Introduction to Amino Acid Therapy

Welcome back to the Heal Your Brain Masterclass. I'm your host, Doctor David Jockers, and today I'm interviewing Laurie Hammer. We're talking about all about how to use amino acid therapy to calm your brain and reduce anxiety.

And so you can find Laurie at lauriehammer.com. And before motherhood, she battled knitting disorder, anxiety and depression that affected her health, relationships and overall well-being.

She discovered amino acid therapy, which changed everything for her. It helped her reclaim her life and ignited her passion for health and wellness. She has a degree in psychology and a certification in nutritional therapy, and she created the Calm Mom method, a proven approach to help moms manage anxiety, restore energy, and live with purpose.

Today, we're talking all about using amino acid therapy. Things like five http, Gaba. We're going to we're going to talk about neurotransmitters dopamine, serotonin, Gaba and how to use amino acids to calm your brain and reduce anxiety.

And you can check out Laurie at lauriehammer.com. And without further ado, let's go into this interview. All right. Well, here I am with Laurie Hammer, a nutritional therapy practitioner.

And, Laurie, how did you get involved with, with nutrition therapy and amino acids? Oh, gosh, that was a long time ago. Way back in 1996. I was struggling with an eating disorder, anxiety, depression, suicidal thoughts and all those things, and I was trying to figure out how to stop all of that, and nothing was working.

And I was in nursing school at the time, and I had a professor that sent me an article on amino acid therapy and food cravings and, how that can eliminate those.

And so I called out to this place in Mill Valley, California, and, they said, yeah, come out. It's an outpatient program. I couldn't get into inpatient programs because I wasn't suicidal enough.

Laurieu2019s Recovery Story and Neurotransmitter Testing

You know, my weight wasn't low enough, so I needed to find something else anyway. So I went out to this place called Recovery Systems in California, and it saved my life.

They found out that I was definitely, addicted to what I was eating. So I was sensitive to what I was eating. So all the gluten, all the dairy that I was bingeing and purging on, I was super sensitive to.

I had celiac disease, thyroid issues, and then most importantly, they tested some amino acids on me. And that stopped the craving cycle. And it lifted my anxiety, lifted the depression off, and it literally saved my life.

And so that was my first introduction to functional nutrition, which wasn't called functional nutrition back then. Yeah, absolutely. So you've got your own pain to purpose story.

Yes. Talk about some of the some of the neurotransmitters. So you said that they did some testing. Right. And so what did they do with that testing. So I was low in serotonin and Gaba.

My catecholamines were low endorphins, like everything across the board. That really affects your mood. I was low in all of those things, and I had a lot of glucose regulation issues.

Yeah. So blood sugar dysregulation, that impact the brain while if your blood sugar goes up and down, your brain gets depleted very, very quickly, and you can't think, you get depressed, you get anxious.

It affects all of your cognition and your brain can't repair or detox. Yeah. It's a major stressor on your body. Yes, it's all your systems. And so what do you recommend for stabilizing blood sugar?

I would imagine that's kind of, you know, when you talk about like the, the hierarchy of needs for your brain, that's got to be near the top. So what do you recommend for your clients as far as a blood sugar stabilizing nutrition plan?

Yeah, definitely. We've got to get enough protein in most people don't eat enough protein and don't have enough healthy fats. So get the bad fats out good fats and bump your protein up.

I usually have to double protein for everyone, in order for their brain to stay stable. And, then we use, you know, some amino acids. I love using glutamine.

That helps with glucose regulation and, you know, other, nutritional supplements. But dietary is always foundation. Getting enough sleep, movement, all those things to keep your glucose stable.

Yeah. That's so key. Now let's talk about how you incorporate the amino acids and why that's so important. Yeah absolutely. So I believe that when we balance the brain first everything below the neck gets easier to deal with.

And so when people come to me almost 100% of the time we're using amino acids. So I have an assessment that I do on people that concentrates on five areas serotonin, Gaba, endorphins, your catecholamines and then glucose.

And so we assess those. It's a it's a form that you fill out. So it's all symptom based. And then based on that we try different amino acids. And in the first appointment that people have with me we actually take an amino acid say tryptophan.

Open it up, put it underneath your tongue, wait a couple minutes. You know, stare at each other awkwardly and then see if your body responds to it. And oftentimes it does.

And so by the end of that first appointment, we know which amino acids your body's going to respond to. What's going to lift your depression. What's going to help with that anxiety and OCD.

And then we move on from there. So that's the first introduction. So the amino acids, you basically open them under the tongue so they get some sublingual absorption into the into the bloodstream.

And right fast acting.

Stabilizing Blood Sugar and Brain Foundations

That is correct. Yeah. It's within 2 to 5 minutes. You'll notice a difference. And the way that, you know, if somebody is in need of that is that they notice a difference.

Like if they just don't notice a difference, would that be a sign that that was right? Yeah. Usually that's a sign that's not the right one. Sometimes there's a medication interference of people on, you know, a few medications.

They may not feel anything because they're so numbed, but most of the time, we'll just start with people what they respond to and then go from there. Yeah that's good.

Now there are a lot of clients I'm sure, that come into you and they're doing a lot of different things or they've been doing, you know, liver cleanses or detoxes diet, taking a bunch of supplements but they still will feel anxious fatigued.

I'm sure you see us all the time. Why do amino acid deficiencies why why do they often block progress even in

advanced functional protocols. Well because they're foundational to everything.

Amino acids are needed from head to toe. So your neurotransmitters have to have amino acids in order to function. Your enzymes, your digestive process, your hormones.

Everything is dependent upon those amino acids. And so if you're deficient in those, I don't really care. If you have my cfAa or anything else. You have to address the foundations first.

Yeah. And so when you're looking at different neurotransmitters, what are the main ones that you're testing like on your questionnaires. Yeah. Using the amino acid therapy.

So the main one to be serotonin. So we're working on that Gaba your endorphins, your catecholamines which includes glutamine or I mean dopamine and then glucose regulation.

Yeah. So serotonin, are you testing that with tryptophan or five HTP and is there a difference. Yeah. So I like to start with tryptophan because that converts into lots of different things in the body.

So your body can use that more efficiently. If people don't respond to tryptophan then I'll try five HTP because that just converts into serotonin. Right.

And what is what are some of the main roles of serotonin in the body or some of the symptoms that somebody might be deficient in serotonin. Well, anxiety, depression, OCD, PMS, you have a hard time getting to sleep or staying to sleep at night, afternoon or evening cravings.

Most people don't realize that when you have some weird phobias, that you can't get over, hyperactivity in the brain where you just can't stick to a thought.

Most people think that's ADHD or ADHD, but that can be a serotonin deficiency as well. Okay. Yeah. And then how about Gaba? So Gaba is kind of like the breaks in the brain, right?

Right. Kind of a gas pedal like glutamate would be a gas pedal neurotransmitter. And then the brakes is Gaba right. Helps help stop it. We need both. We need to be all we do.

But we also need the brakes. Right.

How Amino Acid Therapy Is Used in Practice

Right on time. So what are some of the main symptoms of a Gaba deficiency that you just don't relax. You feel overwhelmed all the time. You feel like just kind of the whole world's coming in on you.

So Gaba just lets us take go. You know, just take that deep breath and let it roll off. It's kind of when you have enough Gaba, you respond appropriately to stress.

When you are deficient in Gaba, you're biting people's heads off, right? You're you're reacting inappropriately. It doesn't match the stressor. Now, I know for women also that progesterone right.

Which is key hormone that we secrete particularly in higher amounts in the luteal phase. So you know, the second 14 days of the menstrual cycle, is really critical for Gaba production.

So Gaba agonist and women as are going into either if they're really stressed in the second half of their cycle or if they are going into perimenopause and menopause, oftentimes see a big drop in progesterone levels.

That can play a role with that anxiety. Are you seeing that. Yeah I do see that. I wouldn't say it always correlates. So sometimes you know when I'm doing like a Dutch test or something, or they come to me with blood work, the progesterone looks good, but they're still deficient in Gaba. So it doesn't necessarily always mean a correlation, but

it is a factor for sure.

Yeah, yeah, yeah, it's not always a factor. But if it is low then that can definitely. Now how about dopamine. What are you looking at. What are some of the main symptoms with dopamine?

A lot of apathetic depression. You just don't care. You don't have a lot of drive. Low mental energy, low physical energy. You know, those A. D. D., ADHD symptoms, craving things for focus or for energy?

Whether that would be caffeine or, you know, something else to raise, raise those levels. And just feeling too super scattered all the time. So not able to focus, but also not driven and motivated either.

Correct. Yeah. You had mentioned endorphins. So what are some of the symptoms of an endorphin deficiency. Oh endorphins are like our inner joy. And so that's where we just feel comfy like in our own skin.

And so when you don't have enough endorphins you you just feel really unsettled, really ungrounded. You're really emotional, very sensitive to, like, criticism.

You're more sensitive to pain. So if you stub your toe, you feel it from head to toe, as opposed to just in your toe, like, you just are extra sensitive to everything.

And then you're seeking food. You're seeking, substances or exercise or something to give you that comfort. Yeah, that makes sense. Yes. Especially the pain.

You know, we release a lot of endorphins when we're laughing. For example, when we're exercising. Okay. We also release endorphins. In fact, that's what's what gives us the quote unquote runner's high.

Right? Right. Endorphin release that we're getting when people that are endorphin deficient. Right. Oftentimes doing high intensity exercise is actually really bad for them because they're already, they're already, you know, stressed.

Yeah. Yeah. So that's really key. So the main things that you're looking at are Gaba serotonin dopamine or catecholamines in general.

Serotonin, GABA, Dopamine, and Endorphins

And that you mentioned dopamine. But I guess it could also relate to adrenaline. Correct. And endorphins. That is correct. Now what what patterns are you typically seeing.

Is there a particular neurotransmitter that people tend to be, more deficient in than others? And are there certain combinations that you're seeing typically typically I see serotonin that seems to be the first one that gets depleted.

I think is because we just don't utilize it very well. People have a lot of digestive issues. So breaking down, serotonin is hard for people. And I would say serotonin and Gaba together.

So both of those deficiencies. But it really it kind of just depends on the person and what's going on. But women in general, I would say serotonin and Gaba deficiency, serotonin and Gaba.

And what are the big root cause factors that you're seeing driving those deficiencies. Oh, diet is huge. So just just a poor diet, not eating enough protein, not having good healthy fats.

Sleep. I mean, we've decided that sleep isn't as important in our society. So if you can't sleep, you can't heal. And that will drain your neurotransmitters faster than anything else.

So diet and sleep, lack of sunshine. Just getting outside in that early morning sun, getting outside midday, trying to get outside, you know, at night, at sunset.

Just those basic things I think are huge. And then we just got environmental toxins. You know, people who have been, you know, received some jabs or, you know, they're just putting things in their body and in their homes.

They just haven't detox themselves or detox their homes. Well, so I think all of those factors together just create a depleted state for most people. Yeah.

For sure. And then and then obviously we talked about in the beginning you're starting with good nutrition, getting them, doubling their protein, getting healthy fats on board.

I'm sure colorful fruits and vegetables, things like that. More of a real food based diet, less good sleep, circadian rhythm. Is there anything else that you're getting people started with on your on your initial plan?

Yeah. Changing your mindsets. I mean, God created our minds to kind of dictate our health, right? So if we have poor thoughts we have poor health. So it's just helping people realize who they were created to be.

And and shifting that mindset, which is always helpful. Yeah. That's key. And then you start implementing these, these different amino acids. Right. What kind of results are you seeing utilizing the amino acids?

Oh man I see so many amazing, amazing results. And like I said, people get to experience that in that first appointment. It's like because they work so fast, right?

So within a week or so, people are like, oh my goodness. You know, like this weight has lifted off my chest. The anxiety lifts, the depression lifts. You know, I get people on medications all the time, you know, when they come to me.

And so we're able to get people off those medications, you know, with the help of their prescribing doc. Of course. But it's just great to see people actually be able to feel again because people come, they're so numbed and they've been numbed for years.

You know, they've been on meds for 15, 20, 25 years and, so just seeing people to start to enjoy life again, you know, I have spouses. I'll call during the appointment or come to the appointment and they're like, thank you so much, because I have my wife back or I have my husband back.

Or, you know, I had a kid the other day, he just wasn't sleeping. The amino acids helped him sleep through the night. He hadn't slept in seven years. Through the night.

His parents were tired. Right? We did the amino acids, and all of a sudden he starts sleeping again. That's life changing for everybody in the family.

Yeah, there's no doubt about that. And so, yeah, these amino acids are fast acting, which is great. I know. I use them with my wife. Right. So she responds really well to Gaba.

So I give her awesome a form of Gaba and she notices it relaxes her. Right. It helps her sleep better. And she knows she notices it really, really quickly.

Yeah. These things work. Work really really well. And what are like if somebody comes in let's say they're Gabba deficient. Where do you start your dosage.

Is there a particular type of Gaba you like to use. And what, what, what would be like a starting dosage? Anywhere from like 250 to 500mg? Generally speaking, that's why we test to see what people need is some people need 2000mg.

I mean, some people are just they just need more than others. But start low, you know, work your way up to decide what you need and and how do you generally test with that.

So that's just sublingual underneath the tongue. We just figured out what give it. Basically giving them the dose that they the relaxation. Correct. And then I dose that anywhere from 2 to 4 times a day for people.

Yeah. And the good thing is like with Gaba, it's not like if you take it you're going to sometimes people think these things are like drugs, right? And even magnesium, like, I've had people, you know, we have a product called brain com magnesium. Yes.

That if they take it during the day, they think they're going to get sleepy. And I'm like, no, it's not like that. No, I'm brain during the day actually is a focused brain.

And at night when your circadian rhythm sets in your melatonin is released in that calm brain now becomes tired and tired. Yeah. Well I think people mix those two things up too because I'll ask people, you know how you're feeling.

They're like, oh man, I feel tired. I'm like, is it really tired or is it relaxed? And people don't feel relaxed till they forget what that feeling is and the ability to distinguish between, oh no, the supplements making me tired or the supplement is actually relaxing me and my body's supposed to be relaxed so that it can focus and do what it's designed to do.

Yeah. That's key. And also if you are very sleep deprived. Yeah, actually it is what your body needs to do exactly, exactly. Yeah. Now, one of the things I was looking at your website that you really specialize in helping moms, right.

You know I've got four young kids so I, so I get it, you know, I talk to my wife every day and you know that having young kids can definitely be stressful.

And yes, there are a lot of moms that are out there that are dealing with anxiety. A lot of these types of issues. And so what are you seeing with the moms that you're taking care of.

Yeah. And there's burnt out one because they're not getting enough sleep. I mean of course you have four children.

Root Causes of Neurotransmitter Depletion

You're not going to get the most amazing amount of sleep. But the goal is, is that we get you quality sleep when you do get it. And the amino acids do help with that.

But it's just, you know, the amino acids just help to build the body back up, to build that brain back up so that you have a calm presence so that when you're deficient and your brain is running on empty all the time, you're stuck in overdrive.

You get on this hamster wheel, right? You get on this hamster wheel and this constant depletion, the constant depletion, and you never are able to get off of it.

And so the amino acids are a key piece in helping people get off that hamster wheel so that they can be present with their kids. So they still find their husband attractive, you know, so they they can go out and do things with other people and don't want to just stay home all the time.

Yeah, for sure. Now, when you're doing when you're working with somebody that's serotonin depleted, how do you start the supplementation? You do you try tryptophan first five HTP I think you mentioned tryptophan.

And then what are the dosages that you're looking at. Yeah. So again we're doing the sublingual. So what dose do they respond to you. So I start with tryptophan first.

Most people you need 1000 to 1500 milligrams of tryptophan 2 to 4 times a day. To keep their mood stable for, you know, 3 to 6 months. And then after that, they just kind of use it as needed.

Each individual's a little bit different, but that's pretty typical. Yeah. And then with, with dopamine. How are you addressing that. Yeah. So I start with tyrosine most of the time.

And it's also good for your thyroid. So most people respond to tyrosine. If not I'll use DL phenyl alanine or L phenol alanine to help with that. And again, probably 500 to 1500 milligrams 2 to 4 times a day depending on the person. Yeah, that's really good.

Now have you used anything like phosphate out of choline. Omega three fatty acids magnesium some of these other beneficial compounds for the brain. Absolutely. So I use those all the time.

I like the fast choline the phosphate title serene. I love the omegas. Magnesium mineral. I teach a lot of people. I mean, we're using salt all the time. Really good.

Salt is amazing. It's like little spark plugs for the brain. So just getting in those foundational, you know, fats, minerals, vitamins, all those, the protein.

Yeah. Because so many people are really actually deficient in depleted in a lot of these minerals. Trace minerals. Yeah. Yeah. Dehydrated. Chronically dehydrated.

Absolutely. Yeah. So these are our big factors. Now do you recommend you mentioned sun. Do you recommend light like in in your protocols. Like whether it's like red light or infrared or anything like that.

Yeah I definitely do. I think all of those are wonderful adjunct therapies. I think they're super important. I mean it's super cloudy here, so I'm going to go outside, but I'm not going to get a whole lot of quality sunlight.

So I, you know, I'll turn on my red light, turn on my therapy light. Yeah. That's so good. I try to get in the sauna 4 to 5 days a week. Minutes a week is always my goal.

Doesn't always happen. But But that's always my goal to get that really positive infrared light support the mitochondria. Absolutely. Yeah. All right. And then yeah.

So you're seeing these great results when people utilizing the amino acid therapies and we talked about the dopamine, serotonin, Gaba, how about endorphins?

What are you doing to help support endorphins. So mainly d phenol alanine. So it's DPA. And again 500 to 1500 milligrams, 2 to 4 times a day is good for most people if they respond to it.

But that can make a profound difference. For people just just feeling good about who they are.

Results, Dosing, and Supporting the Brain

Yeah. For sure. So when somebody comes in, they fill out a questionnaire that kind of gives you a hint towards, which neurotransmitter to try first. Correct?

Yes. Go ahead. You do sublingual sublingual amino acids until you see basically what dose a response, whether or to notice that they feel better. Correct.

And then how do you set up their protocol like as far as that goes. Based on that dosage, let's say it took 1000mg of Gaba and they felt significantly better.

Do you now have them take like, do you split the dosage? Do you have them take a thousand? How do you go about setting that up? Yeah. So I haven't taken 1000 at a time.

Usually it's 2 to 4 times a day and we'll do the same if they responded to trip to do the same thing. Tryptophan, probably 1000mg, 2 to 4 times a day.

So you're taking some good supplementation for a little bit, but it's going to rebuild that brain. It's going to rebuild the neurotransmitters and help you feel better then your gut protocols and all those other things work.

Work better when the brain is calmer. So that's how we deal with that. I'll add magnesium and the omegas and minerals and all those things in as well.

Yeah. And it makes sense. You're addressing the brain first. So you're helping calm create a state of of calm in the brain when the brain is stressed and overwhelmed.

Response in the body. And when you're in fight or flight or some sort of panic response, your body's not wired to heal in that state. No, no, you're stuck in that danger response.

Yeah, yeah. Are you doing anything for them to help activate vagal tone as well? Activate the vagus nerve. Yeah. So I do have some devices I like to use.

One of them is the DNA vibe. That's one of my favorites for the vagal tone. But we might do some exercises or I'll, you know, I'll refer them to somebody who can really help them with that if it's pretty severe.

But the amino acids just call me in the body. Helps with the vagal tone. Yeah. No doubt. Well, Laurie, sounds like you're doing really, really great work.

Did we miss anything here today? I know we talked a lot about your strategies as far as nutrition. Lifestyle, getting good, sun exposure, sleep. Right.

All the things that, you know, I'm talking about all the time on my podcast. And things that you just can't get, you can't overlook those things. And then really getting on these amino acids and and figuring out which of these amino acids is going to be most beneficial for you and getting the right dosage as far as that goes.

And obviously you're seeing great results with this. And many other practitioners are as well. You've been doing this a long time. Is there anything else we missed that we that our listeners really need to hear with this interview?

Well, I think they really need to hear, you know, because mental health is such a huge issue right now. And they're people are overmedicated with SSRI, ADHD meds, you know, all those kind of things.

And the amino acids are an amazing alternative to those. And it helps people to wean off those medications without issues. There's so much protracted withdrawal going on right now with the SSRI.

You know, so many, so many issues out there. So I just want to encourage people that there are other alternatives out there. And amino acid therapy is huge for, I would say, replacing those medications and then rebuilding your brain, rebuilding your body so that you don't need that anymore.

Yeah. So when you start giving that so when somebody does come in and they're on these medications, obviously as you start them on these lifestyle principles as well as the amino acids, you tell them to go back and start working on a weaning strategy, scribing doctor.

And how does that usually work? Usually it works really well. I mean, most doctors there's only been a few over the years are like, yeah, I'm not working with you.

So we just find another one. But most docs are like, yeah, I don't really want you on these meds either. And so you need to have somebody who knows how to wean you off.

Well, and, then we just start. The only one you really have to worry about is when people are on an SSRI with tryptophan or five HTP. We're just really careful about how we dose that.

And when we dose that for people so that they can read off of those as well. But the rest of the amino acids, there's

a few precautions, but not very many.

And in regards to medication withdrawal. So, it just helps that process become so much easier so that you're not feeling like this out-of-body experience when you taper off all these meds.

Because a lot of people get anxious, they'll get flu like symptoms. They get the, the protracted withdrawal where they're super anxious again. And so the amino acids help those things not to happen.

Yeah. How about benzodiazepine diazepam. Those are huge. Highly addictive. What? So is there a certain strategy you take? You know, like certain certain protocol or certain strategy you take with people that are coming in with those.

Helping Moms and Tapering Off Medications

Yeah. So those need to be weaned off super slow. So we really need to work with their doctor on those. But gab is super helpful with weaning off the benzodiazepines, tryptophan, tyrosine.

So just yeah, just creating that protocol that fits best for that particular person. So I want to make it very personalized. But you can get off those as well.

Now do you start with a lower dosage? If they're on these medications. And then gradually increase if it makes them feel well while they're decreasing their medication dosage.

Kind of what is what is your your philosophy and how do you practice this, this form of art with somebody that's on. Yeah. Well and it is an art. So we'll use SSRI for example.

So if somebody takes their SSRI is in the morning we won't do any tryptophan or five HTP for at least six hours after that. And then the dose is very good.

Again, like you're saying, we, we dose smaller and increase. So we'll start with that lower dose and then increase as they're able. And then once they're off that medication then we can do the tryptophan or five HTP all day long and really fix that deficiency.

Yeah, it's really great work, as are so many people that are on these medications, out most of the time these things can be turned around with lifestyle, nutrition and these amino acids.

And so, you know, if you've got kids that you're worried about with perhaps hyperactive disorders, you know, start with the things that we're talking about today.

Yeah. Getting them on good nutrition, good sleep habits, good circadian rhythm. And then look at Laurie's website lauriehammer.com. You know, if you can avoid taking these medications to begin with, it's always that much easier.

You can address yeah these symptoms through lifestyle and amino acids and different supplements. That way you don't want to develop that dependency to begin with.

But if you are taking these medications or you know, somebody, somebody you love is taking these medications, there is a path out of it. It's a little bit of a slower grind, right?

It is. But there is hope. Yeah absolutely. Can I share a story of a client I recently had. So I had a young lady who came to me on five different medications and she had been on them since she was 12 years old.

And so she was on ADHD meds, SSRI, other mood meds, you know, things to combat, you know, all of the side effects and stuff that around there. So she came to be on five of them.

It took us ten months for her to get off all five medications. But now she can actually feel she's 35 years old and

she's like, I never been able to feel all the feels.

And, you know, she ran a marathon. She. Her hormones are balanced. Like she just feels good. And she looks totally different. I wish I could show you a before and after picture because she came to me feeling so forlorn, so bedraggled, so, like, just disheartened.

And now she's just this vibrant, beautiful woman, who's, you know, figuring out life is everything perfect for her. And she's still struggling. Like, I don't even know what to do with this emotion.

But she's learning how to deal with those things, and she's in counseling and, you know, doing all those other things, but she's finding out who she is, and it's just beautiful to watch.

So she's a pretty extreme case, you know, coming to me on five medications, but it's turned out beautiful for her. Yeah. That's amazing. I'm sure you're seeing stuff like that on a regular basis.

That's fantastic guys. You can check out Lori's website. She's got a lot of great information there. And again is she has she created the Calm Mom method which is a proven approach to help moms manage anxiety, restore energy and live with purpose.

So it is lauriehammer.com. Definitely check out her website. And of course I know you work with people that aren't just moms that just happen. You have your personal testimony correct?

Client Success Story and Final Takeaways

Many, many moms are dealing with a lot of these issues. Anxiety, depression, not able to feel like you talked about. And I issues and they don't have to suffer like that.

We can be right. Champions change a lifestyle, get their blood sugar balance, optimize their sleep, get get them on some of these amino acids and they'll start really noticing the benefits.

Absolutely. Well great. Laurie this has been a wonderful interview. And you're helping so many people out there. So I just want to encourage you to keep doing that.

You're doing great work. Any last words of inspiration here for our audience? You know, when you just remove the interference, your body can heal. And I feel amino acids are part of that.

And God created our bodies, to heal. So we just have to give it all the right stuff. Yeah, I love that. Well, thanks so much, Laurie. Guys, again check out her website Lauriehammer.com.

And you can start taking back control of your health today. Be blessed everybody. Bye bye. Thank you.