

ALCOHOL PRESCRIPTION

These supplements are recommended to support people coming off alcohol or still suffering abstinence symptoms, having quit.

Supplement	Daily Amount	Taken as	With/without	Notes
Tryptophan <i>or</i> 5-HTP <i>or</i> Tryptophan with 5-HTP	2,000mg 200mg 500mg 150mg	1,000mg × 2 100mg × 2 250mg × 2 75mg × 2	 Away from main meal (30 minutes before; 2 hours after) with some carbohydrate such as fruit or an oatcake	
Methyl nutrients (B ₆ , B ₁₂ , folic acid, TMG) <i>or</i> SAM and Methyl nutrients (as above)	× 2 800mg × 1	 400mg × 2	With food On waking, empty stomach With food	Find the right formula (see below) Not OTC in the EU Find the right formula (see below)
Omega-3 EPA/ DHA	2,000mg	1,000mg × 2	With food	You want 1,000mg of EPA + DHA (see page 408)

Supplement	Daily Amount	Taken as	With/without	Notes
GABA <i>or</i>	1,000mg	500mg × 2	With or without food	A high dose can cause tingling in fingers or face
Glutamine with taurine	500mg 500mg	250mg × 2 250mg × 2	With water	
Glutamine alone	8,000mg	4,000mg × 2	With water; not a hot drink	
Magnesium	150mg	75mg × 2	Morning and afternoon, can help sleep in the evening. With or without food	Assumes extra 150mg with Basic Supplement Pack
Vitamin C*	2,000mg	1,000mg × 2	With meals	Assumes 2,000mg in Basic Supplement Pack

OTC: over the counter

*Buy vitamin C powder. If detoxifying, put 10–20g in a bottle of one-third juice and one-third water. Drink frequently throughout the day. If you get loose bowels, lower the dose until your bowels settle. Very quickly, once you are free of your initial withdrawal

symptoms, you can stop the high-dose powder and you can start taking basic oral supplements: 2–4g a day. Otherwise supplement 3–4g a day, one with each meal. The Basic Supplement Pack provides 2g, so this means having another 1g or 2g a day.

Alcohol prescription: Notes

5-HTP is about ten times more potent than tryptophan. So 100mg of 5-HTP is equivalent to 1,000mg of tryptophan. Tryptophan is only available in supplements up to 220mg. Therefore, if you take four you will be getting 880mg, close to 1g. Tryptophan is also available on prescription as Optimax in 1,000mg capsules. Some people respond better to tryptophan, others to 5-HTP. The ideal is probably to take some of both. There are no dangers associated with either tryptophan or 5-HTP at these levels provided you are not on antidepressant medication. Many antidepressants stop the body being able to break down serotonin. Therefore, giving large amounts of either tryptophan or 5-HTP is not recommended until you are off antidepressants. A doctor may prescribe both, but you should be under the auspices of a health practitioner to do this.

Methyl nutrients are found in combination in homocysteine-modulating formulas. What you are looking for is a formula that provides B₆, B₁₂ (preferably methyl B₁₂), folic acid, plus TMG and NAC, which also helps lower homocysteine and raise SAM. The levels you want are shown on page 394. These help your body to make SAM. If you live in a country such as the US, where you can buy SAM, a short-term and more effective solution is to supplement 400–800mg of SAM twice daily, along with one of these

methyl-nutrient formulas. If not, take two. These nutrients help your body make SAM. Glutathione, the body and brain's most important antioxidant, is made from three amino acids: glutamine, glycine (found in trimethylglycine or TMG) and cysteine (N-acetyl cysteine). So pick a methyl-nutrient formula that contains N-acetyl cysteine (NAC).

SAM must be taken away from food. Ideally take it first thing in the morning, on waking, with water before you eat anything, and again between lunch and dinner. One of the best forms of SAM is S-adenosylmethionine tosylate disulfate. You can double this dose, but be aware that too much can make you nauseous. Usually this is short-lived. Some people have also reported irritability, anxiety and insomnia on high doses.

Omega-3 supplements vary greatly in what they contain. You want to select one that has the most EPA + DHA, and relatively more EPA than DHA. It is also worth getting one from a reputable company so that you can be confident it is pure (free from contaminants such as PCBs and mercury). Your goal is to supplement 1,000mg of EPA + DHA a day, probably 600mg of EPA plus 400mg of DHA. Most 1,000mg supplements provide at least 500mg of EPA + DHA, so this means taking two large fish oil capsules. Read the label carefully.

GABA is both an amino acid and a neurotransmitter. It helps you relax and helps rid you of anxiety. If you take too much it can cause tingling in the fingers or face and make you nauseous. So, it is best to increase gradually, starting with 500mg, and not to take more than 2,000mg daily. GABA is classified as a medicine in the UK. It is available from the US for your own personal use. GABA is made from glutamine and works as a relaxing or calming agent similar to taurine. Therefore, the next best thing is to either supplement glutamine on its own, or glutamine plus taurine. Some supplement formulas contain this combination, plus magnesium. In this way you also achieve the desired amount of magnesium. If you choose to take glutamine on its own, it is most economical to take glutamine powder; 1 rounded teaspoon is about 4g. It dissolves in water and tastes fine. Heat destroys glutamine, so don't put it in a hot drink. (Glutamine powder should not be taken if there is liver damage.) Some people respond better to taurine, others to glutamine. For relief of anxiety, GABA is superior to both.

Vitamin C can cause loose bowels as a temporary phenomenon. Some believe the ideal intake, especially if you're in early recovery, fighting a viral infection or under extreme physical or emotional stress, to be the level just below that which gives you loose bowels. If you are detoxing, withdrawing from alcohol or heroin addiction, very large amounts can make a big difference

to minimising your withdrawal symptoms. It's not dangerous, so don't be concerned about trying large amounts. Just cut back if you get loose bowels. It's a good idea to be supplementing with extra B₆ and magnesium when taking doses at or about 10g daily. This helps prevent calcium oxalate kidney stones induced by high doses of vitamin C.

Making it easy

Some supplements designed to support normal relaxation contain combinations of nutrients (taurine, glutamine, magnesium and 5-HTP), which help you to sleep or chill out. We will call this kind of combination a 'combination chill/sleep formula'. Some methylation formulas also provide N-acetyl cysteine. So, if you pick carefully, you can achieve all these nutrients in more or less the right amounts, by taking three supplements two or three times a day. The chances are you won't need these for long. Your supplement planner will then be:

EASY PLANNER: ALCOHOL PRESCRIPTION

Supplement	Morning	Afternoon	Evening
* Combination chill/sleep formula	1 mid morning	1 mid afternoon	2 in evening or one hour before bed
+ Methyl-nutrient formula	1 with breakfast	1 with lunch	
Omega-3 EPA-rich capsule	1 with breakfast	1 with lunch	
Vitamin C 1,000mg	1 with breakfast	1 with lunch	

Plus the Basic Supplement Pack (page 388)

* If you are already taking these because you have sleeping problems there is no need to double up.

+ If you are already taking these because you have a high homocysteine level there is no need to double up.