Use GABA For Anxiety Reduction And Gut Healing Transcript

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Introduction and Guest Background

Welcome back. We're continuing our conversation on reversing chronic gut conditions. I'm your host, Sinclair Kennally and, of course, and today I am joined by the wonderful Trudy Scott, my dear colleague, food mood expert.

Trudy Scott. I really wanted you to have a benefit of her expertize on this summit because it's so perfect for what we have been unpacking this whole time.

So Trudy is a certified nutritionist who educates anxious individuals about nutrition solutions for anxiety. She's known for her expertize in the use of targeted individual amino acids, nutritional solutions for the social anxiety condition called pyroluria and the harmful effects of benzodiazepines.

So proud of you for doing this work and for helping everybody to understand this because it is not talked about enough. So Trudy is also the author of The Anti-anxiety Food Solution How the Foods You Eat Can Help You Calm Your Anxious Mood, improve your mood and end cravings.

And host of the anxiety summit, an online educational platform for both consumers and health professionals. And she and it's also been dubbed a book about which is so true.

Actually I completely agree with that. And she also gets health professionals via the Anxiety Nutrition Institute. Share your research and practical how to steps.

She's so passionate about sharing this information because she was able to eliminate her anxiety and panic attacks using traditional approach. And she's really so inspiring.

You guys welcome. Trudy, thanks so much for being here. Thanks, Sinclair, I'm so excited to be hereto talk about this topic because as you said, it's near and dear to my heart and it can really change lives.

Thanks for having me. I'm excited about this topic as well. I think it's just so important and I know my community is going to be excited as well. Yeah, excellent.

So we just want to dive right in with you guys because Trudy and I have so much to cover with you, and she's going to be sharing some information that you don't hear elsewhere.

So this is really important. Of course, Trudy is an amino acids expert and nutrition expert and specifically about the role of GABA in your health. And really want to give you a chance to just start right there like you're working with anxious individuals all the time.

It's well understood at this point that those with chronic conditions are often subjected to, you know, those anxiety swings and panic attacks. I certainly had them.

Anxiety was a huge issue for me when I was dealing with my gut issues. And so I really want to zero in on zoom in on that. First, you know, the role of low GABA neurotransmitters in driving up anxiety, often leading to that self-medicating cycle with the alcohol and the sugar and contributing to poor gut health.

Talk to us about this. Help us unpack this. So neurotransmitters or brain chemicals are these chemical messengers that we can't function with that. And they they send signals from one neuron to the other.

And a lot of people recognize serotonin.

GABA, Physical Anxiety, and Quick Relief

You know, that's a common one. They but today we actually going to talk about GABA. It's another one. GABA is a calming neurotransmitter. It's called the main inhibitory neurotransmitter.

And all of these neurotransmitters help so many aspects of our life. You mentioned gut health. I mean, that is huge digestion, gut health. But it also helps us with our breathing, our heartbeat, our blood pressure, thoughts, feelings, whether you're happy or sad.

Hormone regulation, food cravings and alcohol addiction. So really important when it comes to gut health. But then, of course, there's this whole aspect of anxiety and this this in itself can can perpetuate that cycle with gut health issues.

So when it comes to GABA that when that's low, we feel physically anxious, we all stress eat, so we'll eat sugar or carbs or we'll drink alcohol in order to relax.

And of course, with with low GABA, you can also have these gut issues which we're going to talk about today. Yeah, that's really beautifully said. So when people think about GABA, they think about the ability to be calm, right?

What else do we need to know about it? Help us understand. Like, what would the layperson know at this point versus the health practitioner? Well, the the with low gaba, you have the physical type of anxiety.

And this differs from the low serotonin anxiety which has more worry in your head, the ruminating they're obsessing. So with low flow Gaba it's physical.

So you're feeling this tension in your neck and your shoulders. You and I actually use a symptom questionnaire to help my clients figure out if they're quite like GABA.

So we'll look for this physical anxiety. They can actually have panic attacks, feel overwhelmed, have intrusive thoughts. We often think of intrusive thoughts as being more associated with low serotonin, but we can help them with low GABA.

You've got these stiff, intense muscles and you'll lie awake at night, often because you've got these intrusive thoughts or because you're feeling very tense and then get pain.

So you can have spasms in the gut if you've got IBS or SIBO, small intestinal bacterial overgrowth, you can have this intense gut pain which can be caused by spasms in the gut, but can also be caused by the bloating and that pressure that you get on that on the gut, and then that can cause pain.

And then we get other kind of spasms, like laryngeal spasms, rectal spasms, burning mouth anger outbursts can also happen with low gaba and then this whole carbohydrate binge eating, stress eating and then using alcohol to relax.

So I'll have my clients look at the symptom questionnaire, rate their symptoms on a scale of 1 to 10, and then we'll do a trial of the amino acid called GABA to get some quick results because we want quick results.

If you've got gut issues, it can take a little while to get to the root cause of what the gut issues are and what you need to do about it. But I want my clients to feel calm right from day one.

So whether you have got issues or not, whether you've got leaky gut, whether you got SIBO, whether you've got Crohn's, whether you've got some kind of other gut issue, if you have the anxiety, that's for the physical kind of anxiety and we use GABA right away, you are going to feel calmer, you're going to feel less overwhelmed, and you less able to you more able to tackle what you need to do in order to take your health to the next level.

So that's why I love the amino acid so much, because you get those results very quickly and I'm talking about 5 minutes. So what we do is have someone use GABA as a sublingual, as a chewable, or we open the capsule, we use a powder.

Something sublingual is is the most effective way to get results and do this initial trial, see if they're getting some results. So maybe they their anxiety their physical anxiety was a eight out of ten.

They use GABA and that goes down to like a five out of ten. Yes, we getting some results. We know that low GABA is a factor here and then they get on Gaba and we increase our from there to find the ideal dose for each person.

Now we do this to get immediate relief, but we still need to then go and address the upstream causes of why GABA is low and what these gut issues are that are perpetuating the cycle.

Now the starting dose for Gaba is typically 125 milligrams. I start really low. A lot of people will start higher and that can cause issues, but we'll start low.

And for some people, just one dose of 125 milligrams can make a difference. Most of my clients will be using it three or four times a day and we can go up from there.

So it's it's it's pretty amazing. Someone in my community just said the other day, Gaba has helped me feel more me and so coming able to do what I need to do.

So we want to go back to feeling more me because a lot of people have lost that and they don't realize they can they can feel so good. So true. Yeah, that's a beautiful summary and I know there's a lot of light bulbs going on.

You must have Siri listening right now. Wait a minute. That sounds like me. Or at least part of that sounds like me, you know? So how does this GABA anxiety cycle, how does this tie back to these chronic conditions?

Of course, I love your approach of stabilizing and supplementing with the GABA and then I love what you said. I really want to highlight this piece for everybody listening, going upstream and really seeking out those root causes of the anxiety in the first place or the chronic conditions.

You talked to us more about them. Yes, because we've got this by the SPI directional connection between the gut and the brain. And this is not new news.

Most people who are tuning into the summit and have tuned in to other summits probably already know this. We've got this gut brain axis and but I just am just continually excited by it because the research just continues to grow by day and day to day.

And we're learning so much. And if you are new to this, it's it's very powerful because what what how we how we address the gut issues has a huge impact on our brain.

And there's this wonderful term called psycho biotics. And these are good bacteria that support our mood. And they you know, there's so much research now.

I actually interviewed one of the researchers on this from from Ireland. And we know now that they these these psychobiotics are calming and they exert antidepressant effects as well.

And we've just I for this interview, I pulled a paper from 2022 and they're talking about GABA being being a psychobiotic candidate because it it it it's modifies the bacteria and they are bacteria themselves that produce GABA.

Gut-Brain Axis and Psychobiotics

So here we've got this benefit of good bacteria that is improving our GABA and helping us feel calmer. But taking GABA can do this as well. And the conclusion of the study is that these Gaba producing bacteria have suitability for gut health promoting application.

So it's really exciting to see this research. I love that we it's no secret that we're having like really a chronic

condition pandemic. It is a pandemic and enough itself where, you know, six out of ten Americans are having chronic gut issues that that is, you know, a real health crisis on our hands.

So I love anything like that that opens the door to a very accessible way to get some relief while you do the deeper work. Yes, absolutely. And as you know, anxieties really common with people with irritable bowel syndrome or small intestinal bacterial overgrowth.

And when you are mentioned this, when you've got SIBO and you've got this swollen belly and this pain that can keep you up is not so at gnats as well as anxiety.

You've got the insomnia and that is not good for healing. I I've found personally, myself and with many of my clients that using GABA sublingual can help with added visceral pain that you get from that belly bloat and within, you know, five or 10 minutes that can really help to ease that.

And then it's starting to help with the insomnia as well. And really. It's, it's it's amazing. I actually had a someone in one of my group programs this she had IBS with diarrhea.

She was recently diagnosed with SIBO. She had missing.. She was missing a lot of work because of pain, spasms and diarrhea. Almost every morning she took one dose of GABA at bedtime.

She was slept through the night and pain free in the morning. And she this was amazing because this is just one dose of GABA a day. It was a chewable 200 milligrams and she uses it at work when she stressed as well.

So it can really work that quickly for some people. Now, it's not the the magic solution for everyone. You've got to figure out if you have low GABA, then it's worth doing a trial to see if it's going to make these differences. But so when I when I heard this story, when I pulled the story for the interview, I went to go and look at the research because I always like to look at the research.

And there was actually a paper on ABC, SD, and they they say that there's an evidence for the anti-inflammatory role of GABA in abused patients by altering the expression of pro-inflammatory cytokines.

That plays a huge role anxiety, insomnia, reducing inflammation. And I'm going to talk a little bit about how that can also actually heal the gut as well.

So GABA is pretty amazing when it comes to gut health. This is. Fascinating. So I really want to tie this all together with the other piece that we wanted to make sure we cover today.

If obviously, if you have a chronic condition, you're experiencing anxiety and you're having sleep issues or you're experiencing different types of inflammatory conditions, it sounds like you could really benefit from GABA and from supplementing from it.

I also want to give you a chance to talk about what we do instead. The crutches that we reach for that can actually keep our gut conditions going. When we have that deficiency of GABA, we don't realize it.

Can you talk about that a little bit? So a big symptom of low GABA is self-medicating with alcohol, so we use it in order to relax. And you know, when I do a trial with my clients of the GABA, so say we, we, we look at their symptoms and they say, I've got this physical anxiety and I'll give them will say, okay, we're going to do a trial of GABA.

We're going to start with 125 milligrams and we're going to try it and they'll use the GABA sublingual and they'll just say, Oh, I just feel like I had a glass of wine.

And I say, Yes, that's what you want to feel like. You want to feel like you had a glass of wine, but you don't want to have the wine to give you that result, because we self-medicate with wine and alcohol in order to feel good.

So we don't want to do that.

Alcohol, Self-Medication, and Gut Damage

We want to address the root cause, which is the low GABA, and then go upstream and figure outwhy Gaba is low in the first place. But we use that alcohol to relax.

We use it to reduce stress at the end of the day, and we use it to fit in socially. And I'm talking about social drinking and also as someone who's an alcoholic and this applies across the board.

So there's a lot of social drinkers out there. And I know this is a topic that a lot of people don't want to hear about, but when they recognize it and they realize they're doing it because they have low GABA and they're anxious and they need it, it's a crutch, as you said.

They it's it's enlightening. It really is. So we know that alcohol in itself is contributing to leaky gut and or intestinal permeability. We know it affects the neurotransmitters, but GABA can stop that self-medicating and embed anxiety and also actually heal the gut.

So there's a there's a lot of research on this. It was actually a paper looking at alcohol and I call it alcohol. What are they? It's alcohol, basically alcoholism.

And they've found that that damages the gut barrier. It changes the microbiota, which we just talked about, which in turn impairs brain function. And they also say in this paper that they also talk about how it affects inflammation and it just regulates dopamine, which is one of the other neurotransmitters, serotonin and GABA, so that we know that there's a direct effect of alcohol on all of this so that this is making things worse in your gut.

You've got this gut issue and you're making things worse by consuming alcohol. So, you know, there's many, many approaches that you can take, but one of them is to use GABA, and that's going to start stop that that need to self-medicate because it's going to calm me down.

And interestingly enough, it can possibly heal leaky gut. There was an animal study where they looked at at it looked at using GABA before they gave these rats alcohol.

And they said it had a gastro protective effect. So they said they had less ulcers, less oxidative damage, less inflammation. They got that word inflammation again.

And the gastro protective properties off to alcohol consumption. So we know glutamine is great for healing the leaky gut, but now we're seeing this evidence that GABA can start to heal the leaky gut as well.

Now this is early research. We don't have all the human human studies, but what I see with my clients, I'm seeing that effect as well. I mean, glutamine converts to GABA.

So some of it is calming as well. But if you're needing that GABA because of your low GABA levels, it's amazing that it's calming things down. It's enabling you to sleep better.

It's helping you stop self-medicating with alcohol and also sugar. It's not just alcohol, sugar, any kind of carbs, gluten, which we know is damaging the gut.

So GABA has a multi pronged effect, which is why I love it so much. This is just so interesting. The whole world of neurotransmitters and their role in the gut is so fascinating to me and I know that it's really empowering for folks to start understanding.

Well, first of all, might not be your temperament, that you're anxious, might be actually something physically awry for you. And it's not your IBS is not separate from your anxiety, right?

It's not like there's two separate things that could actually be the very same thing, the very one in the same. So one of the things I really want to give you a chance to unpack for our audience today is we've touched on the how GABA can be a healthier supplementation, so to speak, from an alternative to alcohol, which I just love, because we know that even one glass of wine can save down the villa, you know, in your gut lining.

So it's very counterproductive if you have a gut issue to be drinking alcohol. And I certainly had to give it up for four years and I still only drink occasionally.

And that's just not not interesting once you've already been through so much work to get through your health. So I love that you're highlighting this for people and doing it in such a kind way and with so much grace, like, we don't have to use this.

There's an easier, gentler right. And I also want to give you a chance to just explain for folks who are like, wait a minute, neurotransmitters, what?

And you've mentioned a couple of them now, GABA, serotonin, dopamine. Can you recap really quickly for folks before we get into any more advanced stuff, exactly what the different roles are and the guts of the main neurotransmitters and how GABA is different from them.

So all of the neurotransmitters that I work with and help clients support can tie back to some kind of addiction and some kind of mood issue. So it's just a matter of figuring out which which deficiency that you have.

And I will say, Sinclair, a lot of people have deficiencies in all the areas so low GABA we've talked extensively about today that's the the physical anxiety and this needing alcohol in order to calm down then we've got Leo serotonin which is more depression but and worry kind of anxiety and obsessing and ruminating.

We can also have insomnia with low serotonin as well. So it differs slightly. And there's an amino acid that helps support serotonin and that that is tryptophan or fiber.

We can also have calm addictions with low serotonin. So with low serotonin, the carb addiction or maybe alcohol. I had one client get on tryptophan and her afternoon cravings fall, wine dissipated, she would get home from work and needed to have that wine while she was getting the kids ready and getting dinner ready. That's what she needed.

So it may be low gaba for you or it may be low serotonin and it's a matter of looking at the symptoms and rating your symptoms and then doing a trial of the amino acid, and then you're going to know which one is going to help.

There's definitely buckets that that that are similar with certainly with low GABA. The addiction or the craving can be any time of the day. With low serotonin, it's often in the afternoon.

In the evening. So these clues that we can we can look to try and figure out when you need it. I mentioned dopamine. With dopamine, you've got this a different kind of depression to the low serotonin depression.

It's instead of being the worry kind of obsessing depression, it's more of a call up in bed, kind of a depression where you don't want to see anyone and is an addiction and sugar craving aspect with that as well.

You need that sugar in order to feel better. You need less often an alcohol issue. It's more sugar and gluten.

Other Neurotransmitters and Craving Patterns

And then there's low endorphins where you comfort each and it's your reward and it's your treat. So for some people, wine or alcohol can be this reward or your treat, but often with low endorphins, you have this emotional pain and this physical pain which we often see with gut issues.

You know, you've got this physical pain in the gut, the, the amino acid, deeper D fennel Elena can actually boost

endorphins just like running can or just like acupuncture can.

And it can stop that pain and it can stop those that those carbohydrate often chocolate chip cookies or a bowl of ice cream. It's my reward. I deserve it. It's my treat.

Don't take that away for me. It's the only thing I've got left. Describe me every family member I have right now very. All of these things that we we're using to self-medicate, whether it's alcohol, whether it's sugar, some kind of, you know, if you've got dairy issues and you're eating ice cream or you, you know, you've got a gluten sensitivity and it's damaging your gut, but you just can't stop because it's an addiction.

You know, we know intellectually we shouldn't be consuming these things. It's causing us damage. But we can't stop because our neurotransmitters have got us hijacked.

But the amino acids give you those tools so you can you can stop with ease. You don't have to use willpower and you can you can feel calm. And me again is that that client of mine said.

Which I love so much. Yeah. That you're really describing the, the process it felt for me you know along the healing journey for myself. So I, I love how accessible you're making this.

Thank you for giving and taking the time to explain each of those. And you know what? I'm want to be cautious not to oversimplify as well, you know, because there's so many different reasons why you might be low in any one of these particular neurotransmitters.

Right. And I want to give you a chance to talk about why that might be with GABA, specifically, since we've highlighted that so much today and this exciting new research that GABA and these underlying gut conditions, why might somebody be deficient in GABA?

What are some of those upstream causes? Well, got half the gut. Health is a big one. So if you have dysbiosis and you've got leaky gut, those are two huge reasons.

So if you've got dysbiosis, we talked earlier about the gut brain axis and all these psycho biotics. So you're missing some of the good bacteria that are needed to produce GABA.

That's one of them. Another one is leaky gut. If you have leaky gut, you are not going to be absorbing the nutrients from the foods, the beautiful foods that you're eating.

You know, we didn't talk about diet at all, but that's a huge part of my work. So eating real whole foods, eating grass, fed red meat, eating fermented foods, which is is great for the gut.

But if you can't break down those foods and digest those foods, or if you've got leaky gut so you're not absorbing those foods, that's going to be affecting GABA.

So I kind of jumped the gun a little bit. I talked about breaking down and digesting the food. So we've got the dysbiosis, we've got the leaky gut. You're not going to absorb those foods.

But then going back is the digestion. If you've got digestive issues, you don't produce enough hydrochloric acid or you've got pancreatic enzyme deficiency, you've got bowel issues where you are not producing enough bile.

So your or your bile sludge, so you're not digesting the fats. Well, that's going to have an impact on your neurotransmitters, GABA and all the other neurotransmitters.

So we've got to address all of those issues. If you've got inflammation in the gut because you've got SIBO, that's going to have an impact. So all of anything to do with gut health is going to have an impact on on Gabby levels.

There's also other factors that tie into low GABA. We know I actually did a whole summer down on the amino acids

and toxins and we know that fluoride, for example, depletes GABA levels.

We know that pesticide and insecticides deplete GABA levels. So yeah, you've got to just look at all of these dietary and lifestyle factors. So again, you mentioned that, you know, that's my lab language.

So yes. I was hoping we would work that and that's great. Yeah. So what can people do beyond supplementing with GABA? And as soon as they're like stabilizing it, that maybe at the earlier end of their gut healing journey, how should they be thinking about food if they have a chronic gut issue and they know that they're deficient in GABA and that this is part of their picture, what should they be thinking about in terms of food?

You mentioned that it's harder to digest some of the most, you know, healthy foods that we have. And I totally agree with you. We have to pace. People think too many people, too many health experts, quote unquote, really skip over what it feels like to be somebody with a chronic gut condition.

And they're just going down the line of like, well, this has this nutrients and it's like, okay, but if you can't break it down, then it really, you know, what are we even talking about here?

So where do you like to start people who have chronic conditions beyond that first gap, a supplementation piece. So we've got to things down initially.

And then also it's very individualized. We have to figure out what the issue is for each person. So for some people, if they've got a food sensitivity and they reacting, then that's going to be different from someone else who doesn't have that food sensitivity but has chronic digestive issues.

So we've got to figure out what what the issue is for each person and then address it like that.

Why GABA Can Be Low

But what we I do I do want to just mention, Sinclair, that a lot of people say to me, I've got all these gut issues. Should I start with the amino acids or should I address the gut issues?

And I always start with the amino acids because that's giving you it's taking away that overwhelm. It's taking away that anxiety. And as long as you're using the amino acid sublingual, that you can do that at the same time that you're addressing the gut issues.

But yes, we've got to calm things down, take away that overwhelm. And obviously it's going to start to heal the gut as well. It's going to take away that pain and those symptoms.

But then to your question on where to where do we start? We've got to we've got to start with real whole foods, but that can look different for different people.

You know, someone may not be able to tolerate fermented foods, for example, if they've got histamine issues. So although, you know, adding in beautiful sauerkraut.

So it just feels amazing and I couldn't live without it. And for some people, that's not going to work. So we've got to figure out what's going to work for each person.

So thank you for bringing that up because we want to be always very cautious to consider those complications for folks. And I agree, there's so many wonderful healing foods out there, but people just start in a position to tolerate anymore.

If you have like massive activation syndrome or even just, you know, run of the mill histamine sensitivity for various reasons. We want to be really thoughtful about fermented foods.

What else should we think about in terms of diet and assessing what might be the best course of action for

somebody with, say, IBS as. Well? They if they've got IBS, they may have an issue with a specific carbohydrate.

So they may need to reduce those carbohydrates that they that, you know, that might be healthy for someone else. So they may have a problem with butternut or pumpkin, for example.

So they may they would probably need to reduce those carbohydrates. So it really depends on each person. Also with what I didn't mention is organic, all foods, all fruits and vegetables should be organic because those the pesticides, obviously, and we know there's a direct impact of those pesticides on on the neurotransmitters and brain health.

So organic is really a really important and then healthy fats. I mean, healthy fats. You can't go wrong with healthy fats pretty much for everyone, except if you've got issues with fat digestion.

So you may need to as you focusing on and adding in those healthy fats which could be better or olive oil or coconut oil or just even I'm a fan of grass fed red meat.

You're getting those omega threes from those from your grass fed red meat and wild fish, for example. You're getting the good quality protein and you're getting those healthy fats.

But if you if you don't have good hydrochloric acid and you can't digest the protein or you don't have enough bile in order to break down those fats, you have to address those as well.

So for those individuals, we may need to address that with supplementation and with, you know, making some changes in the initial short term. You know. Excellent.

Thank you for those clinical gems. Love to make sure that we get those for, you know, how our audience as well. Trudy and I have a very similar audience in some ways.

You guys, we lovingly call or I lovingly call my people who have watched every segment are somewhat junkies. And it's my job to make sure that every segment interview is a love letter to you guys and that there's little Easter eggs and gems in there that hopefully you haven't heard from some of the brightest minds in our space today.

So thanks for being willing and going along with my questions. So I really want to give you a chance to just wrap up and tie a bow on this gab, a conversation about GABA and addictions.

Because we got to unpack a little bit about that alcohol piece and then we touched on the sugar and gluten. Is there anything else you want to share about that before we wrap today, like the ramifications on the gut, if this is happening for them?

Food Strategy for Chronic Gut Issues

You know, I think what I think I really want to just tie it back with a really great feedback from someone in my community is that often people are surprised that that an amino acid like GABA can be calming and also help with sugar cravings or whatever your craving your addiction is.

So I had someone in my community, she was traveling home for Christmas and she used some GABA because she said, you know, with the family stress and the travel and everything.

And she said, as cool as a cucumber at the airport. And I was much calmer visiting family and friends. And she said I was sleeping better, but she was pleasantly surprised.

It also stopped her sugar cravings so she didn't realize I was going to do this. And within a week of using the GABA and getting these benefits, she said, I was out shopping and I walked towards the ice cream and I stopped and realized I didn't want the ice cream.

So I walked towards the chocolate. Same reaction. For once in my life I was not craving sweets. I made truffles for a New Year's Eve party. And our only way to watch shocking is that the leftovers are still in my refrigerator and I'm talking it for her.

It was ice cream, chocolate truffles for someone else. It could even be the one that we talked about. So a lot of people get these side benefits of Gaba, so I just wanted to share that as sort of an end note and keep it and tying it back to gut health.

All of these things could be impacting your gut health as well. So be cognizant that what you know, what you're doing is, you know, affecting your blood sugar levels could be causing leaky gut, could be causing some kind of food intolerance, which is going to have an effect on your gut.

So just be, you know, just be aware that when you use GABA for helping with this anxiety and this calmness, you're going to get these some of these side benefits, which I really, really love.

Thank you so much, Trudy. I really appreciate it. I love the way you do your advocacy and you make this so accessible to people and give them hope. So one of the things that I really want to underscore as an entire theme for our conversation today is just this Not only is it possible for you to heal, but it's also really important that we be very careful that we're not attaching too much of the identity level of these problems, because you may not actually have a you may not be an addict.

You may not be somebody who is socially phobic. You may not be a depressed person. You may have physical issues that really deserve support. And a lot of grace.

This may not be your temperament at all. This may be signs that you are not well and just an extension of, you know, the condition that you're already working on in your health.

So I just want to give open a doorway of possibilities so that we can gently let go of any decisions like so that such and such is not possible for me because I am an anxious person.

Does that may not be true for you? You know, I used to walk through the grocery store hiding behind Michael and I would like press my nose into her shoulder at the checkout stand so that I didn't have to see the checkout person that was that socially phobic.

And he was like, my body shield in life, you know? And now I'm talking to people on camera, which I would never have done back then. So I just want to really highlight the power of the work that you do and just give me my appreciation.

Is there any last gems you want to give to the practitioners and the audience who are trying to incorporate this into their bag of tools? I using the amino acids has been transformational for me, for my practice and for everyone that I work with.

So it's not something that I started using.

Closing Thoughts and Resources

I was a regular nutritionist and I worked on gut health and diet and everything else that we are, you know, removing toxins and lifestyle changes, but bringing in the amino acids just makes it so much easier for for me, for my clients to make all of the changes that they need to make in order to be their absolute best.

And we all, you know, we are clients. And if anyone is listening, you deserve to feel your absolute and we often forget that. So I love that you what you say it's clear that that it's it's not it's not a you know that there's something that can't be changed.

A lot of people say, well my mother was just like, this is absolutely no way that this that this could change. This is

what I am and this is what I be in my whole life.

But if your neurotransmitters are out of whack, you've got gut issues and you can find solutions. So, yeah, so going back to your question for practitioners, it just makes, gives your clients such an impressive results so quickly that it just makes it so much easier for them to make all the changes.

So yeah, amazing. Beautiful. Thank you so much. Where can people find your work? So I And my book, The Anti-anxiety Food Solution, covers the amino acids and all the dietary things we talked about.

And I'm about empowering my clients and my community. A lot of people pick up the book and that's all they need and others feel like they need that group support or they need the ability to ask questions.

I've got online group programs and my blog is a great resource and the comments that that I get from our community is amazing. I learned so much from them and then I go back and research things and then share it and they can find me on Facebook a Trudy Scott anti-anxiety food solution.

And then of course, I offer practitioner trainings so practitioners can incorporate this into their work. Wonderful. Thank you so much.