

# WHICH ADDICTED BRAIN TYPE ARE YOU?

## IDENTIFY & ELIMINATE FALSE APPETITES & FALSE MOODS

### **TYPE 1** Low in SEROTONIN (our natural antidepressant)

- afternoon or evening cravings for sweets, starches, alcohol, or cannabis
- worry, anxiety
- low self-esteem
- repetitious, obsessive thoughts or behaviors
- hyperactivity
- irritability, rage
- negativity, depression
- benefits from antidepressant drugs
- night-owl, insomnia, disturbed sleep, hard to get to sleep
- winter blues (SAD)
- suicidal thoughts
- fibromyalgia, TMJ, migraines
- fear of heights, water, snakes, performance, etc.
- dislike hot weather
- panic attacks

**Solution:** 5-HTP 50 mg or L-tryptophan 500 mg (1-3) mid-afternoon & evening.

### **TYPE 2** Low in CATECHOLEMINE (our natural stimulant)

- cravings for sweets, chocolate, caffeine, or other stimulants for a lift
- depressed, bored, apathetic
- lack of energy, drive
- lack of focus, concentration, A.D.D.

**Solution:** L-Tyrosine 500 mg (1-3) on arising and mid-morning (and mid-afternoon if no insomnia)

### **TYPE 3** Low in GABA (our natural tranquilizer)

- cravings for sweets, starches, alcohol or tranquilizers when stressed
- over-stressed, burned out, overwhelmed
- unable to relax, loosen up, meditate, pray, slow down, sleep
- feel stiff and tense

**Solution:** GABA 100-500 mg as needed

### **TYPE 4** Low in ENDORPHIN (our natural pain killer)

- crave comforting or numbing "treats," i.e., sweets, starches, chocolate, bread, cheese
- sensitive to emotional pain or have had chronic physical pain
- cry or "tear up" easily, sad too often
- "Love" certain foods, drugs, or alcohol

**Solution:** DL-Phenylalanine (DLPA) 500 mg (2-4) on arising, mid-morning, and mid-afternoon (or D-phenylalanine if anxious (1-2) 500 mg, 2-3x/day). Free-form amino blend 700 mg before meals.

### **TYPE 5** Low in BLOOD SUGAR (adequate brain glucose stabilizes mood & appetite)

- cravings for sweets, starches, and/or alcohol (especially if a meal has been missed or delayed)
- irritable, shaky, stressed, headache, if it's been too long between meals

**Solution:** L-glutamine 500 mg (2-3) on arising, between meals and at bedtime, or open capsule in mouth for instant relief. Chromium 200 mcg (2) with each meal.

## **ESSENTIAL NUTRITIONAL SUPPORT FOR ALL TYPES**

**Multivitamin and Mineral (2-6/day); Vitamin C Ascorbate 2000 mg/day; Cod Liver Oil**

**Foods:** a minimum of *3 meals/day, each containing 20-30 gm protein* (e.g., a chicken breast, 3 eggs, 1 cup cottage cheese). no less than *4 cups low-carb vegetables/day, plus only healthy fats* (butter, ghee, coconut or olive oil) and high-carb foods (fruit, beans, potatoes) as needed. Avoid sweetened and flour-based foods, allergy foods & caffeine.

**For more information:** moodcure.com, Recovery Systems Clinic (415-383-3611)

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