

5-HTP (5-Hydroxy-L-Tryptophan) for Serotonin

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Finally, there is help for those who suffer from depression, sleep disorders, hyperactivity, chronic stress syndrome, PMS, obsessive/ compulsive behavior, addiction, and constant carbohydrate craving. 5-HTP or 5-Hydroxy-L-tryptophan, which is a natural extract from the Griffonia plant seed. Griffonia acts by providing your body with 5-HTP or 5 hydroxytryptophan, an amino acid that easily crosses the blood brain barrier, and is converted into serotonin in a natural process.

Serotonin is a major neurotransmitter that is responsible for communication between the cells. Without neurotransmitters you would not be able to think, function or even live. Serotonin is released and received throughout the brain and spinal cord.

5-HTP is safe and effective. It is free from side effects and has no reported toxicity or contraindications. Researchers have observed a definite link between depression, addiction, obsessive/ compulsive behavior and serotonin deficiency. Serotonin is the key to numerous brain functions as the level decreases, maladaptive behavior increases. The serotonin system is the largest single neurotransmitter system in the brain, influencing multiple functions such as moods, movement, behavior, and eating patterns. 5-HTP from the Griffonia seed is being established as a true solution to those who need more serotonin.

In the body tryptophan is converted to 5-HTP that is converted to 5-HTP, which is then converted to serotonin. Serotonin undergoes additional conversions in the pineal gland to yield melatonin that is responsible for inducing sleep. Serotonin is the brain's master impulse controller for all emotions and drives. Symptoms that are present when your serotonin level is low are aggression and anger. Aggression is one of the most widely recognized signs of low serotonin in the brain. Addictive and compulsive behavior, headaches, pain and depression are also warning signals your brain is asking for more serotonin.

Millions of people have turned SSRI's (Selective Serotonin Reuptake Inhibitors). Drugs such as Prozac, Paxil, Zoloft, Effexor work by selective enhancement of serotonin levels. SSRI's prevents

the presynaptic nerve from reabsorbing serotonin that it has previously secreted. By inhibiting the normal process, Prozac, for example, causes an increase in brain serotonin levels but Prozac and other prescription drugs do not increase neurotransmitters. Decreased serotonin levels in the brain are also associated with obesity and alcoholism; low serotonin causes the brain to send signals of hunger or craving. There are many antidepressants that can cause the brain to rev up. This can cause a false euphoria and mood swings as well as aggressive behavior.

5-HTP as mentioned before elevates the serotonin level of the brain naturally without side effects or drug dependency. Those using antidepressants for recovery from addiction or depression will not feel any relief for at least a month while the benefits of 5-HTP are felt within 24 to 48 hours. Michael J. Norden, M.D. in his best selling book, *Beyond Prozac*, describes a patient who suffered from chronic anxiety and depression for most of her forty-four years. Prescription medication did not give her any relief so Dr. Norden decided to try her on 5-HTP. She showed a marked improvement and both her anxiety and depression decreased remarkably. Dr. Norden found a 1993 study of patients with painful fibromyalgia showed a significant improvement using 5-HTP daily. Patients treated at the Pain & Stress Center with fibromyalgia, chronic pain syndrome and headaches responded once the 5-HTP was added to their daily program. Low serotonin influences pain and headaches in different ways. Serotonin regulates blood flow to muscles. When the level is low from chronic stress syndrome, your muscles constantly contract without needed serotonin. Muscles will stay in a contracted state causing an increase of muscle tension and pain. Pain is directly related to low serotonin.

5-HTP is synergistic with other supplements that enhance neurotransmitters such as GABA, glutamine, tyrosine, DLPA and glycine. Magnesium prolongs the benefits of 5-HTP, especially magnesium chloride found in Mag Link or MagChlor. Chronic stress syndrome will deplete

available serotonin as well as interfere with serotonin's ability to control behavior. Research has demonstrated a low serotonin level can change brain function, and impair learning. Most children and adults with A.D.D. and A.D.H.D. have a low serotonin levels and a definite deficiency of needed neurotransmitters. Adding 5-HTP in the proper amounts can correct the imbalance. Scientists now believe that low serotonin may be responsible for an increase in depression and drug use among teens and children. Most teens with a low serotonin levels are more prone to try recreational drugs or even prescription drugs to try to find relief. When the serotonin level of the brain is low their ability to focus and reason is impaired. 5-HTP shows a lot of promise as a natural answer to a multitude of problems that plague adults and children. Given all of the information and scientific research, 5-HTP can have profound effect on your quality of life.

5HTP can be found in combination formulas such as Mood Sync and Teen Link. Consider your particular problem and select the formula that best addresses your problem. Caution must be taken with children. Doses should be adjusted according to age, weight and the particular problem. Those using any prescription medication should be extremely cautious about taking 5HTP. The two in combination could cause problems such as "serotonin syndrome." This is a condition that can cause symptoms of irrational euphoria, diarrhea, agitation, confusion, and gastrointestinal upset. Those taking Prozac, Zoloft, Paxil, and Effexor

should not combine them with 5HTP unless prescribed by a physician.

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