

How We Used GABA for Lyme Anxiety

- Lyme disease can mimic a number of psychiatric illnesses, including anxiety disorders
- Our journey with Lyme Disease
- Essential oil for ticks and having pets
- My daughter's symptoms; Lyme pain, OCD, Anxiety, Panic Attacks
- Protocols; antibiotics, herbs, supplements, anxiety meds and anti-depressant meds
- Used GABA Calm sublinguals with good results and the Lyme pyroluria connection



Trudy Scott: Welcome to Season 4 of *The Anxiety Summit*. This is your host, Trudy Scott, food mood expert, certified nutritionist, and author of *The Antianxiety Food Solution*. Today's topic is "How We Used GABA for Lyme Anxiety." And I'm talking to Tricia Soderstrom. Hi Tricia. Welcome.

Tricia Soderstrom: Hi Trudy. Thanks for having me.

Trudy Scott: It's a pleasure to have you and I'm excited to do this interview.

Tricia Soderstrom: Me too. I'm very excited to get the word out about Lyme anxiety and how GABA can help.

Trudy Scott: Great. Let me do a little bit of an introduction about how we became acquainted and then I'll read a little bit more information about you and then we'll go right into the interview.

So GABA is a calming amino acid and it's something that we talk about a lot on the summit and I blog about it and I share a lot on social media. It helps to reduce anxiety and panic attacks when you've got low GABA levels. And it also helps to address the anxiety that we often see when someone has Lyme disease. And this is not something that is well recognized.

I actually heard Dr. Suruchi Chandra present on neuropsychiatric Lyme disease at the 2015 Integrative Medicine for Mental Health conference. And she shared Lyme disease is one of the fastest-growing infectious disease in the USA. We know this. A lot of people don't know this, but in the integrative world it is known. It can remain dormant for years and then later mimic a number of psychiatric illnesses, including anxiety disorders, mood disturbances, psychosis and autism like behaviors. It can be further complicated by the presence of co-infections.

So I shared a post called GABA the Calming Amino Acid on Facebook and Tricia, who's the creator of the blog Abounding in Hope with Lyme, shared it with her online Lyme community and she shared this comment, "Lyme anxiety is real. We've used GABA with great success." So I reached out and we corresponded and I learned more about Tricia and her family, their journeys of Lyme disease. And then I invited her to share more here so you can hear from someone who has used GABA, and specifically GABA with someone who has Lyme disease and has the anxiety that is associated with Lyme disease. So, again, it's wonderful to have you here Tricia.

Tricia Soderstrom: Thank you.

Trudy Scott: So let me just read a little bit about you and then we'll go right into it. Tricia Soderstrom is a curly hair techie loving, research junkie, and I can relate to the research junkie part. She currently resides in Maryland with her husband Scott and four children. Tricia has homeschooled her children since 2000, but in 2007 her world was changed when she began having severe pain, fatigue, memory loss, cognitive impairment and a long list of other medical problems. It wasn't until 2009 that she was finally diagnosed with chronic Lyme disease and co-infections. Soon after her diagnosis she began noticing that her daughters were having similar symptoms and her youngest daughter was having severe anxiety, OCD and rage. She began the long and difficult process of getting an accurate diagnosis for each of them. Later her husband and all four children would be diagnosed with chronic tick-borne

infections. Tricia has spent the last seven years researching tick-borne infections and their treatments in an effort to help her and her family regain their health. In 2015 she decided to focus her passion on helping others by blogging her journey with Lyme, homeschooling with chronic illness and sharing how her faith helped her through these difficult years. She feels that by sharing accurate information about tick-borne diseases she can help others avoid the devastating effects or find the information needed for getting the proper diagnosis and treatment. And you can find her at aboundinginhopewithlyme.com. What a journey you have been through Tricia.

Tricia Soderstrom: It really has been. When I stop and think about it I just don't know how we got through it because once you're on the other side it just seems like such a long time ago.

Trudy Scott: Did you become a research junkie once this happened or had you always been a bit of a researcher junkie?

Tricia Soderstrom: I have always been. If there was a problem I was hunting down information. Before the Internet, it was in the library, getting as many books as I could and after the Internet it just kind of made it a little bit easier.

Trudy Scott: Well, I'm sure it helps a lot. And then having this passion to help your family and now that you have learned all of this, the fact that you want to share this with others I think is so wonderful. And here we are, we're sharing it with others so others are starting to hear your story and I think it is wonderful. It really, really is important because so many people who are in the midst of this are feeling hopeless and wondering if there is a way out. And I think hearing a wonderful story like yours is just so uplifting. I love the fact that hope is part of your message. It really is beautiful.

Tricia Soderstrom: Yeah. It can be just a devastating time if it's just you or if it's your entire family that's diagnosed with Lyme. It becomes a hopeless feeling because what you read on the Internet or when you talk to other people you find that people are suffering with this and doctors don't believe them and they may be dealing with it for 20 years, so you feel like there's no hope. And I just want to get the word out that there is hope and that there are some answers; there are people out there that can help.

Trudy Scott: So I'd like you to just, before we get into the rest of the topics that we're going to talk about, you mentioned that you had a hard time getting a diagnosis. You said that it was a difficult process of

getting an accurate diagnosis. And you just mentioned that people will often find that doctors don't believe them. So tell us a little bit more about this because this is an important distinction to make. It's not something that is recognized by mainstream medicine and it is under recognized as being a bigger issue than it is. And I actually corresponded with some people when I spoke on the recent Lyme Summit by Dr. Jay Davidson. And someone in Australia said to me well Lyme isn't an issue in Australia and New Zealand and apparently it is an issue, whether or not it is Lyme disease there is some kind of bacterial infectious disease that is causing Lyme type symptoms. So it is far more widespread than we realize and it's under recognized. So can you share anything about this that can help people get more information about it?

Tricia Soderstrom: Sure. Unfortunately there are two sides to the Lyme story. The CDC estimates that over 300,000 people are infected with Lyme each year. And ILADS physicians will say that number is probably grossly underestimated because the tests are terrible and most of the time the doctors are not looking for Lyme or they misdiagnose you with something else because Lyme hides from testing. And once you become chronic the Lyme can go deep into your tissues; it may not show up on the blood work; the blood work itself has some issues with not looking for the accurate information when being tested. So I don't think doctors are really educated about this yet. ILADS states that Lyme is in every state in America and it's across the world. There are 300 different strains of Lyme. We're testing for one. So you can imagine how many people are going undiagnosed. When I was on my journey trying to figure out what was going on, I actually had a positive Lyme test and my doctor told me that she thought it was a false positive and she thought my chronic fatigue and my severe pain was related to stress because I had four children and I was trying to homeschool. I politely asked for another doctor. So once I found the right doctor I was able to get the treatment that I needed. But I think it's very common for many people to go through many, many different doctors before they actually, on their own, find out that they have Lyme disease.

Trudy Scott: Great. Thanks for that clarification. And for folks who may not know what ILADS is can you just tell us what that is?

Tricia Soderstrom: Yeah. That's the International Lyme Association and they have a great group of physicians who are studying and researching and getting information out about Lyme disease. So that's a great place I send people to. It's ilads.org and the acronym stands for International Lyme and Associated Diseases Society.

Trudy Scott: Excellent. We'll make sure to share this. We've got a speaker blog that goes with every interview so we'll share that on the blog. Now would that be a good resource for folks to go to to get a list of doctors that may be able to help them?

Tricia Soderstrom: Absolutely. They have a link up at the top where you can request a list of doctors in your area. And if you can't remember the name of the link you can go to my blog page and I also have a link there that takes you to that link. So either way you can request doctors.

Trudy Scott: Excellent. And we'll make sure to share a link to your blog on the speaker blog as well so that will be great. So let's go back to your journey. We've talked a little bit about it in the bio and you've alluded to what happened with you, but tell us a little bit more about where you live and the fact that there are a lot of ticks where you live and your journey with Lyme disease.

Tricia Soderstrom: Well, the interesting thing is that where I was living it seemed like my neighborhood had a very high rate of Lyme disease and most of them were being misdiagnosed; a lot of illnesses. Our family just loved being outside so we were hiking, we were picnicking, we were doing things with our church outside. And, of course, we were told that if you have a tick on you it cannot transmit disease before 24 hours and you can't have Lyme unless there's a bull's-eye. So, of course, when we pulled ticks off that wasn't an issue because we knew maybe it was on less than 24 hours or none of us had a bull's-eye rash. And really only 25 percent of people who are bit by a tick who contracted Lyme will get a bull's-eye rash. And so we just were not educated either so we didn't really have the proper information to prevent a chronic disease. But I think our lifestyle just put us in a situation where we were exposed to ticks. I was pregnant when I contracted Lyme disease and unfortunately I passed that onto my son. So when he was born he had some issues that we weren't really sure what was going on. And, of course, I took him to every doctor that my pediatrician told me to take him to. And finally one orthopedic surgeon said, you know, if it looks like a duck and it quacks like a duck it probably is. Meaning because I have Lyme and he has similar symptoms he probably has it too. So then I went on that path of getting him treated. Like I said, shortly after I was diagnosed I began reading about it and I started realizing that my kids had it too.

Trudy Scott: That's something that's often not recognized is the fact that if you're pregnant you can pass it onto your child, correct?

- Tricia Soderstrom:* Right. Right that's right. Back when I was first diagnosed I was told, even by my Doctor, who was an ILADs Dr. told me that no I probably didn't pass it onto him. And then later she was like oh, now we're thinking that maybe you can. So she was willing to go ahead and treat him. But it's very complicated and she needed to really be sure that that's what we were dealing with before she treated him.
- Trudy Scott:* Wow. Very interesting. Now something else you said is that there's this assumption that you can't get Lyme disease within the first 24 hours if you got a tick bite. Now how quickly can you get it? Or do we know?
- Tricia Soderstrom:* I don't know if there's a study out there that says this is how long it takes, but when I did some research what I'm finding is as soon as that tick begins to feed on you he basically regurgitates everything that's inside of him into you and that can happen right away. So as soon as he finds a good spot and he latches on it seems like he can go ahead and transmit diseases.
- Trudy Scott:* So you are still living in the same place so how do you prevent this from happening again and what tips would you give folks who may want to enjoy the outdoors or are still doing enjoying the outdoors and want to prevent this happening again?
- Tricia Soderstrom:* We actually just moved in October, so we put ourselves in a position, on a beautiful lot, where we probably are more exposed now than we were before. Before, when we were in treatment, I was so paranoid that anyone would get another tick bite that I basically refused camping trips and walks in the woods and things like that. And my kids are so adventurous and they just hated that. I feel really comfortable with the doctor that we have now that even if we were to get re-bite that we would be okay. So I think having good nutrition, having a good immune system and making sure that you're on top of it is key. But there are things that you can do. You can prepare your yard as far as making sure that your grass is short all the time, making sure that you're not allowing mice and squirrels and birds up close to your house by not having birdfeeders up close by or there are tick tubes that you can buy or make where you put, I think it's permethrin or some type of a tick killer inside, where they use that cotton to go make their beds and it just kills the ticks, because usually the mice are the first ones that bring the ticks up close to your house. And then just using common sense, if you're a hiker; you're outside a lot; make sure that you're using the proper repellent. We use essential oils because I've heard things about some of the regular insect sprays

are not very effective anymore so we like to use essential oils and always doing tick checks when you come back in.

Trudy Scott: So what essential oils do you use?

Tricia Soderstrom: I use Young Living Oils. I like to make up a spray with geranium and lemongrass and maybe eucalyptus. I have a recipe on my blog. I can't remember right now all the things that I put in there but I do have a recipe on my blog for a tick spray.

Trudy Scott: Good. We'll get that and we'll share that. That sounds great. And it's interesting that lemongrass is in there because I'm in California and we have black widow spiders and the lemongrass is absolutely fantastic for the black widows. So good to hear that it's good for ticks as well. So using something like this - are you spraying it on your legs before you go out and have fun in nature?

Tricia Soderstrom: Right. It's essential oils so I feel like I can spray it everywhere and I probably overspray my children just because I know the risks involved. And I just make sure even if they are going outside that they're just being really careful. They won't dress the way I want them to with the long white pants and their socks on the outside, but that's cool. They're like "yeah mom I don't think so". But they're really good about checking and letting me pick through their hair and things like that looking for ticks.

Trudy Scott: Okay. Good. And then you mentioned you had an article on your blog talking about the fact that you've got a dog and that you found something to use to prevent the ticks on your dog.

Tricia Soderstrom: I started out using my essential oil spray but the problem with that is for the dog you'd have to do it every time they go out and that just wasn't working for us. So I did a little research and found that Mercola has a nice set, you can buy individually like a tick collar, the spot on treatments, like you would normally get that's chemical related but these are essential oil based and they were put together by a veterinarian. So I've been using that and I have not seen anything on her since we began using it and that was in November.

Trudy Scott: Wonderful. That's great. Now just for clarification for folks who may not know you're on the East Coast of the U.S. correct

Tricia Soderstrom: Yes. I'm in Maryland.

- Trudy Scott:* Okay. Yes I read that in your bio. Of course. I just wanted to clarify that because that's where Lyme supposedly started was in Massachusetts, correct?
- Tricia Soderstrom:* Right. That was Massachusetts and Massachusetts is a pretty hot area for Lyme and Pennsylvania has a lot of Lyme. I'm right under the Pennsylvania border in Maryland so I know we have a lot of it. And I cannot tell you how many people I run into, I'll hear people talking in the store about it and then I always jump in and discuss it with them and we kind of compare notes and talk about doctors and things like that. But it is a big problem in this area. [Editor: Tricia intended to say Lyme actually started in Lyme, Connecticut]
- Trudy Scott:* Yeah. It is. But I'm glad that you're finding some solutions so you can get out and play and enjoy nature, because I think that's so important, and certainly for kids they need that nature time. So let's go into the anxiety aspect now. Because you've mentioned that part of your journey you experienced some anxiety and then when we corresponded you talked about your daughter and her using GABA and it helped with her anxiety. But let's start with some of her symptoms. You mentioned that she had the pain from the Lyme disease. She had OCD type symptoms, anxiety and the panic attacks. Can you share a little bit more about this?
- Tricia Soderstrom:* Sure. When she was about seven my husband and I started noticing that she was washing her hands a lot, to the point where her hands would be just so raw and they would bleed a little bit. And we noticed just some repetitive things that she was doing. She started having like facial tics and motor tics and just really certain things would just kind of scare her more than usual. I kept taking her to the pediatrician and everything and then we started noticing more symptoms. She just began having anxiety, and it started out just kind of like little spurts here and there, but it became so overwhelming and so controlling over her life that she did not want to leave the house and she did not want me to leave her. Part of her anxiety was that something was going to happen to me. So she would just try to protect me with everything in her to keep me home with her or that I would take her with me everywhere I went. I could not leave her for a second. And if I did you could just tell she was so afraid and it was so heartbreaking, but it was so exhausting as a mom because it was 24 hours a day, it was not wanting to go to sleep at night; waking up in the middle of the night. If she read something for school it would set her off. If she saw something on TV that would set her off. And it just became a life consuming problem. And we were desperate, just desperate for answers.

And part of that when she would be in an episode was that she would begin to have this rage, because I think that it was like a protective mechanism that she was trying to protect herself or to control her situation and it just became very overwhelming. So, of course, I'm on the Internet; I'm searching late at night; I'm trying to find whatever I could find to help her because I didn't know what to do. My doctor at the time wanted me to put her on anti-anxiety medicines like an antidepressant. And reluctantly I took her to a doctor because we were desperate and put her on the medication. The anti-anxiety medicine kind of made her loopy. It kind of knocked her out, which for me, it was a little break, but for her that's just no way to live as a young child.

And we didn't notice much difference with the antidepressants and they wanted to increase it. I think she was 10 or 11 around that time and I didn't want her to get on that spiral of getting more and more medication because I know how that works. This doesn't work so let's increase it or let's add a second medicine and I didn't want to do that. So I was looking for something natural for her. That's when I found Dr. Klinghardt's YouTube video and he was speaking about pyroluria and I think he mentioned GABA or I'm not sure if I heard that from him or heard that from you but I think it was the pyroluria. And I identified with symptoms of pyroluria in myself and I thought I've got these three daughters and the symptoms matched up. So I put her on the zinc and the B vitamins and the primrose oil and the fish oil, I just changed her diet and we were working on that and we saw some positive things, but I couldn't follow his protocol because I didn't have a doctor who believed me or would help me.

And so then, I don't know how I found you Trudy but I'm so glad I did because you changed my world. And I listened every day. I had my headphones in carrying my iPhone around with my notebook and I'm taking notes on The Anxiety Summit and I thought, you know, this is it. I'm going to order this GABA and I'm going to try these supplements. And I was thrilled when they worked and they helped her.

At that time I think we had weaned her off of her psychiatric meds because I just didn't want to keep increasing them and they weren't making much of a difference. So we put her on the supplements that you had recommended and the GABA and they were helping her a lot. They would take the edge off of her anxiety; they would help her to go back to sleep at night. And they helped me because I started taking GABA when I was so stressed out trying to interact

with her and trying to help her. So she and I and my oldest daughter - we're taking the supplements for the pyroluria and have found them to be just amazing for us.

Trudy Scott: Fantastic. That's so great. I love it. I just want to make some clarifications here for folks who may not know some of things we're talking about, and I'm sure most people do because I talk about pyroluria a lot but just in case someone's new. Pyroluria, it's a genetic condition where you've got a higher need for zinc, vitamins B6 and evening primrose oil helps the absorption of zinc and it helps with this inner tension kind of anxiety. You heard Tricia mention the three girls, so it's very common in all girl families or there's often a lot more girls in the family. And if mom has it often the girls have it.

So it's great that you heard Dr. Klinghardt. He's a great educator in terms of talking about pyroluria and he's actually found a strong connection between Lyme disease and pyroluria. I'm sure you heard him talk about that.

Tricia Soderstrom: Yes. I did.

Trudy Scott: So you had that connection there. And he often says that the Lyme disease cannot be cured until you deal with the pyroluria so it's very interesting - this interconnection. And I think I've heard him say that he doesn't believe that the pyroluria is a genetic condition in all instances, it may be because of the Lyme disease. I'm not so sure about that. My understanding is that the stress of the Lyme disease is now making the pyroluria manifest because pyroluria symptoms are made worse when you're under more stress and the Lyme disease could be considered a stress. I don't think we know that, but it's just very interesting that there is this connection.

Tricia Soderstrom: Right.

Trudy Scott: Now a few follow on questions. Firstly I'm just so glad that you found out about pyroluria and got on the protocol for you and your girls and that the GABA was so helpful. You mentioned that by the time you started the GABA you'd weaned her off the psych meds. How long had she been on them, just out of interest?

Tricia Soderstrom: I think it was about a year. We were going to the psychiatrist for about, I think it was about a year.

Trudy Scott: So the anti-anxiety medication was that one of the benzodiazepines?

Tricia Soderstrom: Yes.

Trudy Scott: Which one was it?

Tricia Soderstrom: Lorazepam I want to say.

Trudy Scott: Okay. And then the SSRI?

Tricia Soderstrom: Right. And an SSRI. I can't remember which one she was on.

Trudy Scott: Okay. And I'm just asking this just because I want anyone listening to know that it is very common when someone has Lyme disease and they have the anxiety symptoms that antidepressants and anti-anxiety medications are prescribed. It's very common. And if we can rather address the anxiety aspect with the pyroluria protocol and with the GABA why not do that? Because we do have the issues that we see with antidepressants, and you mentioned this Tricia that it doesn't work so well and they want someone to take more. Then they want to add a different one and then they want to add a mood stabilizer and it just becomes this vicious circle of not getting solutions often and getting in this sort of medication roundabout. So I'm glad that you were such a research junkie and you kept looking for answers. I commend you for that. And finding the natural solution - I just think is just so wonderful and I'm just so happy that the outcome has been so great for you and your family.

Tricia Soderstrom: Thank you. And another thing that I want to say about that is that I think it's important rather than covering up a symptom to figure out what's causing the symptom and deal with that. At one point my doctor and the therapist that we had for her both got to this place, this was right before I learned about the GABA, they said there's nothing else we can do and my doctor said you just need to take her back and get her back on the psych meds and you need to just keep her on them. And I just looked at her and I said, "If this were your daughter and you know the reason why this is happening is because of a bacterial infection, is that what you would do?" And she's like I don't know. So it's a hard call and there is something to be said about being on a medication to give you relief for a time, but at the same time you've got to deal with the bottom line. You've got to find out what's causing the problem and take care of that.

Trudy Scott: Absolutely. We always want to get to the root cause. And often it's harder to find it that because if you are seeing doctors who are

not aware of these nutritional approaches they are offering their best solution, which is the medication. They don't know that there are these other options. And I can see as a mom you are desperate to find relief for your child and to get some relief for you. Because as you say it was 24 hours a day, which is hard when you're a mom trying to take care of your family. So I can see why moms go to medication. Afterwards in retrospect you might look back and say oh I shouldn't have done that, but I've heard from so many moms who say they just do it because they're looking for some relief for their child. So I can see why it could happen. And part of my message is educating about the dangers of these meds and offering solutions so people know about it so they can go to the natural solutions first. Another reason I wanted to interview you today so we could share this so people can see that you don't have to use the medications, you can go straight to the nutrients.

So you did mention, when we corresponded, that you liked the Source Naturals GABA Calm, and this is one that I use in my practice a lot because it's a sublingual. And you mentioned that it was really useful for treating your daughter because it was easy for her to take because it is a sub lingual. Tell us a little bit more about that.

Tricia Soderstrom: She learned to take pills from a very young age just because she had to take the antibiotics for the Lyme. But when your child is in this full-blown panic attack they're not going to swallow a pill so the sublingual was great because I would put it in her mouth under her tongue and just tell her to suck on it. And you could just tell it would start to work and start to calm her down and really help her out. And it's nice to be able to just carry it in my purse if I need to, if anybody needs one.

Trudy Scott: Great. So you still have them on hand in case there's a situation that you might need them?

Tricia Soderstrom: Actually we still use them. They've been very helpful if there is any type of a flare up, which for my daughter with exam time, a lot of time she'll use them or if she goes to a party or a youth group or something and she drinks a soda, that will definitely flare her up. So, she really knows what she needs to stay away from, but it's hard when you're with your friends and you want to just be like everybody else. So, I do keep them on hand. My oldest daughter and I also use them. It's natural and it's helpful and it's just a great thing to have in my medicine cabinet.

Trudy Scott: Great. And I do want to just share they are doing really well. The daughter that you shared the story about - she's doing really well. And initially she had been embarrassed to share the story or to have you share it, but now she wants you to share it so we can help more people. Correct?

Tricia Soderstrom: That's right. For a long time she would just be so angry with me if she ever heard that I spoke about it to anybody. Of course, when we were in the midst of it I was looking for help and so I was talking to doctors and people and counselors, whoever I could to get help. But then once she started getting better, she realized, she would meet people along the way who might also be having these same issues and she is the little counselor now because she's been through it, so she knows that her testimony and what she's been through can help other people, and especially teenagers and younger kids who are going through this and they think something's wrong with them, but she tells them there's hope and there's something you can do about it.

Trudy Scott: That's wonderful. That's so great. I love it. And I think that's what happens when we've been through something we want to share it because we want other people to feel good. And at her age I think it's wonderful and I appreciate the fact that she's brave enough for us to share her story on a summit like this and help more people, because it really will.

I work with a lot of moms who have daughters and I was talking to one mom just a few weeks ago and she just said anxiety is such a huge issue with these young girls in school and it seems so prevalent and it's possible that a lot of them may have Lyme disease and not even know about it and not even get the answers and just be put on medication. So I think the more that we can share, the more that she can share her story with her peers and her friends the more awareness there's going to be. I think it really is wonderful.

So I want to just make it clear, and I know you had said this to me, that was not just the GABA that was the result. Obviously addressing the Lyme disease, she did therapy as well. That was important. And then there were other supplements that you used and there were other herbs that you used and then the actual Lyme protocol that you used as well. So I just wanted to make it clear that GABA was not the only solution to all the issues, it was just one of many solutions, but what it did is it eased the anxiety while you're addressing all these underlying causes that you needed to deal with.

Tricia Soderstrom: Right. That's right.

Trudy Scott: Any advice that you can give in terms of protocols that you use, things to be aware of and things to watch out for?

Tricia Soderstrom: Well, back when I first got Lyme I was really convinced that antibiotics were the only way to get better. And after four years of being on them I realized I wasn't getting better. So we did a lot of different things. We tried the herbs, which were helpful but they were not getting us to where we wanted to be. And we tried Essential Oils, because I know some people only do Essential Oils and that didn't provide the results that we were looking for. So when we found this doctor that we're seeing right now with the homeopathy, that, for our family, has given us different results for each one of us. So my girls are doing fantastic and my husband healed very, very quickly with the homeopathy. For whatever reason, and it may be the stress of everything I've dealt with as a mom, I'm taking a lot longer to get better, but I am seeing positive results. And my son is just now starting on that protocol. I just think finding something that's gentle on your body that will help you to heal and not make it harder on your immune system is really important. And most people that I talk to say they can't afford it, but honestly with six of us it is very, very expensive, it's all out of pocket, but at the same time this is your health that you're talking about and I just think it's important to invest in that and do what you need to do to get better.

Trudy Scott: And that's an unfortunate thing that it is out of pocket and it's a matter of trial and error to see what's going to work. Some people do really well with homeopathy. And it may also be, correct me if I'm wrong, that the homeopathy is working now because of some of the other work that you've done before. So you don't really know until you try. And as you say different people respond differently to different protocols so it's a matter of finding what's going to work for you.

Tricia Soderstrom: And I think that's important. That's important Trudy because I think it's not just one thing. And I can look back at our journey and say it wasn't just this one thing that got us better because we've been on the diets and we've taken lots of different things. And even though I'm taking homeopathy I'm still taking herbs and I'm still taking amino acids and vitamins. So it's a lot of different things altogether to support your body.

- Trudy Scott:* Absolutely. Because there can be many different factors that can be affected. I know one factor that is often affected by Lyme disease is serotonin levels. And I think you'd said either yourself or your daughter had also used 5-HTP, which helps to raise serotonin levels. Correct?
- Tricia Soderstrom:* Yes. I used that for quite a while and I tried that on my daughter, she just did a lot better taking the GABA. So my oldest I believe takes L-tryptophan every day and also the GABA and the zinc, but they have all been helpful.
- Trudy Scott:* Great. And everyone is different. Some people do better with 5-HTP, some do better with tryptophan and just for folks who may not know these are both amino acids that help to raise serotonin levels, which are often depressed when someone does have Lyme disease. But it may just be that, as you say, your youngest daughter she just needs the GABA so it may have just affected her GABA levels and not the serotonin levels.
- So each person is different, it's a matter of finding out what's going to work for each person and then using that. And the 5-HTP and the tryptophan typically helps with the low serotonin symptoms. The sleep issues - I remember you'd mentioned that sleep was an issue at one stage. Now sleep can be an issue with both low GABA and low serotonin so you've got to just figure out what's going to work.
- One thing I was going to ask you about the GABA, we've talked about the GABA Calm, which is a sub lingual, which has a little bit of GABA 125 mg, a little bit of tyrosine, which counteract the effects of the GABA and some glycine. Did you ever try any other forms of GABA like a 250 GABA or just a straight GABA?
- Tricia Soderstrom:* I haven't just because I figured this was working so why get something else. This particular one seemed to work for all of us and I just continue to buy it.
- Trudy Scott:* Good. If that's keeps working, why not. And are you and the family using it at night as well?
- Tricia Soderstrom:* No. We don't. Now we're at this place where we're doing so well that we just kind of use it as needed. So other than my oldest daughter, who's using it every day, she had a lot of social anxiety and depression and things like that so she's using that every day, along with the L-tryptophan. But the rest of us just use the GABA when we need it.

Trudy Scott: Okay. When you were in the throes of the anxiety with your youngest daughter was she using it just in the day or was she using it at night as well? And I'm asking this because it does have tyrosine in it. I just want to make a little clarification, but I wanted to just hear from you first.

Tricia Soderstrom: We started out just using it during the day and then it got to the point where I gave it to her two or three times a day, and one of them would have been in the evening.

Trudy Scott: So did it help her sleep?

Tricia Soderstrom: In the midst of it I'm not sure if it helped her sleep but it would definitely help her go back to sleep if she were to wake up and have a panic attack.

Trudy Scott: Okay. Great. So the reason I'm asking this is because some people can tolerate GABA Calm at night and it does help, as you say it can help you go back to sleep. It can actually help you go to sleep. For some people doing the GABA Calm in the day works the best and then using a 250 mg GABA at night can make it better if the GABA Calm is a little too stimulating. Because it does have a little bit of tyrosine in there and for some people that's a little bit too much at night so I'll recommend GABA Calm in the day and then a 200 mg - and I say 200 because often you'll get a 750 mg of GABA, which is often too much. So maybe a 250 mg of GABA, maybe with a little bit of theanine at night

And I find that GABA opened up onto the tongue, if it's not the sub-lingual form that you get with the Source Naturals, is very well absorbed and very well-tolerated and you get very good effects. So I just wanted to share that, possibly for someone in your family if they're finding they need help with sleep and then also for anyone listening who may find that the GABA Calm at night doesn't really work. They're getting really good results in the day but it's not working like they would expect at night.

Well, this has been really fantastic. Any other pieces of information about your healing journey that you would like to share it with us?

Tricia Soderstrom: You know, I learned so much from The [Chronic] Lyme Summit and one of the things that just kept resonating with me was our thoughts. And it's so easy to just go down into this spiral of depression when you're ill or when your family is ill and you don't

see the light at the end of the tunnel. My husband is the happy go lucky one; he's the one that's positive and is always trying to encourage us. And that's harder for me, but I really believe that if we can find the positive, if we can find the little moments where we can just sit and have some peace and think about the positives that that really can help so much when we're going through a really stressful time. And it really resonated with me when the speakers shared that on the Lyme summit.

Trudy Scott:

Wonderful. There's two sides to that. Of course, me being the nutritionist would always go to the biochemistry aspect of this. I love that you're saying sit and think and find those positive moments. But the other aspect of this is for some people it's harder to find those positive moments when they do have low serotonin. So if you find that you are reading these things or hearing these things but you can't seem to go there, then think about this - could it be low serotonin? Because when you've got low serotonin it's really hard work to make yourself go there. And you can do it but it's harder work. So if you're finding that you've got the negative thinking, you've got this obsessive worrying going on and you can't feel positive then think well maybe it's low serotonin and maybe using some tryptophan or 5-HTP will make it easier for you to have those positive moments.

But I'm glad you shared that because there is hope and there is light at the end of the tunnel and it's not an on-coming train. There really is an answer and it's wonderful that you've come through this and are still on this journey and that you're sharing it and you're wanting to help other people. I think it's beautiful.

Tricia Soderstrom: Thank you.

Trudy Scott: Thanks again for joining us and thank you to your whole family for allowing you to share their story and I wish you and your whole family continued healing and continued peace of mind and I'm excited for the next step in your journey Tricia.

Tricia Soderstrom: Thank you so much Trudy. Thank you for giving me this opportunity to just voice our story and to share that and I really hope that it helps others out there.

Trudy Scott: It definitely will. And do you want to go ahead and share your blog and your social media so folks who are on this journey and would like to connect with you can reach out if they need to?

Tricia Soderstrom: You can find me on the Internet. My blog is aboundinginhopewithlyme.com and from there on my front page you can find my Twitter and my Facebook. I really post a lot more on Facebook, it's just easier for me since I'm still homeschooling, but I do a lot on Facebook and I share articles and information that I find that might help somebody and some encouragement. Part of my journey is definitely my faith that helped me get through all of this so I share that too.

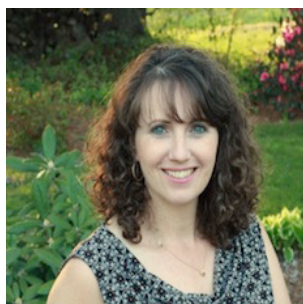
Trudy Scott: Wonderful. It's great. And your social media posts are great and your blog posts are great so I highly encourage everyone to go to aboundinginhopewithlyme.com. And I love your sense of humor. I saw a great picture on there with you biting into a lime pulling a funny face.

Tricia Soderstrom: Right. They had The Lime Challenge last year, I think it was last year, and so our whole family did a little video and did some pictures and just had some fun with it. You've got to have fun with it.

Trudy Scott: You do. Well, thanks again Tricia. It's been absolutely wonderful. I appreciate your time and thank you everyone for joining us on another great interview on The Anxiety Summit. Tune into other interviews.

Speaker Blog: <http://www.everywomanover29.com/blog/gaba-lyme-anxiety>

Tricia Soderstrom, Abounding in Hope With Lyme



Tricia Soderstrom is a curly-haired, techie loving, research junkie. She currently resides in Maryland with her husband Scott, and 4 children. Tricia has homeschooled her children since 2000 but in 2007 her world was changed when she began having severe pain, fatigue, memory loss, cognitive impairment and a long list of other medical problems. It wasn't until 2009 that she was finally diagnosed with chronic Lyme disease and co-infections.

Soon after her diagnosis she began noticing that her daughters were having similar symptoms and her youngest daughter was having severe anxiety, OCD, and rage. She began the long and difficult process of getting an accurate diagnosis for each of them. Later, her husband and all 4 children would also be diagnosed with chronic tick-borne infections.

Tricia has spent the past 7 years researching tick-borne infections and their treatments in an effort to help her and her family regain their health. In 2015 she decided to focus her passion for helping others by blogging about her journey with Lyme, homeschooling with chronic illness and sharing how her faith helped her through those difficult years. She feels that by sharing accurate information about tick-borne diseases she can help others avoid the devastating effects or find the information needed for getting the proper diagnosis and treatment. You can find her at <http://www.aboundinginhopewithlyme.com>

Trudy Scott, CN, host of The Anxiety Summit, Food Mood expert and author of *The Antianxiety Food Solution*



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. Trudy serves as a catalyst in bringing about life enhancing transformations that start with the healing powers of eating real whole food, using individually targeted supplementation and making simple lifestyle changes. She works primarily with women but the information she offers works equally well for men and children.

Trudy also presents nationally to nutrition and mental health professionals on food and mood, sharing all the recent research and how-to steps so they too can educate and empower their clients and patients.

Trudy is past president of the National Association of Nutrition Professionals. She was recipient of the 2012 Impact Award and currently serves as a Special Advisor to the Board of Directors. Trudy is a member of Alliance for Addiction Solutions and Anxiety and Depression Association of America. She was a nominee for the 2015 Scattergood Innovation Award and is a faculty advisor at Hawthorn University.

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* (New Harbinger

2011). She is also the host of the wildly popular *Anxiety Summit*, a virtual event where she interviews experts on nutritional solutions for anxiety.

Trudy 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.

The information provided in The Anxiety Summit via the interviews, the blog posts, the website, the audio files and transcripts, the comments and all other means 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.