



Paradoxical Reactions

Paradoxical reaction is a term used to describe a treatment result that is the opposite of what would be expected or intended.

Examples of Paradoxical Reactions that May Be Encountered When Using Amino Acid Therapy:

This list is incomplete; it represents the most common examples of paradoxical reactions.

- Depression starts or becomes more severe
- The weight loss patient's appetite increases
- Anxiety/Agitation increases
- Sleep problems become worse
- Migraine headaches become worse
- Irritability increases

Paradoxical Reactions and Amino Acid Therapy:

When an amino acid dosing is started or increased, some patient's neurotransmitter disease symptoms worsen (normally, disease symptoms improve with amino acid therapy). This is known as a "Paradoxical Reaction." In general, paradoxical reactions tend to occur one to five days after amino acid therapy is started or a dosing change occurs. Any neurotransmitter dysfunction disease can display a paradoxical reaction during treatment.

Why Paradoxical Reactions Occur:

The reasons for paradoxical reactions are not fully understood. However, extensive research by NeuroResearch has found that a true paradoxical reaction needs to be treated by increasing the amino acid dosing.

Ways to Manage a Paradoxical Reaction:

- When encountering an amino acid paradoxical reaction, decreasing the dose and slowly increasing will not cause symptoms to improve. If you encounter a paradoxical reaction, you should contact your healthcare provider to discuss potential changes to your amino acid dosing.
- Do not increase your dose without your healthcare provider first prescribing the change – your care provider is trained to assess the best course of treatment.

An Additional Thought:

Patients with depleted neurotransmitters need amino acid therapy. Most patients who experience an amino acid paradoxical reaction find that their symptoms improve one to two days after their dosing is increased. Your caregiver is trained to find the most effective means of combating paradoxical reactions. It is important that you communicate and work with your caregiver when trying to solve this problem - the benefits to your health will be worth the additional effort required.