

Sugar Cravings/Mood Quiz

Sugar cravings, especially if you can't control them, and the associated mood problems can be a sign of imbalanced brain chemistry and/or nutrient deficiencies. But they can often be very easily corrected with the use of targeted amino acids, so no willpower is required and you won't feel deprived. Sugar will just become a non-issue and you'll be able to take it or leave it! Really!

Which category or categories do you fall into?

#1 Does sugar keep you grounded?

- ✓ do you get irritable and shaky between meals or if you skip a meal?
- ✓ do you have intense cravings for something sweet at all/any times of the day
- ✓ do you feel better after a meal

These are all signs of low blood sugar / adrenal fatigue
Stable blood sugar and good adrenals = grounded, no intense sugar cravings
AMAZING AMINO ACID: Glutamine

#2 Does sugar give you a mood lift?

- ✓ does a chocolate bar or other sugary food make you feel all warm and fuzzy?
- ✓ do you have sleep problems?
- ✓ do you have afternoon or evening cravings especially?
- ✓ are you depressed, negative, worried or anxious?

These are all signs of low serotonin
Enough serotonin = Positive, Confident, Flexible, Easy-going
AMAZING AMINO ACID: Tryptophan or 5-HTP

#3 Does sugar give you energy?

- ✓ do you need a soda in the afternoon to keep you going?
- ✓ do you have difficulty with focus and drive?
- ✓ are you depressed or negative?

These are all signs of low catecholamines
Enough catecholamines = Energized, Upbeat, Alert
AMAZING AMINO ACID: Tyrosine

#4 Is sugar calming?

- ✓ do you eat choc-chip cookies or other sugary foods (or drink wine or beer) to stay cool, calm and collected?
- ✓ do you have anxiety or panic attacks?
- ✓ do you stiff and tense muscles?

These are all signs of low GABA
Enough GABA = Relaxed, stress-free
AMAZING AMINO ACID: GABA

#5 Is sugar comforting?

- ✓ after a tough day at work does eating a pint of ice-cream help?
- ✓ are you sensitivity to emotional (or physical) pain?
- ✓ do you cry or tear up easily?
- ✓ do you often eat as a reward or for pleasure, comfort, or numbness?

These are all signs of low endorphins
Enough endorphins: Pleasure, Joy, Feelings of comfort, pain-free
AMAZING AMINO ACID: DPA/D-phenylalanine

The above are very summarized and simplified modifications from questionnaires in *The Antianxiety Food Solution*. The complete questionnaires are in *The Antianxiety Food Solution* and were reprinted with permission from *The Mood Cure* (2004) by Julia Ross. Nutritional psychologist, Julia Ross, is one of the greatest pioneers in the field and I had the good fortune to work at her clinic, Recovery Systems.

If you have a brain chemistry imbalance and take the needed amino acid, you can expect noticeable improvements within a few minutes, and often dramatic improvements within a day. It is very easy to remember to take the amino acids you need, because you'll notice an immediate turn for the worse if you miss a dose. It typically isn't necessary to supplement with specific amino acids for more than three to six months if you eat a whole foods diet and get enough protein.

There are some precautions to be aware of when taking supplemental amino acids. Please refer to the precautions in *The Antianxiety Food Solution* (chapter 7). These are reprinted from *The Mood Cure*. If you're currently taking a selective serotonin reuptake inhibitor (SSRI) or monoamine oxidase inhibitor (MAOI), don't take either 5-HTP or tryptophan unless you're working with a knowledgeable practitioner. I also recommend the chapter on antidepressants and amino acids in *The Mood Cure*.

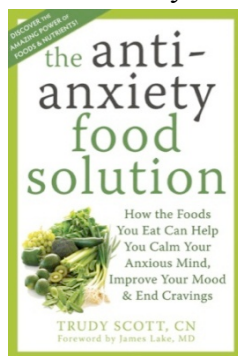
Theresa's story: demonic urge to eat sugar and all things sweet

Theresa described her sugar cravings as an "almost demonic urge to eat sugar and all things sweet." Making changes to her diet and trying to control her blood sugar levels by eating the right foods at the right times wasn't enough to eliminate her cravings. However, she did find that taking glutamine whenever she felt the urge to eat something sweet made a difference. Opening a 500 mg capsule onto her tongue was more effective than swallowing the capsule. We had the same conversation that I have with all clients who would obviously rather eat something sweet than open a glutamine capsule onto their tongue. I told her, "If you have a craving, tell yourself that you're going to indulge, but also humor your nutritionist and take the glutamine anyway. You may be surprised to find your urge completely disappears." Theresa was pleasantly surprised to find that it worked for her. She recently wrote me to report on a few other changes that had been pivotal to her recovery: "Exercise, improved sleep, meditation, and affirmations. Add to that a personal tenacity, an unwillingness to give up, and a deep desire to conquer this lifelong foe."



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 more about pesticides and food quality 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***. You can also read about the other areas that may affect your mood: eating real whole food (including four unique antianxiety food solution diets), avoiding sugar and balancing blood sugar, avoiding caffeine and alcohol, optimizing digestion, 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!



I invite you to sign up for my twice-a-month ezine “*Food, Mood and Gal Stuff*” here www.antianxietyfoodsolution.com or here www.everywomanover29.com. You’ll get up-to-date information, new research, recipes, workshop, new product information and two free Special Reports “*5 Simple Steps to Reduce Anxiety Now*” and “*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

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
To your health and happiness!

Trudy

Trudy Scott, Food Mood Expert and Certified Nutritionist

