DLPA for Chronic Pain & Depression
Billie J. Sahley, Ph.D., C.N.C.

In 1972 Dr. Candace Pert at Johns Hopkins School of Medicine discovered that our biochemical brain produces chemicals that closely resemble morphine. Dr. Pert's research showed that morphine fits into certain nerve cell structures in the brain just as a key fits into a lock.

Dr. Pert named the newly discovered substances endorphins. Endorphins are 25 to 50 times stronger than morphine. Endorphins are produced in the body for the relief of pain and depression. The amino acid DLPA protects endorphins so they stay in the body longer to provide relief from chronic pain and depression.

Research studies have shown DLPA effectively blocks chronic pain and some inflammation in patients who have suffered for a long time. The therapeutic time on DLPA depends on your situation and how depleted your brain is. Nutrient deficiencies can cause important changes in the brain that effect both pain and depression.

The brain is very sensitive to nutrient deficiencies and in every case the body feeds the brain preferentially. The brain is the busiest yet the most undernourished organ in the body.

DLPA (DL Phenylalanine) contains two forms of the amino acid phenylalanine. The "L" form is a natural substance found in protein-rich foods. It enhances mood, elevating chemicals in the brain, such as dopamine and norepinephrine. The "D" form is made synthetically in the lab. Research shows it blocks a specific nervous system enzyme that increases pain signals. It protects the natural endorphins in the brain.

Numerous researchers report that DLPA is even more effective as a pain reliever when combined with GABA, the anxiety amino acid. GABA blocks pain signals in the brain. When DLPA, GABA and magnesium chloride are used together, patients report they are 95% pain and anxiety free.

One of the ways that DLPA can act as an antidepressant is in its ability to inhibit enzymes that break down the endorphin hormone. It is thought that endorphin concentration in the brain may be critical in mood regulation. When sufficient numbers of receptors in the brain fill with endorphins a person feels a calm sense of well being and very little pain.

The key to DLPA is that it helps your body heal itself. It is not a drug. It does not actually block pain and stress. DLPA is effective and works by protecting your own naturally produced endorphins by extending their life span in the brain and nervous system.

Numerous studies have documented the strong link between chronic pain, fibromyalgia and chronic stress syndrome. Research continues with clinical trials, which supports the theory that if we put back in the brain what belongs there we will suffer less pain and a much lower stress cycle.

Research studies have documented the efficacy of using this essential amino acid for the control of chronic pain or acute pain syndromes such as low back or joint pain resulting from rheumatoid arthritis, osteoarthritis and other stresses and strains, migraines, PMC, neuritis, neuralgia and some post operative conditions. In 1979 Dr. Seymour Ehrenpries presented his finding to the Second World Congress on Pain. Dr. Ehrenpries reported that his patients had good relief using 750 milligrams of DLPA three times daily and in acute cases, four daily. Endorphins are morphine-like chemicals produced by the body. DLPA works by slowing down the activity of endorphin-eating enzymes in your body and expanding the lifespan of your endorphins. DLPA is safe and effective and assists your body in healing. DLPA has no adverse side effects and is not addictive. You cannot take DLPA if you are taking prescription MAOIs and SSRIs.

IMPORTANT CONSIDERATIONS
A. DLPA may interfere with the effects of Levadopa, a drug used to treat Parkinson's disease. Do not combine them.
B. Do not use DLPA if you have phenylketonuria (PKU). You lack the enzyme that converts phenylalanine to tyrosine.
C. If you have been diagnosed with malignant melanoma, clear it with your physician first.
D. Pregnant women should not use DLPA unless your physician has cleared it.
DOSAGE

You must take B6 or P5P when you use DLPA to metabolize it.
For chronic pain, 1200-1500 milligrams per day on an empty stomach in divided doses.
For depression, use 1200-1500 milligrams in the morning.

Dr. Arnold Fox, M.D. reported in his book *DLPA to End Chronic Pain and Depression* is also a safe and powerful antidepressant. Dr. Fox found in chemical studies that DLPA proved to be as effective as commonly prescribed antidepressants. Dr. Arnold Fox recommends 375 milligrams three times daily with meals. He states for best results take within five minutes of eating a meal. After one week increase to 750 milligrams with meals. Be patient. It may take from one to three weeks for DLPA to build up your endorphins, especially if you have been on prescription drugs for pain. Your brain chemistry is a key factor, if it is totally depleted you must feed it needed nutrients to restore it.

IMPORTANT INFORMATION

DLPA must reach a certain level in your bloodstream so it will take a few days to be at its peak for pain reduction.
Children should not use DLPA under 15 years of age.
You cannot take DLPA if you are taking prescription MAOIs and/or SSRIs.
If you are in doubt, contact your pharmacist.

Our suggestions for supplements for those who suffer from chronic pain are:

**DLPA** or **Pain Control** that contains DLPA, magnesium (or **MagLink** or **MagChlor** with LT), Boswella (inflammation), B6, GABA and Ashwagandha. LT is an inhibitory neurotransmitter that has been proven to assist in relaxing muscles.

**Anxiety Control** to control anxiety that increases pain.

**Rodex B6** — will help metabolize any amino acids allowing them to work more efficiently.

**Sleep Link** for sleep problems

**Transitions** for women in menopause will address specific nutrient deficiencies.

**Taurine**, 1000 mg twice daily will help quiet the central nervous system.

**NeuroLinks** as needed will create a balance between dopamine and serotonin in the brain.

Research documents that every pain patient has a deficiency of magnesium. MagLink and MagChlor are both magnesium chloride that address the deficiency at a cellular level.

Call our product specialists at (800) 669-2256 to order.

REFERENCES


The article is not intended to give medical advice or replace the services of a physician. It is for educational purposes only.

Copyright © 2005 – Pain & Stress Publications

May NOT be reproduced by any means without the written consent of the author.
Copyright of MAARC Health Educator Reports is the property of M.M.R.C., Ltd. Co. and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.