

ADDICTION PRESCRIPTIONS

STIMULANT PRESCRIPTION

These supplements are recommended to support people coming off caffeine, nicotine, cocaine, metamphetamine, Ritalin and other prescribed stimulant drugs or still suffering from abstinence symptoms having quit.

Supplement	Daily amount	Taken as	With/without food	Notes
Tyrosine	2,000mg	1,000mg × 2	Empty stomach or with carbohydrate snack	
NAC (N-acetyl cysteine)	1,500mg	500mg × 3	As above	Optional but recommended for cocaine
Ginseng (American, Korean, Siberian)	1,000mg	500mg × 2	With or without food	Best taken morning and afternoon, not evening. Must be standardised to guarantee potency
B vitamins:				
B ₅ (pantothenic acid)	200mg	100mg × 2	With food	Assumes 50mg with Basic Supplement Pack
B ₆	40mg	20mg × 2	With food	Assumes 20mg with Basic Supplement Pack
Folic acid	400mcg	200mcg × 2	With food	Assumes 200mcg with Basic Supplement Pack
B ₁₂	20mcg	10mcg × 2	With food	Assumes 10mcg with Basic Supplement Pack
Chromium	400mcg	200mcg × 2	With food	
NADH	10mg	5mg × 2	With or without food	

Stimulant prescription: Notes

Tyrosine is the precursor for dopamine, noradrenalin and adrenalin – the neurotransmitters that addictive stimulants mimic. It is therefore the most important amino acid to take if you are coming off stimulants. It's absorbed best on an empty stomach between meals. You can break open a capsule and tip some under your tongue for a quicker effect. If you are struggling with tiredness, overeating and drug craving you could try double this amount. As an excess may be over-stimulating, it is not recommended for someone who is nervous, highly agitated, irritable, suffering from cancer (including melanomas), high blood pressure or with a history of mania, unless under professional supervision. Tyrosine should not be taken by phenyl- ketonurics, or on a continuous basis by those who are pregnant or breastfeeding.

NAC (N-acetyl cysteine) is a precursor of glutathione and helps to raise glutamate levels in the brain. This reduces craving for stimulants and also helps to repair the brain. A maintenance level is 1,000mg a day. More is needed for those with acute stimulant addiction.

Gingseng This is an adaptogen, a class of substances – also including reishi mushrooms, rhodiola and ashwagandha – that help restore adrenal function. Ginseng restores vital energy throughout the entire body, helping to overcome stress. Allergy can occur

with the use of ginseng, but this is rare. Menstrual irregularities and breast tenderness have been reported with the use of Asian ginseng. If you experience these symptoms stop taking it.

Siberian ginseng is the safest and healthiest known stimulant, with generally no negative side effects.

How much you need depends both on the total combination of what you are taking, and the potency or concentration of active ingredients in the herb. In other words, there is potent and weak ginseng. You should be looking for ginsengs with a 'standardised' extract that contains at least 4 per cent ginsenosides. Aim for a total of 700–2,000mg of total adaptogens. It's best not to use them for more than three months at a time, then give yourself a one-month break. Many Asian doctors have traditionally recommended a routine of five days on, two days off, during those three months, to ensure continued effectiveness.

B vitamins Most of these B vitamins will be found in high-dose multivitamins, but not in sufficient quantities. If you are also taking a methylation/homocysteine-lowering formula this will also provide extra B₆. However you are unlikely to get enough pantothenic acid (vitamin B₅) and therefore will need to buy a separate supplement of this.

Chromium helps to stabilise blood sugar balance and, in high doses, is a potent antidepressant in those suffering from

atypical depression (see page 296). You need 400–600mcg a day for this effect. Most supplements come in 200mcg tablets, so start with two. Chromium is best taken in the morning and during the day, not in the evening. There is no toxicity below 10,000mcg. Best forms are chromium polynicotinate and chromium picolinate.

NADH (or nicotinamide adenine dinucleotide) in reduced form, is a small organic molecule found naturally in every living cell. It is necessary for thousands of biochemical reactions within the body, playing a key role in the energy production of cells, particularly in the brain and central nervous system. It stimulates cellular production of the neurotransmitters dopamine, norepinephrine and serotonin, improving mental clarity, alertness and

concentration. The more NADH a cell has available, the more energy it can produce, and the more efficiently it can perform. It also enhances physical performance and energy. We have found it very useful as part of the treatment of chronic fatigue syndrome, depression and ADHD. There are no known cautions. You will need to obtain separate supplements of this, as it is not generally included in multi formulas.

Making it easy

Some formulas for supporting those reducing stimulants combine tyrosine with adaptogens such as ginseng and B vitamins, especially B₅ (pantothenic acid). If you find the right one, this 'kills three birds with one stone'. We will call this a 'combination stimulant formula'. Your supplement planner will then be:

EASY PLANNER: STIMULANT PRESCRIPTION

Supplement	Morning	Afternoon	Evening
Combination stimulant formula	2 on waking	2 mid afternoon	
NADH 5mg	1 on waking	1 mid afternoon	
Chromium 200mcg	1 on waking	1 with lunch	

Plus the Basic Supplement Pack (page 388)