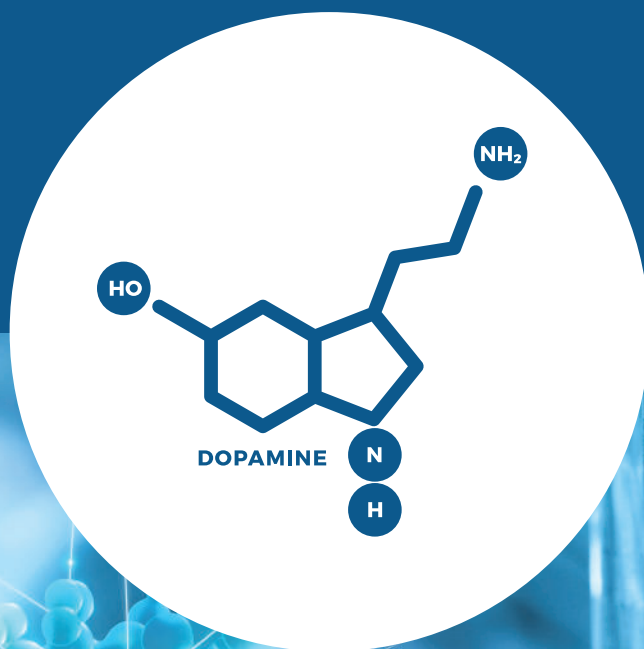


Is Dopamine the NEW 'Miracle Molecule'?

An inside look into the newest
cutting-edge therapies combining
science, nature, and technology to
combat modern disease





Fascinating New Research Suggests Dopamine Could Be a Cutting-Edge Treatment for Chronic Fatigue, ADHD, Addictions, Parkinsonism, MS, Alzheimer's and More

An inside look into the newest cutting-edge therapies combining science, nature, and technology to combat modern disease

Feeling fatigued and exhausted is something many of us can relate to, especially if we have busy schedules. But what if that fatigue never seems to go away? And, what happens when other mysterious ailments begin to rear their ugly head? That's what happened to top nutritionist Ann Louise Gittleman who began experiencing fatigue along with other strange symptoms just over four years ago.

At first, Ann Louise thought her exhaustion was due to the demands of her busy schedule. Writing two books in a row and promoting them through numerous podcasts and media blitzes was no easy task. However, her symptoms became more severe – and unnerving – during the promotion of her latest book, [*Radical Longevity*](#).

Her voice became unexplainably hoarse, and

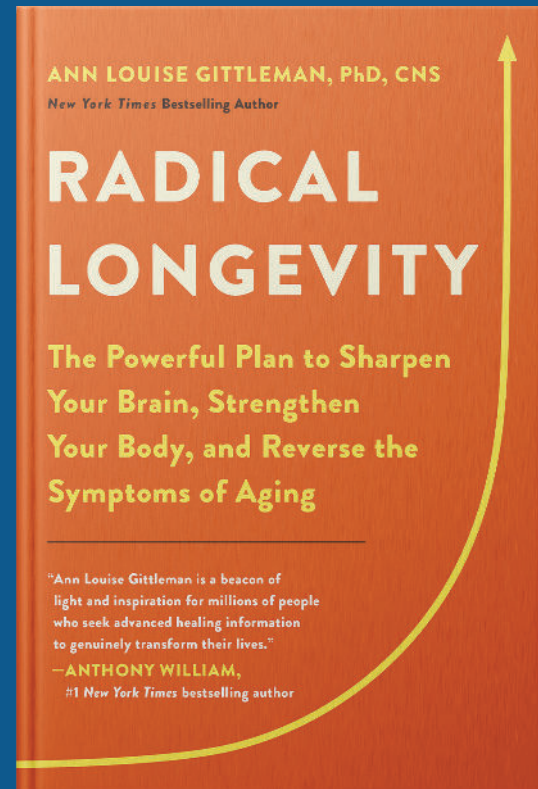
she was forced to limit her nutritional counseling sessions with clients and her podcast interviews to 30 minutes max. She was also experiencing unusual stiffness and rigidity in her left arm, which interfered with her ability to email and text, further impeding her communication abilities.

As her symptoms progressed and became more disconcerting, Ann Louise wasted no time in consulting many of her associates – including naturopathic physicians, an integrative neurologist, and functional medicine doctors. She finally got her answer when, much to her surprise, a nuclear brain scan revealed a dopamine deficiency.

You might be wondering why a dopamine deficiency is often missed by doctors. A dopamine deficiency test is not included in routine physical exams, though perhaps it should be. Dopamine deficiency is linked to a wide array of symptoms – everything from fatigue, depression, and memory problems to tremors, rigidity, and even certain addictive behaviors. It has also been linked to serious conditions such as Parkinson's disease, Multiple Sclerosis (MS), and even Alzheimer's.

Once the diagnosis was confirmed, the question was... what next? Ann Louise opted for a natural treatment plan to increase dopamine levels. Within a week of starting her treatment, she began to experience significant health benefits. While she still has to pace herself, she's feeling much better and back to her old self.

What if Aging Has Become Optional?



Ann Louise Gittleman, PhD, CNS has redefined the modern approach to aging with these “radical” new ideas and scientific discoveries.

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Ann Louise's Dopamine Fix: Surprisingly Simple Solutions to a Variety of Perplexing Problems

Here are the four key elements Ann Louise used to raise dopamine levels:



Dopamine-Rich Mucuna beans

Dopamine Beans. First on the list of Ann Louise's protocol for rebuilding adequate dopamine levels is the *Mucuna Bean*. These beans are renowned for their ability to remedy a range of conditions, including Parkinson's disease, nervous disorders, and even as an aphrodisiac. They are a major source of commercially-extracted pure levodopa (L-dopa), used in treating Parkinson's disease. According to a double-blind, randomized, controlled, and crossover study published in the medical journal *Neurology*, even a single

low dose of Mucuna Powder, derived from these beans, can be just as effective as traditional drugs like L-dopa and benserazide, with fewer adverse side effects.

Ann Louise's protocol includes a daily intake of Mucuna Seed Extract standardized to 40% L-DOPA.

High Dose Thiamine Therapy (HDT). A Vitamin B1 (thiamine) deficiency can literally hijack your life, going far beyond the boundaries of bewildering or bothersome symptoms

to downright bizarre and frightening disorders. No wonder this often-unrecognized vitamin deficiency has earned a reputation as 'the great imitator' of an astounding variety of illnesses. A Vitamin B1 deficiency can impact every area of the nervous system – and that includes the brain. The primary impacted region of the brain is the cerebellum, the region that controls mood, attention, motor function, and certain parts of language abilities. A B1 deficiency has been linked to:

Degeneration of Myelin Sheath, the protective layer surrounding nerves that allows electrical impulses to transmit along the body's nerve cells

Tourette Syndrome – a condition of the nervous system that causes repeated involuntary tics, twitches, movements, or sounds

Obsessive Compulsion Disorder (OCD) – a common anxiety disorder that results in obsessive thoughts and behaviors

Attention-Deficit Hyperactive Disorder (ADHD) – a neurobiological disorder that results in impulsivity and hyperactivity

Postural Orthostatic Tachycardia Syndrome (POTS) – a condition in which the simple act of standing up can cause one to feel faint and/or collapse

Ataxia - a degenerative disease

of the nervous system whose symptoms may mimic slurred speech, stumbling, and falling

Peripheral Neuropathy – damage to any of the nerves outside of the brain and spinal cord

Multiple Sclerosis (MS) – a chronic and serious debilitating disease that impacts the body's entire nervous system, including the brain, spinal cord, and optic nerves

Fibromyalgia – a chronic disorder that results in widespread pain, fatigue, and muscle stiffness

Sciatica – pain that radiates along the sciatic nerve, which runs down one or both legs from the lower back

In other words, if there is any disorder related to the nervous system, it's highly likely that a Vitamin B1 deficiency is involved.

Vitamin B1 is also critical for our energy output. It plays a crucial role as a metabolic catalyst for the mitochondria, the energy-producing powerhouses present in every cell in our body. It helps to convert carbohydrates into energy and is a co-factor for several enzymes involved in the metabolism of glucose. Vitamin B1 helps to regulate the body's neurotransmitters, chemical messengers that help coordinate various physiological functions. One of those all-important chemical messengers is dopamine. Without sufficient Vitamin B1, the body is unable to efficiently

produce dopamine – and the results, left untreated, can be devastating. And it's all so unnecessary!

When in doubt, check out what the experts are saying. One of the world's renowned scientists, Dr. Costantini, is an avid proponent of High Dose Thiamine Therapy (HDT). He has been involved in a plethora of studies, including those studies that prove how HDT leads to significant improvements in a wide range of neurological conditions, including Parkinson's and Alzheimer's. There's no reason not to take full advantage of this groundbreaking therapy.

Ann Louise's protocol includes two 100 mg Vitamin B1 injections weekly.



Foods rich in Vitamin B1

The Ultimate Brain Boost for Overall Support.




UNI KEY's Ultra H-3 Plus contains a special form of Vitamin B1 called benfotiamine, which has been shown to cross the blood-brain barrier to help protect your precious gray matter. Not only does benfotiamine boost the activity of the enzyme responsible for producing dopamine, a neurotransmitter crucial for brain function, but it also helps reduce inflammation and oxidative stress in the brain. This makes benfotiamine uniquely positioned to support optimum dopamine function. It's one supplement you'll definitely want to have onboard for additional support.*

Ann Louise's suggested dosage of Ultra H-3 Plus is 300 mg daily.

LEARN MORE

***Medical Disclaimer:** This content is for informational and educational purposes only. It is not intended to provide medical advice or to take the place of such advice or treatment from a personal physician. All readers/viewers of this content are advised to consult their doctors or qualified health professionals regarding specific health questions. Neither Ann Louise Gittleman nor the publisher of this content takes responsibility for possible health consequences of any person or persons reading or following the information in this educational content. All viewers of this content, especially those taking prescription or over-the-counter medications, should consult their physicians before beginning any nutrition, supplement or lifestyle program.

A woman with short brown hair, wearing a grey tank top, is exercising on a recumbent bike in a gym. She is looking forward with a slight smile. The background shows other gym equipment and a bright, modern interior with recessed lighting. A blue text box is overlaid on the right side of the image.

Bicycling. Boosting brain health can be more fun than you might think. Just hop on a bike! Before you say, “that’s not for me!” consider: Cycling is a great way to boost dopamine production. Cycling not only increases life-giving oxygen to the brain, but it promotes the growth of fresh new neurons in dopamine-regulating areas. Another plus: the back and forth, left to right sequence of cycling also helps coordinate activity between the brain’s hemispheres, leading to more efficient use of dopamine and potentially reducing symptoms of dopamine-related conditions like Parkinson’s. So do yourself a favor and try it! Hop on a bike, tune in to your favorite podcast, and pedal your way to a healthier brain.

Ann Louise’s exercise regimen includes a 20-30 minute daily workout at a speed of 50mph or more on a recumbent bike.



Mighty-Multi Daily Vitamin.

UNI KEY's Advanced Daily Multivitamin contains over 30 key vitamins, minerals, enzymes and antioxidants and Methylated B Vitamins, the biologically active form of Vitamin B that can be immediately utilized by the body. This multivitamin is both Iron-Free and Copper-Free, and (bonus) is also uniquely designed to support optimized metabolism and weight maintenance.

Ann Louise's suggested daily dosage is 3 capsules of **Advanced Daily Multivitamins**.



LEARN MORE



Ann Louise's story is a reminder that sometimes exhaustion and fatigue can be symptoms of something more serious, and it's essential to seek medical help if they persist. It's also a testament to the power of natural remedies and the benefit they can bring to our health and well-being.

If you liked this article, please share with a friend! You never know who might need this information.

And if you haven't yet signed up, here's how you can get the inside scoop from the trailblazing nutritionist who revolutionized diet and detox!

Learn more at: annlouise.com

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