

Abstract for the International Taurine Conference 2020 Athen

Section: Taurine in Psychiatry/Psychology

Title: Effectiveness of Taurine amino acid in treating my Trichotillomania (TTM) and my obsessive-compulsive thoughts

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I am working as an IT engineer. I have done my „Taurine and trichotillomania” research in the past 1,5 years based on my university studies (Pázmány Péter Catholic University Faculty of Information Technology and Bionics, Budapest, Hungary) and based on my own empirical experiences. My studies in neurobiology, bionics, nanotechnology and computer sciences were especially helpful in understanding why and how might have taurine helped.

Keywords: Taurine in OCD, Taurine in trichotillomania, Taurine and obsessive-compulsive thoughts

I have suffered from trichotillomania (chronic hair-pulling disorder) for 24 years. I was treated by psychotherapy and SSRIs (selective serotonin reuptake inhibitors). These were not effective. I have started to take taurine 15 months ago. Taurine amino acid supplement proved to be effective in treating my Trichotillomania and my obsessive-compulsive thoughts. A dose of 1000 mg Taurine was able to stop my very strong urge to pull within 4 hours. I use 500 mg daily, in the mornings. The effect was very quick, without any noticeable side effect. Taurine reduced my obsessive-compulsive thoughts by almost 90-95%. With my presentation, I hope to inform researchers, psychiatrists, psychologists and sufferers to get closer to understanding and treating trichotillomania. This may offer a new way of treating this debilitating disorder.

(Extensive but not complete list of) potential interaction from other supplements and foods with taurine in trichotillomania/OCD (obsessive-compulsive disorder) – based on my own empirical experiments:

1. The effect of taurine was blocked by taking glycine and glutamine supplement together.
2. The effect of Taurine was decreased by taking L-Tryptophan amino acid supplement.
3. The effect of taurine was decreased by drinking a lot of coffee or black tee.
4. Taurine and low magnetic field
5. Taurine and glucose/insulin
6. Taurine and water

I would like to present the above effects in detail based on my own experiences and the experiences of other TTM sufferers who also tried taurine following my 14 months success in it. (I documented my success with taurine in trichotillomania facebook support groups).

In conclusion, I assume, that Taurine amino acid may be potentially effective in the treatment of certain cases of trichotillomania and certain cases of obsessive compulsive disorders, - taking into account the conditions which may promote or inhibit the mechanism of action of Taurine.

In the light of the theoretical and empirical evidence, I would like to intruduce my own story, how Taurine helped me overcome TTM, especially –I think- through its role in glucose homeostasis and insulin signaling. This hypothesis coincides with some OCD studies, which pointed out that abnormal insulin signaling may also be a relevant factor in several OCDs. The novelty I would like to point out in this presentation through my own empirical experiences is, that these studies do not yet offer a possible potentially feasible solution how to fix these brain-errors in these special trichotillomania cases.

Before Taurine (10.10.2018)



After Taurine (30.12.2019)



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