

INDEX

- 5-hydroxytryptophan 119, 121
Abnormal heart rhythms . 25, 109
Acetyl groups..... 16
Acetyl L-carnitine 47, 49
Acetylcholine..... 27, 29, 49, 105
Acid residue in tissues 14, 18
Acylation 110
Adrenal hormones and
methionine 89
Adrenaline 123
Ageing of brain 27-30
Aggression 120
Alanine..... 36-38
....in foods..... 38
Albumin 8
Alcohol
....and GABA..... 57
....and serotonin 119
Alcoholism..... 63
Alkalinity 14
Alpha-ketoglutarate 9
Alzheimer's disease
....and carnitine 28, 49
....and methionine 91
Amino acid supplements..... 10
Ammonia 8-9, 17, 39, 44, 62
Anaemia and heart failure 24
Angina 24, 25, 39
Antidepressant
....SAM as..... 90
....tryptophan as 117
....tyrosine as 125
Antioxidant, histamine as 72
Anxiety..... 58
Appetite control..... 96
Arginine 39-43
.... and body building 32
.... and Epstein-Barr virus 21
.... and memory 27
.... and the heart 25
.... in foods 43
Arginine:lysine ratio of foods
.... 86-87
Arthritis 96
Aspartame 95, 98, 123
Aspartates..... 44-46
Aspartic acid 44-46
.... in food..... 46
Atherosclerosis and lysine. 84-85
Autism..... 117
Bacterial toxins 14, 20
BCAAs. 32,36,76-77,81,129-130
.... and chronic fatigue syndrome
.... 21-22
.... and endurance sports 32
Beetroot juice 18
Bile..... 108
Blood pressure..... 40
Body heat 47
Body-building 41, 42, 63
Bones..... 7
Brain deterioration, types of... 27
Brain fatigue..... 20
Brain function and tyrosine.. 124
Branched-chain amino acids (see
BCAAs)

Index

- Broccoli juice 18
Bronchitis 52
Brown fat 47
Calcium absorption from food 83
Cancers..... 52-53
Candidiasis and cysteine 55
Carbohydrate stores..... 36
Cardiac arrest 24
Carnitine..... 17, 47-50
 and Alzheimer's 28, 49
 and chronic fatigue 21, 49
 and the heart 25
 and weight loss 49
 boosting with lecithin 50
 deficiency, factors promoting
 48
 in foods..... 48
Catecholamines 31, 123
Celery juice 18
Cell membranes 107
Chemical sensitivity 52
Chemotherapy 53, 64
Cheney, Paul 66, 67
Chinese restaurant syndrome .. 60
Chlorine 110
Cholecystokinin 96
Cholesterol
 and lysine..... 84-85
 in arteries 24
Chronic fatigue syndrome
 16, 20-23
 and tryptophan..... 116
 and BCAAs 76, 80, 129
 and lysine..... 84
 and tryptophan..... 76
Chronic liver diseases 90
Chronic pain 96
Cilia 41
Coeliac disease 116
Coenzyme A 47, 51
Cold sores..... 84
Collagen 100
Concentration 104
Congestive heart failure.. 24, 109
Contraceptive pill and tryptophan
 120
Contraceptive pill and tyrosine...
 125
Convulsions 60, 107
Critical illness..... 63
Cysteine..... 51-55
Cystic fibrosis..... 110
Cystine in foods..... 56
Cystine..... 51
D and L isomers 7
Delerium tremens and taurine 110
Dementia and taurine..... 110
Depression..... 31, 90, 96, 97
 and threonine 112
 and tryptophan 117
 and tyrosine..... 123-4, 125
Detox diets..... 12-18
Detoxification..... 12-19, 89
 and taurine 108, 110
Diabetes..... 52
 and alanine 37
Digestion of protein..... 8, 10
Diseases from toxic overload . 18
DLPA 96
Dopamine 62, 105, 117, 123
Duodenal ulcers..... 53
Dysbiosis 20

The Amino Acid Report

<p>Ear problems 53</p> <p>Enkephalins 88, 96</p> <p>.....and endurance sports 33</p> <p>Endorphins 88, 96</p> <p>.....and endurance sports 33</p> <p>Endotoxins 14</p> <p>Eosinophilia myalgia syndrome..</p> <p>..... 121</p> <p>Epilepsy 57, 59, 107, 109</p> <p>Epinephrine 123</p> <p>Epstein-Barr virus 20, 21</p> <p>.....and arginine 42</p> <p>Essential amino acids 8</p> <p>Excessive protein intake, effects</p> <p>of.. 10</p> <p>Exercise tolerance</p> <p>.....and tryptophan 118-119</p> <p>.....extension of 33</p> <p>Expectorant 52</p> <p>Eye, gyrate atrophy of... 100-101</p> <p>Fasts 12</p> <p>Fibromyalgia and methionine</p> <p>..... 90-91</p> <p>Fluid retention..... 9, 59, 88</p> <p>Foods which aid detoxification...</p> <p>..... 15</p> <p>GABA 57-58</p> <p>Gallstones 110</p> <p>Gamma-amino butyric acid (see</p> <p>GABA)</p> <p>Gelatine as BCAA supplement ...</p> <p>..... 77, 81</p> <p>Gelatine 69</p> <p>Gerson diet 12, 17-18</p> <p>Glaucoma 40</p> <p>Glucagon 37, 68</p>	<p>Glucogenic amino acids 7</p> <p>Glucose tolerance factor 68</p> <p>Glucose-alanine cycle 37</p> <p>Glucuronic acid 16</p> <p>Glutamate hypothesis of</p> <p>schizophrenia 69</p> <p>Glutamic acid 59-61</p> <p>..... in foods 61</p> <p>Glutamine 62-64</p> <p>..... and immune system 33</p> <p>..... and sports 33</p> <p>..... in foods 63</p> <p>Glutathione 65-67</p> <p>..... and Epstein-Barr virus 21</p> <p>..... and viruses 66</p> <p>..... in foods 65</p> <p>..... peroxidase 65, 66</p> <p>Glycine 68-71</p> <p>..... in foods 71</p> <p>Glycogen 8, 68</p> <p>Glycoproteins 112</p> <p>Gout 69</p> <p>Growth hormone 41</p> <p>..... and ornithine 93</p> <p>Headaches 13</p> <p>Heart attack 24</p> <p>Heart disease 24</p> <p>..... and lysine 84-85</p> <p>Herpes infections 84, 85</p> <p>..... and chronic fatigue 21</p> <p>..... high risk foods 86, 87</p> <p>High-protein foods 9</p> <p>Histamine 72, 89</p> <p>Histidine 72-74</p> <p>..... and schizophrenia 73</p> <p>..... in foods 74</p>
--	--

Index

- HIV52
Homocysteine54, 88, 89
Hydrogen peroxide.....65
Hypercatabolism75, 79
Hyperinsulinaemia66
Impotence.....40
Indican116
Indoles.....16
Insomnia.....120
Insulin
 and cysteine52
 and tryptophan.....116
Intensive exercise and glutamine
 64
Intestinal lining63
Isoleucine75-78
Isomers.....7
Jet lag120
Ketones17, 37, 47
Ketosis36
Kidneys15
 protection.....53
 and arginine40
Krebs cycle.....9
Kwashiorkor.....9
Lactate.....37
Lactic acid and carnitine49
Leucine.....79-82
 as energy source79
 in foods.....82
Limiting amino acids9
Lipoic acid52, 67
Lipoprotein (a)84-85
Lithium.....31, 117
Liver14-17
 enzymes.....15
Low-calorie diets8, 12-13
Lysine83-87
 as herpes treatment.....84
 in foods86
Mania.....31, 117
MAO inhibitor drugs126
Marathon runners81
Melanin.....123
Melanoma.....53
Melatonin115
Memory104
Mental function104
Metabolic wastes14
Methionine88-92
 and Alzheimer's disease ...29
 and histamine31
 and muscle pain21
 and schizophrenia31
 and sports33
 in foods92
Methotrexate.....64
Methyl tryptamines.....116
Minimum protein requirements..
 10
Mitochondria47
 and serine103
Monoamine oxidase inhibitors ...
 31
Monosodium glutamate ..60, 109
Morphine addiction111
Mucus clearance41
Multiple sclerosis113
 and tryptophan118
Muscle fatigue and whey protein
concentrate54
Muscle pain20

The Amino Acid Report

Muscles	36	Peptides	7
Myalgic encephalomyelitis	20-23	Pfeiffer, Dr Carl	31
NAC	52	Phenylalanine	95-99, 123
.....supplements.....	67 and adrenal hormones	95
N-acetyl cysteine (see NAC)	 and depression	31
Narcolepsy	125 in foods	99
Nature cure diet.....	18	Phenylketonuria	97
Naturopathy	12	Phosphatidylserine	103
Nitric oxide	25	Phospholipids	103, 104
....and blood pressure	40	Picolinic acid.....	115
Noradrenaline	123	Polypeptides	7
Nutritional deficiencies.....	20	Premenstrual syndrome	120
Octacosanol	124	Proline in foods	102
Oestrogen and tryptophan	120	Proline	100-102
Organochlorine pesticides.....	65	Propionyl carnitine	47
Organs of elimination	15	Prostate	
Ornithine	93-94 cancer.....	53
....and body building.....	32 enlargement	69
....and lysine	93	Protein	7-10
....as arginine supplement.....	94	Pyruvate	37, 68
Osteoarthritis		Radiation	44, 53
....and gelatine	70	Radiotherapy	55
....and SAM	90	Raw food diets	18
Osteoporosis	83	Rea, William	89
Otitis media.....	53	Reduced glutathione.....	51
Oxidative phosphorylation.....	44	Restless leg syndrome	125
Packer, Lester	65, 67	Retinitis pigmentosa.....	109
Pain		Rheumatoid arthritis.....	72-73
....and tryptophan.....	118, 119	S-adenosyl methionine (see	
....relief	97	SAM)	
Painkillers and histidine.....	73	SAM (s-adenosyl methionine)	88
Pancreatitis.....	91	Saturated fat	13
Parkinson's disease .. 62,66,68,90		Schizophrenia	
....and tryptophan.....	118 and glycine	69
....and tyrosine	124 and isoleucine	76
Pauline, Linus	84 and tryptophan	117

Index

- and tyrosine125
- high histamine type90
- Senility27, 41
- Serine 103-106
 - and mental ability 28-29
 - in foods106
- Serotonin 115, 116-7
 - and chronic fatigue syndrome 22
- Sex drive123
- Short-term memory27
- Smoking125
- Soya protein concentrate10
- Spasticity113
- Sports aids 32-33
- Sprouted grains 17-18
- Stress124
 - exhaustion123
- Sugar13
- Suicidal tendencies90
- Sulphate16
- Sulphur amino acids7
- Taurine 107-112
 - and cats108
 - and dementia28
 - and the heart25
 - deficiency, causes of109
- Tea, coffee, alcohol, diuretic effect of 13-14
- Threonine112
 - in foods114
- Thyroid 10, 123, 126
- Toxic overload20
- Toxins 12, 13, 14-18
 - released from storage13
- Tranquillizers57, 58
- Triglyceride 8
- Tryptophan 115-122
 - and chronic fatigue syndrome 22
 - and endurance sports 33
 - in foods 122
- Tyrosine 31, 123-127
 - and brain function 124-5
 - and depression 124-4, 125
 - and depression 31
 - and mental ability 28
 - and schizophrenia 125
 - and sports 33
 - in foods 127
- Urea 39
- Urea cycle amino acids 7
- Valine 128-131
 - in foods 131
- Vegans 9
 - and carnitine 48
- Vegetables, digestion of 18
- Vegetarian protein sources 18
- Viruses
 - and arginine 42
 - and glutathione 21, 66
- Vitiligo 97
- Weight loss
 - and carnitine 49
 - and phenylalanine 96
 - and tryptophan 119-120
- Wheat gluten 59
- Whey protein concentrate . 54, 67
- Xenobiotics 14