

Match the Tool to the Tank™

STRATEGIC RECOVERY GUIDE

Low Dopamine / Catecholamines



- ✓ L-Tyrosine
- ✓ DLPA
- ✓ Mucuna Pruriens
- ✓ Sunlight
- ✓ Exercise
- ✓ Cold exposure



Best for low drive, low motivation, and a flat reward system

Low Serotonin



- ✓ L-Tryptophan
- ✓ 5-HTP
- ✓ Kanna / Zembrin
- ✓ Sunlight
- ✓ Cardio
- ✓ Connection



Best for unease, overthinking, irritability, and lack of safety.

Low GABA



- ✓ Magnesium glycinate or threonate
- ✓ L-Theanine
- ✓ Taurine
- ✓ Lemon balm
- ✓ Valerian



Best for tension, nervous system overload, and being wired but tired

Low Endorphins



- ✓ DLPA or DPA
- ✓ Exercise
- ✓ Deep connection
- ✓ Laughter
- ✓ Cold exposure



Best for emotional pain, numbness, and lack of natural relief

Blood Sugar Instability



- ✓ Protein timing
- ✓ Hydration
- ✓ Chromium
- ✓ L-Glutamine
- ✓ Fiber
- ✓ Healthy fats



Best for crashes, cravings, irritability, and late-day impulsivity,

The Foundation Underneath All Tanks



- ✓ Magnesium
- ✓ Multivitamin / foundation nutrients
omega-3s
- ✓ Omega-3s
- ✓ Vitamin D
- ✓ Sleep quality
- ✓ Consistent meals



Support the terrain, not just your symptom.

