

ANTECEDENTS

A calming neurotransmitter.

Discovered in 1950 by Eugene Roberts.

There are GABA receptors all over the body, but research still does not know if it crosses the blood brain barrier.

TRIGGERING EVENTS

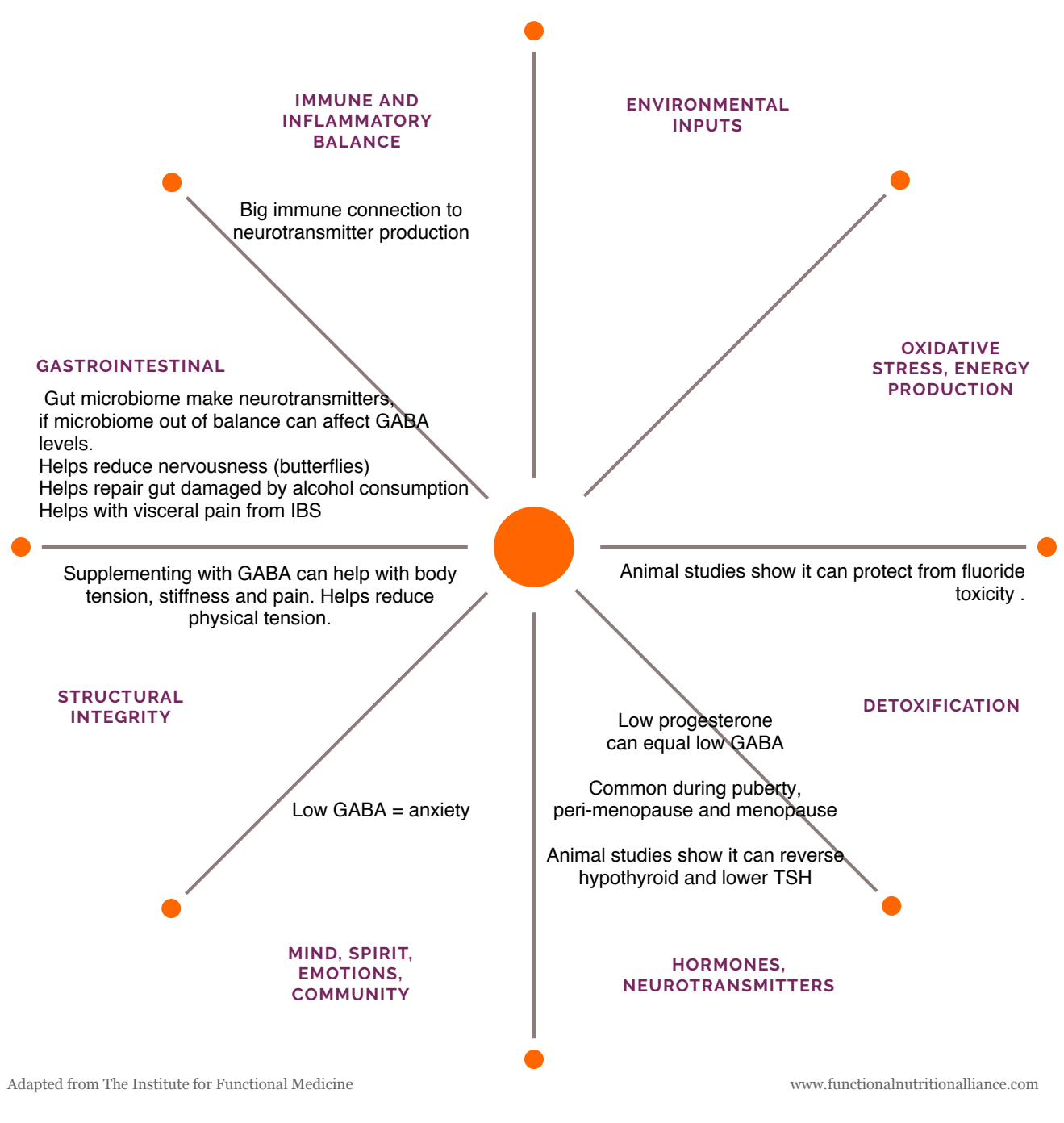
Nutritional deficiencies (zinc, B6, magnesium and iron)
 Poor diet and/or low protein intake.
 High stress
 Too much exercise
 Leaky gut/food sensitivities
 Hormone imbalances

MEDIATORS

Favorite form = sublingual or open a capsule and place on the tongue.

Dosage - start low at 125 mg, 3x a day between meals.
 Slowly titrate up.

Precursors needed - zinc, B6, magnesium and iron.
 MTHFR may need folate as well.



SLEEP/RELAXATION

Supplementing improves sleep and insomnia by reducing body tension.

EXERCISE/MOVEMENT

NUTRITION/HYDRATION

GABA can help one not to self medicate with sugar and/or alcohol.

STRESS/RESILIENCE

Lower stress to help boost GABA levels.

Get out in nature.
 Yoga and meditation

RELATIONSHIPS/NETWORKS