GABA: Easing Colitis Pain and Inflammation Transcript

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Introduction and Guest Background

Welcome back. We are continuing our conversation on Crohn's and Colitis and how to Reverse them. I'm your host, Sinclair Kennally, and today I am joined by my wonderful friend and colleague Trudy Scott, who I almost never get to see.

And this is such a treat for me. So she is a Food Mood Expert and a certified nutritionist who educates anxious individuals about nutritional solutions for anxiety.

She is known for her expertise in the use of targeted individual amino acids, nutritional solutions for the social anxiety condition called pyroluria, and the harmful effects of benzodiazepines.

Truly a natural health advocate in the very best sense of the word, and a scientist in the very best sense of the word, if I may editorialize. So 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.

She is also a host of The Anxiety Summit, an online educational platform for both consumers and health professionals, and dubbed “a bouquet of hope.” which is so true.

She also educates health professionals via the Anxiety Nutrition Institute. Sharing research and practical have two steps. She is so passionate about sharing this information because she was able to eliminate her anxiety and panic attacks using a nutritional approach.

And of course, we know all too well, don't we, that anxiety and Crohn's and colitis can go hand-in-hand. And this is so often goes unaddressed, doesn't it?

So it's a real treat to get to unpack this conversation with you today. Welcome, Trudy. Thanks. Sinclair, I'm so pleased to be here. And, I appreciate the invite, and I'm looking forward to sharing, some really cool new research about GABA, specifically for colitis.

But then also, as you say, how there's this connection between colitis and gut issues and mood problems like anxiety and low mood sleep problems. and then, yeah, it's it's exciting to be here.

Wonderful. All right, well, let's just dive right in, because I know we have so much to cover. You are such an expert on individual amino acids, and GABA in particular, has a lot to teach us, doesn't it?

Within the context of these chronic conditions. Tell us about GABA is first of all and then tell us about this new research. Okay. So GABA and GABA stands for Gamma-aminobutyric acid It's in the way that I'm using it.

It's a supplement that is used to raise levels of the calming neurotransmitter together. So there's a supplement called GABA and there's a neurotransmitter called GABA.

And they just happen to have the same name.

GABA Basics and Colitis Research

So we use GABA as a supplement to raise levels of the neurotransmitter. And then that has a calming effect. And as we can find out today there's some other benefits.

and I'll share more as we get into this new research. But I use GABA all the time with all my clients who who are physically anxious. They overwhelmed stress.

They've got stiff and tense muscles. They'll feel it in their shoulders and they neck. They may lie in bed at night, unable to go to sleep because they're feeling stiff, intense and overwhelmed.

And they also may stress, eat so those are all clues that you may have low GABA labels and you may need to supplement with Gaba. But what's really what's really exciting is that this new research specifically on, on colitis, has is just, you know, it just blows my mind because firstly, it has more ramifications just than the mood ramifications.

It actually is. And now this is just an animal studies. So it's preliminary. But we see this clinically all the time anyway. So this animal research supports what we see clinically.

But what it does is it actually eases that visceral or that abdominal pain and that hypersensitivity that you have with colitis. And if you are lying in bed at night and you've got that pain and you can't sleep, that, that is, you know, going to affect your day the next day, it's going to affect your mood.

So it's helping with that physical pain. and what the research is actually finding is that it's also reducing inflammation. So I wanted to share a few little highlights from the study, if I may.

Oh please do. Yeah. Okay. So and then I'll show you what I'd like to do afterwards. I share some of my personal experiences with GABA. And then I've got a case study to show as well.

But this was I'll read the name of the paper for anyone who wants to go and look it up. It's experimental colitis-induced visceral hypersensitivity is attenuated by GABA treatments and other words, they induced, this hypersensitivity in the animals.

And then they used GABA and they found that it stopped this this pain in the gut and in a number of other, outcomes which, which are really excited to share.

Yeah. So just a little overview. as everyone knows, tuning into the summit, ulcerative Colitis is linked with inflammation of the large intestine. it's associated with weight loss, rectal bleeding, diarrhea and abdominal pain.

But what the the, paper, what the authors are saying that GABA suppresses immune cell activity, and there's a decrease in colonic GABA during ulcer colitis.

So there is less GABA in the large intestine in folks who have colitis. So they were hypothesizing that giving GABA is obviously going to help. And they felt they found felt that it would it would help with the inflammation.

So these are the findings which I find amazing. Firstly it reduced the the permeability. So in other words it prevented leaky gut which is huge for colitis in any gut issues.

It actually reduced the clinical progression of the colitis. And this is they call it the disease activity index. It reduced the measure of the inflammation.

And as I said earlier, it reduced this pain that people were feeling in the gut. But they actually found changes in some of these inflammatory markers.

So they looked at TNF alpha, interferon, GABA, interleukin. And they found all of these inflammatory markers actually way down. And they're proposing that, increasing GI levels of GABA may be useful for the treatment of colitis.

So when I saw this research, I was just so excited to be able to share it because we've. Yeah, we've got the research that is supporting what we see clinically.

And at the same time, if someone has all of these symptoms, has all these elevated inflammatory markers, and also has anxiety, also has sleep problems, they're going to see those added benefits as well.

Know I think that's a great encapsulation. And this is so important because it sounds like such a humble element to fold into your protocol. Are there any contraindications for somebody who might be considering this for digestive issues.

The the biggest concern with GABA is using two higher dose to start. So I'll see. Most people will, hear about this rush out and buy a 500 milligram or 750mg of GABA and use it.

And then they'll they could feel it's too much for most people. So I'll start my clients on 125mg and we'll increase from there. Now, someone with this, visceral abdominal pain, may find that they do need more, and they may find that they will increase from 125mg, up to 500, or even, 750.

But you do want to start lower. And this, Sinclair, the symptoms of two match is, a flesh kind of feeling is not as intense as a nice and tight flash, but you'll feel a prickle.

You'll feel a little bit of discomfort. And then two match of the amino acids could cause an opposite effect in terms of anxiety. So it can make you feel a little bit anxious and agitated.

So it's really, really important to start low and then build up. And then the other thing is in terms of contradictions, a lot of people ask me if I'm on a benzodiazepine or if I'm on other medications.

There's no documented, concerns. But as always, I always, you know, caution my clients if they're on medication, talk to your doctor. You may not get an answer.

Dosing, Forms, and Safety Considerations

You may need to talk to your pharmacist as well, but there's nothing documented as being an issue. And then the third, issue is, just blanked. I can edit that.

angel flew over the table. That's what we say. I was there when that an angel flew over the table. That's what we say when there's a in conversation. I just thought of it.

Take it out. Because that said, the third thing is using it sublingual. So a lot of people will get it. They'll swallow it and they're not going to get those same results.

So I'll have all my clients use a sublingual so they'll get a a sublingual chewable. Can I mention a product name here. Yes of course. Like GABA Calm.

That's the main one of the main ones that I use. I have a lot of clients use GABA powder now, so they could just get a powder and that way if you're using a powder, you've got to get a little, measuring spoon and just get a, you know, the small amount because you could end up taking too much.

And then it's actually a GABA cream that I'm finding very helpful specifically for the gut issues, because you can actually rub the Gerber cream right over the gut and you can get some, quick benefits like that as well.

So, that's those are the those are the three things to think about of that. So you, you also mentioned just briefly, a couple of symptoms that I would love to and explore with you further.

you, I know you yourself have experienced visceral pain and Gaba helped you with this. Can you tell us more about that? Yeah. So I don't actually have colitis, but I do have a small intestinal bacterial overgrowth.

And with that I get this belly bloat. and I get this visceral pain. And the way it affects me is with my sleep. And if I don't get my sleep, if I don't get eight hours, I'm a hot mess.

And, you know, getting up in the night and taking charcoal and putting a hot water bottle and, you know, I remember doing all of that. And and then I started to make this connection between Gaba and it helps with pain

issues.

I needed help with pain, the physical pain that people feel. And then it also helped with muscle spasms and and tension. I thought maybe I should try some Gaba.

And of course when I tried Gaba it, the results were pretty amazing. And then more recently, once I started, well, I started to try to some the Somnium, which is the Gabba crea myself, and then I started recommending it to my community.

I found that that was was amazing as well. So it's, you know, I've experienced that myself. And, I would expect that gab is going to help with any kind of, abdominal visceral pain where you've got that, the, the Cibo, the Crohn's and colitis, anything like that.

Yeah, I have definitely seen that clinically as well, that this can be a huge relief for folks. And pain was a huge problem for me. And Gaba really helped not just my digestive pain but also you know I had full body pain was a lot of fibromyalgia type stuff.

So there can be a cascade inflammatory effect for sure with autoimmune and inflammatory conditions, such as Crohn's and colitis and Gap is just a lovely tool to explore for this.

I'm so glad to hear that that had helped you too. That's really great. Can you share a little bit more about how much you used and how it helped? You know, I was not, very.

I don't know how to say this without disparaging myself. I was not very systematic back then. And so I was trying a lot of different doses and just being a little careless with myself, so I would I was start out very slow and low on most things, like Gaba, you know, I was using the liposome or like sublingual, you know, early on.

And that really helped me a lot. Just 1 to 3 pumps. And then I started high dosing to see if that could help a lot more like going up to like 10 to 15 squirts of that particular product.

And my at the lower dose worked much better for me. And yeah. And you've got to start low and then go up. And that's what I had my clients do start low.

See if you get benefits go higher. Are you getting more benefits. Yes. Then you stay there and then go a little bit higher. And, I'm glad you mentioned the liposomal because that's another way to get it in, because it's absorbing it through the blood vessels in your mouth.

So I know there's liposomal Gaba and a theanine combination, which is quite nice. I'm assuming that's what you use then. Yeah, that's that's great. It's great to hear and.

Yeah. And and we've all been there. When you're desperate, you just want to use everything and you just want to try. The, Yes, exactly. Afraid of everything, but also willing to try anything I think was.

Yeah, was me for quite some time. And you raised a good point there to some clear and that more is not always better. You think it's so bad you may need more, but you may need just this amount of Gaba to help with this.

And then you may need to do whatever else you need to do as well to address. And but the great thing about the habit, which you probably find is it's giving you some relief while you're addressing the other root causes, because there's all these other root causes that you need to address, which I know you're going to be covering beautifully with all the other speakers, in the summit.

But you gave it Jabez and the other amino acids. It's not the only amino acid that I use with my clients, but Gaba is giving you this feeling of relief.

it helps with the overwhelm while you're dealing with everything else. It's helping you sleep, and it's helping you

with that pain. So now you can deal with everything else that you have to deal with.

and it's giving, but it's giving you something, you know, right up front which which is the reason I absolutely love the aminos. You too. And you, you have such a lovely way of speaking about stress and anxiety and the way that, yeah, I can support with that.

Personal Experience and Clinical Use

And what I noticed is when, when people incorporate elements like Gaba into their protocol, there's so much they're in a much better position to be compliant with the rest of it, because it's really hard to ask your body to do a lot of work when you're already not feeling well.

Isn't it very stressed and overwhelmed? So yeah, and that stress about that. The Gabba stress connection. Yes. Well, I'm glad you bring this up because we you look at any condition at the end you're going to see a relationship between stress and stress.

Is it. You know, it's it's contributing to a lot of these conditions. And then when you're in the midst of it, you're worrying about it and you're stressing about it.

So then it's just a vicious cycle. But interestingly enough, well, firstly, this this, study that I talked about earlier on, it doesn't talk about Gaba at all, of course, and a lot of the studies don't.

And I'll talk about, the fact that there is lower Gaba, but they don't talk about supplementing with Gaba, so they haven't quite got there. And some of the research, although a lot of the other studies on diabetes, for example, PCA, they do actually talk about Gaba supplementation that that didn't find any research specifically on colitis or Crohn's and using Gaba.

so we extrapolate from that research and from clinical experience. But I did find one paper that showed that there is this, overlap between stress related, psychiatric disorders and, colitis.

So we know and you talked about that earlier. And then there's also this, connection, saying we were talking about pain is that this long term stress increases our pain perception.

So when we more stressed it sensitize us those pain pathways. So that becomes that, cycle of, of, feeling the symptoms more. So it just makes sense that using something like ABA is going to help with the pain and the sleep, and then also that stress which is feeding into your breathing.

so how about for somebody, who has stress and colognes or colitis, how would they, go about thinking about using Gaba and in what context? Is there a reason to wait?

Is there a reason to start early, you know, share your thoughts? I, I like to start right away. But this is, you know, this is the work that I do every when it comes to see me does have anxiety.

and it's it's the what I do. I teach practitioners how to use the amino acids as well. And I recommend that practitioners start right away as well, you know, related to what I was saying earlier, you're going to get results right away.

You're going to give your clients hope, you're going to make them start to feel better and then use all the other approaches. I have a lot of people reach out to me and say, I'm working with someone, and they said, no, we need to address that gut health first and then we can address the neurotransmitters.

I'd like to see that shifted. So we're doing them both at the same time. Start with the, amino acids. And the way I do it is I use a symptom questionnaire.

And on that questionnaire it's got Rachel symptoms on a scale of 1 to 10 for physical tension. And it's at feeling it in

your neck and your shoulders and, and and you may feel that, you know, with anxiety, you'll feel that butterflies in your stomach.

So you're feeling something in your stomach, you'll feel, stress. Just overwhelmed. sleep problems, lying in bed, feeling stuff intense, self-medicating with sugar.

So stress eating is a big clue that Gaba could be low, but then the other big clue is, a desire for alcohol in order to, calm you down. So a lot of people will self-medicate with wine at the end of the day to calm down.

Yeah. Yes. Yeah. Thank you for asking that. And also to fit in socially. So you'll, you know, a lot of people needing, you know, wanting to go out. They need that alcohol in order to relax.

The problem is, is that it's, there's a lot of problems for a lot of people, but it does actually damage the gut. So it's, you know, it affects your blood sugar and it does can contribute to that, you know, further exacerbate got issues.

So that is an issue. And then if we self-medicating with something we need to get to why are we doing that. So I'll have my clients write their symptoms on a scale of 1 to 10.

We'll do an initial trial of Gaba. So I'll say okay we're going to start with 125mg. We might pick the Gerber calm. We might pick the liposomal. We might pick a powder.

Depending on the preferences. Do a trial there and then. And within 5 to 10 minutes they can say, I feel more relaxed. And a lot of them will say, I feel like I had a glass of wine, you know, because they just feel that physical relaxation, which is what we're looking for now, if they had their symptoms, what their symptoms are like 8 or 9 out of ten, and it's come down to a six out of ten, then maybe they need a little bit more.

But if their symptoms have come down to a, you know, 2 or 3 out of ten, then that would be their dose. Now, part of that, symptoms questionnaire, we may adjusted depending on what they dealing with, say, if someone's dealing with colitis or Crohn's and they're telling me that they've got this, you know, abdominal pain, then I'll say er, back to the symptoms questionnaire and monitor that and see if you're noticing that go from a ten out of ten to a eight out of ten and then lower.

So you may have to just tweak the dosing and it may be slightly different. You may need a little bit more to help with the pain. And and then you're getting the added benefit for the the anxiety as well.

So it's, it's very individualized. and it's based on symptoms and then results once you do the trial and then adjusting up and then adjusting done. If you don't need as much, you don't want to take more than you need.

That's a great point. Thank you. Is there anything else that you want to make sure that, people know? I mean, I'm sure you've had so many stories of folks with Crohn's and colitis coming through your practice, struggling with anxiety, trying to use these aminos as tools.

do you want to share any of those at this time? Yes, I I've got a great story from a woman who was in one of my programs. She had, Sibo as well as small intestinal bacterial overgrowth, and she had, terrible diarrhea.

and she had missed a lot of work with pain, spasms, diarrhea most mornings and she said I had a phenomenal experience with my first dose of Gaba at bedtime.

And like a miracle, I'm pain free in the morning. It's a huge improvement.

Stress, Anxiety, and Symptom Tracking

And this is a major stressor in my life, like when my mom recently passed away. So if we've got more stressors, we may need a little bit more and we may need to adjust up.

But just with one dose, she started to notice a difference. She also shared that I take Gaba at work if I anticipate a stressful situation, and I love that I'm still sharp mentally on this.

So two points I wanted to say here is you may need to adjust if things, get, you know, stressors happen in your life and they do. So you may need to go up a little bit for a little while and then go back down, and then you can take it as needed.

So if she has anticipating something stressful, she'll add an extra Gaba. And then a lot of people will say to me, well, if Gaba helps me sleep, do I have to worry that it's going to make me too tired during the day?

Right. and that's why I like to combine Gaba and Theanine say Gaba and theanine will give you that calming relaxation, and that Theanine gives you sort of a calm energy kind of feeling.

So in the daytime, you could use theanine on its own, or you could use a Gaba theanine combination and you're going to get some of those benefits. And then at night, typically people do really well just with Gaba on its own, and then they can go a little bit higher at night with their, visceral pain, that abdominal pain, because it doesn't matter if it makes him too sleepy, it's going to actually help them sleep.

So the dosing really does depend on each person. And then the combination of nutrients that we use makes a difference as well depending. And it depends on each person.

So it's very very customized and unique. It's a great point. I haven't used that combination in a long time. That's really fun. Thank you. Good clinical gems as usual.

Trudy, you know, it's funny, your, client's story reminded me I. I was at my grandmother's funeral, which was devastating because she was the matriarch and quite a, force of nature, and a big Irish family.

And I was at my liposomal Gabba saying, open your mouth. But I said, but I just put it in people's mouths without telling them what it was to help them get through the funeral and just reduce the the stress of the day.

It work. Yeah. It does. Sorry for your loss. Oh. Thank you. that was years ago. Now it's a sweet memory. Think about passing people around. And he had supplements as well, I kind of used to be taking care of everyone else as well, because you knew it was working and you knew it was helping.

That's what we want to do when we find something that works like this. Yes, they were well trained. They didn't even ask questions. They just. Okay, what is it?

That's lovely. Yeah, well, if I can get them to do coffee enemas, I could certainly get them this year. So get back there now. You by? yeah. Well, it was a lot easier to tolerate.

Takes less explanation. So, one of the things that I love about your set of tools is that they're so accessible, even for people that feel quite fragile and have been suffering for a long time.

I know that was me for many years. It's just you get to the point where you're afraid of everything because so many of the solutions, quote unquote, out there can actually lead you to crash.

And you have such a gentle set of tools and such a precise way of using them. How did you arrive at this framework for yourself? It was my own journey with anxiety as well.

Like you had your journey with illness and, I was working in corporate America and majorly stressed out and had this perfect storm and going through perimenopause and gluten issues and gut issues and toxins that I'd been exposed to bakery and late growing up in South Africa and having a mouthful of fillings.

And so I had this perfect storm that was contributing to my anxiety. And I suddenly got it started getting panic attacks, and I had social anxiety and I grew up in South Africa, and I just knew there was something biochemical I

had.

And, you know, I'd read Adelle Davis, when I was in South Africa, growing up. And I just, you know, I'd always sort of followed a natural approach, and I, I just knew there was something amiss.

Yeah, that that's something that I could address. And I worked with a natural person and, started to make this connection between what we put in our mouths and the toxins we exposed to and, and how this was, you know, affecting my neurotransmitters.

And Gaba was a lifesaver for me. It was amazing. But it took me a long time to figure it all out. But Gaba gave me that relief right away, and it gave me that hope.

And while I was using Gaba and I would say use tryptophan and, it just, you know, gave me that hope and gave me that respite while I was dealing with all of these other issues.

And I won't say that it's, you know, all my problems have gone away. I'm still dealing with issues that, you know, I had then I was diagnosed with Lyme disease a few years ago, and, and, and these amino acids have come to my, you know, come to my rescue every time.

So the wonderful thing is, once you've used them once, you know, with success, you can use them again in other ways as other things show up in our lab.

So, yeah. Yeah, that's beautifully said. I think those of us who go through, our, our own health struggles and then decide to share the information, it's a very sweet journey in the later chapters.

Right. See, everybody else get to heal because of what we went through. This and this naturopath has working with us. She said, you've got to go and study this as it.

What can I do? She would become a nutritionist. Oh, I'd love to become a nutritionist. So I went back to school. I quit my job at, you know, went back to school, and now I get to help other people.

So it's wonderful. It really is wonderful. Do you think there are any, misconceptions out there about Gaba or amino acids that you'd like to dispel at this time?

Benzodiazepines and Natural Alternatives

Update because there's new data coming out all the time. Right. And you're always up on the research. Well, the the biggest misconception that still that I still get the probably the biggest question around is with serotonin and tryptophan.

that's a that's a big question. A lot of people will say that, you know, it's a serotonin, the serotonin hypothesis no longer applies, you know, mood problems and all caused by those who return.

And and I'll just say, well, absolutely not all mood problems are caused. Not all the symptoms are caused by those who return. And it is just one of the possibilities.

And then there's other things you need to look at, like gut health. So that's a big question. And then the other big question I get is about Gaba. And that's about could Gaba really work because it's it's such a large molecule.

It doesn't cross the blood brain barrier. How can it possibly work. So a lot of people just think, you know, just don't believe that Gaba could work. And what we've found, look.

And what I found looking at the research and interviewing some of the experts, I actually interviewed Doctor crazy and doctor did. He's crazy. And on one of my summits, because he's the one he talked about the blood brain barrier and Gaba a lot.

And it's just a theory firstly and secondly. But Gaba receptors all over her body and that's why we feel it. We feel it in our body when we take when we use Gaba, we feel it a physical relief.

So we've got Gaba receptors and in the gut we've got them in, endocrine system. That's why we see benefits for PCAs, you know, polycystic ovarian syndrome.

We've got it in a pancreas. That's why Gabby's so helpful when it comes to diabetes and blood sugar issues. So Gaba receptors all over the body. So I just say when someone is, not another believer, try it and see if it works and then come back to me and let me know if.

One of the things that I really appreciate about your body of work is, a time you've taken to learn about benzodiazepines and the harmful effects and taking this natural approach because so many people with stress end up with digestive disorders, that then more often things like colitis and Crohn's, over time, you know, many of them are down this road right now, might already be on benzos or might be getting pressured to be put on benzos as part of a coping strategy, you know, to survive these conditions.

do you have any thoughts you'd like to share with our audience about those right now? So I am really, really concerned about, benzodiazepines. They, advanced Valium.

Xanax and commonly prescribed for anxiety, but also commonly prescribed for pain issues. And they are meant to be used short term. So the physician's description says maximum two weeks.

short term solution. Unfortunately, people, prescribe them and they stay on them for years and years and years and you end up with, tolerance issues. So you need more and more and more, and then you end up with dependance, and then you can't stop them because you have this dependance issue.

And then when you try and taper, the symptoms are, just terrible. And I do want to just say, if anyone's listening to this and you're thinking, oh my gosh, I've been on this.

Been so long, such a long time, I need to stop. You do not want to stop cold turkey, and you do need to work with your prescribing physician and do a taper and be aware that your doctor may not be familiar with how slow a taper you need to do.

So you the you know the taper can be three months, six months, a year or two years. I find a subset of people, about a third of people are able to taper, more easily.

Another third have quite a challenging time. And then there's another third that have a really, really hard time. And they'll get brain zaps and more gut issues and they'll get it.

They will put it put on the benzo for pain. Then they'll start to develop insomnia, anxiety. So a lot of problems with the benzodiazepines. So I would like folks to know about GABA to use that instead.

You know start you know if you need benzos short term that's your decision. But know that there is GABA out there. The other great thing Sinclair with that but GABA is it can help while you are tapering.

And unfortunately a lot of the benzo support groups, as much as I adore them for giving people that support, they will say, don't take any supplements.

And that's unfortunate because, GABA does, can often help. It's kind of help with the sleep. melatonin can help while you're tapering. some of the other amino acids like tryptophan can help as well.

So it's but it is very individualized. and then, it's a matter of seeing how you tolerate it. Maybe initially you can't use them, but, eventually you may be able to use them.

So. Yeah, I'm, I'm as vocal as I can about the benzodiazepines because I've just heard such terrible horror stories,

and it just breaks my heart. I know, me too.

It's it's there's only two things you can die a withdrawal from. It's and it's heroin is not one of them. It's alcohol and benzodiazepines. Yeah. That's that's scary.

And we just we've seen so many horror stories coming through our, our practice. And it just takes so much love and care to gently, gently taper off. And it's, So please think about that before getting on.

Then please explore GABA and other natural health tools because I, I am a giant with, somebody who's suffered greatly from, you know, anxiety and stress.

And, you know, I got my, you know, depression and anxiety diagnoses, so many of them to wear like a badge of honor.

Resources and Where to Learn More

But I and I did try pharmaceuticals, a wide range of them and many of them made it worse. So the what saved me was the natural hot tools. And not all natural tools are created equal.

Be discerning, you know, if it's not working yet, keep looking. You know, keep researching. You're totally worth it. There's no reason to suffer. You're totally worth the work.

So, Trudy, thank you so much for sharing your wisdom with us today and helping demystify the world of amino acids and GABA and the role they can play in relieving us from the distress, but also these digestive conditions.

It's a great support for the pain that can, you know, come along with this. Any last thoughts for folks before we tell people where they can find you and all that good stuff?

Now I just want to add to what you said, that you totally deserve it. You deserve to feel your absolute best, and you just need to keep looking and you will find the answers.

So I think that was beautifully said. Really, really lovely. thank you so much. And so where can people find your work? So my book, The Antianxiety Food Solution is a great resource.

There's a whole chapter on the amino acids. And they and then I talk about gut health and a chapter on gluten and another one, blood sugar eating real whole foods.

So it's a comprehensive approach for anxiety. but for someone with Colitis or Crohn's or gut issues, they're going to you're going to see some obviously some benefits there.

And then I have online group programs. I have a GABA program. If you feel like you need support going through this, I have an active blog. I sign out a newsletter once a week and you can ask questions on a bug.

I'm on Facebook. Trudy Scott Antianxiety Food Solution and then if you are practitioner and you want to use these amino acids, in with your clients or patients, I highly encourage it.

And you can learn more. in my program at the Anxiety Nutrition Institute. Wonderful. Thank you so much.