

GABA and Acetylcholine? --- Nature Cure Nonsense

There is much Health Food Industry hype over the neurotransmitters GABA and acetylcholine. The “natural” remedy peddlers are hyping supplements purported to increase these neurotransmitters for every condition imaginable --- from helping muscle heads build bulging biceps to relieving insomnia and anxiety. It is 90% nonsense --- comical nonsense if it were not for the number of people who are snookered by these false claims.

First, understand that even if you could take GABA and acetylcholine in supplement form, they would not affect the brain in the least --- since they do not cross the Blood Brain Barrier.

Here is all you need to know regarding the neurotransmitters GABA and acetylcholine:

Acetylcholine is the Parasympathetic neurotransmitter, so you are already controlling that with NUTRI-SPEC. Whether you are restoring Metabolic Balance to the Sympathetic/Parasympathetic system through NUTRI-SPEC Metabolic Balance Therapy --- or --- whether you are administering the Sympathetic/Parasympathetic Support System --- or --- through your Diphasic Nutrition Plan indirectly correcting any acetylcholine imbalances --- it is all built into your NUTRI-SPEC system.

GABA is, in Neurologist’s terminology, a secondary neuro-active substance. In other words, when catecholamines and serotonin are in balance, GABA is also in balance, and increasing GABA by itself has no effect on correcting catecholamine to serotonin balance.

Forget the hype --- balance brain metabolism just as you balance metabolism through the rest of the body --- with NUTRI-SPEC.