

Calm your anxious mind, ease physical tension, overwhelm and feelings of panic, and sleep through the night (with reduced carb/sugar cravings and no more self-medication with alcohol)

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

1. When GABA levels are low these are common signs:
 - a. [redacted], [redacted] or [redacted] (often for no reason)
 - b. Unable to [redacted] or loosen up
 - c. Physical [redacted]/stiff or tense muscles
 - d. Easily [redacted]
 - e. Feeling [redacted] and [redacted]
 - f. Feelings of [redacted]
 - g. [redacted]/unwanted thoughts
 - h. Fear of [redacted] (and other situation-specific fears)
 - i. Problems with [redacted]

Disclaimer: The above statements have not been evaluated by the Food and Drug Administration. Products listed are not intended to diagnose, treat, cure or prevent any disease. The information provided is for informational and educational purposes only and is not intended as a substitute for advice from your physician or other health care professional. You should consult with a healthcare professional before starting or modifying any diet, exercise, or supplementation program, before taking or stopping any medication, or if you have or suspect you may have a health problem.

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- j. Spinning and [redacted] issues when anxious
 - k. [redacted], [redacted] and agitation
 - l. Pain and/or [redacted] (rectum, belly, bladder, throat, back etc)
 - m. [redacted] cravings when stressed
 - n. Self-medication with [redacted] (to relax and fit in)
2. GABA imbalances are found in many conditions/syndromes. Here are 6 examples: [redacted], [redacted], [redacted], [redacted], [redacted], [redacted]
(pick 6 from the list of 20+ that may apply to you or a loved one)
3. GABA stands for [redacted]

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4. GABA is a calming [redacted] and also an [redacted] supplement that helps to raise [redacted] levels and calm your anxious mind.
5. The anxiety is a very specific type - [redacted]
6. GABA may be calming due to [redacted] effects or other mechanisms such as the [redacted] / enteric nervous system i.e. it doesn't matter if GABA can't cross the [redacted].
7. GABA works best when you start low ([redacted] and less for very sensitive folks), you do an initial [redacted] measuring one or two specific symptoms (like [redacted] & [redacted]) and you increase based on the [redacted] until you find the optimal dose.

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8. [redacted] is the antidote.
9. GABA can be low for a number of reasons:
 - a. Low intake of quality [redacted] or poor [redacted]
 - b. Low intake of quality animal protein at breakfast - [redacted]
[redacted] stresses the [redacted] and impacts [redacted], [redacted]
[redacted] and [redacted]
 - c. Low [redacted]: co-factors needed to make GABA
 - d. [redacted], [redacted], [redacted], [redacted], [redacted]: affect GABA production in the gut

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- e. Lifestyle: _____, _____, no time in nature, lack of _____, no yoga, no exercise etc
- f. These foods/drinks: _____ sensitivity, _____, _____, _____ etc
- g. Also: _____, _____, _____, _____ and _____ effects (it's lower in _____)

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

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