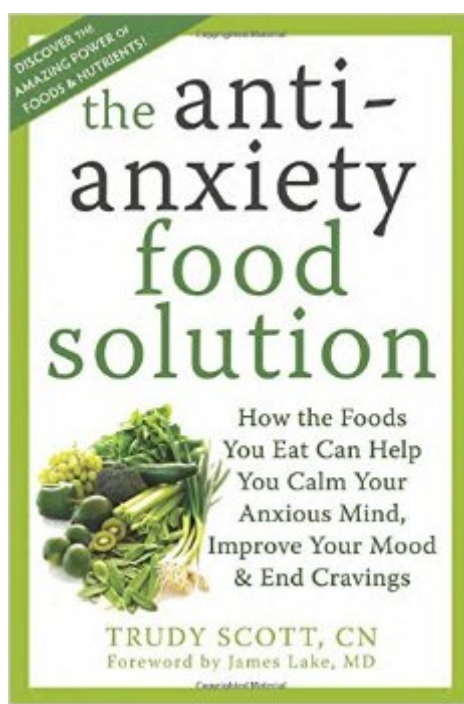


The book was found

# The Anti-Anxiety Food Solution



## Synopsis

It's remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don't realize how much our diets influence our moods, thoughts, and feelings until we make a change. In *The Antianxiety Food Solution*, you'll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This helpful guide allows you to choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You'll soon be on the path to freeing yourself from anxiety and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health the natural way! The book also includes an easy-to-use index. In *The Antianxiety Food Solution*, you'll discover:

- How to assess your diet for anxiety-causing and anxiety-calming foods and nutrients
- Foods and nutrients that balance your brain chemistry
- Which anxiety-triggering foods and drinks you may need to avoid
- Easy lifestyle changes that reduce anxiety and increase happiness

## Book Information

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Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (101 customer reviews)

Best Sellers Rank: #11,643 in Books (See Top 100 in Books) [#25 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) [#31 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) [#277 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets](#)

## Customer Reviews

I cried my way thru this book ~ out of JOY~ for finally finding a very helpful book! I have been on a journey for 10 years trying to navigate issues with depression, stress, anxiety, insomnia and other fun things. I've been to doctors, psychologists and counselors. I've been put on medication which after many years of that left me suicidal, overweight, depressed and very angry. It is VERY

frustrating trying to navigate doctors, testing and information out there that could help you. This summer I read several books that addressed depression from a dietary and nutrition standpoint. This one was the best in my opinion. It's not too long, easy to read and understand, and well organized. And it agreed with several things I had read in other books ~ such as the use of amino acids, vitamins and issues with gluten and sugar to address depression, etc. There's many good 'life stories' in it too which help you relate. Thanks Trudy Scott!

I am also going to go ahead and give this book three stars. Unlike the other 3 star review, I will say that I am a single, white, "affluent" (not really) female and I truly believe in eating organic and local and do the best I can with that. While more difficult, it is possible to live without processed "mainstream" foods. But I digress. This is a great "beginner's" book, if you know very little about these issues. I was hoping that this book would be a God-send. She does have a lot of interesting information in here, laid out in a readable way. However, I was looking for nuance: what does a daily diet plan look like? How do amino acids interact and what combinations should the food be eaten in for maximum potency? What are lists of foods that convert to serotonin? ETC. Maybe the book I want to read doesn't actually exist (yet). I am getting *The Mood Cure* (2004), which she referenced several times as a reference and this might get more into some of the more detailed info I was looking for.

I have been battling anxiety and panic for nearly 20+ years now since I was 12 years old. Throughout my history I have been fed medicine after medicine for years. Given things like xanax to take every morning "because it helps" rather than the spot treatment that it should be intended to do. And over-prescribed medicines to just "mute" me. Recently, I got so bad that I ended up not going into work and working remotely for nearly 6 months and am now trying to get back in full time. Many things have happened in that time including going for half day 3x per week intensive outpatient therapies, changing medications from a standard ssri (zoloft) to an ocd focus medication (luvox). I also found that the clonopin they had me on every morning was not helping and I was addicted causing me horrible anxiety once it was getting out of my system. One day my wife, daughter and I were at Barnes and Noble in Tysons Corner VA, my wife went to the bathroom and I was browsing the stress/anxiety section. My daughter literally climbed up the step stool and pulled this book out. I saw it and thought wow never thought about this...briefly read it and bought it. My wife read it cover to cover (as at that point I couldn't even read stuff because it was influencing my anxiety if I read about others. ). I now hardly have any gluten, darn near no caffeine and watch my

sugar intake even more. I have truly felt a difference and am so grateful for this book being part of a big toolbox that has helped me get on the right path to recovery and living with anxiety. I highly recommend this reading for anyone who is looking to take that next step in your battle with anxiety and panic disorders.

I am a nutritionist who works with mood disorders such as anxiety and depression. I know first hand that it can be crippling. Trudy Scott presents such a user-friendly format to work through this issue. Her use of assessments is invaluable to readers, letting them know immediately what their issues are, and offers step-by-step solutions using food and a few targeted amino acids. This book REALLY DOES help. And I bet readers will be amazed how much better they will feel overall, both mind and body, using this book's recommendations. I appreciate this thoroughly researched gem, packed full of wisdom and immediate solutions, and so clearly written and accessible! I am thrilled to have this book to share with clients, and show them that there is an easy, effective alternative to the very, very addictive class of drugs called benzos (benzodiazepines). Karla Maree, CNC, CNTS San Carlos, CA

Do you suffer from anxiety? Are you "getting close to menopause" when the lowering of hormones causes all sorts of symptoms that diminish your quality of life? Have you felt low in energy or depressed? Then get this book and let Trudy Scott's experience speak to you. She presents you with real, workable suggestions that you can implement with confidence to overcome anxiety, depression and neurotransmitter imbalance. So if your doctor has suggested an SSRI - you need to read this book and consider trying the amino acids discussed in this book before resorting to prescription meds. My wife experienced severe muscle wasting, anxiety and depression after being misdiagnosed with a thyroid problem. Just 5 days of unnecessary thyroid meds sent her into a 45 day over active state during which she lost too much weight and muscle, and her body lost neurotransmitter balance. Trudy's amino acids protocols for boosting low serotonin, low endorphins, and supporting muscle regeneration have been extremely helpful in helping my wife recover her health.

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