



## The Anti-Anxiety Food Solution

By Trudy Scott



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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

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## The Anti-Anxiety Food Solution By Trudy Scott Bibliography

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### Editorial Review

#### Review

“Trudy Scott’s book, *The Antianxiety Food Solution*, fills an important gap in the popular literature on anxiety. It provides clear, helpful guidelines for utilizing nutrition to overcome anxiety.”

—Edmund Bourne, PhD, author of *The Anxiety and Phobia Workbook*.

“A great little book with plenty of practical advice backed by science.”

—Daniel G. Amen, MD, author of *Change Your Brain, Change Your Life*

“Every one of the millions now suffering from anxiety has a new friend in Trudy Scott, whose book offers them a nutritional lifeline. 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* and *The Diet Cure*

“This book is a must-read if you have anxiety and want to treat the underlying causes and heal, rather than having to rely on medications. Adjust your brain chemistry with the right nutrients and you can reclaim your brain and your life!”

—Hyla Cass, MD, author of *8 Weeks to Vibrant Health*

“This book is a real tour-de-force in complementary mental health literature and should be on the shelves of every anxiety sufferer. It’s a user-friendly and balanced book about foods and nutrients that can reduce anxiety, and it is also refreshingly original.”

—Jonathan Prousky, MSc, ND, professor of clinical nutrition at the Canadian College of Naturopathic Medicine and author of *Anxiety: Orthomolecular Diagnosis and Treatment*

“As a nutrition and fitness expert and the mother of a child with an emotional disorder, I find this book invaluable. It is one I will use myself and recommend to both clients and colleagues.”

—JJ Virgin, CNS, CHFS, nutrition and fitness expert, author of *Six Weeks to Sleeveless and Sexy*, and cohost of TLC’s *Freaky Eaters*

“A leader in the field of food and mental health, Trudy Scott supplements the core themes of food and gut health with chapters on amino acids, pyroluria, and lifestyle changes. Trudy aptly emphasizes that readers should try to find the root cause of their health problems.”

—Lawrence E. Cormier, MD, holistic psychiatrist in Denver, CO

“This book may be the key you’ve been looking for. It does an excellent job of explaining the science behind anxiety and then bringing it to a practical level, providing a nutritional and integrative approach to anxiety.”

—Elizabeth Lipski, PhD, CCN, director of doctoral studies at Hawthorn University in Whitethorn, CA, and author of *Digestive Wellness*

“Trudy Scott’s work communicates something I tell my patients every day: there is a powerful connection between what we eat and how we feel.”

—Mike Dow, PsyD, cohost of TLC’s *Freaky Eaters*

“I recommend this book not only to those who suffer from anxiety, but to their health care providers as well.”

—Karla Maree, certified nutrition consultant, neuronutrient therapist, and director of nutritional therapy at Recovery Systems Clinic

From the Publisher

The Antianxiety Food Solution presents effective natural treatments and dietary changes that can significantly reduce anxiety symptoms and improve mood.

About the Author

**Trudy Scott, CN**, has a nutrition practice that focuses on food, mood, and women’s health. She lectures extensively, both at live events and via teleseminars. She is president of the National Association of Nutrition Professionals and a member of Anxiety Disorders Association of America, the Alliance for Addiction Solutions, and the National Alliance on Mental Illness. She lives in the greater Sacramento, CA, area.

Foreword writer **James Lake, MD**, is president of the International Network of Integrative Mental Health and author of the *Textbook of Integrative Mental Health Care*. He lives in Carmel, CA.

## Users Review

From reader reviews:

**Herbert Haubrich:**

What do you concentrate on book? It is just for students since they're still students or it for all people in the world, what best subject for that? Merely you can be answered for that question above. Every person has diverse personality and hobby for every single other. Don't to be forced someone or something that they don't need do that. You must know how great and important the book The Anti-Anxiety Food Solution. All type of book are you able to see on many solutions. You can look for the internet solutions or other social media.

**Juanita Hernandez:**

As people who live in the particular modest era should be update about what going on or info even knowledge to make all of them keep up with the era and that is always change and advance. Some of you maybe will probably update themselves by reading books. It is a good choice for yourself but the problems coming to you actually is you don't know what one you should start with. This The Anti-Anxiety Food Solution is our recommendation so you keep up with the world. Why, because book serves what you want and need in this era.

**Michael Dennison:**

Hey guys, do you desires to finds a new book you just read? May be the book with the concept The Anti-Anxiety Food Solution suitable to you? The particular book was written by renowned writer in this era. Often the book untitled The Anti-Anxiety Food Solution is one of several books that will everyone read now. This particular book was inspired lots of people in the world. When you read this reserve you will enter the new shape that you ever know previous to. The author explained their thought in the simple way, so all of people can easily to be aware of the core of this reserve. This book will give you a great deal of information about this world now. To help you to see the represented of the world in this book.

**Shawn Howe:**

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