

**A COMBINATION OF PSYCHOLOGY, PHYSIOLOGY AND
BIOCHEMICAL REBALANCING (SENSORY, EMOTIONAL AND MOTOR FUNCTIONS)**

Improve your life as well as your mood. By balancing the chemical reactions in your brain and your body, while also identifying your brain's true and false emotional chemistry, you can discover your true emotional nature, manage and maintain it.

Biochemical rebalancing includes, nutrient rebalancing, microbiome (oral, gut and colon) rebalancing, bacteria rebalancing, neurotransmitter deficiencies and hormonal rebalancing, yeast rebalancing and whole-body systemic balancing, including nervous system rebalancing.

Emotional Chemistry and Moods: YOUR BRAIN'S TRUE AND FALSE EMOTIONAL CHEMISTRY

A well - balanced brain produces true emotions, you generally feel emotionally positive and have an overall sense of well-being if your neurotransmitter levels are high. This is balance and your true natural state.

A poorly off balanced brain produces false, negative thoughts and moods. If you drop too low in any of the key neurotransmitters, you will tend to develop a specific set of defective moods as a result. The four emotion generators in your brain is called "neurotransmitters".

Some of their specific names are serotonin, catecholamines, GABA, and endorphin. Each of these four neurotransmitters has a different effect on your mood, depending on its availability to its particular amino acid fuel.

*Complete The Mood Type Questionnaire (4 parts-low in antidepressants serotonin, low in stimulating catecholamines or thyroid stimulants, low in noradrenalin, low in tranquilizing GABA, low in pain-killing endorphins)

Check each symptom you identify with:

Low in anti-depressant serotonin?

__Do you have a tendency to be negative, to see the glass half empty instead of half full or see the bad instead of the good? Do you have dark thoughts?

__Are you often worried and anxious?

__Do you easily get to feeling self critical and guilty?

Do you have obsessive, repetitive, angry or useless thoughts that you cant turn off (when you are trying to sleep)?

Is it hard for you to make transitions and be flexible?

Are you a work addict?

Do you dislike the cold and dark weather, or get fall/ winter depression?

Do you tend to be shy or fearful?

Do you have fear and or phobias?

Have you had anxiety or panic attacks in the past or more recently?

Does your heart race and you experience difficulty breathing or swallowing?

Do you get depressed or down often?

Do you hate hot weather?

Do you stay up late or all night (find it hard to sleep even when you want to)?

Do you wake up during the night, have restless or light sleep, or wake up too early in the morning?

Do you routinely like to have sweets, marijuana, wine, and starchy snacks in the afternoons, evening or late night (but not earlier in the day)?

Do you get relief from any of the above mentioned later in the day routines

Do you get relief from exercise?

Do you have fibromyalgia, nerve pain or unexplained muscle pain?

Do you have TMJ pian, tension or grinding associated with the jaw?

Have you benefited from serotonin-targeted anti-depressant drugs?

Low in stimulating Catecholamines or Thyroid (low noradrenalin):

Do you often feel depressed?

Are you low in physical and mental energy?

Do you feel tired, have to push yourself to exercise?

Is your drive, enthusiasm, and motivation on the low side?

Do you have difficulty focusing and concentrating?

Do you need a lot of sleep? Are you slow to wake up in the mornings and get going?

Are you easily chilled?

Do you gain weight easily?

Do you feel the need to have caffeine or other uppers like coffee, chocolate or cocaine often?

*Low in Tranquilizing GABA?

Do you often feel pressured or overwhelmed?

Do you have trouble relaxing?

Does your body tend to be stiff or tensed?

Are you easily frustrated, or upset under stress?

Do you feel weak or shaky at times?

Are you sensitive to bright light, loud noises or chemical fumes?

Do you need to wear dark shades a lot?

Do you feel worse or get ill if you skip a meal or go too long without eating?

Do you use tobacco, alcohol, food or drugs to relax and calm down?

*Low in Pain killing Endorphins?

Do you consider yourself, or others consider you to be overly sensitive?

Does emotional pain, or physical pain really get to you?

Do you cry easily?

Do you avoid painful issues?

Do you find it hard to get over disappointments or losses?

Does it take a long time for you to get through grieving?

Have you been through a great deal of physical or emotional trauma/ pain?

__Do you crave pleasure, comfort, reward, enjoyment, enjoyment, or numbing from treats like chocolate, cake, cookies, bread, wine, romance, marijuana, tobacco or coffee?

Note:

If you are high in serotonin-you are positive, confident, flexible and easy going. You see the good more instead of the bad.

If you are low in serotonin- you'll tend to become negative, obsessive, worried, irritable and sleepless. Instead of the glass half full, you see it as half empty.

If you are high in catecholamines- you are energized, alert and upbeat.

If your catecholamines levels is low- you will feel fatigued and confused.

If you are high in GABA – you are relaxed and stress free.

If you GABA is low- you are irritable, wired, stressed, and overwhelmed.

If you are high in endorphins- you are kind, loving, affectionate, have feelings of comfort, pleasure and euphoria.

If you are low in endorphins- you may cry often and be overly sensitive to hurt.

Inadequate serotonin cause depression and anxiety. Happy reactions are also blocked. Serotonin deficiency is the most common mood problem.

Research estimates that more than 80% of adults in the U.S. suffer from serotonin deficiency. Serotonin is emotionally vital because it is the primary defense against depression and anxiety.

Are you eating a pro-serotonin diet? (protein, healthy fats, complex carbs, fruits and vegetables, amino acid supplements)

Humans have increased the consumption of low tryptophan, grain based carbohydrates, like: bread, pasta, corn, cakes, chips and cookies. If you are vegetarian, you have a high chance of being deficient and malnourished of tryptophan. The brain needs tryptophan.

All moods and emotions under the influence of drugs, alcohol, pharmaceuticals, or any mind/mood altering drugs , are all false moods. False moods create negative thoughts. Not all thoughts are true, some thought lie to us from time to time.

Where you might have lost your serotonin:

- In your diet- If you are not eating pro-serotonin foods such as healthy fats and protein or if you are eating anti-serotonin foods such as caffeinated soda, coffee, high sugar and artificial sweeteners.
- High Stress- As your brain struggles with overwhelming or chronic demands.
- In your genes- If you inherited “false-mood” brain programming.
- In the evening or winter- When there is not enough bright light to signal your brain to make serotonin.
- None or not enough movement and exercise—Movement therapy provides a powerful effective way to activate serotonin production and access emotions. Physical activity has mood enhancing effects.

Vegetarians need amino acid supplements, essential vitamin and minerals (fuel for all four neurotransmitters).

Are you getting enough exercise and oxygen? Exercise raises serotonin levels. Exercise also helps raise serotonin by increasing your intake of oxygen, which is critical to the formation of serotonin from amino acids.

Exercise and light therapy lowers and improves depression.

Depression and anxiety is caused by inadequate serotonin. It takes consistent effort to rebalance hormones.

Common causes that affect moods and emotions:

- Diet-under eating or over eating
- Nutrient deficiency
- Blood sugar instability
- Stress
- Hormone imbalance
- Chemical imbalance
- High cortisol levels
- Low endorphin levels
- High epinephrine levels
- High adrenal overload/ exhaust/ burnout
- Low serotonin levels
- Low thyroid function
- Brain deficiencies

- Depleted brain chemistry
- Low fatty acids
- Circadian rhythm interruptions
- weight gain
- Insulin resistance
- Toxicity
- Infection
- Allergies and sensitivities
- Chronic illness and disease
- Environment and surroundings

Common Symptoms Checklist (also see symptoms checklist and questionnaire):

- Negativity
- Anxiety
- Depression
- Irritability and moodiness
- Fatigue
- Fear
- phobias
- Anger
- Crying spells
- Impatience
- obsessiveness
- Memory loss and cognitive function decline
- Insomnia
- Panic attacks
- Gastrointestinal problems
- Digestive issues
- TMJ
- fibromyalgia
- Pain
- Weight gain (emotional eating)
- Weight loss (unintentional)
- Feeling cold often
- Infection

- Inflammation
- Feeling thirsty
- Overwhelmed
- Irregular menstrual cycles for women
- Sexual challenges for men and women
- Circulation issues
- Respiratory problems
- Light headedness
- Headache / migraines
- Dizziness
- Sinus problems

In addition to affecting your emotions, low serotonin can also affect your body.

The most common physical clues and symptoms that your serotonin is deficient are :

- Gut and digestive problems
- Heart and cardiovascular problems
- Sleep issues and disturbances
- Fibromyalgia and other pain conditions
- Craving for carbohydrates, alcohol and certain drugs

90 % of the serotonin in your body is not in your brain: its in your gut. When serotonin levels go up , digestive issues go away.

Fear and anger is associated with heart disease. Balanced serotonin levels improve brain, gut, and heart health.

Raising serotonin levels, have a powerful muscle relaxing effect. It can also stimulate our natural pain killers, the endorphins.

*The solution to low-serotonin problems are a pro-serotonin diet and the spectacular supplement that power serotonin %-HTP, Hydroxy-tryptophan.

Numerous studies attest to 5-HTP's remarkable safety and effectiveness.

If your brain is producing lots of the catecholamines, you should feel energized, upbeat and alert.

If your system is under producing catecholamines, any one of them , you will suffer from fatigue and crash.

There are three kinds of catecholamines:

- Dopamine
- Norepinephrine
- Adrenaline

These are super charged brain chemicals. All three can arouse and excite you emotionally, mentally and physically, if they are all in balances and fully fueled. The catecholamines are particularly active under high stress conditions.

Tyrosine supplements can help to boost catecholamines. When catecholamines are balanced, you can focus and concentrate.

If your catecholamines levels are low, there are several possible reasons:

- Genes- about 35 % of Americans carry an altered gene that mis-programs their production of the catecholamine dopamine. Stress drains your stores of catecholamines. Most people who suffer from mood problems are not eating well. Low calorie or high calorie diets cause catecholamines depletion because they are low in protein. Protein malnutrition is a leading cause of chronic fatigue and crashes. Eating a high protein and high healthy fat diet to boost catecholamines production.

Sex Hormones: (male and female)

- Estrogen
- Progesterone
- Testosterone

These can drop low in both men and women. Estrogen, progesterone and testosterone are very busy in your brain, interacting with all your neurotransmitters, including the catecholamines.

If you have ADD/ADHD your catecholamines levels are probably low. Use tyrosine supplements. Both Dr. Eric Braverman, and Dr. Daniel Amen use tyrosine to treat their ADD/ADHD patients.

Tyrosine to the rescue: (L-Tyrosine)

Tyrosine is a natural antidepressant. It also helps to manage stress, balance and regulate hormones.

CAUTION: tyrosine can raise blood pressure.

It is better to stay alert naturally with catecholamines instead of caffeine.

To boost catecholamine production add omega 3 fish oils, vitamin D, grape seed extract and SAmE supplements.

Iodine deficiency can be a contributor to thyroid problems.

*Tyrosine is the most important thyroid food.

The thyroids require other nutrients as well, such as, vitamin B12 and all B vitamins, iron, selenium, zinc and folic acid.

Pro-Thyroid Foods Are:

- Fruits and vegetables,
- leafy greens, spinach , kale and chard

Anti-Thyroid Foods Are:

- Wheat
- Barley
- Rye
- Oats

These foods can cause swelling, goiter, and interfere with thyroid function.

These foods exhaust the human body. These food also make you bloated and sleepy. They lower your vitality level all day. These anti-thyroid foods cause thyroiditis, a common and debilitating, low thyroid function condition.

Be careful with grains. Try to avoid them if you have thyroid function problems.

Soy foods and products suppresses thyroid function and lower your metabolic rate. This applies to soy based infant formula, protein powder, soy milk and tofu.

Cruciferous vegetables are thyroid suppressing. Only eat occasionally if you have low thyroid function or thyroid problems.

Millet is another grain that can be a thyroid suppressor.

Note: Prescription antidepressants and pharmaceuticals have many side effects including sexual problems.

*Take the low thyroid symptom checklist/ questionnaire

STRESS AND HOW TO RECOVER FROM ADRENAL OVERLOAD

The human body was designed to deal with entirely different kinds of stressors from those that we are confronted with today. All stressors trigger powerful biochemical events and it all begins in the adrenal glands.

The adrenal glands are on top of your kidneys in your lower back. The adrenal glands produce many different hormones. In stressful situations, the adrenals increase production of adrenaline and cortisol.

Other stress triggers of the adrenals (production) are injuries, anger, fear, infections, high sugar diets, low protein diet, caffeine, environmental chemicals and the surroundings.

The adrenal surge alerts you of danger and prepares you to fight or flight. This is meant to be a short lived response. Then the adrenals pump out the cortisol, which infuses you with strength and stamina. Longer lasting cortisol on a regular basis is important for a sense of well-being. For too long of periods – adrenaline and cortisol can leave you feeling wired and drained. It can also lead to physical problems like heart disease, osteoporosis, obesity, weakened immune function, dementia and Alzheimer's disease. It can destroy cells in the center of the brain that is responsible for memory.

Adrenal overload, exhaustion and or burnout is when your adrenal glands aren't producing enough stress fighting hormones, fast enough to keep up with the long periods of stress, and fast enough to keep up with you.

- Take Adrenal Overload Questionnaire (symptoms checklist)

It is crucial to know what your stress coping capacity is or lack of it, so you can rebalance manage and maintain.

What does the word stress mean to you?

Do you need tobacco, alcohol, chocolate, sweets, marijuana, drugs, cocaine or pharmaceuticals to cope with it?

When you are stress, do you cry or get angry?

Do you remember what it was like before pre-burnout?

*Look over adrenal overload/ burnout symptoms checklist

How often do you cry?

How many external stressors do you currently face, and how do you cope with them?

Various common factors that contribute to adrenal burnout/ overload are: overworked, illness, injury, pain, worry, fear, grief, and the loss that life often presents us with.

Relationships, at home and work, are the primary sources of stress.

External Stressors:

- Chemical pollution and environmental toxins that are overwhelming our air, our food, soil, water and buildings all add to the stress we face.

Learning to cry can help tremendously. Learn to pray and meditate, and get health and wellness coaching and counseling.

Crying serves a very specific biological purpose. Human tears, unlike the tears of other animals, contain a substance called ACTH, the hormone that actually sets off the stress response and is then washed away with the tears by a good cry.

You can learn to cry and breathe deeply with a professionally trained therapist.

It is vital to nourish the adrenal glands with food. Don't starve, it stresses the adrenal glands. Be mindful of portion control, but eat enough on a regular basis. Temporary therapeutic fasting is safe and effective for short periods. Eat more good mood foods that love you back. Avoid toxic unhealthy foods. Be careful with high carbohydrate foods, eat smart complex carbs only.

Adrenals help balance and stabilize blood sugar. Hypo-glycemia is very dangerous to the adrenals and hormone production. Hyper-glycemia is also not good. Aim for a stable balanced blood sugar (follow the Tande Health Food and Diet Guide).

More obvious and surprising causes of stress are:

- Unbalanced sex hormones
- Infection
- Intestinal bugs, parasites
- Injury
- Pain
- Allergies and sensitivities
- Grief
- Heavy metal and environmental toxicity
- No physical activity or exercise

Toxicity overload is a growing problem. All of us are vulnerable.

To survive the toxins that surround us has to do with our adrenal health.

Cleaning products, beauty products, insecticides, pesticides, mercury fillings, plus so much more, all stresses out and drains the adrenal glands and production.

Your job is to keep your adrenals supplied with enough cholesterol and other essential nutrients they need by eating at least three small meals daily with healthy snacks in between (healthy fats, protein, complex carbs, vitamins , minerals and supplements.

Protein and healthy fats are top stress busting foods! Overall, diet, nutrition and exercise matters in balancing cholesterol and blood pressure. It is crucial to consume vegetable based protein as well as amino acid supplements to lower high blood pressure, manage and maintain healthy, stable levels. Amino acid therapy promotes heart health and is also powerful in reducing oxidative stress.

I recommend Taurine. Studies have shown that Taurine supplementation can lower blood pressure and improve vascular function in people with pre- hypertension.

Another strongly recommended amino acid that can help is NAC. NAC is an anti-inflammatory. NAC promotes cardiovascular health, improves circulation, increases blood flow and oxygen intake, and reduces oxidative stress. NAC also helps to better manage moods and better handle stress. L-arginine also an amino acid, helps to lower blood pressure by producing nitric oxide, which relaxes blood vessels. NAC is also a great supplement that promotes and supports the detox process of the liver and kidneys.

Note: If you are allergic or sensitive to Sulfa avoid NAC supplements.

GABA is your brains natural valium. GABA, an amino acid, is a mood enhancer. GABA supplements are natures stress buster!

Post traumatic stress disorder exhausts the adrenals.

For post-traumatic stress disorder, I recommend GABA and 5-HTP

Supplements I recommend to stop carbohydrate cravings and hypo-glycemia are:

vitamin B, C, and D, chromium and glutamine.

Endorphins- Do you have zero pain tolerance? Are you too sensitive?

Endorphins are comforting hormones. Some people produce more than others. Endorphins are naturally comforting substances that are more powerful than morphine or heroin. Endorphins amplify pleasure and make pain tolerable.

Think of that endorphin smile, or feeling when someone mentions the words chocolate, Paris, France, Hawaii.

Think of something that you love and tune into that and how it makes you feel.

(I love that man, woman, child, movie, book, song, dress, boat, car, etc.)

The nerves in the skin can trigger a release of endorphins, making a sunbathe or massage feel heavenly. A hug, a kind word and deep breathing can raise endorphin levels rapidly.

Many different foods can raise endorphin levels. If your endorphin levels are low – your joy is low. We tend to use them up quickly when dealing and coping with life's pain too much.

Do you avoid emotional intimacy?

When hormones are balanced and endorphin levels are elevated you are able to better tolerate life's pain and enjoy its pleasures.

How we become endorphin deficient-

- Genes
- Stress
- Pain (emotional and physical)
- Distress

Has too much stress drained you of your endorphins?

Dealing with prolonged stress can use up your endorphin reserves. Running low on endorphins can make life hard to live.

Pain-

If endorphin levels are low, pain tolerance will be low.

Any kind of prolonged stress can wear down your endorphin levels. You use up a lot of endorphins when upset, injured, sick or ill, scared and even excited.

Balancing hormones (adrenals, serotonin and endorphins) is crucial for better managing pain.

Pain and mood are closely linked and influence each other as they share overlapping brain pathways. Pain comes in vicious cycles. It is possible to break the cycle and better manage pain with chemical rebalancing.

Our perception of pain in our brain and emotions, control the intensity of the pain.

Breathwork, strength+ core control helps to better manage good posture, mental and physical pain.

By controlling movements, motions, moods and emotions, you can better manage intensity, cycle, timing and duration.

Have you had too much emotional and or physical pain?

Studies have found endorphin levels to be abnormally high in people who have suffered past emotional trauma, or have prolonged chronic conditions. When endorphin levels run low, only synthetic painkillers, sugar, alcohol, drugs like cocaine and heroin, pharmaceuticals can help keep the numbness going and the hurtful, painful truths (reality) on ice.

The way we get through the stages of grief after a major loss has a lot to do with how well supplied and stocked with endorphins before hand. People who suffer from chronic physical pain have 60 – 90 % less pain reducing endorphins than other pain free individuals. Whether endorphin depletion is caused by physical or mental pain , or both, amino acids relieve problems and symptoms very quickly.

* Serotonin Boosters and Endorphin Building Protocol:

I recommend taking Serotonin and its precursors, 5-HTP supplements and L-tryptophan supplements, which have been shown to stimulate endorphin levels, improve moods, and improve pain tolerance dramatically.

I also recommend DPLA or DPA to help raise endorphin levels.

Along with diet and nutrition, nutrient therapy (essential vitamin, minerals and supplements) can all help boost endorphins. Vitamins and minerals are vital for mood and health maintenance .

All of the basic B vitamins have been shown to help eliminate every kind of emotional discomfort and significantly relieve physical discomfort as well.

The mineral magnesium can also be helpful with pain management. Vitamin C and D are recommended to better manage pain, along with Omega 3 fats to block inflammatory pain

directly. Vitamin E and zinc are very effective for endorphin production and pain management.

The use of and alternating heat and ice packs are strongly recommended.

*refer to the Tande Health supplement troubleshooting list.

Sleep and Your Moods-

We strongly recommend following the body organ clock regularly or occasionally for better rest and sleep.

There are five stages of sleep that constitute a sleep cycle and you need to go through 4-5 sleep cycles in one night. In your first half hour of sleep you go through the first two superficial stages. Then you will drop into two progressively deeper sleep stages and stay there for most of the next few hours. During the first half of the night, between 10 pm and 2 am, provides the most restorative sleep. Only when you sleep deeply can the immune system heal, repair and re-fuel the body from the days wear and tear. Finally, you dream in the REM stage (rapid eye movement) which is designed particularly for psychic repair.

If you sleep poorly, have too many sleep disturbances and interruption, or don't get enough sleep, your mind and body are deprived of crucial cellular repairs that can only be made if you sleep long and deeply.

Supplements for sleep that can help are Tryptophan, L-phenylalanine, L- Tyrosine

Sleep Disturbances-

Marijuana blocks REM sleep.

Alcohol , drugs and pharmaceuticals are addictive and temporary. Alcohol and drugs create false moods and negative thoughts.

For safer, effective, long-term methods use psychological, nutritional and spiritual approaches for better sleep.

If your brains endorphin production is weak, it can easily come to rely on external stimulation, because without it there may not be enough endorphins being activated naturally to keep you comfortable.

Unfortunately, if you are over eating sugar, wheat and or dairy products, insulin resistance and diabetes is a real danger, along with other potential health problems and risks.

How much do you want to stay sober and clean?

Are you or someone you know and love, struggling with bad habits or addiction?

Help is possible and sometimes the simplest things make the biggest difference.

What are the substances you/they turn to regularly to alter your/their mood?

Coffee, tobacco, alcohol, Xanax, Vicodin, cocaine, sugar, processed foods?

What do you/they get from these substances?

How do they make you feel?

Do they make you feel better?

Are you using them to relieve or change a mood or state? What are the need for the mood altering substance? What substances change your mood?

Does it give you energy or does it calm you and make you sleepy?

Does it give you confidence and a sense of humor? Does it take the edge off?

False Moods and Negative Thoughts:

Are you addicted to antidepressants, stimulants, tranquilizers or pain killers?

*Addicted To Anti-Depressants? Which of the following low serotonin symptoms do you use substances to relieve?

negativity, depression

worried, anxious, shy

low self esteem

obsessive thoughts

obsessive behaviors

Sad (fall/winter depression)

irritable, impatient, cranky

panic , anxiety attacks

PTSD

hate hot weather

insomnia

phobias

Fear

stay up all night

find relief from symptoms with light exercise

TMJ

fibromyalgia

have had suicidal thoughts

Which substances do you use to make these symptoms go away?

sweets

starches

fatty foods

chocolate

alcohol

marijuana

tobacco

ecstasy

other

Nutrients that can help for recovery from antidepressants are : 5-HTP, L-Tryptophan and Saint John's Wort.

*Addicted To Stimulants? Which of the following low catecholamine symptoms do you use addictive substances to relieve?

- depression
- lack of physical or mental energy
- lack of drive and enthusiasm
- difficulty focusing and concentrating
- need a lot of sleep, slow to wake up
- easily chilled, cold hands or feet
- tend to gain weight too easily

*Which substances do you use to make these symptoms go away?

- Sugar
- chocolate
- caffeine
- aspartame
- alcohol
- cocaine
- other uppers
- marijuana
- tobacco
- opiates (heroin)
- other

Nutrients that can help stimulant addiction that I recommend are L-tyrosine, L-phenylalanine, omega 3 fats and SAMe.

*Addicted To Tranquilizers? Which of the following low GABA symptoms do you use addictive substances to relieve?

- driven
- overworked
- have trouble relaxing
- tend to be stiff and tense

__easily upset, frustrated

__overwhelmed easily

__weak and shaky at times

__sensitive to bright light, loud noise and strong odors

__use drinking, eating or drugs to relax, calm down

__worse if you skip meals or go too long without eating

*Which substances do you use to make these symptoms go away?

__sweets

__starches

__alcohol

__tobacco

__marijuana

__Valium or other tranquilizers

__painkillers

__other

Nutrients I recommend , that can help tranquilizer recovery are GABA, Taurine, glycine, glutamine, chromium and adrenal support.

*Addicted To Painkillers? Which of the following low endorphin symptoms do you use addictive substances to relieve?

__very sensitive to emotional and sometimes physical pain

__tear up or cry easily

__Avoid dealing with painful issues

__find it hard to get over losses

__Take a long time to get pass the grieving stage

__crave pleasure, comfort, reward, enjoyment or numbing

*Which substances do you use that helps make those symptoms go away?

__sweets

__starches

__chocolate

__alcohol

__tobacco

__heroin

__marijuana

__other

Nutrients I recommend that can help with painkiller recovery are DLPA (DL-phenylalanine) or DPA, Vitamin B, Vitamin C, magnesium and 5-HTP.

Stimulants-(drugs, alcohol and pharmaceuticals) exhaust hormone levels; catecholamine, endorphins, etc.

Detoxing from these drugs can also leave the body on empty.

For stimulant recovery, I recommend: L-tyrosine, omega -3's, L-phenylalanine, SAME and milk thistle.

Pain killer addiction-

When most people that need a release from physical or emotional pain, turn to alcohol or drugs, or both, they become addicted. Most pain killers are very addictive, have dangerous side effects and withdrawal symptoms.

The protocol I recommend for recovery from pain killers are GABA, DLPA,DPA, 5-HTP and amino acid therapy.

Troubleshooting: Physical pain, psychological pain, adrenal exhaustion and other concerns-

- Build your natural painkiller levels with amino acid therapy and nutrient therapy.
- Pain management – DPLA repairs adrenals after major exhaustion, burnout or overload.
- Test hormones regularly

- Test blood histamine levels
- Cleanse and detox regularly

Special considerations for recovery from alcohol, tobacco and marijuana :

Alcohol-

Whatever your use of alcohol or drugs, the key to recovery involves figuring out exactly how the alcohol or drugs are working for you.

Is it an upper?

Is it a downer?

Is it a stress reliever?

Is it a relaxant, sedative or sleep aid?

Is alcohol or drugs an emotional or physical pain killer?

Or is it all of the above?

Alcohol's ability to affect many parts of the brain and the body is extraordinary. That is why it's been so popular for thousands of years. If you are using alcohol or drugs to boost more than one of your brain's mood enhancing chemicals, you must identify all nutrients you will need for recovery ahead of time, right from the start for success.

Many people take all four of the amino acids that feed the four neurotransmitters.

*Complete mood type questionnaire and symptoms checklist

* go over your mineral, vitamin and supplement schedule- for example, if you use alcohol to both relax and to kill pain- you will want to put both GABA and DPLA or DPA-(if you tend to be hyper), on your list. You will also need 5-HTP, if sleep is a problem.

If alcohol gives you some needed energy , you might need tyrosine in the morning too.

You will also need to consider extra vitamin and minerals, along with other key nutrients, in add it onto your basics.

44% percent of alcoholics have a condition called pyroLuria, which can block the benefits of certain nutrients.

*Ask Tande Health for a pyroluria symptoms checklist and questionnaire (for heavy drinkers) to identify symptoms. Some common symptoms of pyroluria are:

sunburned easily as a child cause of pale or fair skin color, loner type-tends to avoid outside stress to avoid upsets and emotional balance, depression, nervous exhaustion, unexplained chills, avoid eating animal protein, frequent infections, poor circulation, eye sensitivity too sunlight, skip meals early in the day due to nausea, face swelling under stress, dizziness, migraines, tingling sensations throughout the body, muscle spasms in hands and arms, cold hands and feet, social anxiety, fatigue , cracking knees ,plus much more.

The Blood Sugar Stabilizing Program-

Another primary reason people get addicted to alcohol is that their blood sugar levels tend to drop too low, too often.

Over 95%of alcoholics are hypo-glycemic. When they experience a drop in blood sugar the “code red” get a drink signal turns on as the brain begins to fail from lack of no fuel (sugar).

Alcohol has zero nutrients. Alcohol acts just like sugar. Alcohol contains more calories per gram than sugar and gets into your bloodstream even faster. For people who have low blood sugar levels, this could be irresistible.

Reversing hypoglycemia is a vital job if you are going to successfully escape alcoholism and get healthy.

Alcohol tends to burn up the body’s glutamine (amino acid), instead of causing toxicity addiction. Glutamine is actually good for you. I recommend that heavy drinkers and alcoholics take glutamine between meals to keep their blood sugar stable and cravings under control throughout the day and evening.

Tip- you can open a capsule and put a little glutamine under your tongue for faster absorption and quick fix., especially if you have missed a meal or snack.

Glutamine is one of the most effective natural substances at healing the gut, especially from damage due to leaky gut, while also alleviate bloating, gas and irregularity.

Glutamine also benefits your digestive system and liver, both targets of alcohol toxicity.

Glutamine (amino acid) provides profound gut healing benefits, strengthening the gut lining, easing inflammation and reducing gut permeability (leaky gut).

NAC (amino acid also aids in blood sugar regulation and heart health.

The mineral chromium is also a blood sugar stabilizer.

Zinc is a mineral that is crucial for brain function. Zinc is also required for a healthy appetite, something many alcoholics and drug users lose along the way. Take zinc supplements on a full stomach -not on an empty stomach- can also crush and add to smoothies.

A good appetite is important for recovery and deep cellular healing. It is crucial to eat three good meals a day, plus snacks in between to keep your blood sugar stable and cravings under control.

Bananas and fruit are a quick source of natural sugar and potassium and make for a great quick way to raise blood sugar levels or as a healthy snack.

Supplements are great, but only food can keep you stable, all day, everyday.

Don't let more than five hours go by without eating a small snack or meal.

Eat good mood foods often that love you back. Sometimes eating accordingly to your genetic heritage and knowing what foods your ancestors traditionally ate could save your life as well as your mood.

Chromium and zinc will help stop your cravings, not only for alcohol, but for sweets and carbohydrates too (sorry, no white flour, bread, pasta, cakes and cookies, and so on)

It is important to follow a strict therapeutic diet during cleanse, detox and recovery.

*Follow the Tande Health Food and Diet Guide (exceptions and adjustments can be made).

Like most Americans, alcoholics start out depleted of omega 3 fatty acid. With low levels , they become depressed, use alcohol for temporary relief, become addicted, get more depleted and depressed (vicious cycle) and crave more alcohol.

Hereditary needs for omega 3's- you may lack the enzyme that converts food in the body to omega 3. These enzymes are only found in fish oil supplements. Take fish oil supplements for a few months at a time , regularly.

Food allergies or yeast overgrowth (allergy addiction)?

Grain based beer and liquors can become irresistible for people with allergies to grains like wheat, rye, oats and barley. If you also crave bread , pasta, cakes and cookies. Allergy

addiction is even more likely a possibility. Avoiding certain grain based foods as well as alcohol may be an essential part of a successful recovery effort.

Yeast feeds on sugar, high starch foods and alcohol. High sugar diets and alcohol cause yeast build up and overgrowth. If you have a history of antibiotic use, you may have developed an overgrowth of yeast as a result.

Most common symptoms of yeast overgrowth are :

crave sweets, high starchy carbs and alcohol, often feel bloated- esp. after eating unhealthy processed foods, chronic fatigue, light headedness, dizziness, depression, negative thinking, suffer from yeast infections, excessive antibiotic use at any period or time in your life, prolonged use of cortisone, prolonged use of birth control pills, athlete's foot, fungus on skin or nails, reoccurring sinus infections as an adult or child, itching or burning around groin , anus or vagina.

SAME levels are usually low in many alcoholics. If you still feel depressed and crave alcohol after two weeks on nutritional rehab and therapy, try 800 milligrams, twice a day, for one bottle.

If it helps, cut the dose in half and use more as needed until going off it does not bring on cravings.

Prolonged stress, drug use, alcohol use, injuries and certain chronic illnesses can cause many different health issues and risks. Your hormones, and stress coping adrenal glands may be shot, burnt out or not producing enough to keep up. Alcohol forces a temporary release of stress coping adrenal hormone, which may be one key reason that you need it.

If alcohol gives you a lift, check your thyroid function. Your natural thyroid function should give you a lift. Supporting your thyroid will help your cravings and need for alcohol and during periods of withdrawal.

More than 40% of alcoholics may have a condition called Pyroluria. Symptoms check and treatment is crucial.

Marijuana-

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The marijuana industry is one of the biggest and most profitable businesses on earth.

Many people need help to detox successfully from marijuana, a “natural” drug.

There are many people who can drink alcohol and smoke marijuana, or do other drugs without becoming addicted. But particularly, if you come from an addictive family, you may have the gene that makes strictly social use only impossible to do.

Marijuana most potent mood altering ingredient THC, is fat soluble. It lodges in the fatty cell walls of your brain cells and lingers in your body longer than any other drug or alcohol. This means that marijuana can significantly affect your brain and mood , even between highs. This is why people can have consistent personality changes after they start smoking marijuana but have no awareness of it. If you have been a heavy marijuana smoker, it can take a year or more to get marijuana completely out of your system and get you back to your real self.

Some marijuana addicts experience withdrawal symptoms right away. Others take longer, as the drug gradually leaves its sites in the brain and the body.

Marijuana withdrawal protocol I recommend is:

L-tyrosine, GABA, taurine, and glycine, follow the Tande Health Metabolic diet, elimination diet and The Tande Health Food and Diet Guide, exercise and sweat regularly-sweating supports detox and speeds up the detox process through your skin, the skin is an organ that rids the body of toxins, just like the liver.

Tobacco-

Tobacco is a complex drug and is one of the most addictive. It is true that the marijuana business is booming, so is the tobacco companies. Tobacco companies are competing with the marijuana business and has become more addictive than before. Increase nicotine and sugar are being added along with poisonous toxic chemicals like arsenic and formaldehyde. Tobacco and cigarettes kill more people than cocaine and heroin combined in a year. It takes about three months to slowly quit and detox from tobacco (cut down, then quit to avoid withdrawals and relapse). Sugar and caffeine must be eliminated when

detoxing from tobacco. It is crucial to destabilize blood sugar levels, forcing adrenaline and endorphin release.

Serotonin, norepinephrine and other crucial brain chemicals are also typically depleted and need rebuilding and rebalancing.

*complete questionnaire and symptom checklist

Determine what it is you get from using tobacco or its co drugs.

Is tobacco a stimulant for you?

Does depression and worry set in when withdraw from it?

Does tobacco act like a tranquilizer for you, making you feel calmer when you smoke?

Do you feel anxious or stressed when you try to quit?

Does smoking or chewing tobacco speed you up and give you energy boosts?

Does it slow you down?

Do you get energy and calm both?

Is it harder to handle stress without tobacco?

Are you in control of your mind and actions, or does the drug(tobacco) control your thoughts and moods?

Ask yourself these questions and answer them before you start detoxing from tobacco. Before you actually stop tobacco, begin the detox process by eliminating sugar and caffeine, and any other drugs or alcohol. Especially in the start and are on supplements.

Add sweet fruits more regularly in the beginning of detox and during detox.

Get enough exercise and hydration with water and electrolyte powder. Restore adrenal function and rebalance hormones while managing weight.

I recommend adding tyrosine, taurine and glutamine. Take in the mornings or earlier in the day for better results.

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- Take alka - seltzer gold or a pinch of baking soda in water and drink to lower acidity overload and deacidify / alkalize your system
- Follow the Tande Health Food and Diet Guide, nutritional protocols, therapeutic and elimination diet, organic minerals, vitamins and supplements, amino acid therapy
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- Daily acupressure and massage are very helpful during detox and after (self-help and with assistance). Ear acupressure and face and cranial therapy, raises endorphin levels and reduces some detox and withdrawal discomfort
- Chiropractic care and physical therapy is strongly recommended during detox and withdrawal stages
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- Rebalance hormones regularly

Overacidity in the body is what makes detox withdrawal symptoms worse.

Adrenal Exhaustion-

Are you in stage 1,2,or3 of adrenal exhaustion?

Adrenal overload and burnout happens with prolonged stress, trauma, drugs, alcohol use, injuries, illness, etc.

When adrenals are exhausted, cortisol levels fluxgate and become imbalanced. Cortisol supplements may be necessary.

Troubleshooting: Physical pain, psychological pain, adrenal exhaustion and other concerns-

- Build your natural painkiller levels with amino acid therapy and nutrient therapy.
- Pain management – DPLA repairs adrenals after major exhaustion, burnout or overload.
- Test hormones regularly
- Test blood histamine levels
- Cleanse and detox regularly

Special considerations for recovery from alcohol, tobacco and marijuana :

Alcohol-

Whatever your use of alcohol or drugs, the key to recovery involves figuring out exactly how the alcohol or drugs are working for you.

Is it an upper?

Is it a downer?

Is it a stress reliever?

Is it a relaxant, sedative or sleep aid?

Is alcohol or drugs an emotional or physical pain killer?

Or is it all of the above?

Alcohol's ability to affect many parts of the brain and the body is extraordinary. That is why it's been so popular for thousands of years. If you are using alcohol or drugs to boost more than one of your brain's mood enhancing chemicals, you must identify all nutrients you will need for recovery ahead of time, right from the start for success.

Many people take all four of the amino acids that feed the four neurotransmitters.

*Complete mood type questionnaire and symptoms checklist

* go over your mineral, vitamin and supplement schedule- for example, if you use alcohol to both relax and to kill pain- you will want to put both GABA and DPLA or DPA-(if you tend to be hyper), on your list. You will also need 5-HTP, if sleep is a problem.

If alcohol gives you some needed energy , you might need tyrosine in the morning too.

You will also need to consider extra vitamin and minerals, along with other key nutrients, in add it onto your basics.

44% percent of alcoholics have a condition called pyroluria, which can block the benefits of certain nutrients.

*Ask Tande Health for a pyroluria symptoms checklist and questionnaire (for heavy drinkers) to identify symptoms. Some common symptoms of pyroluria are: sunburned easily as a child cause of pale or fair skin color, loner type-tends to avoid outside stress to avoid upsets and emotional balance, depression, nervous exhaustion, unexplained chills, avoid eating animal protein, frequent infections, poor circulation, eye sensitivity too sunlight, skip meals early in the day due to nausea, face swelling under stress, dizziness, migraines, tingling sensations throughout the body, muscle spasms in hands and arms, cold hands and feet, social anxiety, fatigue , cracking knees ,plus much more.

The Blood Sugar Stabilizing Program-

Another primary reason people get addicted to alcohol is that their blood sugar levels tend to drop too low, too often.

Over 95%of alcoholics are hypo-glycemic. When they experience a drop in blood sugar the “code red” get a drink signal turns on as the brain begins to fail from lack of no fuel (sugar).

Alcohol has zero nutrients. Alcohol acts just like sugar. Alcohol contains more calories per gram than sugar and gets into your bloodstream even faster. For people who have low blood sugar levels, this could be irresistible.

Reversing hypoglycemia is a vital job if you are going to successfully escape alcoholism and get healthy.

Alcohol tends to burn up the body’s glutamine (amino acid), instead of causing toxicity addiction. Glutamine is actually good for you. I recommend that heavy drinkers and alcoholics take glutamine between meals to keep their blood sugar stable and cravings under control throughout the day and evening.

Tip- you can open a capsule and put a little glutamine under your tongue for faster absorption and quick fix., especially if you have missed a meal or snack.

Glutamine is one of the most effective natural substances at healing the gut, especially from damage due to leaky gut, while also alleviate bloating, gas and irregularity.

Glutamine also benefits your digestive system and liver, both targets of alcohol toxicity.

Glutamine (amino acid) provides profound gut healing benefits, strengthening the gut lining, easing inflammation and reducing gut permeability (leaky gut).

NAC (amino acid also aids in blood sugar regulation and heart health.

The mineral chromium is also a blood sugar stabilizer.

Zinc is a mineral that is crucial for brain function. Zinc is also required for a healthy appetite, something many alcoholics and drug users lose along the way. Take zinc supplements on a full stomach -not on an empty stomach- can also crush and add to smoothies.

A good appetite is. Important for recovery and deep cellular healing. It is crucial to eat three good meals a day, plus snacks in between to keep your blood sugar stable and cravings under control.

Bananas and fruit are a quick source of natural sugar and potassium and make for a great quick way to raise blood sugar levels or as a healthy snack.

Supplements are great, but only food can keep you stable, all day, everyday.

Don't let more than five hours go by without eating a small snack or meal.

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Adrenal Exhaustion-

Are you in stage 1,2,or3 of adrenal exhaustion?

Adrenal overload and burnout happens with prolonged stress, trauma, drugs, alcohol use, injuries, illness, etc.

When adrenals are exhausted, cortisol levels fluxgate and become imbalanced. Cortisol supplements may be necessary.

tobacco

chocolate

ecstasy

marijuana

alcohol

Prozac

Zoloft

Effexor

Lexapro

I recommend 5-HTP and L-Tryptophan to help raise low serotonin levels, manage and maintain.

*Common Neurotransmitter Deficiency Symptoms of Low Blood Sugar:

craving for sugar, starch, or alcohol

irritable, shaky and stressed especially if you go too long between meals

Substances used:

sugar

sweets

starches

alcohol

I strongly recommend L-Glutamine as an adequate fuel source for all brain cells. It gives a sense of stability while balancing blood sugar.

Glutamine and NAC are strongly recommended (amino acid), also aids in blood sugar regulation and heart health.

*Common Neurotransmitter Deficiency Symptoms of Low Endorphin Levels:

*The Tande Health Adrenal Rebuilding and Restoration Program (Adrenal Overload, Exhaustion and Burnout) Common Symptoms Checklist:

- sensitivity to exhaust fumes, smoke, smog, petrochemicals
- inability to tolerate much exercise, or you feel worse after exercising
- depression or rapid mood swings
- dark circles under the eyes
- dizziness upon standing
- lack of mental alertness
- tendency to catch colds easily when weather changes
- headaches, particularly migraines, along with insomnia
- breathing difficulties
- edema (swelling)
- salt cravings
- trouble falling asleep or staying asleep
- feeling of not being rested upon awakening
- feeling of tiredness all the time
- feelings of being mentally and emotionally overstressed
- low blood sugar symptoms
- need for caffeine (coffee, tea, and others) to get you going in the morning
- low tolerance to loud noise and or strong odors
- tendency to startle easily
- food or respiratory allergies and or sensitivities

- recurrent, chronic infections, such as yeast infections and UTI's
- Light headedness
- low tolerance for alcohol, caffeine and other drugs
- fainting
- tendency to get upset or frustrated easily, quick to cry
- tendency to get a second wind at night
- low blood pressure
- haven't felt your best in a long time
- eyes sensitive to bright light
- feeling of being weak and shaky
- fatigue and muscular weakness
- sweating or wetness of hands and feet, caused by nervousness or mood swings
- ability to sometimes relieve depression and moodiness by eating
- frequent heart palpitations
- chronic heartburn and or acid reflux (gastrointestinal problems)
- indigestion or abdominal pain
- infrequent urination
- sweet cravings
- lack of thirst
- clenching or grinding of teeth, especially at night
- chronic pain in the lower neck and upper back
- inability to concentrate and or confusion, usually along with clumsiness
- an unusual small jawbone or chin, lower teeth crowded, unequal in length or misaligned
- chronic breathing disorder, particularly asthma
- excessively low cholesterol level (below 150 mg/dl)
- reoccurring or often severe infections

*Common Symptoms Checklist of Low Thyroid Function:

Goiter, enlarged, swollen or lumpy thyroid (look at the base of your throat, under your Adam's apple and above your sternum)

coarse, dry hair

bulging eyes

infertility, impotence

weak, brittle nails

anemia, low red cell count

adult acne, eczema

Dry, coarse or thick skin

pale skin

hypoglycemia

constipation

hair loss

labored, difficult breathing

swollen feet

nervousness, anxiety, panic

enlarged heart

premature graying

gallbladder pain

pain in joints

auto-immune conditions often associated with thyroiditis, diabetes, arthritis, multiple sclerosis, lupus, Addisons disease, allergy, candida overgrowth and pernicious anemia

angina, heart palpitations, irregular heartbeat

muscle weakness

atherosclerosis

extreme flexibility, double jointed

- strong smelling urine
- tongue feels thick and heavy
- excess earwax or ear discomfort

Note: Unfortunately, if you are over-eating sugar, wheat, processed (flour) carbohydrates, and or dairy products, insulin resistance, diabetes, hypo and hyper glycemia (blood sugar instability) is a real danger, along with other potential health problems. Apple cider vinegar diluted with water shots-20 minutes before heavy, high carb, high sugar meals, or mid -day, to control blood sugar levels (also aids with digestion), and the amino acid glutamine (L-glutamine) to control hypoglycemia and to better stabilize blood sugar levels.

I recommend referring to the Tande Health Blood Sugar Stabilization Program.

*Common Symptoms Of Low Blood Sugar:

- Nervousness
- exhaustion, weakness
- faintness, dizziness
- tremors and cold sweats
- drowsiness
- forgetfulness and confusion
- constant worrying, unprovoked anxiety
- cravings for sweets, carbs or alcohol
- heart palpitations, rapid pulse
- indecisiveness
- lack of coordination
- lack of concentration
- muscle twitching and jerking
- sighing and yawning

- irritability
- depression
- Headaches
- Insomnia
- Internal trembling
- Numbness
- crying spells
- leg cramps
- blurred vision
- itching and crawling skin sensations
- moments and or periods of unconsciousness

*Common Neurotransmitter Deficiency Symptoms of Low Endorphin:

- very sensitive to emotional and physical pain
- cry or tear up easily
- history of chronic pain
- love, crave and comfort reward, pleasure, numbing from foods, alcohol, drugs, behaviors (exercise, porn, self harm)

*Common Substances Used For Low Endorphin:

- starch
- chocolate
- marijuana
- alcohol
- Vicodin
- heroin

caffeine

tobacco

Endorphins promote psychological and physical pain relief, promotes pleasure, loving feelings and numbness when needed. Endorphins are the body's natural pain relievers and mood elevators. Endorphins also reduce stress and depression while also supporting the immune system. Endorphins help regulate inflammation, improve cognitive function, like memory and focus. Also boosts self-esteem. If your brains endorphin production is weak, it can easily come to rely on external stimulation, because without it there may not be enough endorphins being activated naturally to keep you comfortable.

I strongly recommend amino acids DLPA or DPA (phenylalanine) to raise Endorphin levels, manage and maintain.

I also recommend amino acid NAC regularly. NAC improves mental conditions and moods. NAC improves OCD, schizophrenia, bipolar disorder by regulating glutamate levels in the brain. It is a powerful antioxidant and anti-inflammatory.

*Common Neurotransmitter Deficiency Symptoms of Low GABA:

stiff, tense or painful muscles

stressed, burnout

unable to relax, loosen up, get to sleep

often feel overwhelmed

crave substances for stress relief

*Common Substances Used For Low GABA:

marijuana

alcohol

Xanax

Ativan

tobacco

sweet and starchy foods

GABA promotes calmness, relaxation and stress tolerance. I recommend GABA supplements if GABA is low to rebalance, manage and maintain.

*Common Neurotransmitter Deficiency Symptoms of Low Catecholamines:

- apathetic depression
- lack of energy
- lack of drive and motivation
- lack of focus and concentration
- ADD / ADHD
- crave substances for energy and focus

*Common Substances Used For Low Catecholamines:

- caffeine
- cocaine
- meth
- tobacco
- Wellbutrin
- Ritalin
- Adderall
- marijuana
- coffee
- sweet treats and processed snacks

Catecholamines promote alertness, energy, mental focus, drive and enthusiasm.

If catecholamine levels are low, I recommend L-tyrosine and L-phenylalanine.

Are you addicted to sweets, starches and fats?

*Food Craving Questionnaires and Common Symptoms Checklists (8 part questionnaire):

1) Is depleted brain chemistry the source of your cravings?-

sensitivity to emotional or physical pain; cry easily

eat as a reward, or for pleasure, comfort or numbness

worry, anxiety, phobia or panic

difficulty getting to sleep or staying asleep

difficulty with focus and attention, attention deficit

low energy drive and arousal

obsessive thinking and behavior

inability to relax after tension and stressful situations

depression, negativity

low self esteem, lack of confidence

more moody and emotional eating problems in the winter, and or evenings and at nighttime

irritability, anger

use alcohol or drugs to improve mood

For depleted brain chemistry, I recommend, 5-HTP, Tyrosine, GABA, DLPA.

2) Are you craving because of low-calorie dieting?

increased cravings for and focus on food after dieting

regain weight after dieting, more than was lost

- increased moodiness, irritability, anxiety or depression
- less energy and endurance
- usually eat less than 2000 calories a day
- skip meals, especially breakfast
- eat mostly low fat carbohydrates (bagels, bread, pasta, frozen yogurt, and others)
- constantly thinking about your weight
- use aspartame and artificial sweeteners
- take Prozac or other serotonin boosting drugs
- have decreased self esteem
- have become vegetarian
- have become bulimic, anorectic or an over exercise

Diet malnutrition speeds up cravings, over eating, and unneeded weight gain. Do not starve yourself! Eat enough and use portion control.

3) Are your cravings due to stress or blood sugar instability?

- crave a lift from sweets or alcohol, but later experience a drop in energy and mood after ingesting them
- dizzy, weak, or headachy, especially if meals are delayed
- family history of diabetes, hypoglycemia, or alcoholism
- nervousness, jittery, irritable on and off throughout the day, calmer after meals
- crying spells and mood swings
- mental confusion, decreased memory
- heart palpitations, rapid pulse
- night sweats (not menopausal)
- sore on legs that take a long time to heal
- frequent thirst

If blood sugar swings cause your carb cravings, I recommend trying the following nutrients,: L-glutamine, Chromium, and reduce carbs and emphasize on protein, fruits, vegetables, healthy fats along with proper hydration.

4) Do you have unrecognized low thyroid function?

low energy

easily chilled (especially hands and feet)

other family members have thyroid function problems

can gain weight without overeating, hard to lose excess weight

have to force yourself to do moderate exercise

find it hard to get going in the morning

high cholesterol

low blood pressure

chronic headaches

use food, caffeine, tobacco, and or other stimulants to get going

Test, treat and manage thyroids at Tande Health.

5) Are you addicted to foods you are actually allergic or sensitive too?

crave milk, ice cream, yogurt, cheese, or doughy foods (pastas, bread, cakes, cookies and others) and eat them frequently

experience bloating after meals

gas, frequent belching

digestive discomfort of any kind

chronic constipation and or diarrhea

respiratory problems like asthma, postnasal drip, congestion, sinus infections

- low energy or drowsiness, especially after meals
- allergic to milk products or other common foods
- under eat or often prefer beverages over solid food
- avoid food or throw up food because of bloating and gas after eating makes you feel fat and tired
- cant gain weight
- hyperactivity or manic depression
- severe headaches, migraines
- food allergies and sensitivities in other family members

If you are addicted to grain or dairy products, there is a simple home test for suspect food allergies and sensitivities. Then eliminate any foods that fail the test and manage your food cravings and allergy/ sensitivity symptoms in the past.

6) Are your hormones unbalanced?

For Females:

- pre-menstrual mood swings
- premenstrual or menopausal food cravings
- Irregular periods
- Experienced a miscarriage or miscarriages, an abortion or infertility
- used birth control pills or other hormone medication
- uncomfortable periods- cramps, lethargy , heavy bleeding or sore breasts
- peri or post -menopausal discomfort (hot flashes, sweats, insomnia, or mental dullness)
- skin eruptions and acne with period

For Males:

- low energy
- reduces libido
- erectile dysfunction
- trouble focusing and concentrating,
- weight gain

- muscle loss
- sleep issues and insomnia
- hair loss
- skin changes

Sex hormone imbalances can set up intense food cravings. Eat good-mood foods and take essential vitamins and minerals and recommended supplements and amino acids.

7) Do you have bacteria or yeast overgrowth, parasites triggered by antibiotics, travel or pets?

- often bloated, abdominal distention
- foggy headed and confused
- depression
- yeast infections, itching in groin, genitals and rectal area
- used antibiotic extensively in the past or recently (at any time in life)
- use of cortisone or birth control pills for more than 6 months
- have chronic fungus on nails or skin, or athletes foot
- reoccurring sinus infections as a child and an adult
- achy muscles and joints
- chronic fatigue
- rashes, itching of skin
- gas and burping
- stool unusual in color, shape and consistency

If you have a yeast, fungal or parasitic overgrowth, you will need to cleanse and kill them. I strongly recommend following The Tande Health anti parasitic and anti fungal protocols.

8) Are you fatty acid deficient?

__crave chips, cheese, and other rich foods, more in addition than sugary, sweets and starches

__have ancestry that includes Irish, Scottish, Welsh, Scandinavian, or Coastal Native American

__alcoholism or depression in the family history

__feel heavy, uncomfortable or clogged up after eating fatty foods

__history of hepatitis or other liver disease or gallbladder problem

__light colored stool

__hard or foul -smelling stool

__pain on right side under your rib cage

__have you lost your gallbladder or have had gallstones (kidney stones)

If your basic fish oil supplement dose and the good mood fats you will be eating don't stop your cravings for starchy foods or other symptoms, try taking extra fish oil.

If you crave fats because your liver or gallbladder is not processing them correctly, try taking the fat digesting enzyme lipase with meals along with the herb milk thistle for your liver. If you have no gallbladder, the lecithin in egg yolks should be eaten daily to help you break down fats. Other digestive enzymes can also be taken along with a shot of apple cider vinegar 20 min before a high fat, high carb meal to aid in digestion.

For Gastrointestinal health and to ease gastrointestinal discomforts I strongly recommend adding Glutamine supplements to heal and strengthen the gut lining, ease inflammation and reduce gut permeability (leaky gut), while also reducing gas, bloating and digestive discomfort.

I recommend taking probiotics (cell core CTbiotic) regularly and add an electrolyte powder that has potassium to mix with water.

I also recommend taking a hydrochloric acid (HCl) and vitamin B complex to support gastrointestinal health. L-tryptophan can also help with managing nausea.

Disclaimer: This information is for educational purposes only and does not constitute medical advice.