

Brain System	Neurotransmitter	conditions	protocol
Deep Limbic	Serotonin	Moodiness, irritability, clinical depression Increased negative thinking Negative perception of events Decreased motivation Flood of negative emotions Appetite and sleep problems Decreased or increased sexual responsiveness Social isolation	General protein intake L-Tryptophan Inositol (12-20 mg/day) L-Tyrosine or N-Acetyl Tyrosine (1 – 1.5 mg/day) Increase protein snacks and reduce carbs L-Phenylalanine (400 mgs tid on empty stomach) St. John's Wort (500 mgs bid) Symplex F/M (3 bid), Hypothalamex/us (1 bid), Black Currant Seed oil (1 bid) Epimune (1bid), Echinacea (1 bid) and Sequential Immune Up-Regulation Coleus Forte (1 bid) Huperzine A from Huperzia Seratta leaf extract (standardized to 1%) Nevaton (1 tid) Epigallocatechin gallate (EGCG) from Green Tea Extract L-DOPA Adrenal Complex (2 bid) Reducing cortisol with lifestyle management Minchex (1 or 2 qid)
Basal Ganglia	Dopamine Serotonin	Anxiety and nervousness Panic attacks Somatic expressions of anxiety Tendency to predict the worst Conflict avoidance Tourette's syndrome/ tics Muscle tension and aching Tremors Fine motor problems Headaches Low or excessive motivation	General protein intake Eliminate food allergens Prevent hypoglycemia L-Tyrosine or N-Acetyl Tyrosine (1 – 1.5 mg/day) Eliminate stimulants Eliminate alcohol Epigallocatechin gallate (EGCG) from Green Tea Extract Reducing cortisol with lifestyle management Valerian Complex (1 bid) Withania Complex (1 bid) Minchex (1 or 2 qid) Astragalus Complex (1 bid) B vitamin (especially B6) found in Cataplex B (3 bid) and Cataplex G (3 bid) Bacopa Complex (1 bid)
Prefrontal Cortex	Acetylcholine Serotonin	Short attention span Distractibility Lack of perseverance Impulse control problems Hyperactivity Chronic lateness, poor time management Disorganization Procrastination Emotional unavailability Misperceptions Poor judgment Trouble learning from experience Short-term memory problems Social and test anxiety	L-Tyrosine or N-Acetyl Tyrosine (1 – 1.5 mg/day) Increase protein snacks and reduce carbs OPC Synergy (1-3 tid) Ginkgo Biloba Forte (1-2 bid) Tuna Omega (2 bid) Huperzine A (HupA), Epigallocatechin gallate (EGCG) from Green Tea Extract L-DOPA Adrenal Complex (2 bid) Reducing cortisol with lifestyle management Withania Complex (1 bid) Minchex (1 or 2 qid) Gotu Kola Complex (1 bid) B vitamin (especially B6) found in Cataplex B (3 bid) and Cataplex G (3 bid) Bacopa Complex (1 bid) Carnitine in the form of acetylcarnitine

Cingulate System	Serotonin	<p>Worrying Holding on to hurts from the past Obsessions – getting stuck on thoughts Compulsions – getting stuck on behaviors Oppositional behavior Argumentative Uncooperative – saying ‘no’ automatically Addictive behavior – alcohol, drug, eating disorder Chronic pain Cognitive inflexibility OCD – Obsessive-compulsive disorder Eating disorders Road rage</p>	<p>General protein intake L-Tryptophan St. John’s Wort (500 mgs bid) Foods rich in Tryptophan are chicken, turkey, salmon, beef, peanut butter, eggs, green peas, potatoes, milk Minchex (1 or 2 qid) Alpha Lactalbumin (LAC) Symplex F/M (3 bid), Hypothalamex/us (1 bid), Black Currant Seed oil (1 bid) Epimune (1bid), Echinacea (1 bid) and Sequential Immune Up-Regulation Nevaton (1 tid)</p>
Temporal Lobe		<p>Dominant (Usually left) Lobe – Aggression – Internally or externally directed Dark or violent thoughts Sensitivity to lights – mild paranoia Word-finding problems Auditory processing problems Reading difficulties Emotional Instability Subdominant (Usually right) Lobe – Difficult recognizing facial expression Difficulty decoding vocal intonation Implicated in social-skill struggles Both sides – Memory problems, amnesia Headaches or abdominal pain without a clear explanation Anxiety or fear for no particular reason Abnormal sensory perceptions – visual or auditory distortion Feelings of déjà vu or jamais vu Periods of spaciness or confusion Hypergraphia (Excessive writing) Seizures</p>	<p>Reduce acidity and the 3 I’s of acidity with the use of minerals, especially Calcium Lactate (3 bid), Organic Minerals (3 bid), Trace Minerals/B12 (3 bid) Increase protein snacks and reduce carbs GABA up-regulation Magnesium Lactate (2 bid) Gingko Biloba Forte (1-2 bid) Tuna Omega (2 bid) Adrenal Complex (2 bid) Reducing cortisol with lifestyle management Withania Complex (1 bid) Eliminate stimulants Acetylcholine increase</p>