norepinephrine, GABA, we can determine the individualized correct treatment.

This treatment is also effective for hunger and weight control. These amino acids can also work as natural appetite suppressants. Finally, since the nervous system is an informational system for the entire body, this can help a wide array of medical problems such as headaches including migraine, PMS, irritable bowel syndrome, autoimmune conditions, fibromyalgia, and others.

Dr. Sobo is a Medical Doctor practicing Holistic/ Nutritional Medicine in Stamford, CT. More information about natural hormones and about Dr. Sobo's practice can be found on the Internet at <http://drsobo.com>. Dr. Sobo's office phone number is 203-348-8805.

We welcome you to pass this information on to a friend and invite anyone to e-mail us at optimalhealth@optonline.net with their address to be on our e-mail newsletter mailing list.

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