

**GLYCINE** -  $CH_2(NH_2)CO_2H$  is the shortest and simplest of all amino acids - it occurs in all protein-containing foods - it tastes like sugar - which makes it very easy to take - either directly in the mouth or as a sweetener for tea or beverages or food, being an amino acid it has no negative effects on blood sugar levels.

There are glycine receptor sites in the brain and spinal cord, which respond to glycine by decreasing the activity of the central nervous system. Glycine binds to the locus ceruleus in the mid brain and decreases the release of norepinephrine. The effect is to calm the mind and spirit. Excess activity of the locus ceruleus can lead to feelings of anxiety and panic. It can be used both daytime or nighttime. At night it can help calm down an over busy brain when you can't sleep because of too much mental stress. It also supports detoxification pathways in the liver.

Because it tastes like sugar it makes an excellent sweetener for calming - sleep enhancing herbs such as passion flower and chamomile tea.

**Dosage:** 1 level teaspoon - 2x a day or 1/2 a teaspoon 4x a day

Too much taken over long periods of time can deplete other amino acids so don't use more than 5 grams a day for extended periods of time

For a stronger support for anxiety try adding 1/4 of a teaspoon of GABA powder to 1 tsp of Glycine - GABA is more directly supportive of reducing anxiety. - limit this dose to 2x a day

*taken from: Applications of Botanical Remedies in Naturopathic Medicine - William A. Mitchell, ND - year 2000 update p.110 and 265*