

Amino Acids we need - Taurine by Tessa Jupp RN

As well as carnitine, we find that there are a few other amino acids that can help us.

Amino acids are proteins and come in the diet in our animal-based foods principally; foods like red meat, sea foods, eggs and dairy. Sardines contain some of the highest levels of EPA and DHA omega-3s of all fish, and they also contain taurine and vitamin E, a potent antioxidant that also helps the liver. Proteins are the building blocks for the cells of the body. They are also essential for a lot of the functions of the body. NB There is no taurine in vegetables.

Taurine - the most commonly deficient amino acid

Of all the amino acids present in humans, taurine is the most abundant. Unfortunately, it is also deficient in more individuals than any other amino acid.

86% of significantly depressed people are deficient in taurine. This deficiency may become symptomatic in virtually any organ system, since taurine's major metabolic role is regulation of the electrical charge on cell membranes, a role shared with magnesium.

We think of taurine primarily as a major part of bile production to help us digest fats in the food we eat. If you have a gall bladder problem, you are probably low in taurine and magnesium. Taurine, lemon juice and Vit E taken together will usually fix gall-stones. Try this combination before you get your gall bladder out! The same applies to fixing fatty liver.

Take Taurine to clean out the Liver

The liver is our filter and detox organ and also a storage facility. So when the doctor says we have a fatty liver it can be because of the foods we eat, or it can be clogged with toxins from our environment including toxic metals, alcohol, the drugs we take including pain killers, impurities in the air we breath, the water we drink etc. If the liver is full up we can't store the essential fat-based vitamins, like Vit A, D, E, K or all the B vitamins including those we need for nerve function like B6, B12.

The liver also converts blood sugar for storage and back for energy, proteins to fats, makes other amino acids from scratch and even makes cholesterol. The liver converts thyroid hormone T4 to active T3 using selenium. There is a connection between liver, high blood sugar, cholesterol and poor thyroid function.

If the liver can't detox well anymore then it may use the skin to help get rid of toxins so we can end up with itchy skin, rashes, blotches, red face, nose etc.

So taking extra taurine can help clean up the liver and skin problems but it has a lot of other benefits too. Here are some of particular relevance.

Sleep Better With Magnesium and Taurine

Taking taurine can help you sleep better, but make sure you are getting a magnesium chelate in powder or capsule form, not tablets. Together these nutrients are the answer to reduce stress, calm the nervous system, and help you sleep better. People who are deficient in either magnesium or taurine are at greater risk for depression and poor motivation.

Magnesium is well known to calm the nervous system, while countering fatigue. Similarly, taurine raises GABA levels, calming the nervous system and lowering anxiety and stress hormones that hinder rest. If you have low taurine, your nervous system will be over-responsive to stress. A chronically excited nervous system can mean persistently high cortisol, weight gain and eventually adrenal fatigue.

Green tea together with a morning dose of taurine and carnitine is said to be very effective when in a sleep-deprived state because this mixture helps to manage anxiety and improve energy and focus.

Taurine is the amino acid for anxiety control and stress management because it will lower cortisol and along with magnesium helps you to be less anxious.

It supports insulin health, can prevent diabetes, and elevates energy production. Taurine is a potent brain nutrient, lowers blood pressure and cholesterol, protects the heart, retina of the eyes, including macular degeneration, and fights inflammation.

Take Taurine for Insulin Health

Taurine is a well known supplement for preventing diabetes and improving insulin sensitivity. Taurine makes the cells more sensitive to insulin binding and glucose uptake.

It's also been shown to counter the progression of non-alcoholic fatty liver disease that is due to poor metabolism.

Research shows taurine reduces fat deposits in the liver and minimises liver inflammation and injury.

How to Take a Taurine supplement

Taurine comes as a powder. We have 100G for \$30. Our 1ml scoop measures 1,000mg. It is best taken in a little water in the morning before breakfast. Can be mixed with other powders like carnitine, glutamine, choline, Vit C. Usual dose needed is 1 - 2 flat scoops. Need to take long term - sore eyes tell when enough.

