



Trudy Scott Highlights – Eliminate Anxiety and Emotional Eating Using Vitamins, Minerals, and Amino Acids

Do you remember the day when you realized the impact that food can have on anxiety and mood?

In her late 30's Trudy had anxiety. Specific amino acids turned her anxiety and panic attacks around and she went back to school to study nutrition. She observed that we are often offered band-aids to cover up anxiety but we are not often getting to the root cause.

How can one tell the difference between emotional eating and a large appetite?

Emotional eating entails eating to make oneself feel better, calmer, happier, and rewarded. Once amino acid deficiencies are addressed there is no longer a need to fill the void with food.

Everyone has a “drug” of choice – this can be dietary, pharmaceutical, alcohol, caffeine, sugar...all of these can give clues to an individual's deficiencies.

How are brain chemicals related to emotional eating?

Neurotransmitters are chemical messengers that make us feel good. For example: When we eat protein it is broken down into amino acids and those are the building blocks for neurotransmitters.

Neurotransmitters also trigger cravings. Deficiency in the body has an array of symptoms. Cravings and mood are components. When we take amino acids we have a shift in cravings and mood right away.

Often an imbalance will get the better of us and disable us from making food changes. Taking amino acids first can give us the needed boost to make food changes that will be a more long term solution than supplementing.

What are the neurotransmitters that you see most implicated?

Actually low blood sugar is the first thing to consider. Anxiety, irritability, crankiness, and sweet cravings are all signs of low blood sugar. Low blood sugar can also cause mental illness.

To avoid this eat breakfast with protein. Eat 3 meals a day with protein, carbs, and a healthy fat. Eat a healthy snack. This will all keep blood sugar even and stop

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irritability. Also, avoid low-fat foods as they are loaded with sugar and eat breakfast before having coffee.

If that alone doesn't solve the problem then glutamine can help to keep blood sugar stable. It also heals the gut and is very calming. Take glutamine between meals. If taken on the tongue it can stop sweet cravings right away.

Avoid glutamine if you have bipolar disorder because it could trigger panic attacks.

Low serotonin can cause depression, negative thoughts, low self esteem, suicidality, rage, anger, anxiety in the head (obsessive thoughts, worry), irritability, fibromyalgia, PMS, insomnia, digestive issues, and cravings in the later part of the day.

Tryptophan (made by Lidke) can help. It should be taken individually, away from protein.

5 htp is a second choice though it can potentially raise cortisol levels.

These two supplements have been helpful as a way to taper off of antidepressants.

Exercise in the sunshine is helpful as well as a full spectrum lamp.

Diet is key – animal proteins, organic fruits and veggies, and healthy fats. Pumpkin seeds also help to raise serotonin.

Cautions – if taking an SSRI talk to your doctor about these amino acids and take them 6 hours apart. Serotonin syndrome is when there is too much serotonin and this can worsen depression, increase anxiety, and cause muscle spasm.

Low GABA can cause anxiety, worry, panic attacks, physical tension, sugar and alcohol cravings.

Taking GABA is much better than Benzodiazepines which are addictive and have many side effects.

Yoga, Tai Chi, and meditation can help to raise GABA

Low endorphins cause crying, emotional behavior, physical pain, and an emotional connection to sweets.

The amino acid DPA destroys the enzyme that breaks down endorphins.

Also helpful in raising endorphins are eating protein, exercise, giving, acupuncture and laughter.

A DPA supplement made by Lidke called Endorphogen is recommended.

DPA can replace cannabis, sweets, carbs, alcohol, and pain meds.

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Low catecholamine causes depression, apathy, boredom, low energy, sugar and caffeine cravings

Tyrosine helps to raise catecholamine, giving energy, mental clarity, and focus. It can cause sleeplessness so the last dose should be at 3pm. If sleep is a big issue then only take tyrosine in the morning.

If you were to say something to your past self what would be the most powerful advice you could give her?

Be curious, take charge, you are empowered, ask questions and read! You deserve to feel your absolute best.

Trudy's FREE GIFT – A quiz that addresses all areas of neurotransmitter deficiency plus additional info on low endorphins and DPA use. Also, a gluten handout on how it contributes to anxiety and depression.

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