

SELF ASSESSMENT MOOD

Active
Vitamin B 6

Zink

Often
Manganum

MICRONUTRIENT THERAPY

AMINO ACIDS AND MOODS

Amino Acid Mood Questionnaire from the Antianxiety Food Solution
TRUDY SCOTT

The Targeted use of individual amino acid supplements balances brain chemistry to alleviate anxiety, anxiety, worry, panic attacks, and the feeling of being stressed or overwhelmed.

They can also be helpful in addressing other problems that contribute to or worsen anxiety, such as: Food cravings and addiction. They can also help with depression and insomnia, which often go along with anxiety.

When you balance your brain chemistry, you not only relieve anxiety symptoms but also have a good mood, eliminate food cravings, sleep well, and have good energy and mental focus.

Worries and fears can be attributed to low GABA and also low serotonin levels.

Hence, you can check the fear off in both sections. Low GABA tends to lead to more physical anxiety, while lower serotonin levels lead to more anxiety in the head, ruminating thoughts, etc.



LOW GABA :

- Anxiety and being overwhelmed or stressed
- Feeling worried or afraid
- If you have intrusive thoughts, hold on through or do you have an overactive brain. Or having unwanted thoughts - thoughts of unpleasant memories, pictures, or worries
- Panic attacks
- Cannot relax or loosen up
- Stiff or tense muscles
- You feel stressed and burned out
- Cravings for carbohydrates, alcohol, or drugs for relaxation and calming

TOTAL:



S E R O T O N I N :

- Fear
- Panic attacks or phobias
- Feeling worried or afraid
- Obsessive thoughts or behaviors
- Perfectionism or excessive control
- Irritability
- Anxiety, which is worse in winter
- Winter blues or seasonal mood disorders
- Negativity or depression
- Thoughts of suicide



S E R O T O N I N :

- Excessive self-criticism Low self-esteem and poor self-confidence
- PMS or menopausal mood swings
- Sensitivity to hot weather
- hyperactivity
- Anger or Rage
- Digestive problems
- Fibromyalgia, TMJ syndrome, or other pain syndromes
- Difficulty falling asleep
- Insomnia or trouble sleeping
- Cravings for carbohydrates, alcohol or drugs in the afternoon or evening

TOTAL:



CATECHOLAMINES

:

- Depression and apathy
 - Easily bored
 - Lack of energy
 - Lack of focus
- Missing drive and low motivation

Attention deficit disorder

- Postponement and indecision

- Crave

Carbohydrates, alcohol, caffeine
or drugs for energy production

TOTAL:



ENDORPHINE:

- Increased sensitivity to emotional pain
- Increased sensitivity to physical pain
 - Crying or tearing easily
- Eating to calm your mood or comfort food
- Really, really certain foods, behaviors, or drugs

To love alcohol (I love chocolate / ice cream)

- Craving for a reward or a numbing reward

TOTAL:

