By the age of sixteen teens begin to push for more independence as well as drift away from home and parents.

By the age of sixteen teens think their brain development is complete. This is far from the truth. Teen brain development is not complete until their mid or late 20’s. At 16 their thought patterns are coming in at a very rapid pace and in most cases they are unsure of what to respond to. The brain processes that support behavior are not yet mature and tend to over fire messages from their busy brain. The brain is the busiest yet most undernourished organ in the body. Neurotransmitters are the key – but to create needed neurotransmitters you must feed the hungry brain.

Teens eating pattern is irregular and not what it should be - too much fast food and not enough veggies and protein. Reports show that most do not take amino acids to create neurotransmitters and feed the brain. Most teens do not get enough sleep. They should add two to three more hours. Stanford University researchers found that teens who get the additional sleep are much sharper in decision-making and communication. Extensive research reports inadequate sleep effects learning, behavior, communication and growth as well as emotional balance.

This research was presented in 1970 to a group of counselors, behavior therapists and psychologists. The other information showed teens do not know how to handle stress, anxiety or emotional outpourings. Teenagers do not realize that the only time the brain cools and repairs is when you’re sleeping. When you sleep your brain and muscles have a chance to relax and let go. Amino acids and supplements are the key to health of teenagers of all ages.

Hormones become a key issue at age 11 in girls and age 12 in boys. Their ages are a major influence of surging sex hormones. At this point the gray matter in the brain actually begins to thin. To offset the surging sex hormones use Teen Link. This combination of amino acids maintains insures a balance so kids maintain some control. At this point the amygdala is very active and fires anxiety-related messages in their brains all day and night. The amygdala is an almond-shaped area nestled deep in the back of the brain that can and does control your teen’s behavior in junior high and senior high school. If parents feel their teenager should think in a more adult manner, this is impossible because their brain development won’t allow them to do that. The right side of the brain is in charge of creativity and feelings. The right side can arrange information into a logical order. The left side of the brain processes illogical thought, spelling and math. The important fact here is that a teen’s brain will work on the side where it is most comfortable and feels the best. Those who focus on the right side are drawn to creative writing, math, biology, music, drama, various languages, dance, chemistry, art, physics and philosophy. Some fields of expertise that right-brained people choose are the medical profession, psychiatry, writing, teaching, counseling, research, marketing, problem-solving and nursing.

The highest level of reasoning and sound judgment emerges between 12 and 14 years of age.

The frontal lobes are one of the last areas of the brain to develop fully. Located right behind the forehead, the frontal lobes grow much larger than an adult. This does not complete the process. The frontal lobes continue into the early 20s or even mid-20’s. Serotonin and dopamine levels are the major brain chemicals that control
brain function. Teens love the way dopamine makes them feel. Obtain these neurotransmitters through Liquid Serotonin, NeuroLinks or Teen Link.

Parents must use patience to deal with teens — remembering the development of the brain and the importance of amino acids and supplements.

So parents, don’t sit back and watch your teenagers fly through life being controlled by the amygdala — controller of primal feelings such as rage, fear, impulse, anxiety and anger. The amygdala is also responsible for masses of hormones and pumps them through during puberty. Teens become depressed, angry, irrational and full of anxiety and fear. During these years the amygdala runs wild and the only way to slow it down are combinations of amino acids. Don’t expect your teen to act like an adult — the amygdala won’t let them. It sends them in too many directions but not that of an adult.

According to Daniel Amen, M.D. in his book Healing Anxiety and Depression, from our clinical experience as well as review of the medical literature, it seems that a very high percentage of anxiety and depression disorders are passed genetically. His research documented if one parent has an anxiety or depression disorder, 75 to 85% of the children will be affected. Anxiety and depression disorders run in families. Genetics is very strong factor in emotional disorders.

Gender identity becomes an issue in early childhood. At that time kids become aware of their body and brain and the difference between boys and girls. Now they begin to accept toys and form attachments. As they grow their brain produces neurotransmitters, hormones and testosterone. Behavior patterns are forming and identity patterns to mom and dad are strong. Even the amygdala, which is active at birth, is active. The best thing you can do is to get them to talk about what they’re feeling. You’re teaching them to express, not repress, their feelings—and this is healthy. Even when they are small, if they have a hard time expressing themselves, you may need to add some Brain Link on a daily basis. Brain Link will provide them with needed nutrients they may not have due to genetics. Constantly evaluate the progress of your child so you are aware of their mental and emotional growth. Exciting breakthroughs in scientific research are giving American people a new understanding of the amino acids and their importance in health and healing.

The following basis program will help your teen think and feel better as well as control their emotions:

**Teen Link** – two capsules twice daily
**Sleep Link** for sleep – one capsule an hour before bedtime
**SBNC (Super Balanced Neurotransmitter Complex)** – three capsules in the morning
**Total Vite** – one capsule in the morning for their needed nutrients

If they can’t focus or concentrate, use one capsule of **Huperzine** OR one capsule of **Phos-Serine** twice daily to create acetylcholine in the brain.

**CAUTIONS**

* Do not use with SSRI, MАО Inhibitors, tricyclic antidepressants or if teen has a history of melanoma. Pregnant or lactating teens should consult a health care practitioner.

** Do not take with SSRI or MAOI antidepressants if pregnant or lactating

*** Not recommended or pregnant or lactating teens and people with pulmonary or seizure problems, congestive heart failure, pulmonary hypertension or if blood thinners are used.

**REFERENCES**


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