Introduction to Amino Acid Therapy

You know, watching the trialing process, because I know a lot of you have followed me for a long time. You're like, what is this amino acid therapy? And you know how crazy is it?

Does it really work? Is it placebo? I don't know. But I will tell you, it's definitely not placebo. It works really well. Welcome to Take Back My Brain with Lori Hammer, where real healing starts in the brain.

I'm Lori, a functional nutritionist and mom who's walked the path from anxiety and burnout to clarity and calm. Each week, we're going to dive into brain-based tools like amino acid therapy, gut health, fasting and faith to help you reclaim your energy, emotions and sense of self.

Hello, everyone. Welcome back to Take Back My Brain. I'm so excited today because we are meeting with Brenda Munt and we're actually going to do a live amino acid trialing session with her so all of you can experience what this is like.

So I was on Brenda's podcast, Heartache, Health and Healing. And so that'll be in the show notes. You can all get that. you know, that interview. And then Brenda, welcome to the podcast.

Thank you. Awesome. Tell the audience just a little bit about yourself and then we'll kind of dive into like, we will dive in to Amino Acid Triline, but tell them why you're here.

So I am a I'm a breath coach. I am a podcast. And I've gone through my own helium journey, all surrounded around a major loss in my life. Gone on this, the last four years have been all about personal development.

I mean, I've always been into it, but now I just kind of like really went deep into all aspects of it from the emotional healing aspect of, and from be health perspective of.

Because with being by myself, don't have any kids and everything. And I see my parents age and my in-laws age, see their decrease in health. and I want to be as healthy as possible as I get older.

And so you had presented this and the immunoisotherapy had sounded extremely interesting.

Brenda's Background and Trial Setup

And yeah, I'm really excited for this. Awesome, awesome. Okay, so I am going to, now normally I don't have time to do the whole appointment that I normally do with Brenda.

We're just gonna do them amino acid section. So I'd normally get a really good long health history. I know she's not on any medications. She's doing some basic supplementation.

so, I'm just going ask some very specific questions that are on the amino-acid therapy assessment form that i use. And so Brenda, I want you to answer these on a scale of zero to 10. So zero meaning you never have these symptoms, and 10, they happen pretty much all the time or very, very frequent, okay?

Okay. Okay, so amino acid therapy, for those of you that don't know, one, listen to Brenda's podcast. If you're on her podcast, if you are on my podcast you should know what amino-acid therapy is because you've heard it a lot.

So this is where we balance the brain with specific amino acids in therapeutic doses. So and we really target the neurotransmitters that affect our mood.

And so once those are more balanced, those were more nourished, the neurology in our brain and our body is calmer, then more healing can happen. So that is the goal of amino acid therapy to calm all this crazy down and then everything below the neck gets easier to heal.

Here we go. These are symptoms of low serotonin, so this is a seratonin section for all of you listening. So zero to 10, Brenda, negative thoughts or attitudes?

So 10 is like bad, right? 10 as the worst, yes. That's the worse. Let's see, four. Okay. Depression. I'd say that'd be three. Worry or obsessive thoughts?

Uh, that's probably more up around the eight mark. Okay. Fair enough. Um, anxiety. I'm seven. Seven. A need to control situations. Oh boy. That is probably around eight.

Perfectionist. Yeah, I am. that is off the charts because I have a big perfectionist Got it. Panic attacks? That I would say, that's probably down around two.

Phobias? Three, because I do have a fear of drowning. Okay. Struggle to fall asleep? I'm going to say two Okay Difficulty staying asleep. That's a nine.

That's a nine. All right, obsessive behaviors. Actually, that's probably a 10. Obsessive Behaviors or OCD?

Low Serotonin and Tryptophan Trial

Probably like a three. Three, okay. Easily irritated or lose your temper quickly? I'd say three Okay. PMS? One, I don't deal with it. Okay, then we're good.

And then need for sugar, starch or alcohol after lunch or dinner? Five. Five, okay. So what I'm looking for when we ask these questions is, do you have anything over a two?

We definitely have things over two. So we're going to try, our first supplement is going be L-tryptophan. L tryptophane is an amino acid, it's for serotonin.

And what Brenda's going do is she's gonna take the capsule, she is gonna open up the capsules and put the contents under her tongue because when you put things under your tongue, they absorb very quickly.

And it's a neurological signal to the brain. It's not like you're absorbing all the nutrients that are in there, but it signals the very brain quickly and then we'll know if her body's going to like this particular supplement or not in like two to five minutes.

Let me just do one. Do one to start. Yep. I feel like a mess here. All right. They get a little messy. You'll end up with powder on your chin and your chest.

It's fine. So all of these symptoms that we just read off, these are for low serotonin. If you want to go back and catch those again and number yourself on the way down the chart, you'll be like, oh, that's me.

That's not me, but that one is definitely me under the tongue. So if you're not watching on YouTube and this is, you know, just audio, your missing a lot because she's got a bunch of powder across her face right now.

So we're going to leave the powder under the tongue. And what we are looking for, Brenda, is do you notice something different cognitively, emotionally, or physically?

And I won't tell you what you probably will experience because then I'm planting things into your head, right? And so I want it to be as organic and real as possible.

And if any of you experienced like a long pause, no, we are still here. I am just letting her absorb and think about

what's going on and it doesn't taste good.

That one does not taste. Good. Yeah. But I've never had anybody throw up and, you know, a couple of decades, so we're good Hey friend, just a quick break to remind you if calming your brain is the missing piece in your practice or in you're home, my Mind Thrive certification course teaches you exactly how to do that with targeted amino acid therapy.

So it's real science, real results, no band-aids. Enrollment is now open. Link is in the show notes. Back to the Show. The one thing I noticed is I feel a little more relaxed.

Good. Not as tense. That's awesome. I mean, that's what we're going for. It's the first thing. The first that I notice. Can you say where you feel relaxed and not tense?

Actually, my neck and shoulders, which is huge for me. So I carry a lot of tension there. Do you? Good, anything else? My headache. Is it gone? It's decreased immensely.

Good. I have chronic headaches. Do you? Yeah, a lot of times I don't want to have a headache. Okay. Well, I'm sorry to hear that. Glad that's helping with that, so that is a great response to L-tryptophan.

That's this very positive response. It means your body really, really likes it, and so, that a supplement that we'll probably end up using. You can go ahead and take a drink if you want.

You're like, please let me wash that down. Okay, now I'm going to ask you questions again on 0 to 10. This section is in low GABA symptoms, okay? Okay.

And GABA. So serotonin is like our inner sunshine. It just helps us to feel nice and relaxed and good and happy. GAB is what lets us take a deep breath and kind of let the stress roll off.

Okay? So scale of 0 to 10, chronic stress or burnt out? Chronic stress. 0-10? Right now I'd have to say 8. Difficulty relaxing or decompressing from the day?

Six. Trouble getting to sleep? I'm going to say two. You seek sugar, starch, alcohol, or other substances for stress relief? Maybe four. Feeling overwhelmed often?

Seven. Tense muscles or feeling stiff regularly? Nine. All right. So again, we're looking, do we have anything over two? And yes we do. We're going to find the supplement GABA.

Okay.

Low GABA and Relaxation Response

Got it. Awesome. Go ahead and open that capsule again. Put the contents under your tongue. This one tastes better. It's more like a citrusy kind of feel to it and it kind has a taste to and then it has like texture of a pixie stick.

I still have a bad taste in my mouth from the other one. I know. That one kind of lingers. But I like to do that one first, because I think it's the worst tasting one, so we just get it out of the way.

Well, thank you for that. No problem. Okay. Let's see. Where else? I have little kids that can do this, I so I can know you can. Do it. Yeah. And that will probably dissolve in your mouth fairly quickly.

So don't be alarmed at that. But again, we're looking, Brenda, do you notice anything different cognitively, emotionally, or physically? So what feels different to you?

The first thing that I noticed was the continuation of the less tension in my shoulders and neck. Okay, good. Anything else? To have a very relaxed feeling.

Just relaxed overall. That is good. As soon as we're off here tonight, Brenda's going to just go to bed. Pretty much. He's gonna be so relaxed. Oh my goodness.

This is great. Okay. Yeah. You ready to move on to the next section? Yes. Perfect. Okay. This is catecholamines. So our catochole means, I mean, dopamine is a part of that, but there are like our driver that helps us to, you know, like concentrate and have our like internal drive, the want to you, know in life, basically.

Um, so zero of, or scale of zero to 10, zero, never 10. You feel this way all the time. Indifference or apathetic depression? I'd say one. One. Okay. A low energy or fatigue?

Probably five. Low mental fatigue or low mental energy is what I meant. Five to six. Difficulty concentrating? I feel like a four. ADD or ADHD? To three.

need for coffee, caffeine, cigarettes, chocolate, or anything else to improve your focus? I'm going to say five because I do have caffeine right away in the morning, but I think it's a game that I play with my cell phone.

Fair enough. All right. Last one in this section, little or lacking motivation? Maybe three. Three? Okay. Great. Okay, so again, we're looking for something over a two.

We have winners. So I want you to find L-tyrosine. And again you're going to want to open up the packet or open of the capsule and put the contents under your tongue.

This one tastes a little bit kind of chalky, but it's not bad. So I just have a tyrosine. I don't have an L. That's okay. Just tyresine is what you're going for.

Yep. Oh, okay, Okay. The L must not have made it on the label. Tyrosines. It is right at the edge, so. Gotcha. Okay, come on fingers. that one can be a tiny bit sticky.

And again, all of you listening, if you hear a pause, we are still here. Waiting for Brenda to get the capsule open. So this is so fun.

Catecholamines and Tyrosine Trial

I love doing this, I've been doing a very long time and about 90% of the people that I see respond to at least one or more amino acids in this trialing session and so we get to start right away with people having calmer brains, more focused, less anxiety, and less tension like Brenda and her neck and shoulders.

So you get wins right away when you're doing this amino acid therapy and it's just a lot of fun because we just want people to have fun and to enjoy life and she does have powder all over her face.

And that's okay. That is the fun part for me because I get to watch people do this all day long. If you talk when have a bunch of powder in your mouth, it kind of poofs out like a fire breathing dragon.

But that's good. And anybody can use amino acids of all ages. I've had parents do a little bit of amino acid with some babies even, because everybody can be deficient in amino assets.

We need amino-acids head to toe for everything in our body, our hair, skin, and nails, or organs, blood, enzymes, hormones. Everything in your body needs aminoacid.

So that is why it is good to do this. I'm not sure how much of that actually got in my mouth. I think you got more than half, but I could be wrong. That one was very sticky.

Do you notice anything with that one, Brenda? Nothing I am recognizing right away. All right, let's do a second tyrosine. So when somebody doesn't respond to the first capsule that we do, then we'll do a second one.

And I will do up to four capsules in each category of each amino acid if needed. So that way, some people need 500 milligrams. Some people will need 2,000 milligrams of a specific amino acids.

That's why the trialing process is so good because then, we're not guessing as to what your body is actually responding to. We will know by the end. And sometimes, you know, when you change your diet and you've been on the supplements for a little bit, we do need to tweak and change things for you so we get you the optimal dose.

But overall, the starting dose is really good for like a week or so. Some people stay on it for very long time and sometimes we add and subtract things as we go along with these amino acids.

All right, this one looks a bit more successful. We don't have powder everywhere this time. Very good. So all of you listening, if you're interested in this, to schedule with me to do this amino acid trialing, there'll be a link in both of our show notes for sure.

and you can just schedule a free appointment with me too and discuss these things. I also train practitioners and it's a course called MindThrive where I teach practitioners how to use amino acids and all the nuances of it.

We have a great time. Every week for Q&A, deeper teaching and there's an online portal. that you can go through at your own pace, which is really, really nice.

And then you get six months of coaching with me every week for at least an hour, hour and a half with a whole group of people. We just have a great time learning all about the brain, not just amino acids, but deeper brain health too.

So Brenda, what do you think of that one? Well, I just got movement on my neck when this popped on me. More neck movement, that's good. Lots of good things happening with your neck tonight.

I don't know how to put this into words. Like my, don' know articulate this. My mind doesn't feel as dizzy. Good. That is the goal. Yup. It's the best way I can describe it.

The busy brain. Yeah. Less busy. that's good. Awesome. All right. You ready for the next category? Yep. awesome. you're doing great. This is fun. Isn't it?

It is so fun! Interesting. Interesting for sure. Okay. this will be the endorphins. Endorphin is like our inner joy. It helps us with our emotional pain when we're going through grief.

Endorphins, like when I've lost people in my life, I will pull the endorphin supplementation back out. And that is so helpful. So scale of zero to 10, Brenda, emotionally sensitive or cry easy?

10. Kind of assumed that would be the one. Sensitive to physical pain. I'd say five. Okay. I feel like I can tolerate a lot, but my body doesn't allow me to.

Oh, okay. Chronic pain history or fibromyalgia? I'm going to say eight. Eight. And seeking comfort, reward or numbing from food, drugs, alcohol, porn, exercise or other activity?

Let's say two. Alright, so I want you to find DPA.

Endorphins, DPA, and Emotional Relief

There's a D-L-P-A and a d-p-a. I wanted you do dpa. Dpa, got it. Alright. This one people tell me either tastes a little sweet and little cinnamony, apple pie-ish, or it tastes like plastic.

So, it really depends on your taste buds. It's quite a difference. Yeah, I won't tell you what I think it taste like, because I'll let you put it in your mouth and find out.

But it'll all be good. This is one of my favorite ones. When I first started doing amino acid therapy, I like lived on tryptophan. And trypophane was not readily available back in 1996 because it had been taken off the market for a while.

because a bad batch came over from Japan and they knew it was contaminated, but they sent it over anyway. After tryptophan was pulled from the market, Prozac happened to be re-released.

That was very convenient because nobody wanted ProZac because you could use trypophane and that would take care of your anxiety, depression, and so many other things.

Once that was gone, they re released the medication. And then tryptophan was really hard to get. So I used to trypophane in the pet section of the health food stores.

Are you okay, Brenda? It doesn't taste like apple pie, does it? No. Okay. I personally think that DPA tastes like how chicken feed smells. It tastes how, like when we fed our chickens growing up, that's how it Face to me is how that smelled.

Anyway, but I used to get tryptophan in the pet section because that's the only place I could get it. But it worked and that was the thing that mattered.

So trypophane was my friend back then for sure. Do you feel anything with that, Brenda? And again, if you guys are hearing silence, it's okay. We're just waiting.

I feel a little emotionally lighter. Okay. If that makes sense. Can you define that more? As I shared with you before, I got through a lot of significant losses this year.

Yeah. And it's almost kind of like my heart doesn't feel as heavy. Good. That's good. Again, it can still feel like this all through my shoulders. Relaxing.

All right. You're having great responses to the amino acids, like every single category. This is wild. It is a wild, yeah. Yeah, I can't say it's placebo effect, can I?

Because you wouldn't really want that in your mouth. Okay, last section, Brenda. Scale of zero to 10. This is for glucose regulation, so low blood sugar symptoms.

You are hangry feeling or irritable when you're hungry? I'm going to say two. Okay. How about shaky if you go too long between meals? That's probably five.

And do you have sugar or carb cravings? Probably six. All right. So we're going to use glutamine. L-glutamine? Yep. Is that the same thing? Yeah. And glutamate is amazing for so many things.

It can be amazing your brain. Also helps to heal the gut. and it is great for glucose regulation. so it's very multifaceted little amino acid. She's getting it folks.

She almost has it. And this one doesn't really taste like much of anything. Kind of chalky, kind of bland. Which will be a relief from the last one. You should see the mess I have here.

I believe you. Sometimes my desk looks that way. To be in the functional nutritional world, sometimes you have a messy desk with your supplements. All right, this last one's under her tongue, folks.

So I was saying I have course that helps train practitioners in this. In the course, everybody has to do their own amino acid journey, which is so fun.

And then we have such a big group on my Monday night calls that we all like to trial, do this together with each other because we learn a lot and can give really good feedback.

Everybody has such different response. So that's the fun part of this as well. There's really no negative effects of amino acids in the body. So if somebody doesn't like the amino acid, then maybe they'll get a headache or they feel a little woozy.

Some people just like, ooh, I don't even know how to define it. I just don' like that particular amino. You know, so you just kind of know. It helps you to be more aware of what's going on in your body and in You have to watch some medications.

So any of you on mood medications, we want to take specific amino acids, you know, definitely away from some of those medications so that's why it's really good to work with somebody who understands all the nuances that go along with amino acid therapy.

Do you notice anything with the glutamine, Brenda? Nothing is really… I'm not recognizing anything right away. Well, let's do a second one.

Glutamine, Lithium, and Trialing Results

So those of you listening or watching, if you noticed, when she was doing the serotonin, she responded to one tryptophan, which is great, right? And then we went to GABA and one was perfect.

And, then, we want to tyrosine and she needed two of those, and then glutamine, let's see, nope, the endorphogen, DPA, needed one of them. So, again, dosing varies which why we do the trialing session.

So that you know that, you responded to all this and at what dose we need to start with for each and every one of you. So it's kind of just a fun process.

Do you have it in there? Oh, no. Here it goes. Down the hatch again. So I have all sorts of people in my MindThrive course. So, I've got practitioners, people like Brenda that does a lot of breath work.

I got nutritionists, have got chiropractors, some counselors, psychiatrists. Even some moms that want to get certified so that they can help their family and friends and make a business out of it.

Amino acid therapy is very versatile. Anybody can learn how to use it and I'm there to walk you through every step of the way. So one of my recent clients, we were doing this and she's been on it for a while.

Like the, like this tightness that was in her chest, you know, that anxiety like kind of just would sit there in our chest. You know a couple of days later she messaged me, she was like, it's just gone.

It's totally gone! That's incredible. I know. And another lady the other day, and had some bottles of supplements sitting on her counter. She's like oh my gosh, I can read the bottles.

Like even their eyesight improved. Like because the brain just calmed down enough where your brain could like decode what was on the bottles. So yeah, it's fun to watch what the amino acids do.

The one thing I noticed right now is that my stomach was gurgling before. It's not giggling right know. Do you notice anything at all with the second one?

A whole bunch. Okay, let's do a third one. So we'll go up to four. If we hit four, we're probably not going to respond any more than that. So this can be a very tedious process if people need like four of each one.

And I said nine, nine different supplements in the kits that I send out, and so sometimes we have to go through all nine of them to find the ones that really, really work.

But Brenda's responding really well, so we won't need to through through them, which is good. I had a little boy in my office one time and he was doing the trialing and, he really liked tyrosine.

And normally I don't give tyrasine at night, it's free catecholamines. It's not stimulating, but it helps you be more alert, you have better mental energy, all that kind of stuff.

But he would so wound up all the time, that when he took the tyroxine he went right to sleep. His little brain just relaxed so much, like all of the noise was just gone.

He went to sleep, and he's been sleeping good since then. Oh, wow. I know. It can just have a profound effect in just the most fun ways. All right. Do you notice anything with the third one, Brenda?

Not really noticing much of a difference on this one. That's OK. Let's do the fourth one and see what happens. So this might be one that Brenda just doesn't respond to.

And that happens, And That OK, you don't have to respond all of them in order for this to work. So, if I'm not responding to it, what does that mean? Well, you could say maybe your body doesn't need it.

But there's lots of people that I know I like, I knew you totally need the supplement, but for whatever reason, your bodies just like that's not what I want right now.

And it just doesn' respond to. A lot of times it can be medication induced, But you're not on any meds. So or you might need a higher dose than what, the four capsules call for.

It could be a lot those things too. I don't worry about it. People are like, oh no, I'm not responding. It's okay. There's other tools in the toolbox.

If for some reason somebody doesn't respond to amino acids and about 10% of the people don' Then we have other tools in the toolbox. And then lots of times, once we work on other things, like maybe your cortisol is just too high for your body to respond to much.

So once get the cortisol level down, then you start responding to the amino acids. It's not that your didn't need them, it's just that you couldn't tell because everything was just to jazzy.

for you to even notice anything, right? So there's a time and a place, and sometimes we just need to work on other things first, but most of the time people respond to it.

It's really great for food cravings, the amino acids in general. I had a client and she came to me and had chocolate in her shower every single morning, because that's how she started her day.

She's calming, just helps her focus to face the day, and so we teased her, it was her showered chocolate. And she's like, don't take my shower chocolate away.

Then after she was on the amino acids for a little bit, she said, you know what? I haven't even thought about my showering chocolate! That's awesome. I know.

Oh my gosh. We all have our quirkies. So those of you out there listening, I knew you have quirky too. You might be the shower chocolate lady as well.

All right. Do you notice anything with that one, Brenda? I am not. Okay. That is perfect. we will move on. Now let's go to, it should say either lithium orotate or monolith on the sample.

Monolith. Monolithic. Is it a little grenade tablet? Yes. Okay, so that one you're just going to chew a bit and hold it in your mouth and it'll start to dissolve.

So lithium orotate is very protective to the brain. And it's very different than lithium carbonate, which is the medication. So this is not a medication, this just like taking magnesium or zinc or any other mineral.

Our water system used to be very high in lithium, and it is now anymore. We've just kind of depleted it out of our soils and out our water. It is a bitter salty taste, yes.

Thankfully, when you take these supplements, you can actually swallow the capsules. You don't have to put them under your tongue, but that's just for trialing purposes.

I did have a client one time, bless her heart. I don't know how it didn't get relayed to her well, but clearly I didn' relay it to a well. And she sent me a message.

She goes, I am loving the amino acids, But my mouth hurts so bad. I'm like, why does your mouth hurt? You know, i was trying to figure it out. she goes.

Well, just putting all these supplements under my tongue all the time. and she'd been doing it for like a week. So bless her heart. Oh my goodness. i clearly did not make that.

that you did not have to put those underneath your tongue. So that's just for the trialing process. Or if there's an emergency, which is the fun part too with amino acids, you can, if you're having a panic attack or you feeling overly emotional, You can just open them up and put them under your time and you going to get that immediate reaction.

Whereas it takes, 15 to 20 minutes when you swallow them in the capsule form. That was awful. I know. Sorry. All right. Do you notice anything with the Lithium Orotate?

I'm not noticing anything right off hand. Like down the other stuff. Yeah. Let's do a second one. I know. So Lithiomorotates, like I said, is very protective to the brain as a whole.

It's really good for trauma, PTSD. those types of things as well. Alzheimer's, dementia, it's really, really good for reducing inflammation, kind of healing that brain in general, because it is a mineral.

Yeah. And they've done studies, I'm trying to think of the name of studies on the lithium orotate. I can't think about the moment, but they tested water systems and the water system in the United States that had the most lithium in it had least amount of crime rates and suicides.

Oh, wow. Yeah. So it's very good for mental health. And it'll actually a lot more psychiatrists are using it now too, instead of the lithium carbonate, or they're putting the people on the carbon eight first and then weaning them off and getting them on to lithium or a Tate.

They get them stable with the medication and work down to the actual nutrient, which is really good to hear.

Dosing Plan, Q&A, and Closing Remarks

You noticing something with that one? No. Anything negative or just nothing at all? Not really negative. I feel like my, for all my headaches coming back.

Okay. That's a negative with lithium because that can happen. You know, the headache will come back, so you could take another tryptophan and make that go away.

So we won't do any more of the lithium orotate. Yeah, because it's like my headaches are coming back and then the calmness I was like feeling in my brain went away as well.

Okay. So yeah, so that won' t last very long. If you have some vitamin C, you can take some Vitamin C and that'll wash that negativity out for sure. But yeah, so that's the trialing process.

So if you hadn't responded to what you responded, we would have tried the other supplements in the box because clearly we haven't tried everything. But we don't really need to because you've responded really, really well.

We'll start with 500 milligrams of tryptophan, 500 mg of GABA. Okay. And then we, and I'll send this in an email to you. Then we'll do tyrosine three times a day at a thousand milligrams.

We'll then do a little bit of DPA, 500 milligrams four times at day two. I want to check in with you in just a few days, send me a message, tell me how you're feeling on them once you get them.

and then, we will meet every seven to 10 days and make sure you are doing really well on And that's kind of how the process goes. Very cool. Yeah. So what do you think, Brenda?

Very interesting and how, because I wasn't sure. I mean, I know I had asked you on how I'd be able to tell the difference if they made the impact or not, taking one right after the other.

That surprised me on Yeah, distinguish the difference from one to the other even though there was just like a slight gap in between. Because they're really targeted for different neurotransmitters.

They're different nutrients to your body, so your bodies going to have a different response to them. It's kind of like giving zinc is going respond different than magnesium in your right?

So GABA is gonna respond differently than tryptophan because they are just for difference things. Yeah. Okay. So like when people take these, I mean, is there a better time to take them like morning compared to night?

Well, we'll take it multiple times a day to start with. Because as we're fixing the deficiency, your amino acids last like three to four hours, some people four to five hours.

And then your body needs more. It's kind of like having an amino acid snack all day long. Yeah, so we will do that for a little while and then you won't need them as consistently.

over time. So the goal is that you don't, you only use them as tools when you feel like you have a deficiency because they'll just give you a nice boost.

Okay. Makes sense. Awesome. Any other questions for me? So just out of curiosity, so the other ones that that we're not doing. What do they do? What did they help with?

Okay, so the 5-HTP is also for serotonin. So if you hadn't responded to the tryptophan, I would have done 5HDP with you. 5 HTP only converts into seratonin, where trypophane converts in to lots of other things.

It's more nutritive to brain, So I like to see if people respond to that one first. Okay. And then I have L-theanine in there, which is for the GABA pathway.

You responded the GABBA. Theaninine would be the second option. Not that it's better than GABA. I just started with GABO with you. You could certainly start with theanine if you wanted to, for those of you listening.

And then we had DPA, right? So we have DLPA which is D-L-phenylalanine, which actually works on your endorphins and your catecholamines. So that would be an option that we could try with.

What am I missing? What else didn't we do? No, it was just those three. Just those 3, yeah. So that's what those were for. And you certainly can try those on your own if you want and see how you respond.

If you like any of those better, let me know. I was just curious. But yeah, this is very neat. I'm so glad that I did this. Yeah, I am glad too. That was really glad you asked.

So this was always fun. Hopefully the audience has really enjoyed watching the trialing process because I know a lot of you have followed me for a long time.

You're like, what is this amino acid therapy and how crazy is it? Does it really work? Is it placebo? I don't know. But

I will tell you, it's definitely not placebo.

It works really well. And if you're interested, check the show notes, send me a message, follow me on Instagram, Take Back My Brain. That's my podcast.

So Instagram Facebook, all those things. Brenda, where can they find you? You can follow me on my podcast at Heartache Health and Healing, but my website is, I'm on Instagram, Facebook under my name, Brenda Munt, and my web site is www.energizedlifewellness.com.

And she is a breathing coach. Yes. The amino acids will make the breathing easier for you and for all of your clients. It just helps things. I think amino acid makes every other therapy work better.

So thank you so much, Brenda, for being on today. Thank you everyone for listening. God bless you, and I will see you in the next episode. Thanks for listening to Take Back My Brain.

If today's episode helped you connect with hope or direction, I want you to follow the show, leave us a review and share it with someone who needs it.

And if you're ready to start your own healing journey, explore our courses and our coaching programs at lorihammer.com backslash store. So until next time, remember you cannot medicate away a nutrient deficiency and healing your brain isn't just possible, it's powerful.