Amino Acid Therapy for Brain Health Transcript

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Introduction to Amino Acids and Brain Health

Everything in your body depends on amino acids from your hair, skin, nails, your organs, your enzymes, your hormones. Everything really depends on amino acids.

So they're the building blocks of like everything. If you are struggling with anxiety and depression, you have neurotransmitter issues going on. There's a depletion going on there.

Maybe it's not even a neurotransmitter issue. But nonetheless, there's amino acid deficiencies going on. If you're not digesting your food, you've got toxins, you're stressed.

There's specific amino acids that can target those things to lift that mood, to cut your cravings, help with the ADD, ADHD, whatever it might be. If you're overwhelmed with chronic health symptoms and still don't have answers, you're not alone.

I'm Dr. Javan, and on redefining wellness with Dr. Javan, we'll be exploring root causes like Lyme disease, mold, and parasites. And I'll guide you with simple and practical steps towards real healing.

Hello, I'm Dr. Javen and I'm here for another episode with you for the redefining wellness podcast with Laurie Hammer. And I'm excited about this. The topic that I really love is the brain.

I talk about neuroscience and the nervous system all of the time. And she today is going to be talking about amino acid therapy for brain health. And she's an expert in this topic.

This is her thing. So if you've got brain symptoms in your family, now this could be anything from degeneration, to brain fog and fatigue, or even mental health conditions.

And we're going to tie this all together for you from my expertise and from hers. So Lori, thank you for joining us today. Awesome. Thank you so much for having me, Dr.

Jabin. So what brought you into brain health? Why do you care? Why do I care? Well, because I struggled with my own brain health. So I had anxiety, depression, I had an eating disorder for 12 years when I was younger and not conventional medicine, conventional ways just weren't helping me in any way, shape or form.

And it wasn't until I found back in 1996, it wasn't even called functional nutrition, but it wasn't until I found Um, amino acid therapy, realizing that my brain was severely depleted.

I had celiac disease and, you know, so much, so many more things. And once I addressed those issues, then I could overcome the anxiety, the depression, the eating disorder.

Lori's Personal Health Journey

So, I mean, anxiety and depression are massive problems out there. And you're talking about amino acid therapy, which honestly to most people is probably like, excuse me, what?

And we're going to dive into that. Yeah. What led there? What took you to the point where this was even a problem? The eating disorder and stuff? Well, I think it just had a lot to do with my diet, to be honest with you.

I mean, I grew up on you know, small town Iowa, so we had some farm-presh food, right? You know, we raised pigs and chickens and those kind of things, but we also ate pot pies, Twinkies, and Cocoa Puffs every single day too.

So, you know, I think it was just a product of that. And then, you know, getting into my early teens and those kinds of things, a lot of hormone issues, so then they throw you on birth control, and then you have acne issues, and then they throw you on Accutane.

And so, you know, just didn't have the best setup. So that led to all those things that I was dealing with. So small town Iowa, I mean, not that everybody listening small town Iowa, but they probably have ran into the food you mentioned.

Yes. And I mean, the junk food is incredible out there. I mean, people are eating more calories than ever before. So when, when I think about this with clients that I'm talking to, with patients that I'm working with, it's like, I'm overweight.

It can't be nutrient deficient, right doc? Like, well, actually sometimes being overweight is caused by being nutrient depleted because your body's like, I'm starving.

Give me more food. But what it's really saying is I'm starving. Give me more nutrients that I'm missing. Unfortunately, the food we just eat today is so dense with junk with sugar and filler that your body's like, well, you put a lot in me, but it's not doing anything besides allowing for me to get fat.

Right. So, so many people run into that. And I mean, you mentioned depression and anxiety and eating disorders. And I guess where I want to go is how does amino acid, which is a part of a protein, connect with that?

Well, everything in your body depends on amino acids, right? So from your hair, skin, nails, your organs, your enzymes, your hormones, everything really depends on amino acids.

So they're the building blocks of like everything. So if you are struggling with anxiety and depression, you have neurotransmitter issues going on. There's a depletion going on there or there's a nutrient depletion.

Maybe it's not even a neurotransmitter issue. But nonetheless, there's amino acid deficiencies going on. If you're not digesting your food, you've got toxins, you're stressed, whatever those might be.

How Amino Acids Support Neurotransmitters

And so taking those specific amino acids that I use in therapy to target those specific brain areas, whether it's serotonin, GABA, your catecholamines, your endorphins, there's specific amino acids that can target those things to lift that mood, to cut your cravings, help with the ADD, ADHD, whatever it might be.

So you're saying that we're missing amino acids in maybe our diet that's not allowing for us to make those neurotransmitters, or is it that bacteria is in our digestive tract and it's disrupting, say, clostridia, disrupting the ability to break down dopamine and make norepinephrine.

What's happening that doesn't allow me as a normal person to do this on my own? Right. Well, I think it's both. I think it's deficiencies and I think it's the microbiome.

I think there's a lot of factors in play. If you're not digesting well, if your microbiome is a wreck, then that needs to be fixed. So you can't make the proper neurotransmitters.

You can't make enough serotonin, dopamine, or you're making the wrong amounts of them. So there's a lot of different factors that come into play there for sure.

And how are you finding out that somebody needs this type of therapy? How do you know they're amino acid deficient? So honestly, I just used a symptom form.

So I have an assessment form that I use. It's divided into those five categories, serotonin, GABA, your endorphins, your catecholamines, and then glucose regulation, because those five areas can be targeted with very specific

amino acids, which affect your mood regulation.

And so I just target that. I don't find that blood work, urine, all of those don't give you the data that you really want to support people's neurotransmitter function.

You know, I've read different studies on neurotransmitters and I run different labs and not specifically targeting neurotransmitters. That's not necessarily like my focus when I'm starting with someone, but there are neurotransmitter panels out there and I've never felt super comfortable with the results.

I've run an organic acid test, which doesn't do all the neurotransmitters. It gives us some dopamine, some serotonin that we're getting some idea of where things are.

But. What you're doing is when you go through, because I'm just reading through some of your information over here, when you go through a detox and a diet and you're not feeling well and there's still issues, you're still feeling anxious and fatigued, are there people out there that genetics or something else is leaving them without the ability to process food to turn it into these neurotransmitters?

Well, I mean, that could be a possibility, but I guess I don't see that very often. So when I'm doing the neurotransmitter or the amino acids with people, I mean, 90% of the time people respond to at least one amino acid, if not more.

So I don't really think it's a huge genetic issue. Some people might have deeper issues and their nervous system is in such disray that they don't respond to the amino acids, but I just really don't think a lot of it depends on genetics.

So it's not a genetic reason for people to be neurotransmitter deficient. Yeah. Obviously, dietarily speaking, so that needs to be solved. Yes. And then you said, you know, gut microbiome is another reason for people to not have the issue.

So is then amino acid therapy an in-between, like in-between while you're getting well, or is it, for some people, it's a long-term solution? Well, some people it's a long-term solution, but I can use it.

I always say it's my first line of defense. So if we can calm the brain, if we can calm the neurology, then everything below the neck gets easier to deal with.

Testing for Deficiencies and Treatment Approach

So if you can get somebody out of fight or flight, you can get them out of depression and anxiety. How much more compliant are they going to be in changing their diet or, you know, doing the lifestyle changes?

I mean, people just get overwhelmed because there's so many things that we quote unquote need to be doing to stay healthy. And if they're already anxious, it's just, it's kind of self-defeating.

So it can be a great start point. And something that just becomes interesting to me. And I always think about like, okay, what do people want to know?

And then I go test things on social media. I'm like, here's a post. Like, do people want to know this? Do they want to know that? So the first thing that comes to mind for me is, How do I know if I have a X deficiency?

Cause you talked about neurotransmitters, neurotransmitters, by the way, if you're, you're listening right now, they're little particles or molecules that your body makes or your microbiome can help you to make them.

And without them regulated in your brain, you're going to have, you name the mental health issue. So they call dopamine is like that addiction type neurotransmitter.

So if you have a lot of dopamine when you're scrolling, you might get addicted to it. If you don't have enough

serotonin, you might be depressed. So you're probably better at this than I am.

What are some signs of low serotonin or high serotonin? So people listening right now can be like, that's me. I need to keep listening. Yeah. So anxiety, depression, OCD, PMS, perfectionism.

You have kind of odd phobias that you kind of take to the next degree. Issues falling asleep, staying asleep, hyperactivity of the brain. So you're kind of jumping around like a rabbit all the time.

A lot of people say that's ADD or ADHD, but really it's a lot of it is serotonin deficiency as well. So all of those things were associated to serotonin deficiency.

Yeah. And I mean, ADD, what is ADD? It's neurotransmitter balances or information in the brain, right? So, you know, what most of the time I hear is these Western medicine diagnoses, which are fine, right?

That tells you the average population, because we've all been trained on the letters and that's multiple sclerosis, NRAs, rheumatoid arthritis, and ADHD means you can't sit still or focus.

A lot of average individuals know these abbreviations because they've ran into them in their families, but digging deeper, You could say, okay, well ADD to you because you're an experienced practitioner is a sign of go check for serotonin deficiency, which may not be through a lab.

It may be through bringing in some sort of amino acid therapy, right? Correct. So then what would be like a higher serotonin side effect? Because I know serotonin when it's really elevated can even bring headaches, right?

I've seen people just feel like they're losing their mind, really. They're like kind of manic or they're just in overdrive all the time. They kind of, honestly, Javen, they look similar when you see people with either low or high serotonin.

It's just a dysregulation is what's going on there. So you need to bring in the nutrients that helps your body regulate that particular pathway. Got it.

Well, let's switch over. Maybe, maybe I'm going on the wrong path, but this is like interesting to me. And I'm trying to educate myself because I've done the deep dive in this before where I went and just really studied what we think and science that, you know, up to the time you're studying it, what we think is highly associated with this neurotransmitter or that one.

And I definitely overlap, but I'm like dopamine. How would a person start thinking maybe dopamine is the neurotransmitter I need to work on? Yeah, so like apathetic depression.

You just don't give a fly and flip about anything. You know, you're low motivation. Then you're going to get your letters again, ADD, ADHD, low mental energy, low physical energy.

You have a low thyroid. Those are some things that would indicate some dopamine issues. And that really falls into the catecholamine category as well.

So you've got other things going on there. I think we've focused too much on the dopamine because there's always something else going on too. Oh, you mean because of this?

Serotonin, Dopamine, and GABA Symptoms

The dopamine addiction that we're all getting into these days or the dopamine addiction of whatever else. I mean, shoot, I was probably dopamine addicted to working out for a long time, which is at least a better addiction.

I kind of miss it now. Haven't gotten to do it as much as I had a little kid. Now I'm addicted to him. I mean, he's my… Well, that's a good addiction.

That's a good addiction. That's just like good oxytocin and endorphins, all sorts of good stuff. I mean, he's my little dude. I can't wait for, uh, when I get off work some days, cause he's like dad from, from, from, cause he's still too, so he doesn't have full language.

Dad, that from, from that means four wheeler. And I'm talking like the power wheel four wheeler for all the people freaking out. Like he's not riding some like gas one without me, at least driving it.

Not yet. Not yet, but he's ready. He's ready. And, and his dad over here, I'm like, okay, Dr. Dad says no new four wheeler. Dad, dad. Oh man, I really want to go get him the gas powered four wheeler because I can just put more gas in it.

Right now he's just killing the battery on the 24 volt I got him. And you know, I probably shouldn't say this online, but I'm going to say it anyway. I hooked up the Dewalt battery to the 12 volt and I gave him like two extra mile per hour.

And he was stoked. I bet he was. It was like the best day of his life. And I'm riding next to him. So like, I mean, you can walk as fast as he's going.

So it's not like it's that dangerous, but He was stoked. And then he burnt the thing out because it burns out when it goes too fast or too long. And yeah, yeah, yeah.

I was like, well, can I buy bigger motors for the wheels? I'm like, I'm dad, right? I'm like, we're trying to figure out how to make him happy. But then I calmed myself down.

I'm like, give it a couple more years, dad. Like, don't kill your son with too fast a four wheeler. See, like I said, I'm good to do his happiness. He's having a great time.

Yeah. So, all right, we've done serotonin, we've done dopamine. What about like GABA? Because GABA, I use GABA as a thing that I can give clients to start to calm them down, but what's a sign that they may need GABA?

Yeah, so you feel like your shoulders are up to your ears. You're overwhelmed, tense. You can't let go. You can't relax. You just have a hard time unwinding.

You can't take a deep breath and just let it out. You respond very inappropriately to stress. You're like, why did I respond that way? It's because your GABA is probably low, probably combined with some serotonin.

So GABA helps us to respond to stressful situations appropriately, according to the stress, not according to how you feel crazy in your brain. So when you're totally stuck in fight or flight, you may have a GABA deficiency.

You may, yes. Okay. I have a lot of people that I work with that that would be useful information for them. We do some GABA things. We definitely do some calm strips from like Aegis formulas where they put the strip on their tongue and it calms things down.

Cause you're just trying to bring them down. Their body stops over responding. I always tell people like, if you don't feel like yourself, there's something stressing your body that we need to figure out.

Yeah. And I know I've talked about serotonin, dopamine and GABA and that's the ones that like the internet knows. Yeah. What other ones do you see that are probably something we should talk about?

Well, I mean, endorphins is a huge thing. And that's when you do have chronic pain. That could be a huge endorphin thing. You're seeking comfort, pleasure, numbing, reward, whether it's exercise, whether it's porn, whether it's scrolling, whether there's so many different things.

Are you drinking wine every night to unwind? Could be an endorphin, could be a GABA issue. So those are some huge ones. Are you cry-easy? You're emotionally sensitive?

Do you stub your toe and you can feel it from your toe to your head? Like it's just intense. So you have an intense physical pain reaction, probably an endorphin issue.

So it's not just estrogen if I'm crying a lot. No. You know, I love to cut into all the things that I scroll because I grow my Instagram. I'm trying to educate people.

I'm trying to help people to learn health, but I'm also trying to figure out how to do that in a way where I can say it and it's not this big, long science boring thing that no one wants to look at.

So you scroll and it's just like crying too much estrogen. Okay. Oh, serotonin. It's made so simple and there's so much more to it, so much more nuance.

So much more, yeah. Well, just even food cravings can be a targeted neurotransmitter. So if you crave in the afternoon, evening, probably serotonin. If you crave for stress relief, probably GABA.

If you crave for comfort, probably endorphins. If you crave for focus, that's going to be your dopamine, your catecholamine category. Maybe I need to talk to you.

I'm always hungry. It could be something to do with the fact that in college, they told me to gain a hundred pounds to throw shot put farther. And I did.

Good job. Successfully. Don't ever do that in your life. Anyone. Don't let your kids do that. The gain it's final weight to do a thing. It's like cutting weight and wrestling all the time to, you know.

Oh yeah. I did that too. So here we are in adult life where I'm like, man, my diet or my, not my diet. I control my diet, but my cravings are a mess. I'm just like hungry because I'm hungry all the time.

Endorphins, Cravings, and Glutamine Support

Yeah. I mean, glutamine is a great amino acid to help with just being hungry all the time. Just take glutamine all day. Got it. Yeah. For those of you, if you have cancer, which is not my practice, too much glutamine is bad.

Yes. Yeah. I just got to do it with that. Yeah. I just got a grand rounds with all the docs on my team and we had a multiple myeloma person that had come in and we don't focus on cancer at all.

They recovered their post, their remission. But my team was asking me like, can we give them stuff for their digestive tract to help support gut healing?

And I was like, well, you can't, but you want to get it signed off on by their oncologist or at least the person being educated at high doses of amino acids.

can be a problem when it comes to cancer. Now, not like what we're talking about, which is completely different, because it's not mass dosing. When you're doing gut support, you're taking like five grams a day.

Which is a big deal, yeah. Which we're talking about a whole lot less. But glutamine is one of those main amino acids that you can use to heal your gut lining.

Is that one of the things you're using it for? Are you also using it for it to be converted into glutamate or Gabba? Yeah, I mean it really for the GABA piece and it just is grounding to the body.

So people, I hear that a lot. People take glutamine and they're like, oh, I feel more focused. I feel more grounded. Yeah, they just, they just like it.

So yeah, I use it all the time with people. So before we get into all the things everybody wants to know, cause they're just like, okay, you've, you've given me the symptoms and the why a bit and they're like, so what do I do?

We're talking about brain and one of the big topics and I just got sent some of the stuff is creatine. No, when I said just got sent to, it's not like it's new to me.

I had to hold my mom to take it when I was 13 years old, before it was cool to take supplements. And when they used to think creatine had all these negative side effects and impacts, and there were some deaths related to wrestlers who dehydrated themselves while taking creatine, had nothing to do with creatine.

Right, right, right, right. But I'm old and that was 25 years ago. And that's more than that, my goodness. Well, let's not talk about that. Yeah. Yeah, I'm 39. So by the time summer comes, I'm 40. And then it's just like life's over.

No, I'm kidding. Well, wait until you hit 50. Let me tell you. I love 30s right now. I've loved the 30s. I'm more excited about the 40s because my little dude will be growing up.

Fatherhood, I think, is the coolest thing that I've ever done in my entire life. And not to brag, but I've gotten through some school and I've had some athletic accolades.

And being a dad is so much better than all of it. Yup. That's good. There's nothing better than being a parent. I love every minute. What do you think about creatine for brain and while we're talking about kids, how about with kids?

That's a great question. I haven't even really thought about it for kids, to be honest with you. Maybe I have a few teenagers that take it and it does help with focus.

I just haven't, I haven't used it a ton because I haven't needed to, but I guess I don't have a problem with it. It's, I don't think it's harmful. I don't think it's.

Yeah, I think it's good for the brain. And you're using it with adults and what are they seeing? What's the purpose for adults? I have a lot of like post-menopausal women that are on it because it's kind of like my demographic perimenopausal, post-menopausal.

For muscle building, just feeling more grounded with it. So, yeah. And I've got to do the thing. I got to do the thing. When you say muscle building, you're talking about you're going to get them some like big guns, right?

No, they just want to feel good about, you know, how their arms look and they want to feel strong. It's not even a lot of it isn't even about aesthetics.

It's just they want to feel stronger. But I would say creatine isn't going to fix all of that for you. We actually have to work on the systems that are dysregulated at the moment for you to build muscle.

You can take all the creatine you want and still not feel strong. Yeah, I only joke about it because, you know, for years it's like, oh, you go to the gym and you're going to get big and muscular.

You take creatine, you're going to get even bigger muscles. And I'm like, no, that's more genetics and testosterone and other things. I've taken creatine on and off since I was 13 years old.

And yes, I've gotten very muscular, but if I'm not working out hard, I'm not going to stay muscular.

Creatine for Brain Energy and Muscle Support

And no matter the amount of creatine that I'm taking, But it's so good at, cause creatine is part of your energy cycle. I wrote papers on this back in like, high school I wrote a paper on creatine in college I wrote a paper on creatine and just how incredible it is at increasing cellular energy because it's your first pull from for energy so helps refuel the brain and everything else but as we're talking about refueling the brain neurotransmitters because almost everybody I work with these days has some version of depression anxiety irritability going on I mean if we're talking about your demographic postmenopausal women unfortunately here in the United States If you don't have one of those things and you're a 40 or 50 year old woman, it's almost unusual, sadly.

I don't think that's the way it's supposed to be. So how are you using amino acids with these women and men, by the way? So me too. How are you using it with women and men that you're working with?

Yeah, so we just trial the amino acids. So I send them a kit of amino acids in the mail and we just determine which ones are going to help with all the things you've been talking about, all the things that I talked about as far as mood regulation.

Because most of them come to me on a med, right? They're on an SSRI, they're on a mood regulator, an SNRI, whatever it might be. And so they don't want to be on it.

They don't like the way they feel. They don't like side effects. It's not working. They feel numb. So that's what we're using it for, just to balance the body so they can, one, get off their medications and then their hormones start working better.

And then you can deal with the hormones at a different level as well. serotonin, estrogen are connected, GABA and progesterone to a certain degree, but I don't think we really understand how they interplay because I've heard a lot of people say, well, if you're low in progesterone, then your GABA is going to automatically be low.

If you're high in estrogen, you have too much serotonin, and I just don't see that that always correlates. Okay. You're sending them a kit. Is this a kit from a company that you've put together of just like a few doses of…

I make up my own kits. I make up my own kits. I send them nine different amino acids and then we trial them where we actually open up the capsules, put the powder under your tongues.

We do sub sublingual testing and we kind of stare at each other for a couple of minutes and see if your body responds. Do you feel anything different cognitively, emotionally or physically?

And if it's a yes, that's fantastic. And if it's a no, we move on. I don't know anybody else doing it like that. That's really interesting. So sublingual neurotransmitter support.

I mean, I'm doing GABA that way, but I don't send it to them and trial it with them that way. I'm like, here's something to match this. Try this out. Yes.

Similar thing, but not like all the different ones at the same time. That's a really interesting way to get going and genius. So awesome. When you're sending this kid out, are you considering, for instance, if they are on an SSRI, because you talked about people wanting to come off of that, are you avoiding the things that are going to modify serotonin or are we just doing it in a small, small amount and talking, working with their doctors?

Yeah. So we initially start, so if they're on like one SSRI, we make sure that we're taking tryptophan or 5-HTP about six hours away from that SSRI. So that's a safe range to be able to use the amino acids.

And then, you know, they're working with their doc to decrease their med, and then we can tweak the dosing and timing of that as they're tapering off.

Very good. Smart. Okay. So, you know, we've talked a lot about the amino acid, the brain piece. I'm curious though, because you've talked about this being, yes, it can be long-term and it can be a long-term benefit and solution, but when we're talking about this, what is the root cause reason why they need this?

Using Amino Acid Kits in Practice

Are you also then, once you've gone through this kit, you've stabilized what you can stabilize, the body's starting to calm down. At that point, are you getting deeper into some of the other pieces, the detox, the diet?

Yeah, definitely the diet, lifestyle regulation, different types of biohacking therapies, whatever they might need, but healing the hormones, doing some testing.

And then ultimately we want to do detoxing the body so that your brain can actually drain and get you sleeping well. All right, good. And are you seeing people that are stuck?

So stuck in fight or flight, really can't detox, that maybe they've been diagnosed, SIRS, MCAS, what are all the other fun letters? Multiples, chemical sensitivity, chronic fatigue.

Viral issues, Lyme, chronic fatigue. Yeah. All of those. So these individuals that are coming in with, with, with letter soup. And if you're hearing me say letter soup, I'm not trying to make fun of you.

I'm just saying like, unfortunately people are tied with letter soup and they're not given solutions. No, exactly. So are you seeing these people come in and doing your trial?

One, are they tolerating your trial and very rarely have any sort of negative side effect? That is true. So the amino acid trialing is super easy. Rarely have a negative side effect.

The most negative side effect you're going to get is maybe you get a little, a headache or you feel woozy. Maybe you feel nauseous and that's not usually a side effect.

It's because your digestion is so messed up that having the powder under your tongue and then swallowing it is just too much for your system. So you're trialing this and then you're, once you pick the right one, I assume you're sitting like full dose size.

Yeah. Okay. And are you seeing people with these really significant, like are you, do you work with anybody with mast cell or SIRS or anything like that?

I do. I do all the time. And are you seeing just simply regulating the amino acids starting to bring down that high reactivity? Yeah, it just, within a few weeks, they just start feeling better with, if not sometimes days, because it just calms the nervous system.

If your nervous system is calmer, everything else is calmer. I love this. Just another tool, just another tool. It is another tool and it's easy. It's easy.

So the brilliance of sending it in small amounts sublingually is awesome. You got to have this kit, maybe you already did, have this kit made by some company where you can just like send them out to everybody.

Cause that would be a huge tool and just have some sort of instruction manual of do this, we'll wait this length of time. How do you feel? Start this.

I think that would be brilliant for like mass scale, even for other doctors like me to be able to say. Yeah, we're, we're working on that right now. Ah, very good.

Yeah. All right. So as we close out this, this podcast here, what I want to know is this, if you were to redefine how practitioners and patients interact.

If you could put a different lens on brain health, emotional balance, amino acid health, if you could do something different and you could just snap your fingers and it'd be a shift, what would you do?

Oh gosh, that is a great question. I would just try to streamline things more, just that patient.

Root Causes, Detox, and Closing Thoughts

relationship, it gets so complicated and it doesn't have to be that complicated. So let's just start with the easiest things first. And I love the fact that you brought up, you know, just sending out instructions.

Here's a kit. Follow the instructions. Do you have a change? If you do, that's fantastic. If you need more help, let

me know. Like, I think there's so many things out there.

People are depending on their practitioner way too much when there's just really basic stuff that they could be doing and improving their health. I love it.

Well, Lori, before we jump off here, because people are all going to want to get your kit now. Yes. How do they find you? I go to lorihammer.com and you can send me a message or you can follow me on social medias.

Everything is Take Back My Brain. Beautiful. Thank you for your time today. Brilliant idea with the kit. Love the amino acids neurotransmitter work because it's a quick effect.

It is a quick effect. Thank you so much for having me. Thank you for tuning into redefining wellness with Dr. Javin. If this episode spoke to you, please follow and share this podcast with someone who is ready to take control of their chronic health symptoms.

Also, please consider leaving a review. It helps more people find the show. See you here again.