



BIOCHEMICAL RECOVERY: FOR DEPRESSION, WEIGHT GAIN AND ADDICTION



Peter J. Muran, MD

In December's issue titled, "Compassionate Detox – A Holistic Approach to Alcohol and Drug Addiction", I described how many of the emotions and moods that we feel are based on the neurotransmitters of the brain and that the common use of pharmaceuticals, alcohol and drugs only momentarily alter the concentrations of these neurotransmitters. We feel better until the drug wears off then we return to the psychological anguish. It is also mentioned that through the use of proper nutrition, we can adjust and alter the neurotransmitters naturally.

This issue of the newsletter will briefly describe neurotransmitters and a natural and healthy way to restore them through biochemical recovery.

The Benefits of Biochemical Recovery:

- Quickly reduces craving for drugs
- Quickly reduces anxiety
- Reduces pain
- Reduces depression
- Reduces cravings for carbohydrates
- Reduces symptoms of malnourishment
- Reduces symptoms of ill health
- Increases feelings of well-being
- Increases self-control
- Increases energy

- Increases clarity of thinking
- Increases focus and concentration
- Increases peace of mind

Biochemical recovery means the correction of the deficiencies in brain chemistry that may have existed in some people since birth. It is based on the research of Kenneth Blum, PhD, of the University of Texas, Ernest Noble, MD, PhD, of UCLA, Joan Mathews Larson, PhD, of *Health Recovery Centers* in Minneapolis, Julia Ross, MA of *Recovery Systems*, Mill Valley, California, and dozens of others who have studied the connection between levels of brain chemicals, called neurotransmitters, and addiction, depression and weight gain.

Neurotransmitters work like efficient tugboats, carrying messages from one nerve to another across a space, called a synapse. Each neurotransmitter is allowed to dock and unload its message only at specified landing sites, called receptors.

It seems that about one third of Americans are born with too few receptor sites for dopamine, a powerful "reward" chemical that makes us feel life is worthwhile. If we have too few dopamine

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WE'RE ON TV ...

The Longevity
Healthcare Hour

Thursday, Feb. 12, 11:30am
LWTV - Channel 6

DR. MURAN'S GUEST:
Julia Ross, M.A.

THIS MONTH'S TOPIC:
Recovery Through
Amino Acid Therapy

receptors, we'd better have lots of dopamine floating around in the synapse, to increase the likelihood that a dopamine molecule finds the right landing site. Otherwise, with too little dopamine and fewer than normal receptors, the person's brain is going to have too few messages of wellbeing coursing through the nervous system. Drug addicts, therefore, may be people with too few dopamine receptors, who are seeking a missing feeling of wellbeing. Effective treatment must involve increasing dopamine molecules, and other feel-good neurotransmitters. These chemicals can be increased with nutritious food, exercise, satisfying sex, beautiful music, and specific amino acids

Amino acids are fragments of protein that, individually, are used by the body to create neurotransmitters and alter mood. For example: GABA (gamma amino butyric acid), reduces anxiety. Phenylalanine (DLPA) reduces depression and chronic pain. Tryptophan reduces depression. 5-HTP is a chemical formed part way through the biochemical pathway transforming tryptophan into a usable form.

Tryptophan was removed from store shelves by the Food and Drug Administration after one bad batch of tryptophan caused the death of some who consumed it. Even though the manufacturer corrected the mistake long ago, it is still difficult to buy tryptophan except by a doctor's prescription, but 5-HTP will do the same job and is widely available in health food stores.

Julia Ross, MA, author of *The Diet Cure* and *The Mood Cure* and director of a successful drug treatment program in Mill Valley, California, has used amino acids for substance abuse treatment since 1985. On page 120-121 of

"The Diet Cure" is a chart, which is an excellent method of deciding for yourself which amino acid is best for you. Following the chart is her important list of contraindications for using amino acids, and how she handles problems in using these powerful, effective, mental rechargers. (This chart is available for anyone by just stopping by our Longevity Office).

1. Amino acids leave the body within 1-4 hours, so there is usually no permanent damage done by their use.
2. Some people are especially sensitive to supplements of any kind. If you have any kind of adverse reaction, you ought to stop taking amino acids immediately. If you aren't sure which one is the cause of your problem, stop all of them and once the reaction has passed, slowly re-introduce the aminos, one each day, to find out which is the culprit. Since amino acids take effect within 30 minutes, you will probably be able to tell which amino causes you discomfort fairly quickly.
3. In a few days re-introduce the offending amino to see if your reaction to it has disappeared, as it sometimes does. If not, simply stop using that particular amino acid. There are usually alternatives available. For example, Tyrosine and DLPA are the amino acids which help you feel more alert and "up". GABA and 5-HTP help you feel relaxed. If 5-HTP doesn't work for you, try tryptophan, itself (500 mg tryptophan = 50 mg 5-HTP)
4. You want your body to use the amino acids as pharmaceuticals, not food. It is best to consume amino acids at least 30 minutes before or 1 1/2 hours after eating any protein food, or your body will simply use the supplement as food, and you will waste your money and time. Protein foods include any fish, chicken, turkey,

lamb, beef, pork, eggs, or products made from milk.

5. If you have other specific problems using amino acids, consult your healing arts professional experienced with their use.

Most of us eat every day. However, some folks on methamphetamines or other drugs are not used to eating, or have eaten sparingly for days on end. Others have staved their bodies through various forms of dieting to loose weight. No wonder the body cells cry out for help, in the form of physical discomforts. Addicts and dieters identify the cellular chorus as a call for more drugs, when really what the body wants is to be nourished. Around 70 years ago, Bill W, who cofounded *Alcoholics Anonymous*, was writing about the need to nourish the alcoholic's body and brain. Nearly forty years later, biochemist Roger J. Williams, PhD, acknowledged the relevance of genetics, but flatly stated that "no one who follows good nutritional practices will ever become an alcoholic" (*Nutrition Against Disease* (Pitman Publishing, New York, 1971, p.173). The American Dietetic Association and other official agencies have detailed the

nutritional deficiencies of alcoholics, but users of other drugs and frequent dieters have severe malnourishment, too, which can account for some of the perceptual disorders (B-6 deficiency) shakes, (B-1 deficiency) hallucinations, (B-3 deficiency) severe digestive disturbance, (folic acid deficiency) muscle spasms, (magnesium deficiency) disinterest in food, (zinc deficiency) constipation, fatigue, depression, hysteria; and sensitivity to pain (vitamin C deficiency) commonly suffered by addicts, especially in withdrawal. In her book *Potatoes Not Prozac* (Fireside, 1999) Kathleen DesMaisons, PhD explains clearly and simply, the food-addiction connection. At bottom, a sugar sensitivity, coupled with a diet loaded with white sugar and white flour products, sets certain people up for addiction. The way out of addiction is to reduce, or even better, eliminate white flour and white sugar from your diet, increase consumption of raw and lightly cooked fruits and vegetables, exchange white rice for brown rice, and sugar-coated breakfast cereal, which are candy bars in another form, for nutritious whole grains like oatmeal. Snacks throughout the day are encouraged, to keep blood sugar on an even level: nuts, sunflower seeds, soybeans either roasted or as the Japanese boiled snack known as edamame, hard boiled eggs, and chunks of cheese are great choices. Too rushed to cook in the morning? Throw a cup of juice, a few ice cubes, a frozen banana, a couple cups of frozen or fresh fruit, a third cup of slow-cooking whole oats, a third cup of protein powder, a couple tablespoons of blackstrap molasses, a teaspoon of sesame seeds, and ice water into a blender and blend well. Pour into a coffee mug designed for car travel, and you're on your way to work with a powerfully nutritious and filling breakfast in

Leisure World Nutrition Club Meeting

February Meeting

Presentation:

Decrease Your Fatigue:
Increase Health and Vitality

Monday, February 16, 1:30pm to 3:00pm
Club House 3

Speaker: Peter J. Muran, MD
Longevity Healthcare Center

hand. For a further account of how to adjust your neurotransmitters naturally and how they can effect you join Julia Ross and I at our next TV Show viewing February 12 at 11:30 on LWTV 6 . Private appointments to coordinate your amino acid therapy within the framework of your total health needs can also be made at the **Longevity Healthcare Center**, located at the Taj Mahal Building near the Laguna Hills Mall by calling 949-472-3717.

WE'RE ON TV

Join Dr. Muran as he interviews Juila Ross, M.A. Hear how amino acid therapy can impact weight loss, depression and recovery from substance abuse on the Longevity Healthcare Hour, Thursday, February 12 at 11:30am, LWTV, Channel 6. Ms. Ross has a master's degree in clinical psychology, is the author of *The Diet Cure* and *The Mood Cure*. She is the Executive Director of **Recovery Systems** in Marin, California. Ms. Ross is a pioneer in the field of nutritional psychology, and her work has been featured on many radio and TV programs including *Leeza*, and *The 700 Club* and in *Natural Health*, *Delicious* and other magazines.



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