

HOW TO RAISE YOUR CRITICAL NEUROTRANSMITTERS (NTS)

Part 3 of 5

The natural and normal way pain is eliminated is to have some neurotransmitters (NTS) activate or trigger a receptor (“receiving”) site in the brain and/or spinal cord. NTS are made by the body from amino acids (protein) in food. Once they are made, NTS are stored in microscopic compartments in nerve tissue. When pain comes, one or more NTS are released from storage to activate a receptor site and eliminate the pain. The body has its own built-in pain-relieving system!

THE IPS PROBLEMS

- #1. Having constant pain (IPS) means there is damage to both NTS storage sites, and receptors.
- #2. Constant pain (IPS) continually demands that the NTS activates receptors, so storage of NTS get to such low levels that both baseline and flare pain become worse.

CHALLENGE TO IPS PATIENTS

While it is natural to focus on today’s pain, IPS patients must consider tomorrow’s pain. This means that you **MUST** supply your body with a minimal amount of amino acids **EVERY DAY**. As long as you have IPS, you can’t ever skip a day, or you will pay the price of more pain in the future. And the pain may not return to the baseline level of today. Put another way, either take in amino acids or plan on getting worse!

BASIC DAILY REQUIREMENT

- #1. Eat some of these foods **EVERY** day:
Seafood, beef, pork, lamb, chicken, turkey, soy, eggs, cottage cheese, (daily minimal requirement is about 50 grams).
- #2 Take an amino acid supplement:
In the form of powder, capsule, or other. Many new formulations are available (one new one called “Perfect Amino®” contains only the eight essential amino acids-leucine, valine, isoleucine, lysine, phenylalanine, threonine, methionine, and tryptophan).

ENDORPHIN AND ACTH-DID YOU KNOW?

Did you know that the major pain reliever and the major hormone stimulator (Adrenal Corticotrophin-ACTH) in the brain and pituitary are chains of amino acids?

OPTIONS: Here are amino acids that make critical NTS. Extra amino acids may possibly bring you more comfort and relief. Dosage is to take 500 to 2000 mg on 2 to 3 days a week.

<u>AMINO ACID</u>	<u>NEUROTRANSMITTERS</u>	<u>FUNCTION</u>
Phenylalanine	Dopamine	Energy
	Norepinephrine	Motivation
	Adrenaline	Hopefulness
	Thyroid	Pain relief
Tryptophan	Serotonin	Anti-anxiety
	Melatonin	Immunity
		Sleep
Glutamine	GABA	Anti-anxiety
		Anti-tremor-spasm

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