

# PRESCRIPTIONS

|                                 | Month's supply   | Morning dosage | Afternoon dosage | Evening dosage |
|---------------------------------|--|----------------|------------------|----------------|
| <b>STIMULANT PRESCRIPTION</b>   |  |                |                  |                |
| Combination stimulant formula   | 120  | 2              | 2                |                |
| NADH 5mg                        | 60   | 1              | 1                |                |
| Chromium 200mcg                 | 60   | 1              | 1                |                |
| <b>ALCOHOL PRESCRIPTION</b>     |  |                |                  |                |
| Combination chill/sleep formula | 160  | 1              | 1                | 2              |
| Methyl-nutrient formula         | 60   | 1              | 1                |                |
| Omega-3 EPA-rich capsule        | 60   | 1              | 1                |                |
| Vitamin C 1,000mg               | 60   | 1              | 1                |                |
| <b>OPIATE PRESCRIPTION</b>      |  |                |                  |                |
| Combination chill/sleep formula | 120  | 1              | 1                | 2              |
| Niacin 500mg + magnesium        | 60   | 1              | 1                |                |
| D-phenylalanine 500mg           | 60   | 1(WF)          | 1(WF)            |                |
| Vitamin C powder                | Take throughout day (until abstinence symptoms abate), then... |                |                  |                |
| Vitamin C 1,000mg               | 120  | 2              | 2                | 2              |
| <b>MOOD PRESCRIPTION</b>        |  |                |                  |                |
| Mood nutrient formula           | 120  | 2              | 2                |                |
| Chromium 200mcg                 | 60   | 1              | 1                |                |
| Omega-3 EPA-rich capsule        | 60   | 1              | 1                |                |
| <b>CHILL-OUT PRESCRIPTION</b>   |  |                |                  |                |
| Combination chill/sleep formula | 120  | 1              | 1                | 2              |
| Niacin 500mg + magnesium        | 60   | 1              | 1                |                |
| + Vitamin B6 25mg               | 60   | 1              | 1                |                |
| Valerian 500-800mg              | 60   |                |                  | 2(WF)          |
| <b>DIGESTION PRESCRIPTION</b>   |  |                |                  |                |
| Digestive enzymes               | 120  | 1              | 1                | 1              |
| Acidophilus and Bifidobacteria  |  | 1              |                  |                |
| L-Glutamine powder 4-8g         |  | 1-2tsp(WF)     |                  |                |
| <b>METHYLATION PRESCRIPTION</b> |  |                |                  |                |
| Methylation formula             | Dosage depends on your 'H' score                               |                |                  |                |
| <b>LIVER-DETOX PRESCRIPTION</b> |  |                |                  |                |
| Liver support formula           |  | 1              | 1                |                |
| Antioxidant formula             |  | 1              | 1                |                |
| L-Glutamine powder 4-8g         |  | 1-2tsp(WF)     |                  |                |
| <b>SLEEP PRESCRIPTION</b>       |  |                |                  |                |
| Chill/sleep formula             | 120  | 1              | 1                | 2              |
| Valerian 500-800mg              | 60   |                |                  | 2(WF)          |
| Niacin 500mg + magnesium        | 60   | 1              | 1                |                |
| Vitamin B6, 25mg                | 60   | 1              | 1                |                |

**WF** means **Without Food** or with a carbohydrate snack e.g. fruit or an oatcake

## Always take the Basic Supplements:

- An optimum multivitamin & mineral.
- Additional Vitamin C: ideally with berry extracts (bioflavonoids).
- Essential omega-3 and 6 fats: ideally providing GLA, DHA, DPA and EPA.
- Phospholipid complex: ideally providing phosphatidyl choline, serine, DMAE, TMG and either glutamine or pyroglutamate.
- Take these as **'maintenance'** once your abstinence symptoms have substantially reduced.

Most supplement tubs contain 60 tablets. If you need 120 get two tubs.

If any supplement **duplicates** e.g. Valerian in Chill-Out & Sleep Prescription **DO NOT** double up the dose.

**Check your Abstinence System score.** Once your total score for these is 5 or your worst abstinence symptoms are two-thirds, switch to maintenance supplements.

# ACTIONS OF NEUROTRANSMITTERS AND AMINO ACIDS

| Neurotransmitter        | Amino acid it's made from         | What it does  | Symptoms of deficiency   | Substances used to compensate for deficiency                        |
|-------------------------|-----------------------------------|---|--|---|
| Adrenalin, noradrenalin | L-phenylalanine<br>L-tyrosine     | Arousal, energy, stimulation, mental focus  | Lack of energy, depression, poor concentration   | Caffeine, cocaine, speed, tobacco, marijuana, alcohol, sugar        |
| Dopamine                | L-phenylalanine, L-tyrosine       | Good feelings, satisfaction, comfort, alertness   | Emptiness, lack of pleasure and reward, fatigue, depression, lack of motivation, over-eating   | Alcohol, marijuana, cocaine, caffeine, amphetamines, sugar, tobacco |
| Endorphins, enkephalins | D-phenylalanine, DL-phenylalanine | Physical and emotional pain relief, pleasure, good feelings, euphoria, sense of wellbeing | Hyper-sensitivity to emotional and physical pain, inability to feel pleasure, feeling of incompleteness, craving for comfort or pleasure, craving for certain substances, feeling down | Heroin, alcohol, marijuana, sugar, chocolate                        |
| Serotonin               | L-tryptophan or 5-HTP             | Emotional stability, self-confidence, pain tolerance, quality sleep                       | Depression, worry, obsessiveness, compulsiveness, low self-esteem, sleep problems, craving for sweets, irritability, fearfulness, tantrums, violence, sexual promiscuity               | Alcohol, sugar, chocolate, tobacco, marijuana                       |
| GABA                    | GABA, L-glutamine                 | Calming, relaxation   | Anxiety, panic, tenseness, insecurity, sleeplessness, seizures   | Valium, alcohol, marijuana, tobacco, sugar                          |
| Taurine                 | L-taurine                         | Calmness, promotion of sleep and digestion seizure control                                | Tendency to seizures, sleeplessness, anxiety, poor digestion   | Benzodiazepines, alcohol  |