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 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 nerve 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 and 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. Neurotransmitters are the biochemical's nerve cells use to talk to each other. There are an estimated 100 billion neurons in the human brain, and each neuron connects to thousands of other neurons to communicate. 5-HTP from the Griffonia seed has been established as a true solution to those who need more serotonin.

In the body tryptophan 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. The first symptoms that are present when your serotonin level is low are anger and aggression. Addictive and compulsive behavior, headaches, pain and depression are also warning signals your brain serotonin level is low.

Millions of people have turned to SSRI's (Selective Serotonin Reuptake Inhibitors) for help with depression and other low serotonin symptoms. Drugs such as Prozac, Paxil, Zoloft, Effexor and Serzone work by selective enhancement of serotonin levels. SSRI's prevent the presynaptic nerve form 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 associated with obesity and alcoholism, low serotonin causes the brain to send signals of hunger and craving. Many of the antidepressants that are used today can cause the brain to rev up. This can cause a false sense of euphoria; 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 and when the serotonin level is low from chronic stress syndrome, your muscles will constantly contract without the needed serotonin. Muscles will stay in a contracted state causing an increase of muscle tension and pain. Chronic 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. 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 level 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 trying 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. After a review of the scientific information and research, you can understand why 5-HTP can have such a profound effect on your quality of life.

5HTP is available in 50 mg capsules or in combination formulas such as St. John’s Wort and B6. Consider your particular problem and select the formula that best addresses your needs. Caution must be taken with children using 5-HTP. Doses should be adjusted according to age, weight, and the particular problem. For children HTP10, which contains 10 mgs of 5-HTP, is best. Those using any prescription medication known as an SSRI should be extremely cautious about taking 5-HTP. Prozac, Zoloft, Paxil, Effexor, Wellbutrine, and Effexor are all SSRI drugs. Taking the two in combination could cause problems such as “serotonin syndrome.” This is a condition that can cause symptoms such as irrational euphoria, diarrhea, agitation, confusion, and gastrointestinal upset.

References:

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