

.....

TRUDY SCOTT

Food Mood Expert & Nutritionist

.....

Amino Acid Anxiety/Mood and Sugar Cravings/Emotional Eating Questionnaire and How to Boost Serotonin and GABA naturally

- Anxiety/mood issues together with cravings and emotional eating, 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 you can start to feel calm and happy right away. This can give you hope and motivation to figure out other factors (like gluten sensitivity, hormone imbalances, adrenal issues, gut health etc) that may be contributing to your anxiety and/or panic attacks and feelings of overwhelm.
- Worry and anxiety can be a result of low GABA and also low serotonin, so you may check off anxiety in both sections. Low GABA tends to result in a more physical anxiety, while low serotonin tends to result in more anxiety in the head, ruminating thoughts etc.
- Once you address the low brain chemicals, stress eating will just become a non-issue, and you won't be drawn to sugar and carbs. You'll be able to switch off cravings with no willpower required and you won't feel deprived. You'll be able to take it or leave it! Really!
- Do these questionnaires and see which categories you fall into.
- And then read on for a few tips for boosting serotonin and GABA naturally so you can feel calm in your body, relaxed and free from overwhelm, and switch off the obsessive ruminating thinking, and end cravings.



Amino Acid Anxiety/Mood and Sugar Cravings/Emotional Eating Questionnaire

This questionnaire covers all the categories: low serotonin and low GABA, and low blood sugar, low endorphins and low catecholamines. Many of my anxious clients really resonate with the symptoms of low serotonin (anxiety in the head) and low GABA (anxiety in the body).

#1 Do you have low blood sugar?

- Crave sugar, starch or alcohol any time during the day
- Irritable, shaky, headache – especially if too long between meals
- Intense cravings for sweets
- Lightheaded if meals are missed
- Eating relieves fatigue
- Agitated, easily upset, nervous

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 Do you have low GABA?

- Anxiety and feeling overwhelmed or stressed
- Feeling worried or fearful
- Panic attacks
- Unable to relax or loosen up
- Stiff or tense muscles
- Feeling stressed and burned-out
- Craving carbs, alcohol, or drugs for relaxation and calming

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

#3 Do you have low serotonin?

- Anxiety
- Panic attacks or phobias
- Feeling worried or fearful
- Obsessive thoughts or behaviors
- Perfectionism or being overly controlling
- Irritability
- Anxiety that's worse in winter
- Winter blues or seasonal affective disorder
- Negativity or depression
- Suicidal thoughts
- Excessive self-criticism

- Low self-esteem and poor self-confidence
- PMS or menopausal mood swings
- Sensitivity to hot weather
- Hyperactivity
- Anger or rage
- Digestive issues
- Fibromyalgia, temporomandibular joint syndrome, or other pain syndromes
- Difficulty getting to sleep
- Insomnia or disturbed sleep
- Afternoon or evening cravings for carbs, alcohol or drugs

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

#4 Do you have low endorphins?

- Heightened sensitivity to emotional pain
- Heightened sensitivity to physical pain
- Crying or tearing up easily
- Eating to soothe your mood, or comfort eating
- Really, really *loving* certain foods, behaviors, drugs, or alcohol
- Craving a reward or numbing treat
- After a tough day at work does eating a pint of ice-cream help? (all that sugar depletes you of key nutrients)

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

#5 Do you have low catecholamines?

- Depression and apathy
- Easily bored
- Lack of energy
- Lack of focus
- Lack of drive and low motivation
- Attention deficit disorder
- Procrastination and indecisiveness
- Craving carbs, alcohol, caffeine, or drugs for energy

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

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

If you have a brain chemistry imbalance (and experience anxiety or comfort eating) and take the needed amino acid, you can expect noticeable improvements within a few minutes, and often dramatic improvements within a day.

- check out this blog post on glutamine for low blood sugar and calming effects and watch how glutamine helped Nicole within 5 minutes <http://www.everywomanover29.com/blog/glutamine-for-low-blood-sugar-and-calming-effects/>
- check out how DPA was a “miracle” for Angie and her cravings which were as a result of low endorphins <https://www.youtube.com/watch?v=KzOs5hSI5gE>

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*.

How to boost serotonin, nature’s feel-good, feel-calm brain chemical

Poor self-confidence, worry, overwhelm, anxiety, feeling negative and being overly self-critical could all be signs of low serotonin. Serotonin is nature’s feel-good, feel-calm brain chemical and can be boosted by:

- Eating enough good quality protein since protein provides amino acids for making neurotransmitters. Some examples of good quality protein: grass-fed organic beef, New Zealand lamb (which is always grass-fed and free of hormones and antibiotics), pastured eggs and chicken (preferable) or second best, organic, wild fish and seafood



- Eating plenty of veggies, fruit, good fats, nuts and seeds – all part of a whole foods diet – provides all the cofactors (like magnesium, vitamin B6 and zinc etc) necessary for making neurotransmitters
- Exercise, sunshine and the use of a full-spectrum lamp
- And of course you'll feel calmer, happier, less overwhelmed, more confident, less obsessive, and more optimistic very soon (5-10 minutes) after taking one of the amazing amino acids called tryptophan or 5-HTP. I recommend working with a nutrition professional to figure out if you can benefit from amino acid supplementation. Also, if you are currently on a prescribed SSRI/antidepressant make sure to work with your doctor or knowledgeable healthcare practitioner .

With sufficient levels of serotonin you will also sleep better and experience less irritability and less PMS. An added bonus is that you will not have the afternoon and evening sugar cravings that are common with low serotonin.

How to boost GABA, nature's relaxant

Feeling anxious and overwhelmed, worried or fearful and unable to relax or loosen up (i.e. a physical tension) could all be signs of low GABA. GABA (gamma-amino butyric acid) is nature's relaxant and your most important calming neurotransmitter. And of course, when you feel relaxed and calm you'll naturally feel more confident. GABA can be boosted by:

- Getting enough protein and eating real whole foods
- You also may benefit from taking an amino acid supplement containing GABA. My favorite is a sublingual called Gaba-calm by Source Naturals.
- Try some yoga, which has been shown to raise GABA levels. It's also important to do whatever you can to reduce stress in your life. In addition to yoga, try tai chi, meditation, taking walks outdoors in a peaceful environment or taking a vacation can all help.

With sufficient GABA levels you won't be craving carbs, alcohol, or drugs for relaxation and calming.

“I still am amazed at how quickly the panic attacks, binge eating, and mood swings disappeared” ~ Meme Grant

Meme Grant did my *Amazing Aminos for Emotional Eating* course and saw incredible results when it came to anxiety, social anxiety, public speaking, panic attacks, depression, sleep and emotional eating. Here is her story and results in her own words



I had ill health from babyhood, chronic depression, a jaundiced view of life, a sweet tooth and insatiable appetite. I was then poisoned on a yacht in the middle of the ocean, after which what little health I had took a nosedive. Plagued with up to **7 panic attacks a day**, weight I could not lose, chronic fatigue, insomnia, arthritis, pre-diabetic and an appetite out of control I spiraled into **deeper depression**, always finding fault with myself, I even patented my own figurative bicycle, it had boots on the back wheel so I could kick my own butt. I found I had food intolerances and changed the way I ate, lost the weight, arthritis and pre-diabetes, had more energy and less depressed, but I **still had eating problems, mood swings, depressions**, sessions on my bicycle and **panic attacks**.

Changing professions from sailing to nutritionist, I became a GAPS practitioner and putting myself onto GAPS helped immensely, but I still had low energy, panic attacks and was a “light eater”, when it was light I ate. Dr. Natasha Campbell McBride mentioned the aminos on the GAPS Practitioners course so when I heard Trudy speaking I knew I had to enroll as the course could fast track my recovery.

It was a marvelous experience; **I still am amazed at how quickly the panic attacks, binge eating, and mood swings disappeared**. Tyrosine enabled me to **focus and gave me energy** to do things again, glutamine allowed me to **walk past the gluten and dairy free junk foods**, D Phenylalanine **stopped my comfort eating**, tryptophan enabled me to **stop my negative thoughts and helped me sleep** but the best was when GABA was introduced, **the panic attacks disappeared**. I also found that I have pyroluria so once I had introduced the nutrients I **could stand up and speak in front of a crowd** without having that terrible gut feeling and panic.

Coupled with GAPS the aminos really helped my recovery. I loved the way Trudy presented the course, not too fast, she did not add pressure to your already over-burdened life and was so caring, **you felt you were a friend and not just a client**; she helped us for weeks after the course had ended and was there for us all the way.

The world is now so much more enjoyable; **I can laugh at difficulty instead of crying** and have sunk my bicycle. Needless to say, **hubby is delighted with his new wife**.

If you have any mood or food issues or addictions, do the course with Trudy and **be amazed at the “new you.”**

Meme Grant, GAPS Practitioner, Nutritional Therapist, FNTTP, givennewlife.info

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 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***: all the areas that may affect your anxiety, mood and emotional eating: eating real whole food (including four unique antianxiety food solution diets), avoiding sugar and balancing blood sugar, avoiding caffeine and alcohol, optimizing digestion and eliminating candida, food intolerances such as gluten and carbs in general, more on 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 and banish anxiety, fears, panic attacks and emotional eating once and for all!

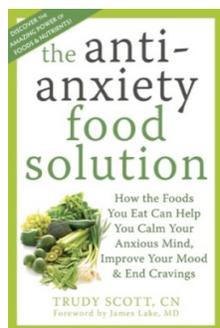
I invite you to sign up for my twice-a-month ezine “*Food, Mood and Gal Stuff*” here www.antianxietyfoodsolution.com or here www.everywomanover29.com. You’ll get up-to-date information, new research, recipes, workshop, new product information and two free Special Reports “*5 Simple Steps to Reduce Anxiety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

Join me on The Anxiety Summit, a wildly popular virtual gathering of international experts sharing research and nutritional solutions for anxiety. www.theanxietysummit.com

To your health and happiness!

Trudy

Trudy Scott, Food Mood Expert and Certified Nutritionist



Every effort is made to ensure that the information contained in this report is complete and accurate. The author is not engaged in rendering professional advice to the reader. The information and suggestions provided in this report are not intended as a substitute for advice from your physician. All matters regarding health require medical supervision. The author shall not be liable for any injury or damage allegedly arising from any information or suggestions in this report. Recommendations, including supplements, are intended only as guidelines; needs of individuals will vary. The opinions expressed in this report represent the personal views of the author. The author is a practitioner of nutrition and not a licensed physician, and does not diagnose or prescribe.