

5 Simple Steps to Reduce Anxiety Now

Use food to calm your anxious mind, sleep well, improve mood and end cravings

By Trudy Scott, CN
Certified Nutritionist



1. Eat breakfast and include protein

Eating a good breakfast everyday, within an hour of waking and including protein can help set you up for the rest of the day and prevent low blood sugar. Low blood sugar can look a lot like anxiety – nervousness, shakiness, irritability. Some good choices include: eggs and chicken sausage; vegetable omelet; oats (if gluten is not a problem) with nuts, cinnamon and yogurt; fruit smoothie with whey protein, berries, coconut milk and water. All my clients, anxious or not, feel better with a breakfast like this.

2. Quit the sugar

Sugary food like cookies, candies, sodas are empty foods – they provide you with no useful nutrients and actually rob you of nutrients so important for anxiety, stress and mood in general. Just digesting these sugary foods will result in you ending up depleted in B vitamins, zinc, magnesium and many others. You'll also fill up on sugary foods and sodas and have no appetite for more nutrient-dense foods. Just don't substitute sugar with artificial sweeteners as they have their own problems! Here is some information from discussions during a Twitter party hosted by Holistic Mom's Network <http://www.everywomanover29.com/blog/hmn-food-mood-sugar-and-cravings/>

3. Eat 3 meals and 2 snacks

If you notice that you feel better and calmer after eating, and do feel shaky and anxious when you wait too long between eating, then blood sugar swings may be an issue. The easiest thing to do is to eat 3 meals - breakfast, lunch and dinner - and to have a snack mid-morning and mid-afternoon (and for some people a small snack just before bed helps too). Include a protein, fat and carbohydrate at each meal and snack. Some meal ideas include: grass-fed beef and vegetable stir-fry on brown rice; lamb chops with steamed asparagus, brussel sprouts and carrots, a baked potato drizzled with butter; pastured/free-range roast chicken with an assortment of veggies roasted in olive oil. Some great snacks include a boiled egg, raw nuts and fruit, raw veggies and hummus, and crackers and cheese. You can read more about low blood sugar and anxiety here <http://www.everywomanover29.com/blog/low-blood-sugar-can-result-in-anxiety/>

4. Quit caffeine

Anxiety and panic attacks can be produced by caffeine consumption and simply eliminating caffeine may completely resolve your anxiety! So that means no coffee, no tea and no sodas. Try some of the delicious herbal teas such as chamomile, ginger-lemon, licorice and rooibos. And there are some lovely coffee substitutes such as Dandyblend and carob. Here is information and a recipe for a delicious carob beverage <http://www.everywomanover29.com/blog/carob-cinnamon-not-coffee-calming/>

5. Watch for food intolerances

Any food can potentially cause a “brain allergy” and make you feel anxious. One of the big culprits is gluten, which is found in wheat, oats, rye and barley. If you have an intolerance to gluten, you could have anxiety, depression and/or digestive problems

(as well as a host of other symptoms). Keep a food log and keep track of how you feel after eating certain foods, keeping in mind that your reaction may be delayed by a few days. Try and remove the suspect food and see if you do better.

I am Trudy Scott, a Food-Mood expert and nutritionist and I educate women about real whole food and finding natural solutions for anxiety and stress, depression and low motivation and other mood problems. I am so passionate about what I do because I used to suffer terribly from anxiety, unexplained fears, waking with a sense of doom and even panic attacks - and I have used gluten elimination and the amazing healing powers of foods and nutrients to completely heal.

You can read about all the other areas that may affect your mood in my book ***The Antianxiety Food Solution: How The Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings*** : eating real whole food (including four unique antianxiety food solution diets), avoiding sugar and balancing blood sugar, avoiding caffeine and alcohol, optimizing digestion, addressing gluten and other food intolerances, balancing brain chemistry, addressing zinc and vitamin B6 deficiencies and lifestyle factors. You will be able to use this information to take charge of your mental and physical health – so you can feel on top of the world always!

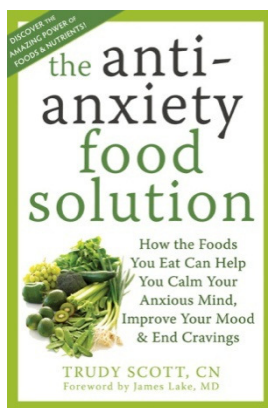
No more anxiety, fear, worry and panic attacks
Solutions for social phobia and shyness
End stress and being overwhelmed
Sleep well and improve mood
End sugar/carb cravings

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What we eat,  
what we don't eat,  
and what time we eat  
is so important for ending anxiety!

If you've been searching for an **expert in the field of nutrition and anxiety**, rest assured, you've found her! Trudy Scott is one of Sacramento's most valuable "Food for Mood" resources. Formerly a team member in Julia Ross' renowned Recovery Systems in Mill Valley, CA, **Trudy has brought her expertise back to our area.** Trudy naturally combines her thoughtful and compassionate counseling skills with sharp intelligence and professionalism. Her style of presenting sensitive information is **extremely articulate and informative.** Trudy is the **perfect referral source for my nutrition clients with serious anxiety and mood issues.**

Lisa Bryant, M.A., SLP, ABP, NE – Holistic Nutritionist



I invite you to sign up for my twice-a-month ezine “*Food, Mood and Gal Stuff*” here [www.everywomanover29.com](http://www.everywomanover29.com). You’ll get up-to-date information, new research, recipes, workshop, new product information and a free Special “*9 Great Questions Women Ask About Food, Mood and their Health*”. You can also find many great articles on my blog [www.everywomanover29.com/blog](http://www.everywomanover29.com/blog)

And if you need more help and one-one support, please contact me about a consultation. I do work with people all over the world and we start the process with a complimentary 15-minute phone consultation. Again, please just email me [trudy@everywomanover29.com](mailto:trudy@everywomanover29.com) To your health and happiness!

*Trudy*

Trudy Scott, Food Mood Expert and Certified Nutritionist



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