

Anxiety Treatment Protocol

Every AM on an empty stomach:

1 heaping teaspoon of L- Tyrosine

1 heaping teaspoon of L-Glutamine

2 caps or tabs of Pyridoxal 5 Phosphate.

Place the above dry in the mouth and swish and swallow with water. Wait 20-30 minutes to eat or take other supplements.

ALSO:

Taurine - 500 mg 1 with dinner 1 at bedtime

Inositol - 500 mg 1 with breakfast 1 with dinner 1 at bedtime

5 HTP - 200 mg 4 at bedtime

It can be very helpful to do a urinary amino acid test and see exactly which nutrients you are missing. These can be supplemented in an individually designed powder.

Gail Eberharter MD ©

Courtesy of Pamela McDougle