



Gastrointestinal Upset - At the Start of Amino Acid Therapy

Common Symptoms of GI Upset:

GI upset describes a wide range of digestive related problems.

- Stomach pain
- GI upset (Nausea)
- Bloating
- Gas – flatulence/burping
- Heartburn

Why GI Upset Can Occur at the Start of Amino Acid Therapy:

Stomach distress at the start of amino acid therapy commonly occurs in patients with severely depleted neurotransmitters. Increasing neurotransmitter levels in the GI tract with the standard starting dose appears to be too drastic of a change for patients with severe neurotransmitter depletion to comfortably tolerate.

Common Causes of Severely Depleted Neurotransmitters:

This list is incomplete. It represents the most common causes of neurotransmitter depletion.

- Drugs that use neurotransmitters (an incomplete list)
 - Antidepressants
 - Some illegal drugs
 - Ecstasy
 - Methamphetamine
- A nutrient poor diet
- Chronic pain
- Chronic stress
- Exposure to neurotoxic chemicals (an incomplete list)
 - Heavy metals
 - Everyday Pollutants
 - Pesticides

Ways to Manage GI Upset:

- Take your pills with a small amount of food – many patients find a couple of soda crackers are sufficient.
- If you continue to experience GI upset after trying food with your dose, stop taking your pills until you are able to return to the office. Your caregiver will help you find a dosage that you can tolerate. In addition, your caregiver will provide you with amino acid dosing instructions.
 - When you resume amino acid therapy, initially begin by taking your new prescribed dose at bedtime (when you are ready to fall asleep – not when you get in bed to read a book or watch television).

An Additional Thought:

The most severely depleted patients can experience GI upset when starting amino acid therapy. Your caregiver is trained to find the most effective means of combating your GI upset. It is important that you communicate and work with your caregiver when trying to solve this problem.

It generally takes a patient with GI upset 3 to 4 weeks to reach the standard starting dose of amino acids (8 pills a day). Therefore, it may take time and patience - but the benefits to your health will be worth the additional effort required.