

GABA and TRYPTOPHAN



**Amino Acid Solutions
for Anxiety,
Sugar Cravings,
Insomnia
and SIBO**

(for Digestion SOS Docuseries)

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GABA and Tryptophan: Amino Acid Solutions for Anxiety, Sugar Cravings, Insomnia and SIBO

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A special introduction for Digestion SOS: Rescue and Relief for IBS, SIBO and Leaky Gut Docuseries

I'm excited to offer this eBook, *GABA and Tryptophan: Amino Acid Solutions for Anxiety, Sugar Cravings, Insomnia and SIBO*, as part of Shivan Sarna's Digestion SOS docuseries, in order to share more about GABA and tryptophan and other targeted individual amino acids in the form of supplements. They are powerful nutritional tools that I use with my clients for easing anxiety, reducing sugar cravings and improving sleep.

In my interview, **The Food-Mood Connection**, I share some of my SIBO/IBS story and practical steps on using the amino acids tryptophan and GABA to help improve digestive health, ease some of the pain we experience, improve the anxiety and depression that is common with IBS/SIBO and help reduce those carb cravings. Here is a snippet from my interview:

... when we've got low levels of serotonin, it can affect our digestion. It can make us more anxious. And it can affect sleep. It can increase our carbohydrate cravings.

So, the amino acids are pretty amazing for people who have digestive issues and SIBO specifically because we've got to get off the carbs, we've got to change our diets. And often, when we're needing to make these dietary changes, we feel deprived. You've got these cravings. And we're using will power.

The amino acids are pretty amazing in that they help with the cravings and the emotional aspect, and then also help with some of the digestive symptoms that we see.

I also share how GABA helps me and my clients with the visceral belly pain caused by bloating (especially at night when it affects sleep) and how tryptophan helps with motility (poor motility is often an issue with SIBO). And of course, both GABA and tryptophan help with anxiety symptoms.



Be sure to tune in to my interview with Shivan: **The Food-Mood Connection**. As I mentioned above, anxiety, pain and sugar cravings so often go hand -in hand and when you address the root cause of low GABA and/or low serotonin you often see all three start to resolve. My talking points address:

- How SIBO impacts your mood and anxiety (and I share my own SIBO story)
- GABA for anxiety, pain and insomnia
- Tryptophan for the fear-type of anxiety
- Endorphins for pain relief and comfort eating

If you're new to amino acids this interview will be a great introduction for you to learn about low GABA and low serotonin symptoms, how I do a trial and why it's best to trial one at a time, plus some of the nuances of using amino acids.

If you're already using amino acids for anxiety and stress and carb cravings but are not familiar with the gut health and SIBO benefits, you'll find some gems that may help you fine tune things.

Taking low serotonin as an example, worry, overwhelm, anxiety and negativity, as well as cravings and insomnia could all be signs of low serotonin. Serotonin levels can be increased by:

1. 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.
2. Eating plenty of veggies, fruit, good fats – all part of a whole foods diet – provides all the cofactors necessary for making neurotransmitters.
3. Exercise, sunshine and the use of a full-spectrum lamp (especially in winter).
4. And of course you'll feel less overwhelmed and anxious, more confident and optimistic very soon (5-10 minutes) after taking one of the targeted individual amino acids - tryptophan or 5-HTP. Sleep also improves if the root cause is due to low serotonin.

The rest of this eBook covers #4 above in more depth. My hope is that the case studies below will give you additional insights if you are dealing with anxiety, gut issues, pain and cravings.

The role of GABA and theanine anxiety, sleep and immunity

Before we get to the case studies, in the light of current events, I'd like to highlight immunity.

What I DO NOT talk about in this interview is how important all this is for IMMUNE FUNCTION so I'm taking a moment to connect the dots for you because of what is happening with the coronavirus situation:

- *GABA could work effectively as a natural relaxant and its effects could be seen within 1 hour of its administration to induce relaxation and diminish anxiety. Moreover, GABA administration could enhance immunity under stress conditions.*

(from: Relaxation and immunity enhancement effects of gamma-aminobutyric acid (GABA) administration in humans)

- *A number of recent studies have suggested that theanine administration can improve the body's immune system....one particular study highlighted the use of theanine as an intervention to decrease the incidence of upper respiratory tract infection symptoms via enhancing gamma and delta T-lymphocyte function*

(from: L-Theanine as a Functional Food Additive: Its Role in Disease Prevention and Health Promotion)

Both GABA and theanine improve sleep too, with an indirect impact on immunity too:

- *Sleep is considered an important modulator of the immune response. Thus, a lack of sleep can weaken immunity, increasing organism susceptibility to infection*

(from The Bidirectional Relationship between Sleep and Immunity against Infections)

- *Sleep abnormalities affect immune function in a reciprocal manner, leading to changes in proinflammatory cytokines, such as tumor necrosis factor, interleukins 1 and 6, and C-reactive protein. The multitude of systems that react to sleep loss suggest effects beyond the central nervous system and include total body functioning*

(from: Short- and long-term health consequences of sleep disruption)

In summary, sleep deprivation is not good and theanine and GABA enhance immunity, help improve sleep and ease anxiety (the latter is also key because anxiety also suppresses immunity).

None of us know for sure how much this can be applied to the coronavirus but it does make sense to address anxiety and sleep problems.

As you listen to my interview, please keep this in mind in the weeks and months ahead.

I've already heard from someone in my community saying she's already more anxious as a result of rationing her amino acids and other anxiety-supportive nutrients. This is not the time to be cutting back!

Targeted individual amino acids as supplements: an introduction

The individual amino acids GABA, tryptophan or 5-HTP, DPA, glutamine and tyrosine – when used as individual amino acids based on your unique needs - are powerful for easing anxiety, mitigating stress, improving mood, boosting confidence and addressing insomnia, and also for eliminating sugar cravings, often within 5 minutes. I've gathered a few select case studies/success stories into one document in order to illustrate the power of the amino acids for you:

- GABA for calming, cravings and insomnia
- Tyrosine for anxiety and calm focus
- GABA for anxiety, poor focus and meltdowns
- Tryptophan for negative thoughts, GABA for panic attacks, DPA for comfort eating, tyrosine for energy, glutamine to quit junk food



Melissa uses GABA for the calming effects and is shocked that her sugar cravings are gone too, and she's sleeping better too

Taken orally GABA works to relax, calm, ease anxiety and social anxiety, quiet the mind, help with insomnia and sleeping better, reduces neck tension, removes uneasiness and worry, and gives hope AND also reduce and often eliminate cravings totally.

Melissa discovered this was a wonderful side-benefit (we like side-benefits vs side-effects!) when she recently added a GABA supplement in anticipation of holiday travel and holiday gatherings and shared this:

I'm glad I saw the post about GABA on your FB page a couple weeks ago, which led me to this article. I bought Source Naturals GABA Calm and have been taking 1-3 per day for two weeks. I'm glad I bought it before travelling home for Christmas – I was cool as a cucumber at the airport and was much calmer when visiting family and friends compared to last year! The true test of its efficacy will be in two weeks when the semester starts. For now, I notice a general calmness and am sleeping well.

An unexpected result was that I stopped craving sweets after about a week of taking it! I didn't even realize this until I was grocery shopping and out of habit walked towards the ice cream – I stopped and realized I didn't want ice cream. So I walked toward the chocolate – same reaction. For once in my life, I was not craving sweets. I made truffles for a NYE party and only ate two. But what is really shocking is that the leftovers are still in my refrigerator two days later and I haven't touched them. I don't understand what is going on! Can this be the GABA Calm (active ingredients: magnesium, GABA, Glycine, L-Tyrosine, Taurine)? I don't think it's the small amount of magnesium because I already do magnesium oil foot baths, so I suspect it's one of the other ingredients.

I love that she was calm during her travels, was much calmer when visiting family and friends compared to last year and is even sleeping better. And she is clearly delighted about the lack of sugar cravings!

Here are my answers to her question about those sugar cravings:

- we can crave for many reasons and one reason can be due to low GABA levels
- we stress eat (or drink more wine or other alcoholic beverages) when our GABA levels are low
- by addressing the low GABA levels sugar cravings can disappear completely as in Melissa's case (ice-cream, chocolates and truffles)
- the GABA, glycine and taurine in the supplement she used actively boosts GABA, the magnesium is a co-factor for making GABA and the small amount of tyrosine counters the GABA so you don't feel too relaxed

In many cases GABA can help partially and you may also need to address low serotonin (you'll have afternoon/evening cravings), low dopamine (you crave sugar for focus and energy), low blood sugar (you are cranky and have an intense desire for something sweet) or low endorphins (you crave to self-soothe or comfort).

I use a symptoms questionnaire with my clients so we can figure out if they may have low levels of any of the above brain chemicals. If they are low, using the correlating amino acids can address both mood issues and cravings.

You may also need to address candida, dysbiosis or parasites as these factors can also cause sugar cravings since many "bugs" feed off sugar.



Tyrosine for alleviating anxiety and panic attacks and creating a feeling of calm focus

Tyrosine for alleviating anxiety and panic attacks and creating a feeling of calm focus

If you had anxiety, felt hugely stressed and were having panic attacks would you consider using tyrosine to help calm you? It's not the first approach I use with a client as I typically want to calm things down first by addressing the low serotonin symptoms of anxiety (such as worry, overwhelm, insomnia and panic attacks) and the low GABA physical symptoms of anxiety (physical tension, stiff and tense muscles, overwhelm and panic attacks).

However, for some individuals addressing low catecholamines with tyrosine is the best approach to take, even if it feels counter-intuitive. Since everyone is different using the trial method is the best way to figure out what you need.

Here is another success story from someone using tyrosine, as shared in the comments on a blog post on my site:

Tyrosine for anxiety has done wonders for me! I have tried GABA and Tryptophan. The GABA seemed to take the edge off a little when panic attacks occurred but wasn't keeping anxiety from occurring.

I have been under tremendous pressure at work. The internal stress has been overwhelming! I haven't been able to remember anything, even things I've done for years! I am in the process of learning new software at work. In the very first class my mind just went blank. The more I tried to focus the more stressed I became. All I could do was sit and stare at my screen while the rest of the class moved forward.

In short order I developed a migraine and panic. The internal pressure felt as if someone was wringing out my brain like one would do to a wash rag! I had to leave the class earlier. From this point on I was struggling to even do my job as I have done the last few years. Every time I tried to think I'd immediately become overwhelmed and shut down. I felt like crying most of the time from the sheer force of the internal pressure (this is embarrassing to admit as I'm someone with a competitive career). This stress just completely shut down my ability to learn and problem solve.

So, I decided to start some tyrosine. I was hesitant because I have heard it can cause panic attacks and I definitely don't need more of those! I bought some powder and took 400mg on an empty stomach about 30 minutes before breakfast. WOW!!! Within an hour the stress just melted away!

I wasn't stressed on my way to work either which normally I am. I was able to sit down and think thru my problems without feeling overwhelmed at all. Also, I was communicating with people much more easily. I noticed better eye-contact. I seemed less concerned of anyone's opinions too.

I take another 400mg 30 minutes before lunch. I simply cannot believe how much better I am doing!

Just a few weeks prior I was telling my wife that I may need to start thinking about starting the process for disability because I simply could not function well enough to do my job.

I'd also add that the stress from the anxiety was so bad I felt like I had the flu for a few weeks. This also has dissipated since starting the tyrosine.

It's still early in this experiment but I am hopeful for once. Nothing, and I mean NOTHING has worked so well so fast for me than tyrosine. It's the closest thing to a miracle I've ever experienced. A night and day experience!

What wonderful results! I'm thrilled to hear about his "miracle" and that he's doing so much better, that he has hope and that the stress from the anxiety has dissipated!

GABA for children: ADHD, focus issues, irritability, anxiety and tantrums



GABA helps Jenny's 11-year old daughter with irritability, focus issues, ADHD, anxiety and meltdowns

Jenny recently shared this wonderful feedback about her daughter who “hasn't been diagnosed with ADHD but has a lot of ADHD symptoms”:

We were having a huge amount of behavior problems as she is getting older (she's 11). I did some research and went to the health food store and bought a bottle. At this point I was mentally exhausted from all the fighting and drama at home and at school. I was desperate and didn't want to put her on any hard medication.

She has had amazing behavior at school and at home since giving it to her. She's almost like different child. GABA has truly changed our life. She's been taking it for almost 2 months.

What wonderful results! I'm thrilled for Jenny and her daughter. I asked Jenny to share what her daughter's symptoms/behaviors were before they used the GABA and which symptoms improved. This is what Jenny shared:

...before the GABA she was irritable, she was fighting with her teacher and schoolmates, she couldn't focus and was distracted by anything and everything, she was constantly disrupting the class and she was throwing major tantrums over ridiculous stuff (like her hair didn't do what she wanted), she was mouthy and everything was a fight.

We are not seeing 99% those behaviors at all anymore. She of course is still your typical pre-teen but if I say “no you can't have that” our “no you can't go there” her reaction is

OK. Before it would have been a major fight or meltdown. Her teacher is reporting to me every day about her wonderful days.

I love hearing this feedback and it's not unusual for children to act out when they have low GABA levels. Adults may identify with being anxious, but children may appear irritable, unfocused and distracted, may have tantrums and meltdowns, and all the while not be able to articulate how they are feeling.

Tryptophan for negative thoughts and sleep, GABA for panic attacks, DPA for comfort eating, tyrosine for energy, glutamine to quit junk food

Meme Grant, GAPS Practitioner and Nutritional Therapist, participated in my Amazing Amino Acids group program and this is what she said afterwards:

"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 [DPA] 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."

This is why I call them the amazing amino acids. And this why addressing neurotransmitter deficiencies can eliminate or reduce anxiety, mood issues and insomnia, stop negative thoughts and boost confidence, and end food addictions and out-of-control sugar cravings at the same time – and all very quickly.

In conclusion

The amino acids discussed above in the case studies give my clients relief from anxiety, fears and overwhelm on day one and they have hope right away. They find their sleep improves, they feel more confident and it's easy for them to make dietary changes and eliminate cravings so they can quit the junk food, starchy foods that make their SIBO worse, sugar, gluten, caffeine, sodas with ease, and say no to self-medicating with wine and coffee, which can make sleep and anxiety worse. They find no willpower is needed and they have no feelings of deprivation. Addressing low serotonin and low GABA also helps with visceral gut pain and improves motility.

Some additional resources from my blog

Tryptophan for the worry-in-your-head and ruminating type of anxiety

<https://www.everywomanover29.com/blog/tryptophan-worry-head-ruminating-type-anxiety/>

Sleep promoting effects of combined GABA and 5-HTP: new research

<https://www.everywomanover29.com/blog/sleep-gaba-5-htp/>

The Antianxiety Food Solution Amino Acid and Pyroluria Supplements (that I recommend)

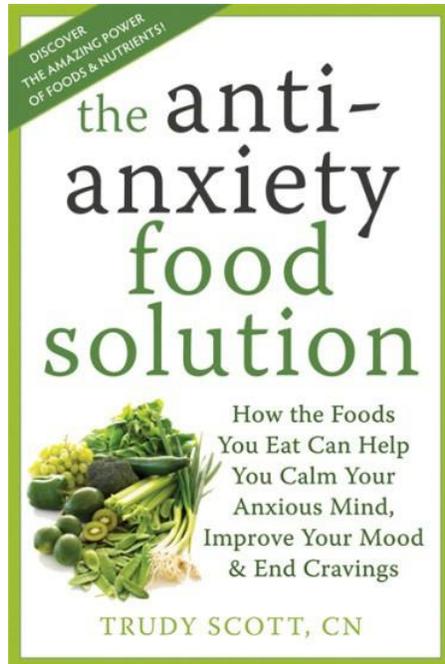
<https://www.everywomanover29.com/blog/amino-acids-pyroluria-supplements/>

And the Anxiety Summit <https://www.theanxiety summit.com/>



Food Mood Expert Trudy Scott is a certified nutritionist on a mission to educate and empower anxious individuals worldwide about natural solutions for anxiety, stress and emotional eating. She is passionate about sharing the powerful food mood connection because she experienced the results first-hand, finding complete resolution of her anxiety and panic attacks.

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*, available in major books stores and via online stores like Amazon. You can [find out more here](#).



“Excellent job of explaining the science behind anxiety and then bringing it to a practical level”
- Elizabeth Lipski, PhD, CCN, author *Digestive Wellness*

“A real tour de force in complementary mental health literature & refreshingly original”
- Jonathan Prousky, ND, author of *Anxiety: Orthomolecular Diagnosis and Treatment*

“Replete with specific and practical suggestions, this book is backed up by research and clinical expertise”
- Julia Ross, MA, MFT, author of *The Mood Cure*

“I recommend this book not only to those who suffer from anxiety, but to their health care providers too”
-Karla Maree, certified nutrition consultant

The information provided in this document 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 any diet, exercise, or supplementation program, before taking or stopping any medication, or if you have or suspect you may have a health problem.