

AMINO ACIDS TEST KIT (21 vials)
Product Code 8001

Amino acids are divided into essential (cannot be manufactured by the body and, therefore, must be taken in food) and non-essential. Amino acids are the building blocks of protein, including human protein.

Other amino acids are in the body biochemical kits.

Code	Name	Comments
A1	Arginine (essential for children but not for adults)	Stimulates human growth hormone which stimulates defence function; accelerates wound healing; detoxifying ammonia; normal sperm count; glucose control mechanism in blood; enhances fat metabolism; involved in insulin production; arthritis; inhibition of tumour development; premature ageing; overweight; fatigue; memory. Used in some toothpastes.
A2	Aspartic Acid (non-essential)	Protects liver; detoxification of ammonia; promotes uptake of trace elements in the gut; involved in the energy cycle; involved in transportation of magnesium and potassium to cells; fatigue.
A3	Carnitine (non-essential)	Sperm motility; protects heart; major role in transferring fatty acids into cells where used as energy sources; mobilising fatty deposits in obesity; removal of ketones from blood; reduction of triglycerides in the blood; reduces surface fats in cellulite; circulatory problems; fatigue; muscle weakness; alcohol damage to liver; glucose tolerance in diabetics; cardiac disease; angina.
A4	Citrulline (non-essential; not part of body protein)	Can be made from ornithine by body; can be converted in body to arginine; detoxifies ammonia (nitrogen) in blood; fatigue; stimulates immune system.
A5	Cysteine (non-essential)	Derived from methionine or serine in the liver; powerful antioxidant; major detoxifying agent; part of glucose tolerance factor; using B6; strength of hair; factor in insulin production; most chronic diseases; removing heavy metals; protects against alcohol, cigarette smoking and pollution; in iron deficiency; prevention of cataracts.
A6	Cystine (non-essential)	Part of insulin molecule; heavy metal chelator; psoriasis; eczema; tissue healing after surgery.
A7	Glutamine (non-essential)	Dominant amino acids in cerebro-spinal fluid and serum; passes through blood/brain barrier; powerful "brain fuel"; gives rise to GABA which is a calming agent; helps maintain body's nitrogen level; used in production of other non-essential amino acids; protects from alcohol; reduces desire for alcohol and sometimes sugar; heals peptic ulcers; depression; blunts carbohydrate craving; hypoglycaemia; schizophrenia; senility; fatigue; memory improvement; concentration; smoking.
A8	Glutathione (non-essential)	Inhibits free radical damage to fat cells; retards ageing process; neutralises petro-carbons and chlorine; detoxifying; in short supply in diabetics; protects liver against alcohol; protects against radiation; chelates heavy metals; regression of tumours in animals; arthritis; skin problems.
A9	Histidine (non-essential)	Metabolized into histamine which is important for smooth muscle function and contraction and expansion of blood vessels; sexual arousal; auditory nerve function; stimulates production of red and white blood cells; schizophrenia; protects against radiation damage; chelates toxic metals; rheumatoid arthritis; digestive tract ulcers; nausea during pregnancy; hearing problems; allergies; anxiety; low stomach acid; smoking.
A10	Isoleucine (essential)	Chronically sick; formation of haemoglobin; energy production; reduces tremours and twitching in animals; body building.
A11	Leucine (essential)	Chronically sick; essential for growth; wound healing of skin and bones; energy production; Parkinson's disease; enhances effects of endorphins.
A12	Lysine (essential)	Often low in vegetarian diets; important for children's growth and development; involved in synthesis of carnitine, so important in fat metabolism; formation of antibodies; dietary deficiency leads to increased calcium excretion; herpes simplex; concentration; fatigue; dizziness; anaemia; visual disorders; nausea; hypoglycaemia.

Code	Name	Comments
A13	Methionine (essential)	Antioxidant preventing free radical damage; helps produce choline, adrenaline, lecithin and B12; assists gallbladder function; precursor of taurine, cystine and cysteine. Heavy metal and histamine detoxifier; strengthens hair follicles; detoxifies liver; affects selenium bio-availability; arthritic and rheumatoid symptoms; detoxification; antioxidation; retards cataracts; Parkinson's disease; schizophrenia; gallbladder problems resulting from use of contraceptive oestrogen; poor skin tone; hair loss; anaemia; retarded protein synthesis; atherosclerosis; herpes; memory; premature ejaculation.
A14	Ornithine (non-essential)	Stimulates growth hormone production by pituitary gland; increases metabolism of fat and enhances transportation of amino acids to cells; ammonia detoxification in urea cycle; enhances wound healing; stimulates immune system; may be useful in auto-immune diseases; memory.
A15	Phenylalanine (essential)	Precursor of tyrosine and therefore dopamine, norepinephrine (noradrenaline) and epinephrine (adrenaline), so affects heart rate, blood pressure, oxygen consumption, blood sugar levels, fat metabolism; important for brain; necessary for thyroid; shortage predisposes children to eczema; weight control; antidepressant; pain killer; MS; Parkinson's disease; memory; concentration and mental alertness; rheumatoid arthritis; vitiligo; emotional disorders; circulatory problems; drug addiction; tremours.
A16	Taurine (non-essential)	Interacts with bile salts to maintain their solubility and cholesterol; helps conserve potassium and calcium in the heart muscle; influences insulin and blood sugar levels; increase needed under stress; helpful in some types of epilepsy; gallbladder disease; eye problems; atherosclerosis; angina; circulation; tremours; compromised immune function; claimed to enhance IQ in Down syndrome children.
A17	Threonine (essential)	Necessary for formation of teeth enamel protein, elastin and collagen; minor role controlling fat build up in liver; precursor of glycine and serine; immune stimulating as promotes thymus growth and activity; digestive and intestinal tract functioning; indigestion; malabsorption; irritability; personality disorders.
A18	Tryptophan (essential)	Synthesis of B3; precursor of serotonin; mood stabiliser; vascular migraine, anti-depressant; weight control; sleep enhancer; menopausal depression; pain killer; restless leg syndrome; rheumatoid arthritis; tardive dyskinesia; mental disturbances, depression, brittle finger nails; poor skin colouring and tone; indigestion; carbohydrate craving. May aggravate bronchial asthma and lupus.
A19	Tyrosine (non-essential)	Derived from phenylalanine; precursor of thyroid hormones, dopa, dopamine, norepinephrine and epinephrine; aids normal brain function; Parkinson's disease; depression; increasing brain neurotransmitter levels; alleviating hay fever and grass allergies; drug addiction; tremours; low blood pressure.
A20	Valine (essential)	Helpful in treating addictions; deficiency may affect myelin covering of nerves; energy; muscle building and co-ordination; liver and gallbladder disease; mental function; nervousness; poor sleep patterns; excess gives skin crawling sensations and hallucinations.
A21	Lamberts Protein Deficiency Formula	Contains alanine, arginine, aspartic acid, cysteine, cytrulline, glutamic acid, glutamine, glycine, histidine, isoleucine, leucine, lysine, methionine, phenylalanine, proline, serine, threonine, tyrosine, taurine, and valine.

Erdmann & Jones *The Amino Revolution*
Leon Chaitow *The Healing Power of Amino Acids*
Elson M Haas *Staying Healthy With Nutrition*

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