**Phentermine** is by far the most popular weight loss drug in history. It is the one we use for almost all of our weight loss patients. It causes good appetite suppression with a side effect of energy for almost everyone.

The main problem with this drug is that quickly loses its effectiveness. Every dose you take is weaker than the dose you took the day before. But we have a trick to keep it from losing its effectiveness.

Too bad there are so many of our patients who are too stupid to be able to understand how to do this trick. After the phentermine stops working, their weight loss becomes much more difficult.

I hope you are one of those with enough cortical neurons to be able to understand and put to use the instructions that follow.

**Tyrosine**, you must start taking it with your phentermine or it will stop working. This mistake makes further weight loss much more unlikely.

Phentermine loses its effectiveness very quickly. So every day you take it, the drug is a little weaker than the day before. Tyrosine stops the weakening of phentermine. So the sooner you begin the tyrosine the more effective the phentermine remains.

Also, the more quickly you begin the tyrosine, the fewer caps needed to make the phentermine potent. So if you begin the use of tyrosine very soon after starting phentermine you may only need 2-3 caps. Whereas if you don't bother using the tyrosine until the phentermine no longer works well, you may need 10-15 caps to make the phentermine effective again.

**So the intelligent way to do this is to add in the tyrosine within the first week or so of starting phentermine.**

Tyrosine is one of the 20 amino acids that make up the protein in our bodies. But like the other amino acids, it does a lot more than that. One of the things it ends up making is the neurotransmitter dopamine.

Dopamine is an excitatory neurotransmitter. That means it tends to give energy. Another thing it does is help suppress appetite.

Dopamine is the neurotransmitter that phentermine works on. Tyrosine makes dopamine. So if you take enough tyrosine, it makes your weight loss drug more potent.

The first thing you need to do is to take the phentermine in the A.M. to see how long it lasts for you. Then you try to make sure you take the drug so that it covers the time of day you have the most trouble with appetite control.

For instance, if you have trouble controlling yourself between dinner and bedtime and you have figured out the phentermine lasts 10 hours; take the phentermine at noon to cover the evening hours and wear off before bedtime (10P.M.). If you take it too late you won't fall asleep until it wears off.

The next step would be to figure out how many tyrosine caps it takes to make the phentermine stronger. So the first time you try adding in the tyrosine you only add in one cap about 5pm. If no effect you add in 2 caps at 5pm
the next day and so on until you find the amount of tyrosine you need to make the phentermine more effective over the next several hours.

To go over this again; for one needing to control appetite in the evening; the average person will find they need to take the phentermine somewhere between 10am to 2pm to have it last through the evening hours and wear off before bedtime.

Then to make the phentermine more effective during the evening hours they will probably find an effective dose of tyrosine between 2 to 6 caps and will take the caps between 5 to 6pm.

For instance, if one takes the phentermine and a few tyrosine at noon, they will have more energy and appetite suppression until 4 to 5pm. Then if they wish to cover the evening hours they would need to take several more tyrosine at around 5pm to make the phentermine more potent for the next several hours.

**Tyrosine makes the phentermine more potent for about 4 to 5 hours. So you need to take your tyrosine prior to the time you need your appetite controlled.**