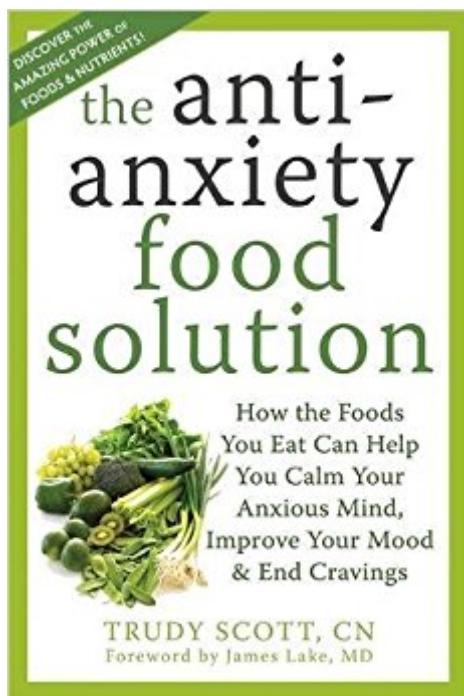


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# The Anti-Anxiety Food Solution



## Synopsis

It's remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don't realize how much our diets influence our moods, thoughts, and feelings until we make a change. In *The Antianxiety Food Solution*, you'll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This helpful guide allows you to choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You'll soon be on the path to freeing yourself from anxiety—and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health—the natural way! The book also includes an easy-to-use index. In *The Antianxiety Food Solution*, you'll discover:

- How to assess your diet for anxiety-causing and anxiety-calming foods and nutrients
- Foods and nutrients that balance your brain chemistry
- Which anxiety-triggering foods and drinks you may need to avoid
- Easy lifestyle changes that reduce anxiety and increase happiness

## Book Information

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## Customer Reviews

[View larger](#) From the Book: Why Food May Be Affecting Your Mood Problem foods can contribute to anxiety in a number of ways, including inflammation and physical stress due to the production of antibodies. Another possible mechanism relates to histamine, a compound involved in the immune response that also functions as a neurotransmitter. A histamine imbalance is often related to allergies or sensitivities to both foods and environmental allergens, such as pollen,

dander, or mold (Pfeiffer 1987; Jackson et al. 1998).

View larger From the Book: The Problem with Gluten Gluten sensitivity can limit the availability of tryptophan and therefore lead to decreases in levels of serotonin (Pynn & Åhlén et al. 2005). (See chapter 6 for more on the link between serotonin and anxiety.) Another possible mechanism is indirect effects of gastrointestinal damage due to eating problem foods, resulting in nutrient malabsorption (Hallert et al. 2009). And yet another is an effect wherein you're drawn to eat certain foods to get a psychological high (Pfeiffer 1987) caused by gluteomorphins — opiate-like compounds produced during the digestion of the gliadin component of the gluten protein. Gluteomorphins are addicting, and withdrawal symptoms can feel as bad as drug withdrawal. When you consume gluten, initially you'll feel great, but then you'll experience a severe letdown that may show up as anxiety, depression, mood swings, fatigue, and other symptoms. Learn what other foods may be causing your anxiety in *The Antianxiety Food Solution*.

Trudy Scott's book, *The Antianxiety Food Solution*, fills an important gap in the popular literature on anxiety. It provides clear, helpful guidelines for utilizing nutrition to overcome anxiety. Edmund Bourne, PhD, author of *The Anxiety and Phobia Workbook*. "A great little book with plenty of practical advice backed by science." Daniel G. Amen, MD, author of *Change Your Brain, Change Your Life*. "Every one of the millions now suffering from anxiety has a new friend in Trudy Scott, whose book offers them a nutritional lifeline. 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* and *The Diet Cure*. "This book is a must-read if you have anxiety and want to treat the underlying causes and heal, rather than having to rely on medications. Adjust your brain chemistry with the right nutrients and you can reclaim your brain and your life!" Hyla Cass, MD, author of *8 Weeks to Vibrant Health*. "This book is a real tour-de-force in complementary mental health literature and should be on the shelves of every anxiety sufferer. It's a user-friendly and balanced book about foods and nutrients that can reduce anxiety, and it is also refreshingly original." Jonathan Prousky, MSc, ND, professor of clinical nutrition at the Canadian College of Naturopathic Medicine and author of *Anxiety: Orthomolecular Diagnosis and Treatment*. "As a nutrition and fitness expert and the mother of a child with an emotional disorder, I find this book invaluable. It is one I will use myself and recommend to both clients and

colleagues. • JJ Virgin, CNS, CHFS, nutrition and fitness expert, author of Six Weeks to Sleeveless and Sexy, and cohost of TLC's Freaky Eaters • A leader in the field of food and mental health, Trudy Scott supplements the core themes of food and gut health with chapters on amino acids, pyroluria, and lifestyle changes. Trudy aptly emphasizes that readers should try to find the root cause of their health problems. • Lawrence E. Cormier, MD, holistic psychiatrist in Denver, CO • "This book may be the key you've been looking for. It does an excellent job of explaining the science behind anxiety and then bringing it to a practical level, providing a nutritional and integrative approach to anxiety." • Elizabeth Lipski, PhD, CCN, director of doctoral studies at Hawthorn University in Whitethorn, CA, and author of Digestive Wellness • "Trudy Scott's work communicates something I tell my patients every day: there is a powerful connection between what we eat and how we feel." • Mike Dow, PsyD, cohost of TLC's Freaky Eaters • "I recommend this book not only to those who suffer from anxiety, but to their health care providers as well." • Karla Maree, certified nutrition consultant, neuronutrient therapist, and director of nutritional therapy at Recovery Systems Clinic

The Antianxiety Food Solution presents effective natural treatments and dietary changes that can significantly reduce anxiety symptoms and improve mood.

I got the book, The Anti-Anxiety Food Solution, on my Kindle last week and in paperback two days ago. So much of it spoke to me and when I went down the checklist of symptoms for pyroluria, I was absolutely stopped in my tracks. It was me. I saw myself all down the list. I'd already been nodding yes, but when I read "Being bothered by being seated in the middle of a room in a restaurant," I knew. What an odd and random thing, yet ridiculously spot on. And for the first time in a very long time, I felt hopeful about shaking off the relentless anxiety I'd lived with for most of my adult life. And looking back, I realize that I certainly experienced some anxiety as a teen, but it was in my early twenties when the full weight of it hit me. The handful of years prior to my over-the-anxiety-edge initiation had been filled with stress, enough to tip the balance and land me in full anxiety mode. After reading the book, I immediately changed how I eat. Today, I took zinc and B6. I absolutely feel a difference. Clarity. Calmer. And my body feels different, less tense, less off. I'd ordered a pyroluria test from BioCenter Lab in Wichita, KS (they are willing to deal directly with the public), but I have to say I'm not sure I love the idea of going without zinc and B6.

supplementation for the week or two (they require one week off those supplements) needed before testing. The difference I feel today likely answers any question, and the idea of choosing to go without, knowing what that will mean in terms of my anxiety level, makes me unsure if I really need that official diagnosis, at least at this time. Maybe in a few months, once I've reached optimal reversal of my symptoms, I'll be ready to take that week or two off the supplements to complete the test. For now, I want to revel in this feeling and celebrate! I will be adding evening primrose oil and bumping up my intake of Vitamin C and magnesium, as well as checking my current multi-vitamin/mineral supplement to see how it stacks up. I'll continue to tweak as needed, and because this book gives such clear and well-researched instruction, I'm confident I'll be able to safely and effectively put the brunt of my anxiety behind me. If you've been suffering from anxiety and have yet to find your way out, please read this book and follow the instructions within. You can feel better and you can get your life back. The answers are right here, and the solution is very doable. And to Trudy Scott, thank you so much for your work and for your book. I believe I have in my hands the key to freedom, to health, and I don't really have words to express how much this means to me. I've searched and waited for this information for decades. Thank you.

Thank you so much for your wonderful work! Due to Chapter 7 in your book, I sought out testing for Pyroluria. Turns out my levels were indeed elevated. I am excited to start treatment and feel better! Also, check out Trudy in Episode 2 of the Thyroid Secret.

I first met Trudy Scott a number of years ago when I was attending a professional development workshop she was presenting on the same topic as her book, *The Anti-Anxiety Food Solution*. As a licensed clinical mental health counselor and psychotherapist in private practice, I am always very interested in learning about more holistic ways to help my clients treat their anxiety, depression, and other mental health challenges. Trudy herself sold to me and signed the first copy of her book I ever purchased, at the end of her presentation many years ago. It has proven such an important book in my own life, as well as in my practice, that I have bought several additional copies, for my office to lend to clients, and as gifts to friends and family I believe would benefit from Trudy's research and wisdom. Trudy's book is filled with real life, practical anecdotes as well as scientific research from leading institutions. Trudy comes to explore a nutritional solution to anxiety from her own personal experience, which she parlayed into solutions for the continuum of mental health concerns. If biology or chemistry are factors, Trudy shows us that nutrition can be a viable solution

for mild to moderate, and even severe symptoms of anxiety. In my opinion, psychotropic medications can be quite useful for some people and some mental illnesses, and yet, these medications tend to be prescribed far too often and to easily. Like Trudy, I prefer a more natural and holistic approach, one which allows us to live in balance and harmony with nature. If changing our diet doesn't immediately improve mental health, perhaps adding amino acid food supplements will. Certainly too few people know about nutritional solutions for depression, anxiety, insomnia, attention deficit hyperactivity disorder, migraine headache, PMS, food cravings, and pain. Trudy's book is filled with not only suggestions but plans for dietary changes or amino acid food supplements, and I know that these work, because I personally have tried a variety of Trudy's suggestions from her book, and I've made the suggestions to numerous clients, friends and family members who have also benefited from Trudy's research and wisdom. And now, there is robust research supporting this more natural, Earth-based, and holistic approach to health, well-being and wellness. Having had menopausal night sweats to the point of being awakened by them several times each night, I'd read from Trudy that the combined use of GABA and tryptophan or 5-HTP could successfully reduce one's experience of these sweats or of the frequency, quantity and severity of them. I found 5-HTP to work better for me than tryptophan, and the amino acid "cocktail" I take each evening has resulted in a decrease in sleep disturbances from perhaps 4 or 5 awakenings nightly, to only 1 or 2. That results in a much better quality of sleep. Using Trudy's training and book as a guide, I have supported clients' trials and use of amino acids for various concerns such as anxiety, low mood, attentional and concentration issues, food cravings and sleep. Rachael was in recovery and didn't want to use a psychotropic medication for her anxiety and sleep difficulties. Despite her determination and hard work in learning skills in her psychotherapy with me, she still had some lingering anxiety in social settings and at times, enough to interfere with sleep. Rachael was willing to look at her diet and to end her relationship with caffeine, then tried using GABA Calm sublingual lozenges when she felt an anticipatory anxiety about social situations, or had trouble sleeping soundly. Rachael maintains her 4 years of sobriety and has pushed beyond the former limits of her anxiety to become involved in her church community's leadership, a certain achievement her anxiety had not previously allowed her. Trudy and her book are the real deal. She has written a clear roadmap for naturally reducing and eliminating anxiety, low mood, depression and many other disruptions in peace and calm of our contemporary lives. Trudy is undeniably solution focused, and her approach of utilizing nutritional solutions can offer real change. I have

bought many copies of this book because I am a firm believer in its theoretical and practical realities, as well as in Trudy's ability to positively change lives, one day at a time. And in the case of using amino acid food supplements, change can be dramatic and come within five minutes time. If you'd like to step away from Big Pharma and the labyrinth of chemistry it presents, this book is for you. I am an amino acid and Trudy believer. Join me!~  
Adelle V. Bradley, MA, LCMHCNew Hampshire, USA

This book has so much helpful information!

I appreciate the valuable information in this book. She covers a lot of different topics. I am working on one of the food elimination diets right now, so I don't know if that is the cause of my anxiety, but I will find out soon.

Excellent information in here. Easy to read and follow. Ditch the drugs that are filling the pockets of big pharmaceutical and make yourself better naturally!

Most helpful, informative, and useful! Someone you know or love will need it...

great book with great resources and advice. Her advice seems consistent with what I've read elsewhere and it is presented in a clear, easy to understand manner. would highly recommend !

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