

**How to use GABA to  
end stress-eating  
- no willpower required!  
...even if you consider  
yourself a sugar addict!**

**Low GABA Anxiety/Cravings  
Symptom Checklist**

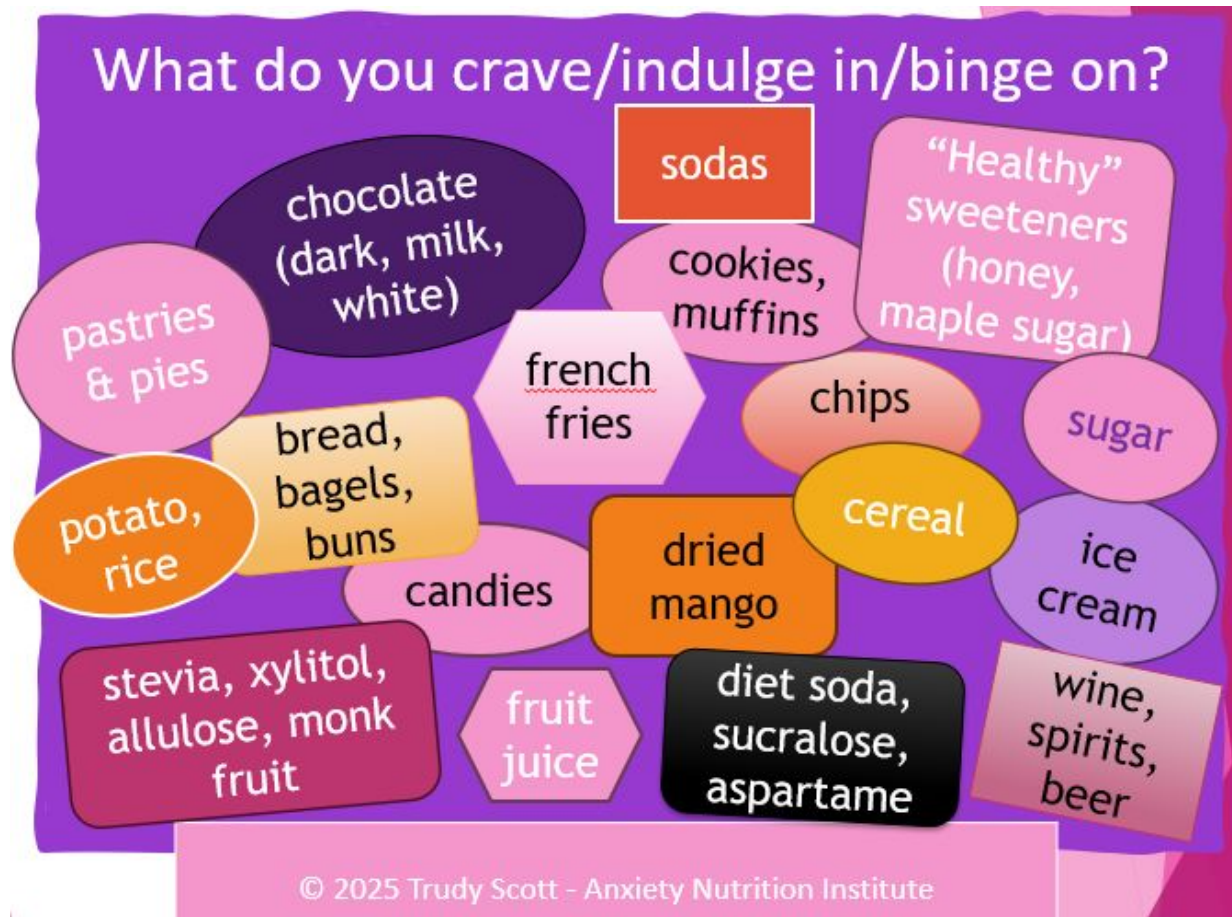
**By Trudy Scott, Nutritionist  
Author of *“The Antianxiety Food Solution”***



# How to use GABA to end stress-eating - no willpower required! ...even if you consider yourself a sugar addict!

A Webinar Hosted by Trudy Scott, Nutritionist, Author of *The Antianxiety Food Solution*

It's important to start by recognizing what you crave, indulge in and/or binge on.



List the top 3-5 of your favorite foods that you are drawn to when under stress.

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During the webinar I'll be your friendly detective to help you figure out if low GABA could be THE root cause (or one of the root causes) of your stress-eating, cravings and emotional eating.

First we'll look at your anxiety symptoms and what your stress-eating looks like...

Some typical low GABA anxiety symptoms	Your stress-eating challenges!
<b>Anxious, overwhelmed</b>	When you do indulge ... is it stress-related?
<b>Sugar cravings when stressed</b>	And do you eat one piece of dark chocolate or the entire bar?
<b>Feelings of panic</b>	Do you eat one cookie or the whole bag in one sitting? (same for chips)
<b>Intrusive thoughts</b>	Do you eat a few pieces of dried mango or all of it?
<b>Need wine to chill</b>	Do you have a small serving of ice-cream or do you go back for a 2nd and 3rd bowl (or just eat from the tub)?
<b>Sleep issues</b>	Do you drink a glass of wine from time to time or an entire bottle in an evening?
<b>Physical tension, muscle spasms</b>	Ditto for bread, muffins, French fries, potatoes etc

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## Low GABA signs and symptoms

This is the full list of low GABA signs and symptoms. Check off which ones apply or ideally rate these on a scale of 1-10, with 10 being most severe.

If you have these signs of low GABA ... with stress-eating challenges it's a clue that GABA may help!

Anxious, worried or fearful (often for no reason)

Unable to relax or loosen up

Physical tension/stiff or tense muscles

Easily overwhelmed

Feeling stressed and burned-out

Feelings of panic

Intrusive/unwanted thoughts

Fear of heights (and other situation-specific fears)

Problems with sleep (any or all of the variations listed above)

Spinning and attention/focus issues when anxious

Anger, rage and agitation

Pain and/or spasms (rectum, belly, bladder, throat, back, etc.)

**Sugar/carb cravings when stressed**

**Self-medication with alcohol (to relax and fit in)**

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Another clue to consider is that low GABA is found in these conditions /syndromes. Do any of these apply to you?

## GABA imbalances are found in these conditions/syndromes

Leaky gut and dysbiosis

Interstitial cystitis and urgency

Lyme-induced anxiety

PCOS (polycystic ovarian syndrome)

Tourette's syndrome (tics)

Laryngospasm, "choking" episodes and swallowing problems

Poor sensorimotor skills

Autism spectrum disorder

Asthma

Sound and tactile hypersensitivity

MS (multiple sclerosis)

High blood pressure

IBS (irritable bowel syndrome)

Colitis and Crohn's disease

Burning mouth syndrome

Alzheimer's disease and dementia

MCAS (Mast Cell Activation Syndrome)  
& histamine issues

Alcoholism

Diabetes

PMS (Premenstrual Syndrome) & PMDD  
(Premenstrual dysphoric disorder)

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## Sugar cravings caused by other neurotransmitter imbalances, and other amino acids to the rescue

To recap, if you stress-eat (and have many of the other low GABA symptoms of physical tension and anxiety), your sugar cravings are likely due to low GABA, and GABA will stop the stress-eating and calm you down.

We must also consider at sugar cravings caused by low serotonin (eating carbs when worried or sad), low endorphins (comfort eating or emotional eating), low dopamine (eating for an energy boost or improved focus) and low blood sugar (eating due to crankiness and irritability).

This gives you a clue:

1. If you eat sugar or carbs to feel happy (and especially from late afternoon into the evening) then your sugar cravings are likely due to low serotonin, and tryptophan (or 5-HTP) stops the cravings and boosts mood and reduces worry and anxiety.
2. If you are a comfort-eater then it's likely due to low endorphins and DPA will stop that feeling of "I deserve-it" kind of reward-eating or comfort-eating and also give you a hug-like mood boost.
3. If you eat sugar for an energy boost or to give your focus then it's likely due to low dopamine and tyrosine will stop those cravings and give you a mood and energy boost, and help with mental clarity.
4. If you have to eat sugar when you haven't eaten in awhile it's likely low blood sugar and glutamine on the tongue stops the sugar desire almost immediately and also helps with the low blood sugar symptoms of shakiness and irritability

It's not uncommon for someone to have all of the above and if this is the case it's best to methodically tackle one imbalance at a time with the respective amino acid/s.

**This is what we do with participants in the GABA Quickstart 2.0 Program,  
and then guide them on the safe and effective use of GABA for symptom relief.**

**Join us for the webinar and Trudy will walk you through all this.**

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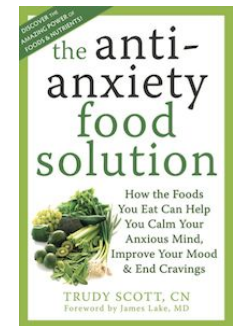
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## About Trudy

Food Mood Expert Trudy Scott is a nutritionist who educates anxious individuals about nutritional solutions. She is known for her expertise in the use of single amino acid supplements (such as GABA and tryptophan), and personalized to the unique needs of the individual; and nutritional solutions for pyroluria (i.e. feeling more anxious in social situations).

Trudy is the author of *The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings* and host of *The Anxiety Summit*, an online educational platform for both consumers and health professionals, and dubbed “a bouquet of hope.” She also educates health professionals via the Anxiety Nutrition Institute, sharing research and practical how-to steps.

She’s passionate about sharing this information because she was able to eliminate her own anxiety and panic attacks using a nutritional approach. GABA is one of the amino acids that has a lifesaver in this regard and it also contributes to her getting a fabulous night’s sleep and no longer stress-eating.



## GABA QuickStart 2.0

GABA to Calm Your Anxious Mind and Ease Physical Tension  
— with Trudy Scott —

With this exciting program with Trudy, you’ll learn how to use the amino acid GABA to calm your anxious mind, ease physical tension, overwhelm and feelings of panic, and sleep through the night. You’ll also discover how GABA can help with stress-eating and self-medicating with alcohol to relax, and much more. Learn more:

[www.anxietynutritioninstitute.com/gabaquickstart](http://www.anxietynutritioninstitute.com/gabaquickstart)

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