Could Amino Acids Be the Missing Piece in Your Brain Health? Transcript

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Introduction and guest background

So if we're looking at the physical piece, I think people are deficient. And why are people deficien in amino acids and nutrients in general? Well, it has to do with our food system, has do do it with electronics, you know, just our lifestyle in our country makes people depleted.

So that's a huge factor. Maybe you're born with it. so maybe mom was anxious. maybe there was some things that happened in the womb. You just didn't have really good neurotransmitter production.

to start life with. Maybe we think about zinc or magnesium, but amino acids, most people don't think that, and that's the building blocks to everything.

Welcome to This Might Change Your Life. I'm Kim Ressler. This is where small insights spark big shifts and real change. No noise, no hype, just honest conversations about what actually moves the needle in your health, your mindset and in life.

Now let's dive in. Hey everyone, welcome. I'm Kim Ressler, host of This Might Change Your Life, where small insights spark big shifts and real change.

Today I am speaking with Lori Hammer from Iowa. Lori is a functional nutritional therapist helping clients worldwide manage depression, anxiety, eating disorders and neurological conditions through holistic approaches and methods.

Lori, welcome today. How are you? Thank you, Kim, for having me. I'm very good and very excited to be here. Awesome. So I want to talk a little bit more about Lori.

Being a mom and business owner isn't easy. She's juggled responsibilities, sleepless nights, and constant demands. And all of this can feel overwhelming.

We all understand and can relate to that, right? We do. You know, I actually know the struggle firsthand myself. But before motherhood, Lori battled with an eating disorder, anxiety, depression.

All of these things were drastically impacting and affecting her own health, her relationships and her overall well-being. She discovered that amino acid therapies changed everything for her.

And I can't wait for us to dive in to talk about this. But it helped her reclaim her life. She's truly made it her mission and passion to be able to educate and support people on this journey.

So she does have a degree in psychology and a certification in nutritional therapy. She's created the calm mom method. I can't wait to hear more about that.

It's a proven approach to help moms manage anxiety, restore energy and live without purpose. So Lori, welcome again.

Lori's recovery story and amino acid therapy

Um, so excited for you to be here. In today's age, there's so much noise and there is so many going on and I'm delighted to have you. Well, I'm delighted to be here and I can't wait for this conversation.

Yeah. So I'd love to hear about what led you here. Let's hear your story. Yes. It started a long time ago because I am 52. I started eating disorder when I was in junior high, so it was like 13 years old.

And it kind of went all the way into my early 20s until I wasn't doing very well in nursing school because of eating disorder and the depression and anxiety.

And I had this beautiful professor and she tried to get me into some eating-disorder programs. I wasn't sick enough, I was suicidal enough. My weight wasn' t low enough I didn't fit those parameters.

So there really wasn t a place for me to well I did the counseling, the groups, this, that. You know, you did all the things. She randomly got an article from GNC Magazine that her husband signed up for I don't know how many years before.

Anyway, it was an article about eating disorders and other addictions and amino acid therapy. And so I called out, this is an outpatient clinic in California, and I said, hey, what's going on with me?

And they're like, yeah, we can help you. Come on out. So I went out to Mill Valley, California and out patient clinic and they indeed I found out that I had celiac.

So everything that was binging and purging on was gluten and dairy, gluten, and diary, so it was in this perpetual cycle. Once I could cut that out and then they did amino acid therapy and that is what lifted the depression, lifted, the anxiety, took away those suicidal thoughts.

It just gave me my life back and it literally saved my and I haven't looked back since. Oh, I love that. I just got chills. You've taken the struggle, the pain, heartache, years of all of that, and you've turned it into your passion to educate other people how using holistic approaches can really impact them.

That's beautiful. Alright, do you have to refer to a few of my questions for you? Why do we believe so many people this day and age really struggle with anxiety?

I think it's multifaceted for one. So if we're looking at the physical piece, I mean, people are deficient. And why are people deficients in amino acids and nutrients in general?

Well, it has to do with our food system, has do do it with electronics, you know, just our lifestyle in our country makes people depleted. That's a huge factor.

Maybe you're born with it, so maybe mom was anxious, maybe there were some things that happened in the womb, and you just didn't have really good neurotransmitter production to start life with.

And then, you know, just things happen or your car accident, there's just stressful events. You broke your leg, a death in the family, or trauma, whatever it might be.

So there are lots of things that deplete us, and then it's our job to go back in and fix what's been depleted. It's kind of like, if you're dehydrated, your going to drink water.

But we never think about it with, maybe we think it was zinc or magnesium, but amino acids, most people don't think that, that's the building blocks to everything.

Oh, I agree.

Why anxiety and depletion happen

They so are. And I think that so many people feel truly like they're doing everything right, but they just don't know that the missing pieces are the Missing Links, right?

And understanding, too, as we age. You said you're 52. I'm 54. As we aged, we even need more of those building blocks, We do. Yeah. Okay, so now let's get into amino acids so that we break it down for people.

What are amino acid? And why are they so critical for brain health and mood, et cetera? So amino-acids are the building blocks of proteins. and so amino acids, peptides, proteins.

It kind of goes in that order. And so if we don't have the foundations, we can't make the peptide, so we cannot make proteins, and protein is what repairs our body.

Specifically, if you're talking about the brain neurotransmitters, you have to have neurotranmitter production in order for your mood to be regulated, for you nervous system to regulated.

All of that is dependent upon specific amino acid for specific neurotransmiters. Awesome. So in general, protein, so beef, chicken, meat, meats are proteins, but our body has to literally go through the process to break them down back to the building blocks.

Back to building block. To rebuild back in our bodies. Exactly, in our bodies, right? I know that's a little crazy because some people's bodies probably can break down.

I don't know, this would be a great question for you, but do you see that some peoples' bodies need more of the starter of amino acids because they maybe have a harder time to break Yes, absolutely.

All the time. Awesome. Okay. Alright. So tell me how amino acid therapy, because this is one thing that you practice with your clients, is different from supplements people buy at Whole Foods or at the Whole Food store.

Right. So you can get a full-spectrum amino acid supplement. You could get protein powder. People are like, why can't I get enough from that? It's because it's not in therapeutic doses.

If your serotonin system in your body is depleted, you taking a protein power, which isn't the right signal for your in the first place, if you're taking protein powders or trying to eat more protein that you cannot break down, isn t going to fix the deficiency.

So when I'm using amino acids, I am taking one targeted amino acid and using it as a therapeutic dose. So 500 milligrams to 2000 milligrams, two to four times a day, for example.

And then we test several different amino assets on you. You might be taking four or five amino-acids for a little while, but they're all in therapeutic doses so that we can rebuild, calm the nervous system, and then your body repairs, then you can see what's left over that you still have to deal with.

Awesome, I love that.

What amino acids are and how they support the brain

Okay, so I am this person that loves to break it all down to understand what type of testing do you run to understands what amino acids are lacking so that you can design, and I'm all about personalization, Laurie.

So what kind of test, is it a blood test? Is it an organic acid? What kind test do run, to see that amino acid deficiency? Super simple, Kim. Super, super simple because we don't need to complicate this because it's not complicated.

Right. So I have a questionnaire that's divided into five categories. We have serotonin, endorphins, catecholamine, GABA, glucose regulation. Each of those categories has different symptoms.

I'll have you rate the symptoms on a scale of zero to 10. Zero you never feel it, 10 you feel all the time. And the goal is that all your symptoms are two or less.

So if we have anything over a two, we're gonna test amino acids in that category. And then I send you a kit of amino acid in the mail, nine different supplements.

We get on a Zoom call and then, I have you open up the capsules, put the powder under your tongue sublingually. we wait two minutes, stare awkwardly at each other and wait to see what your body does.

I'm wanting to know, do you notice anything different cognitively, emotionally or physically? And so then we find which amino acids your body's going to respond to because it happens super fast, what dose we're going start with, and then, we go from there.

And it's super easy, super fun. I love that. You just said it, I think that so many people don't understand. The body responds, it responds very quickly to the proper nutrients.

You literally can see it, and especially with something like you're saying, I've done really crazy tests with myself on B vitamins, the formats that I need off, on, And I have done all kinds of testing on the heart.

And you can literally see within an hour of putting it in, You could probably see it sooner, but I think that's fascinating that somebody, I see people need to hear this from you, of how simple that is, how quickly you can notice a reaction to an amino acid.

Lori, that just genius. I didn't come up with it. I wish I had, but the pioneers that came before me were geniuses and they still are. That just goes to show, okay, so I'm all about simple things that yield big, big changes and understanding if you've got that mood, if Could it be aminos?

And understanding that you could quickly unwrap that package and find that out and see what aminoes could truly catapult you to just healthier living.

Testing and personalized amino acid dosing

I mean, who wants to live with anxiety in their life? Who wants live to with brain fog, right? Oh, it's just awesome. Okay. Now let's talk about medication.

So you and I probably, we probably agree on this. I mean, medications are great when absolutely needed, but medications, why don't medications fix the root cause of anxiety and depression for so many people?

Because they're not fixing a deficiency. There is no medication that is fixing any deficiency going on in your body. All they are doing is masking symptoms And so let's use an SSRI, for example, so selective serotonin reuptake inhibitor.

It is going in, we're going to geek out a minute. We have a pre and we have post to your neurotransmitter and in the middle is like this little valley, right?

And they will falsely inflate the seratonin in between those two halves. with the medication so that you feel like you have more serotonin. That's why some people feel better in the medications.

But it doesn't always last very long. It doesn' tell your body to make more Serotonan. The medication doesn make seratonin, it just stops the recycling process as well.

So your bodies processes are shut down. and long term, that's not a good thing. So the nutrients, the amino acids come in and they kind of wake the body up.

Kind of like if you take magnesium and all of a sudden things start working again, you like might poop again because it like woke your gut up, it's waking things up and your body's like, oh, I know how to make serotonin again.

And so all of a sudden, your seratonin neurotransmitter is all the sudden working again and your body is functioning because you fixed the deficiencies.

Like if you're dehydrated, you are going to drink water because if don't drink, water, are you going die? Well, if your neurotranmitters aren't working well, give it what it needs.

So, and that would be like L-triptopan or 5-HTP for that serotonin or a transmitter. That's the difference between the two of them and there's no side effects.

Right. Isn't that amazing? Amazing. Who would have thought? Something natural. No side effect, right? Because that's what we get in this round circle of something's going on and you add this.

What does that actually mean in practice? Right, so that means doing therapeutic doses of amino acids. So we know most people are like, what about the guts?

80% of your serotonin is in the gut. Yes. It is. And so, when you take the amino acids, it's going to affect your gut. It's gonna affect you brain. Its affecting your whole entire body.

Right. So, what I'm saying calming the brain is just calming your neurology. When you're supporting those neurotransmitter pathways, we're calming our neurologies.

If your neurology is calmer, right, and then your got can heal, then you hormones can heel. Then you can think about Oh, what else is going on?

Why medication doesn't address root causes

If you have a counselor, if your brain is balanced, you can actually talk through things. You might not have as many things to talk, through if you're brain has balanced and then you thought you had in the first place, so there's lots of things that change.

So when we're balancing that brain, it affects everything head to toe. I love that. I'm just curious. After somebody, when you see, and you've been working with somebody that's anxious, depressed, the brain fog, you have been with them with specific amino acid therapies.

Is this something that is ongoing, always and forever? Or is this re-triggered and can work better? Tell me what that looks like. Yeah, it's going to look a little different for each person, but most people need the amino acids for about six to 12 months, and then you should just use them as needed.

So the goal is fix the deficiencies, balance the things that caused the depletion in the first place, right? And then past that point, just used them, as you get depleted, because we're going get to depletered.

We're gonna have sleepless nights. So it's kind of like, hey, you're educating somebody to get to know their body and their nutrient need on their aminos.

And after that six to 12 months that they've been on this, then they're going to recognize, my body really responds really well to this. Maybe it is another six months down the road, and they are really struggling.

They're not struggling, but like you said, they have had those sleepless nights, a stressful couple of weeks, have become so self-aware that they can step back in to the ominous that, they know because they've gotten so well self aware.

That's the beautiful part about it, right? Educating the individual about themselves so that that can ultimately harness the power of knowing themselves for the best health outcome.

Yeah, it's all about empowerment, taking control of your own health. Yeah. Yeah, I love it. All right. So let's talk about I like simple things and the way you've described it is simple.

I can't say thank you enough for that, but what's another simple shift, one simple, shift someone could make this

week to support their brain health. Eat more protein.

My second one, we go to bed at the same time every night. Oh, that's a good one. I know that. That's something I've really been trying to track with my aura and really paying attention.

Oh let's move it back 15 more minutes tonight. Let's. Move it. Back 15 or minutes. You know, just trying instead of being that 1 a.m. or that 12 a now it's 1130 now.

It's eleven, you know kind of thing. Okay, so I think a really important thing that I would love to talk about and ultimately, how does faith, identity, and nervous system health intersect in your work?

It intersects all the time.

Simple brain health habits and holistic healing

You can't separate them. We are body, mind, and spirit. That's the way God created us. If you can separate, you have to incorporate all of that. I think that this is the holistic approaches that are really being brought forth and educated on now are so, so crucially important because in the standard allopathic way, it's one thing.

They don't look at you as a whole. And I love to see that you are literally practicing what you preach to your individuals of looking at that individual as a whole.

So, Lori, I think great, great information, so much valuable. If you're struggling with anxiety, depression, mood swings, brain fog, it might be in your amino acids.

And Lori, can you tell our audience, oh, how can they get ahold of you? And then I'm going to let you wrap it with anything else that you would like to share, but how individuals, How can individuals reach out and work with you, where would they find you.

Joe, all of my social media is at Take Back My Brain, including my podcast, YouTube, Instagram. and my website. So I'm super easy to find, take back my brain.

You could message me on my web site or Instagram would be best and I would love to chat with you. Awesome. Okay. Is there any closing thoughts you'd like to share with individuals that are struggling?

And they're fearful of taking that first step. People start identifying with the issues they have and maybe they are scared to step into something else, right?

So what's the first thing that you would like to share with people or guidance, that hope, what would you like share to people that are struggling to ultimately take back their power?

Right. So anxiety, depression, OCD, whatever it might be, that's not your identity. That is not who God created you to be. And so don't claim it. Don't live it, don' wear it don''t say mine.

Your body can heal. We just have to remove those interferences, fix those deficiencies, particularly the amino acid deficiencies going on the brain because your brain will respond.

You're body is designed to heal if we just give it the right thing. It's no a character flaw. A lot of people think, well, I'm just anxious. My mom was anxious, grandma's anxious blah, blah blah.

No, that is not who you are. God did not give us a spirit of fear, which is anxiety, but one of power, love and sound mind. Sound mind, That's no anxiety.

no depression, none of those things. And so I believe that's your birthright and I am doing all I can to spread that message. Oh, I love it. I'd love.

So again, if you want to find more about Lori and her work at social at Take Back My Brain, her podcast at take back my brain, i love at Lori. i Love that you are looking at the root.

I love that. You're mixing it all together. you're making it simple like, you know, body, mind and spirit. And I appreciate the work. It was so excited to have this conversation today with you.

so thank you so much. Thank you, Kim, for having me. God bless. Thanks for listening to This Might Change Your Life. If this episode resonated with you, please feel free to follow us or share this with someone that you know is searching for answers.

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