Thermo-Tech Inc.

Holistic Approach to Healing Depression

A. Deficiency Symptoms	B. Addictive Substances	C. Natural Solution: Amino Acids	D. Neurotransmitter or Brain Fuel/Promotes
☐ cravings for sugar, starch, or alcohol ☐ reduced mental stability	☐ sweets ☐ starches	L-glutamine	**Emergency** **Fuel Source** **For entire brain** Stable, calm, alert Brain function
☐ depression ☐ lack of energy ☐ lack of drive ☐ lack of focus, concentration ☐ attention deficit disorder	☐ sweets ☐ starch ☐ chocolate ☐ aspartame ☐ alcohol ☐ marijuana ☐ caffeine ☐ cocaine ☐ speed ☐ tobacco ☐	L-tyrosine L-phenylalanine	**Dopamine/Nor epinephrine** Arousal Energy Mental focus drive
☐ stiff and tense muscles ☐ lack of energy ☐ lack of drive ☐ lack of focus, concentration ☐ attention deficit disorder	☐ sweets ☐ starch ☐ tobacco ☐ marijuana ☐ Valium ☐ alcohol	GABA (with relaxing aminos, taurine and glycine, if needed)	**GABA** Calmness Relaxation
☐ very sensitive to emotional pain or physical pain ☐ cry easily ☐ crave comfort,reward,numbing treats ☐ "love" certain foods or drugs	☐ sweets ☐ starch ☐ chocolate ☐ tobacco ☐ heroin ☐ marijuana ☐ alcohol	DL-phenylalanine D-phenylalanine	**Endorphin** Psychological and physical pain-relief Pleasure Reward Loving feelings Numbness
☐ negativity ☐ worry, anxiety ☐ low-self esteem ☐ obsessive thoughts/behaviors ☐ winter blues ☐ PMS ☐ irritability, rage ☐ heat intolerance ☐ panic, phobias ☐ afternoon or evening cravings ☐ fibromyalgia, TMJ ☐ night-owl, hard to get to sleep ☐ insomnia, disturbed sleep ☐ suicidal thoughts	☐ sweets ☐ starch ☐ tobacco ☐ chocolate ☐ ecstasy ☐ marijuana	L-tryptophan 5-HTP Melatonin for sleep at bedtime	**Serotonin** Emotional stability self-confidence **Melatonin** Good sleep (made from serotonin)

Acknowledgement for inspiration on drafting this chart goes to : "The Mood Cure" by Julia Ross

Thermo-Tech Inc. P.O. Box 891 Knights Ferry, CA 95361-2091 (209) 881-3044
www.HealthyBreasts.info drnancygardner@yahoo.com
All rights reserved internationally © Nancy Gardner-Heaven 8/12/2007