

# **GABA and TRYPTOPHAN**



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

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

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## Targeted individual amino acids as supplements: an introduction

I'm excited to offer you this eBook, *GABA and Tryptophan: Amino Acid Solutions for Anxiety, Sugar Cravings and Insomnia*, to share the powerful nutritional tools that I use with my clients for mitigating stress and easing anxiety: targeted individual amino acids in the form of supplements.

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 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



## GABA for ending sugar cravings (and anxiety and insomnia)

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

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*

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*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 and end food addictions and out-of-control sugar cravings at the same time – and all very quickly.

The amino acids discussed above in the case studies give my clients relief from anxiety and overwhelm on day one and they have hope right away. They also make it easy for them to make the dietary changes (more on this below). The amino acids eliminating cravings, so they can quit the junk food, sugar, gluten, caffeine, sodas with ease – no willpower needed and no feelings of deprivation.

## Nutritional psychiatry and food-as-medicine

The term “*nutritional psychiatry*” was coined in 2015 in a letter published in *World Psychiatry*, the official journal of the World Psychiatric Association: “International Society for Nutritional Psychiatry Research (ISNPR) consensus position statement: nutritional medicine in modern psychiatry.” Here is an excerpt:

*Although the growth in scientific research related to nutrition in psychiatry may be recent, it is now at a stage where it can no longer be ignored. In light of this, we aim to provide a platform to move towards a new integrated paradigm in psychiatry whereby nutritional considerations (both educational and prescriptive) can be considered “mainstream”.*

They state that what we are doing now is not working, that little is being done about prevention, and that nutrition needs to be part of treatment and prevention:

*Present treatment of mental disorders is achieving sub-optimal outcomes; in addition little attention is given to preventative efforts. Due to the immense burden of mental disorders, there is now an urgent need to identify modifiable targets to reduce the incidence of these disorders. Diet and nutrition offer key modifiable targets for the prevention of mental disorders and have a fundamental role in the promotion of mental health.*

ISNPR also recognizes that nutrients such as B vitamins, amino acids etc. play a role too:

*In addition to dietary modification, we recognize that nutrient-based (nutraceutical) prescription has the potential to assist in the management of mental disorders at the individual and population level. Many of these nutrients have a clear link to brain health, including: omega-3s, B vitamins (particularly folate and B12), choline, iron, zinc, magnesium, S-adenosyl methionine (SAMe), vitamin D, and amino acids. While we advocate for these to be consumed in the diet where possible, additional select prescription of these as nutraceuticals may also be justified.*

It's very exciting to be at the clinical forefront of this emerging field of nutritional psychiatry! The food-as-medicine approach, together with amino acids and other nutrients, stress-reduction approaches is also relevant for conditions such as heart disease, cancer, addictions, metabolic syndrome/diabetes, Alzheimer's disease, fibromyalgia and many chronic lifestyle conditions.

## 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/>

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

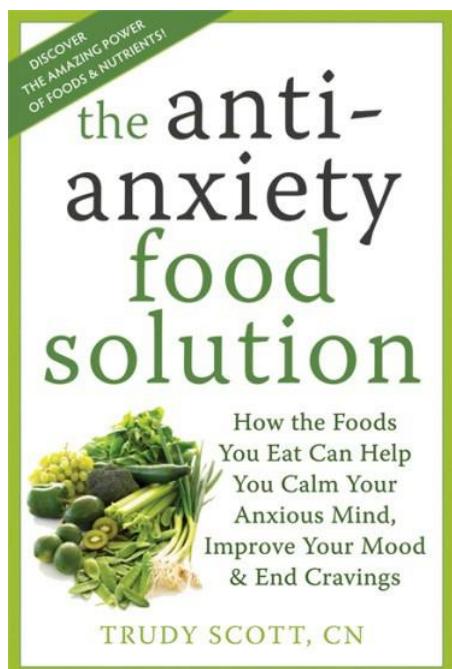
<https://www.everywomanover29.com/blog/amino-acids-pyroluria-supplements/>

And the Anxiety Summit <https://www.theanxietiesummit.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.