



## Recommendations - Supplements

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Now that you understand which brain chemicals you are deficient in, we have listed the required foods or supplements to help you rebalance any deficiencies. Ultimately, these will help you feel much better and prevent relapsing.

This will keep your energy levels in balance and have you feeling your best.

**Special Notes** – when taking the recommended supplements below, there are a few **important** things to keep in mind:

1. The amounts outlined below are the **MAXIMUM** total daily amount I recommend taking without a doctor's supervision. For example, if you are getting choline from several sources (your multivitamin and a separate choline tablet), the total you should take every day from all sources is 1,000 mcg—no more. This is true of **EACH** of the amount recommendations below, so please be careful about how much you take.
2. Generally, take all your vitamins with food—optimally with the meal or just before (unless otherwise indicated). People who take them after a meal may find that the vitamins just sit on top of their food and upset their stomachs. If you still have an upset stomach when taking your supplements, find a doctor who can help to correct any digestive problems, which are often the source of intolerance.
3. Try the following supplementation program for no more than 6 weeks. Then retest.

# Dopamine Nature –

**Type** – Dopamine affects the power of the body and mind (17% Population). A person with a Dopamine nature has a primary personality trait of rationality.

**Imbalanced symptoms** – Loss of energy: physically you experience fatigue, and mentally you're sluggish.

**Nutrition** – Tyrosine & Phenylalanine are the two main Amino Acids that produce Dopamine. They are found in protein rich foods, such as chicken, eggs, pork & walnuts.

**Recommended Supplements** – Tyrosine & Phenylalanine help boost Dopamine and are best taken in the morning or in the afternoon.

## **Brand and Dosage Recommendations** –

[Now Foods L-Tyrosine 750mg, 90-Capsules](#)

- Take 1 capsule 3 times a day, once upon waking, once mid-morning, and once mid afternoon.
- After 3 days, increase to 2 capsules 3 times a day, once upon waking, once mid-morning, and once mid afternoon.

[Doctor's Best Best D-phenylalanine \(500mg\), Vegetable Capsules, 60-Count](#)

- After 1 week of taking L-tyrosine, start taking DL-phenylalanine. Begin by taking 1 capsule 3 times a day, once upon waking, once mid-morning, and once mid after-noon.
- After 3 days, increase to 2 capsules 3 times a day, once upon waking, once mid-morning, and once mid afternoon.

# Serotonin Nature –

**Type** – Serotonin helps to resynchronize the brain (17% Pop). A person with a Serotonin nature is the type of person that lives in the moment.

**Imbalanced symptoms** – Serotonin deficiency minor symptoms could include excessive sweating, insomnia & sexual dysfunction.

**Nutrition** – When Serotonin is deficient, your body needs more foods containing the Amino acid Tryptophan, which are found in many protein rich foods such as turkey. 400 grams of chicken can contain 600mg of Tryptophan with adults require about 200mg a day of Tryptophan.

**Recommended Supplements** – Serotonin based supplements are best taken around late evening or bedtime to put you to sleep.

## **Brand and Dosage Recommendations** –

## Designs For Health – 5-HTP, 50mg, Synergy 90 Caps

- Take 1 capsule twice a day, once mid afternoon and once before bed.
- Add an additional capsule mid afternoon and at bedtime until you get to 150 mg or 3 capsules total.

## GABA Nature –

**Type** – GABA has a calming effect on the brain (50% Pop). GABA is associated throughout the brain with calming rhythmic brainwaves. A person with GABA nature has a primary personality trait of mental stability.

**Imbalanced symptoms** – When your rhythm is thrown off by a GABA deficiency you begin to feel anxious, nervous, and irritable.

**Nutrition** – When GABA deficient, your body needs more foods containing the Amino acid Glutamine, which are found in foods such as bananas, broccoli, spinach, oranges, brown rice, & walnuts.

**Recommended Supplements** – GABA supplements are the best to be taken in the early afternoon into the early evening.

Inositol is a vitamin like substance used to raise GABA levels 2 to 12 grams prescribed per day. Or theanine, 200mg once in the morning and once before bed.

Brand and Dosage Recommendations –

### Solgar – Gaba, 500 mg, 100 veggie caps

- Take 1 capsule twice a day, once mid afternoon and once before bed.

### Jarrow Formulas Theanine 200, 200mg, 60 Capsules

- Take 1 capsule twice a day, once mid afternoon and once before bed.

## Acetylcholine Nature –

**Type** – The creative nature (17% Pop). Acetylcholine governs the speed of information within the brain. A person with an Acetylcholine nature has the primary personality trait of a highly creative individual.

**Imbalanced symptoms** – Anxiety, high cholesterol, inflammatory disorders.

**Nutrition** – When Acetylcholine deficient, your body needs more foods containing the nutrient choline. Choline is a natural component of plants and animal products. Foods highest in Choline are egg yolk, meat, liver and cereals.

**Recommended Supplements** – Male daily requirement for Choline is 550mg to 3.5 grams. Female daily requirements for Choline is 425mg to 3.5 grams.

**Brand and Dosage Recommendations** –

Source Naturals Phosphatidyl Choline 420mg, 90 Softgels

- Take 2 capsules 3 times a day, once with breakfast, once with lunch, and once with dinner, for 1 month.
- After 1 month, take 1 capsule 3 times a day, once with breakfast, once with lunch, and once with dinner for two months.

## Conclusion –

In summary: after the test you have now discovered any deficiencies in your 4 brain chemicals.

Now it's time to build on your results.

Consume the required foods or supplements to help rebalance any deficiencies.

Try the recommended supplementation protocol for 6 weeks and try the test again to see how things have improved.

For further information on the results of your test I highly recommend checking out Braverman's book *The Edge Effect* in our [Recommended Books](#) section.