

# **The 6 Amino Acids Necessary to Alleviate Your Cravings**

Dr. Charles Gant, MD, PhD



## **Welcome to painkiller solutions.**

Your brain is designed to generate its own painkillers and opioids or natural morphine-like substances, but when artificial substances like painkillers are used, unfortunately your brain stops making its natural painkillers to help keep things in balance.

The more painkillers that are used, the less your brain makes the natural opioids, resulting in having to take even higher doses of artificial painkilling drugs tomorrow just to feel normal.

This vicious cycle leads to physiological dependence, which can be so powerful that some people even become addicted and their whole life is based around getting these painkilling substances.

Doctors have tried for centuries to treat addiction with addictive drugs, which has never worked very well.

That approach may get their patients hooked on something else.

This pharmaceutical approach is based on ignorance at 2 levels:

1) Ignorance of history. Believe it or not, heroin was created in a laboratory to treat morphine addiction, morphine was extracted from opium to treat opium addiction and every time a new drug is marketed to treat the last one, drug companies promise that it is not as addictive as the drug it is treating!

2) Ignorance of the brain's natural biochemistry and how to synthesize its own painkillers.



Replenishing the 6 amino acids required to synthesize one's own natural painkillers is the way a sustainable recovery can happen.



You simply cannot improve on our ancient, natural chemistry.  
The laws that govern the synthesis of opioid painkillers are absolutely inviolable.

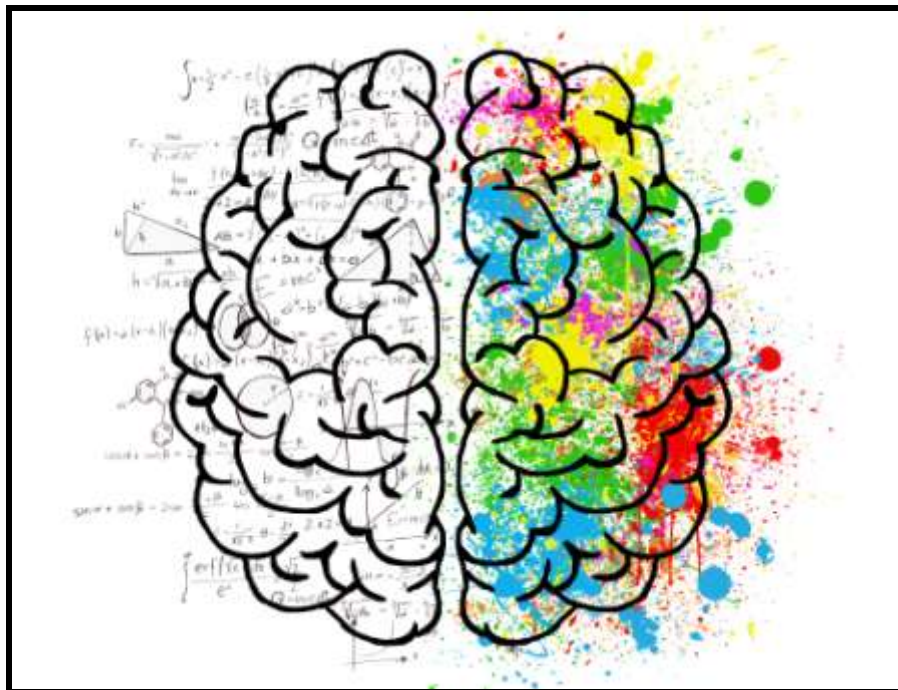
## **The 6 Amino Acids Needed to Alleviate your Cravings**

You must have these in order to replenish your brain's natural opioids, endorphins and painkillers.

The 6 Essential Amino Acids that allow you to regenerate your own natural, opioid painkillers are:

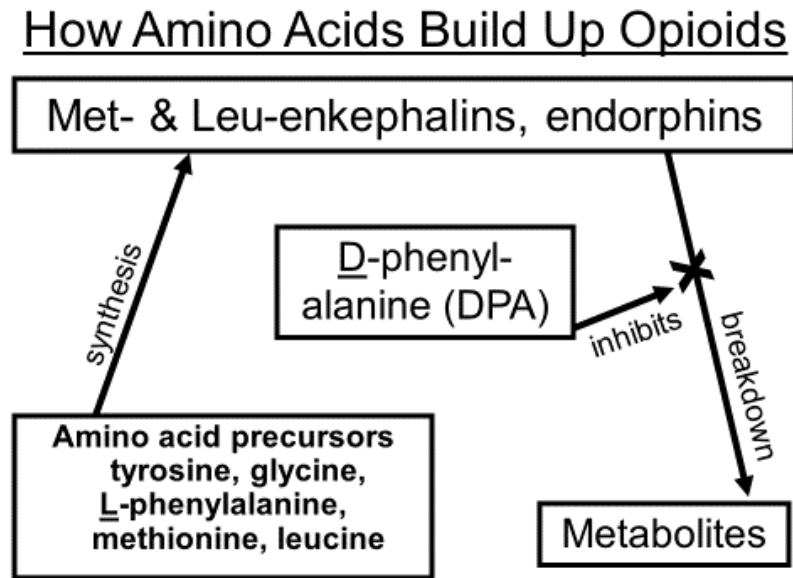
1. Tyrosine
2. L-phenylalanine
3. Glycine
4. Leucine
5. Methionine
6. D-phenylalanine

If any of these amino acids are in short supply, especially the first 5, you or your loved one will have little chance of getting off of painkillers and opioids, because you simply can't regenerate your natural painkillers out of thin air!



## How Amino Acids Restore Your Natural Endorphins

There is a well-established science about how this works.



5 of the amino acids we have discussed are required to regenerate endorphins as noted in the lower box.

These must be replenished in order for you to be free of the symptoms of painkiller and opioid dependency such as cravings, physical pain and mood swings and to be free of the dependency on them.

Some people can do that on their own because they are blessed with having these amino acids in their bloodstream. Most people don't have access to these amino acids in their bloodstream.

Notice on the right hand side that DPA inhibits the breakdown of the endorphins so that the concentrations stay at higher levels. This also lessens cravings, physical pain and mood swings.

This information is not commonly shared because in our drug-obsessed culture, long-term, natural, sustainable solutions are not emphasized.

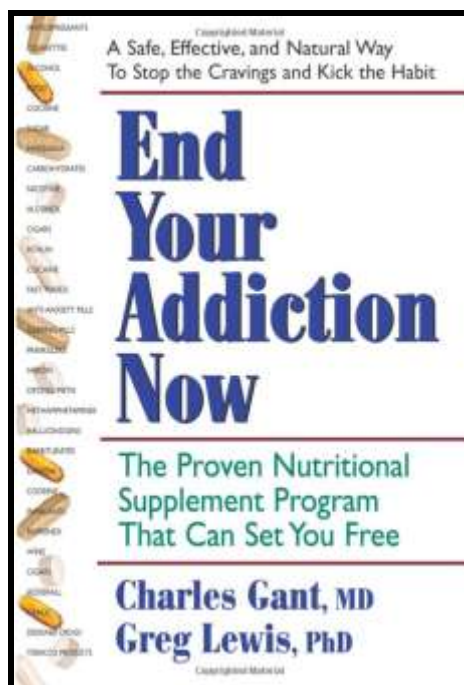
## Get Dr. Gant's book End Your Addiction Now!

Available at [NIHA WORLD WELLNESS STORE](#)

Whether it involves drugs, alcohol, smoking, or food, addiction is an overwhelming and destructive force. While many rehabilitation programs are available, the truth is that too many people return to their old habits. Why? End Your Addiction Now not only explores the biochemical factors that are the real cause of this problem, but also offers proven advice and dosages on how to break addictions once and for all.

Based upon the research and experience of Dr. Charles Gant and other pioneers, this practical handbook provides simple step-by-step directions for kicking the habit. Perhaps most unique, End Your Addiction Now is designed both to guide its readers to effective physicians and treatment facilities, and to provide a path for those who wish to seek wellness on their own.

At the heart of Dr. Gant's approach is a distinctive program of nutritional supplements designed to jump-start recovery by reducing substance cravings. Dr. Gant then walks readers through a natural process of detoxification and biochemical testing that pinpoints the specific deficiencies that must be addressed to achieve complete recovery.



## **Monitoring by a Functional Medical Doctor**

Nevertheless, monitoring by a functional medicine healthcare provider, who will work with you to become painkiller free, and will be less likely to prescribe something else to keep you hooked, is recommended.

The other option is to make an appointment with a functional medicine addiction expert and determine through functional medicine testing what precursor amino acids are in short supply in your brain. You may need much higher doses of a certain amino acid than the Endorphin PAK is incapable of supplying.

Also, personalized care can result in addressing other causes of stress, like food allergies and heavy metals, which can wear down stress hormones such as endorphins.





Once you understand the true cause of addiction, the path is clear to authentic recovery.

Support groups, psychotherapy and a spiritual path are all helpful, but without this essential factor, restoration of your own neurotransmitters, a complete recovery is impossible for most opioid dependency.

***"Thousands of my patients who were dependent on pain killers and opioids have taken this route to true sobriety!"***



## **Schedule an appointment with Dr. Gant Today!**

Would you like to benefit from professional supervision?

Please call 202-237-700 Extension 152,

To schedule an appointment with the author and expert on  
addiction healing

[Dr. Charles Gant MD, PhD.](#)



Charles Gant MD, PhD, has practiced Integrative and Functional Medicine for over three decades.

He specializes in molecular health and healing, especially as it supports growth and mental health recovery from problems such as ADHD, mood problems, addictions, chronic diseases, metabolic and immune disorders, infectious disease, and more.

He is an expert in interpretation of functional medicine testing to diagnose precisely what is deficient in each patient, and then replenish those missing, essential items.

### **DISCLAIMER**

**This is for information purposes only and is not intended to diagnose, treat, or cure any disease or condition.**

