PERSPECTIVE:
Relative Nutritional Deficiencies

NeuroResearch
A Medical Education Company

Definition: A relative nutritional deficiency occurs when an optimal diet does not meet systemic needs.™*

When not enough (low, inadequate, depleted, deficiency, or suboptimal) ™ serotonin or dopamine concentrations exist on an optimal diet, a related relative nutritional deficiency of their precursors or cofactors the dopamine is always present.*

DISEASE VERSUS RELATIVE NUTRITIONAL DEFICIENCY

differential diagnosis noun

Definition of *differential diagnosis*

: the distinguishing of a disease or condition from others presenting with similar signs and symptoms

THIS APPROACH: When there is not enough serotonin or dopamine on an optimal diet, a relative nutritional deficiency of the naturally occurring aromatic amino acids or cofactors is always present. ™

PROVISIONAL DIAGNOSIS: DEPRESSION

After making the provisional diagnosis of depression, formulation of a differential diagnosis is required followed by a medical work up to determine the working diagnosis.

Differential diagnosis: depression (partial illustrative list):

1. Depression
2. Rule-out depression-like anemia symptoms
3. Rule-out depression-like hypothyroid symptoms
4. Rule-out serotonin or dopamine related relative nutritional deficiency symptoms ™* (see page 4)
5. Rule-out other causes

THE BIGGER PERSPECTIVE

A vitamin B6 relative nutritional deficiency ™ can induce suboptimal synthesis associated with a spectrum of relative nutritional deficiency symptoms. ™
The B6-dependent enzyme aromatic amino acid decarboxylase (AADC) metabolizes:*

1. L-dopa to dopamine*
2. 5-HTP to serotonin*
3. Histatin to histamine
4. Phenylalanine to phenylethylamine

Over 20 years ago as we started managing patients with amino acid related relative nutritional deficiencies, we databased everything possible. By 1998 we had developed data showing that in serotonin and catecholamine related problems vitamin B6 (not 5-HTP, not L-dopa) was the most critical nutrient and correlated highest with relative nutritional deficiency ™ success.*

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