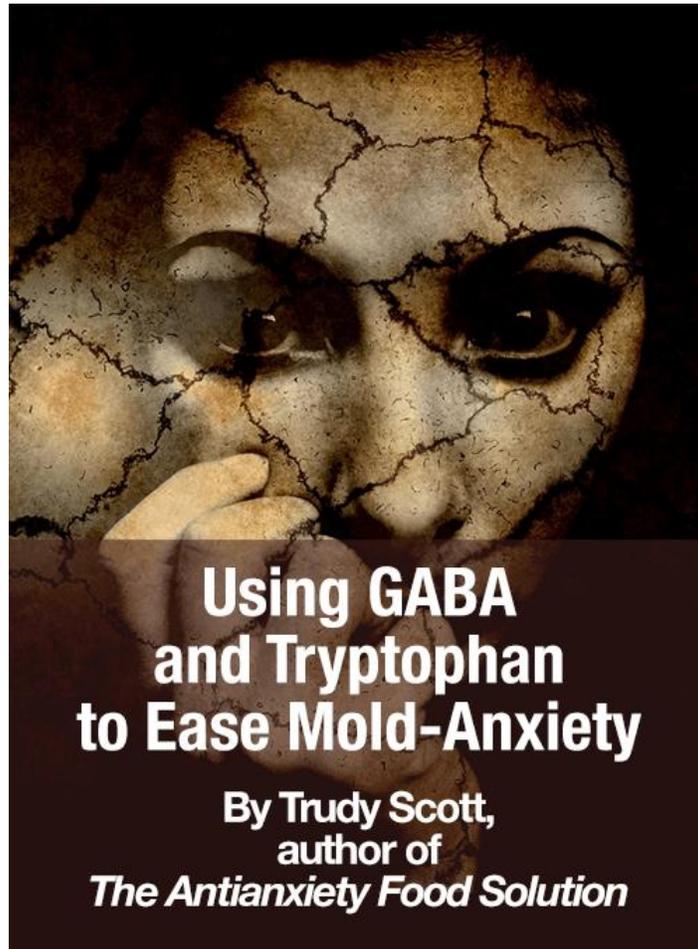


GABA and Tryptophan to Ease Mold-Anxiety

By Trudy Scott, Food Mood Expert and Nutritionist,
author of *The Antianxiety Food Solution* and host of *The Anxiety Summit*



The individual amino acids GABA (gamma-amino butyric acid) and tryptophan (or 5-HTP) are powerful supplements for easing anxiety and improving mood, often within 5 minutes when used according to your unique needs and symptoms. These amino acids can also provide relief when you have mold-anxiety i.e. anxiety and panic attacks that are triggered by physiological changes due to mold toxicity (such as inflammation and effects on your immune system), and the anxiety and worry you're feeling because of the frightening situation you find yourself in.

Low GABA and the physical-tension type of anxiety

Here are the typical symptoms you may see with low GABA: physical-tension and stiff-and-tense-muscles type of anxiety (sometimes worse in certain settings like public speaking or driving), panic attacks, and the need to self-medicate to calm down. Self-medicating often happens with alcohol (like a few glasses of wine every evening) but sometimes with carbs and sugary foods. Insomnia can be a factor when GABA is low and when this happens, you'll lie awake feeling physically tense. GABA also helps with muscle spasms and pain relief when muscles are tight.

All of the above symptoms may occur whether it's low GABA due to mold toxicity or low GABA for some other reason (such as leaky gut, gluten issues, hormone imbalances, stress, low zinc etc.)

What is really interesting when it comes to mold toxicity and GABA is that research shows that GABA can enhance immunity (1). GABA also protects the thyroid against fluoride toxicity and I suspect we'll find it also offers protection against other environmental toxins like mold (2).

My biggest take-aways for using GABA with clients:

- I find that GABA works best when used sublingually and this is one reason I like Source Naturals GABA Calm so much. If this is not an option (it does contain sugar alcohols that some clients can't or won't use and does contain tyrosine which has some contraindications) then opening a capsule of a GABA-only or a GABA-theanine combination are my next choices when working with clients.
- I start very low and increase as needed. I have found 125mg to be a good starting dose but some pixie dust clients do well on a dab or pinch.
- I do a trial with my clients to determine if the anxiety is in fact due to low GABA. I always do this with clients before starting any amino acid and we only trial one at a time. Be sure to read [how to do an amino acid trial](#) – it

has the low GABA questionnaire, the precautions and information on how to use targeted individual amino acids.

This blog is a continuation of the above with some other product names and additional client feedback on GABA: GABA for the physical-tension and stiff-and-tense-muscles type of anxiety <https://www.everywomanover29.com/blog/gaba-physical-tension-stiff-tense-muscles-type-anxiety/>

I have concerns with phenibut and I don't feel anyone should be using it. It is widely used in Russia as a medication for anxiety and it's only available by prescription in that country. It's available over-the-counter in the USA, Australia and the UK and it's very effective for anxiety and insomnia. However, there is research and clinical evidence showing that physical dependence can develop, including tolerance and withdrawal, and adverse symptoms can be similar to benzodiazepines (3).

One of the most common questions I get is "How can GABA work when it doesn't cross the blood-brain-barrier?" It's time for us to read the latest research and all agree that this is a myth as well as the fact that GABA only works when you have a leaky blood brain barrier. In a recent GABA study the authors state that the blood brain barrier "is much more dynamic than assumed in the past, and some passage of solutes can occur by transcytosis, carrier-mediated transport, or simple diffusion of hydrophobic substances." (4)

Low serotonin and the worry, ruminating and fearful type of anxiety

Low serotonin causes the worry-in-your-head and ruminating type of anxiety, as well as panic attacks and phobias, lack of confidence, depression, negativity, feelings of doom and gloom, fears, irritability, anger issues and insomnia. We can also see imposter syndrome, PMS, and afternoon/evening cravings or addictions.

As with low GABA, low serotonin symptoms can be experienced when you have had mold exposure or due to other root causes of low serotonin (such as leaky gut,

low zinc and vitamin B6, an expressing MTHFR polymorphism, gluten issues, a birth control prescription etc.)

The amino acid tryptophan boosts serotonin levels and resolves the above symptoms.

Lidtke is the only brand of tryptophan that I recommend simply because I see it work so well and because of quality issues with tryptophan in the past. Here are the Lidtke tryptophan products I recommend:

- Lidtke Tryptophan 500mg (this is ideal for doing a targeted trial, opened; it doesn't taste very good and if a client needs to continue taking it this way we have them mix it with inositol or even glutamine powder)
- Lidtke Tryptophan Complete (see below for when this one may work well)
- Lidtke Chewable Tryptophan (this is also good for doing a trial and if lower doses are better; it's also wonderful for children)

This blog is a continuation of the above with some cases illustrating different applications of the above: Tryptophan for the worry-in-your-head and ruminating type of anxiety <https://www.everywomanover29.com/blog/tryptophan-worry-head-ruminating-type-anxiety/>

These are the amino acid (and pyroluria) supplements that I recommend to clients and you can find the above tryptophan products on this page <https://www.everywomanover29.com/blog/amino-acids-pyroluria-supplements/>

You can read more here about the pros and cons of Tryptophan 500mg or Tryptophan Complete (by Lidtke) here <https://www.everywomanover29.com/blog/tryptophan-500mg-or-tryptophan-complete-lidtke/>

GABA and Heartmath eased Micki's mold-anxiety and panic attacks

Micki Contini, MS CNC, a board-certified holistic health and nutrition consultant is a friend and colleague whose life was hugely impacted by mold toxicity. She has kindly given me permission to share her story in the hope it's helpful for you if you're in a similar situation. She shares her mold-anxiety symptoms and the other ways mold toxicity impacted her health:

“My heart was pounding, my face was red, I was sweating, my thoughts were racing and I felt like I was going to die. I wondered if was having a heart attack? My husband brought me to the emergency room several times with panic attacks and heart palpitations with me thinking this was the end only to find out that I was “fine”. But I knew that I was far from ok. I knew that something was wrong, I just didn't know what.

I had found mold in my water damaged office. Shortly thereafter I realized it was also in my home. I had cross-contaminated my house, but it was a year before I knew my house had mold. I had been getting better but not 100%. It was a step I missed because I didn't want to face the truth of what the consequences would bring - throwing out more stuff. I had already thrown out most of the stuff from my contaminated office BUT not all of the stuff. And I paid dearly for not throwing out ALL the things from my office.

I was in denial and I had toxic mold poisoning. Toxic mold was causing my anxiety and panic attacks and other debilitating symptoms such brain fog, tinnitus, trouble focusing, numbness and tingling in my fingers and toes, crazy fatigue, shortness of breath, nausea, diarrhea/constipation, excessive thirst, vertigo, night sweats and bloody nose.”

Micki already knew about my work and had been using my book - *The Antianxiety Food Solution* - with anxious clients in her functional nutrition practice, so she immediately considered the amino acids for her mold-anxiety and mold-panic-attacks (i.e. anxiety and panic attacks caused by mold toxicity).

When Micki reached out to me, I encouraged her to explore GABA for the physical anxiety and panic attacks, tryptophan for her racing thoughts and DPA/Endorphigen for the crying and emotional symptoms she was experiencing.

The good news is that her anxiety and tension started to fade as soon as she added GABA Calm to her protocol. She shares this about how GABA helped her

“As they started tearing my house apart to for remediation, I started eating GABA Calm like candy. At the beginning I had to have a lot more than I do now. GABA Calm takes me down a notch and I feel my shoulder coming away from my ears and I get closer to relaxing.”

GABA is well known for relieving the physical tension experienced when you have anxiety. We have GABA receptors in our muscles and many of my clients feel this obvious release of neck tension as the anxiety eases. This release of muscle tension also helps with the kind of insomnia where you lie in bed feeling stiff and tense.

Micki also used Heartmath and EFT for additional support while she was in the midst of all this:

“I added Heartmath Inner Balance app and Emwave because I had used them prior to this challenge and it helps because you go through a thought pattern where you’re concentrating on gratitude and what’s right vs what’s wrong. That was powerful for me. Still is. I used EFT to break the pattern of doom and gloom. When I was really sick I felt like another bad terrible thing was going to happen at any moment like I was on guard or on watch. So anything I could do to break that mind set I did.”

Micki found what worked for her and that’s key when you’re this situation. I’ve had many clients not succeed with Heartmath or EFT and successfully use tryptophan for the spinning and overwhelm feeling that many folks with mold toxicity experience. Tryptophan can also help the pattern of doom and gloom Micki described.

Recent research also shows that GABA helps you switch off unwanted thoughts too (5) so it's possible Micki didn't need tryptophan for this reason.

She doesn't remember all that she took when she was really REALLY sick (this is very typical when you're in the midst of dealing with mold toxicity) but she seems to recall that DPA/Endorphigen may have helped with the emotional trauma of it all.

The amino acid GABA, together with Heartmath and EFT provided much-needed anxiety relief and emotional support while Micki was remediating her home, detoxing her body with daily infrared sauna sessions and following mold toxicity nutritional protocols.

The wonderful news is that today Micki is doing so much better!

When you're in the midst of all this you can't imagine that there can be a gift in what you're going through but there always is. For Micki, her gift is that she has become a mold expert out and now helps others navigate their mold healing journey. She shares this:

“As you may know, the road to recovery from mold illness is a long hard one, but I can make it easier for you. I have become an expert out of necessity.”

You can go to <https://simplegoodhealth.com/mold/> for more information about Micki and grab a copy of “3 Mold Detox Strategies that Worked for me”

The amazing amino acids end panic attacks, binge eating and mood swings

Here is some feedback from Meme Grant, a GAPS Practitioner and Nutritional Therapist who participated in my Amazing Aminos for Ending Emotional Eating group program. She didn't have toxic mold issues but I'm sharing her wonderful results with the amino acids so you can see how effective they are for anyone with

anxiety, insomnia and cravings/addictions. This is what she gleefully shared at the end of the program:

“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/brain chemical imbalances can help to eliminate/reduce anxiety, mood issues and insomnia and end food addictions and out-of-control sugar cravings and at the same time – and very quickly.

The amino acid questionnaire and additional resources

Here is the [amino acid questionnaire](#) so you can figure out if you may have low levels of any of the brain chemicals. If you are low, using the correlating amino acids are very effective for helping to ease your mold-anxiety and help with the overwhelm, panic attacks, fear, worry, racing thoughts and insomnia. If the mold toxicity has also triggered cravings and addictions, the amino acids are powerful for breaking those addictions too.

These are the amino acid (and pyroluria) supplements that I recommend to clients <https://www.everywomanover29.com/blog/amino-acids-pyroluria-supplements/>

This has many applications – Lyme-anxiety, fluoride-induced anxiety and other root causes

Whatever the root cause of your anxiety – be it toxic mold or Lyme disease or fluoride toxicity or fluoroquinolone antibiotics or metals (like mercury and lead). If any of this leads to low GABA or low serotonin symptoms, it is worth doing a trial to see if you’ll get relief of your anxiety and panic attacks while you’re also dealing with the underlying root cause.

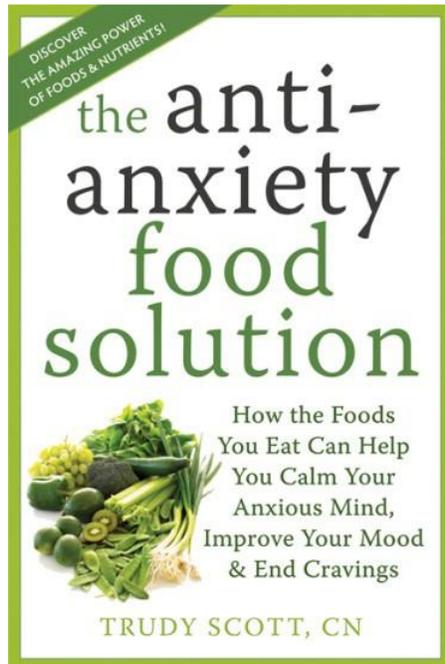
Here are links to some of the research mentioned above:

- (1) Pharma-GABA: study participants with an irrational fear of heights are relaxed and less anxious when crossing a swaying suspension bridge <https://www.everywomanover29.com/blog/pharma-gaba-study-participants-with-an-irrational-fear-of-heights-are-relaxed-and-less-anxious-when-crossing-a-swaying-suspension-bridge/>).
- (2) GABA protects against hypothyroidism caused by fluoride and reduces anxiety <https://www.everywomanover29.com/blog/gaba-hypothyroidism-fluoride-anxiety/>
- (3) Why I recommend GABA for anxiety instead of Phenibut <https://www.everywomanover29.com/blog/gaba-for-anxiety-instead-of-phenibut/>
- (4) Oral GABA supplementation allows better prioritizing of planned actions: new research <https://www.everywomanover29.com/blog/oral-gaba-supplementation/>
- (5) GABA helps with inhibition of unwanted thoughts <https://www.everywomanover29.com/blog/gaba-helps-inhibition-unwanted-thoughts/>



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 known for her expertise in the use of targeted individual amino acids, the social anxiety condition called pyroluria and educating her community about the harmful effects of benzodiazepines. 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

Trudy is also the host of The Anxiety Summit, which has been dubbed “a bouquet of hope”. Be sure to save the date for season 5, airing from November 11, 2019. Here is the link for The Anxiety Summit <https://www.theanxiety summit.com/> Sign up above to be notified and get access to favorite interviews from prior summits now.