

# WHICH BRAIN TYPE ARE YOU?

## Low in SERATONIN (our natural antidepressant)

- afternoon or evening cravings for sweets, starches, alcohol, or cannabis
- negativity, depression
- worry, anxiety
- low self esteem
- repetitious, obsessive thoughts or behaviors
- hyperactivity
- irritability, rage
- night-owl, insomnia, disturbed sleep, hard to get to sleep
- benefits from antidepressant drugs
- panic attacks
- winter blues
- suicidal thoughts
- fibromyalgia, TMJ, migraines
- fear of heights, water, snakes, performance, etc.
- dislike hot weather
- frequently wakes at 3-4 am

Supplements: 5-HTP 50 mg or L-tryptophan 500 mg (1-3) mid-afternoon & evening, B6 cofactor 100mg/d.  
Consider: Saint Johns Wort start 300mg 2x/d can go to 600mg 2x/d

## 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.
- sensitive to emotional pain or have had chronic physical pain
- cry or 'tear up' easily, sad too often
- "love" certain foods, drugs, or alcohol

Supplements: DL-Phenylalanine (DLPA) 500 mg on arising (can add mid-morning, and mid-afternoon if needed) If anxious just use d-phenylalanine 500 mg, 2-3x/day). Whey protein or Free-form amino blend 700 mg before meals.

## 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

Supplement: GABA 100-500 mg (I also like to add Theanine 50-150mg) once or twice a day as needed. A popular combination called Theanine Serine (source naturals) once or twice a day as needed.

## 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

Supplements: 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; Fish Oil 2-4g a day, Vitamin D3 3000iu a day, B complex (1-2/d), Magnesium Citrate 250mg (2x/d)

Mediterranean Anti-inflammatory Diet with modifications as needed [ a minimum of 3 meals/day, each containing 20-30 gm protein (e.g.a chicken breast, 3 eggs, 1 cup cottage cheese, smoothie with protein powder), no less than 4 cups low-carb vegetables/day, plus only healthy fats (coconut, walnut, or olive oil) and high carb foods (fruit, beans, potatoes) as needed. Avoid sweetened and flour based foods, allergy foods (individual) & caffeine.]

## HEALTHY MOVEMENT/GOOD SLEEP/REGULAR RELAXATION

**MOVEMENT:** Build up to 45 minutes or more a day of fast paced walking or other movement that you enjoy (no less then 150 minutes a week!)

For more information: [dietcure.com](http://dietcure.com), [moodcure.com](http://moodcure.com)

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