

Who can Amino Acid Nutrition Therapy help?

Anyone! But, chances are, if you are reading this, you are not feeling 100%. You may be looking for relief from symptoms of Anxiety, Depression, chronic pain, or ADD/ADHD but are not interested in the challenging side effects that often come with the traditional treatment (i.e. medications) for such symptoms. You may even be struggling with the depletion of your brain's necessary brain chemicals that has progressed so much that it causes you to feel dependent on a substance (even sugar or caffeine!) just to feel "normal."

The beauty of amino acid nutrition therapy is that you will know within minutes if they provide you the relief you are looking for! Join the many who have come before you whose lives has been forever changed!

Additional Resources

- Aminoacidtherapy.com
- Juliarossures.com



Available with Therapist:

Ashley Carter Youngblood, LMSW, LMFT

Certified Integrative Mental Health Professional

Nutrition Network Practitioner

Certified Nutrition Recovery Coach

Amino Acid Nutrition Therapy

A simple, powerful, and all-natural holistic alternative to medication for mental health symptoms

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Areas of the Brain to Feed

Serotonin – 5-HTP and L-Tryptophan can be used to treat the Depression caused by low Serotonin.

Low Blood Sugar – Being “hangry” and having cravings for addictive substances (even sugar) can be managed using L-Glutamine.

Endorphins – DL-Phenylalanine and D-Phenylalanine can help increase pleasurable Endorphin release.

GABA (Gamma Aminobutyric Acid) – GABA and L-Theanine can be used to manage both daily and chronic anxiety and stress.

Catecholamines – L-Tyrosine and L-Phenylalanine can be a powerful tool to offer a natural “boost” of energy.



What are Amino Acids?

Amino acids come from dietary protein and are known as the “building blocks of life” because we need them to survive and for our body (and brain) to function well.

How can Amino Acids help me?

Given that the nutrition in our food has decreased by a median of 5-75%, depending on the nutrient, the Journal of the American Medical Association announced in 2002 that diet alone can no longer supply our brains with adequate nutrition. Mental health symptoms result.



How does Amino Acid Therapy work?

Since amino acids are in the category of “Generally Regarded As Safe” (“GRAS”), which means that they have little risk of adverse reactions, they are available over the counter. However, Amino Acid Nutrition Therapy would be a targeted treatment specifically for you, created based on a thorough and continuous assessment with your nutritional therapy provider. And, often it only takes weeks or months of targeted treatment to create lasting healing in the brain and with emotional responses!

