

## THE ANTIANXIETY FOOD SOLUTION

How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood & End Cravings

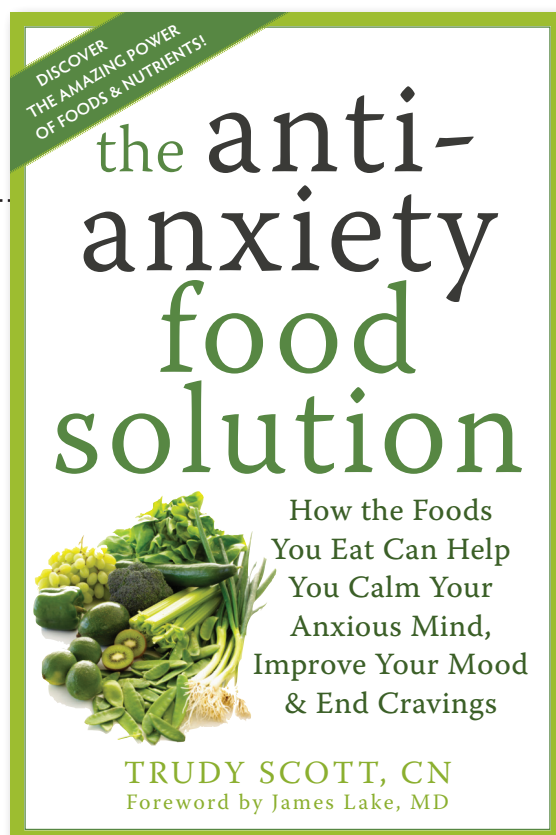
TRUDY SCOTT, CN

### Contents

- **Chapter 1:** Figure Out Your Optimum Antianxiety Diet
- **Chapter 2:** Avoid Sugar and Control Blood Sugar Swings
- **Chapter 3:** Avoid Caffeine, Alcohol, and Nicotine
- **Chapter 4:** Address Problems with Gluten and Other Food Sensitivities
- **Chapter 5:** Improve Your Digestion
- **Chapter 6:** Balance Brain Chemistry with Amino Acids
- **Chapter 7:** Address Pyroluria or Low Levels of Zinc and Vitamin B6
- **Chapter 8:** Other Nutrients, Hormone Imbalances, Toxins, Medications, and Lifestyle Changes

Our emotional responses are strongly linked to brain health and chemistry, which is affected by nutrition. As a result, changing our diet can actually change our moods dramatically, for better or for worse. The brain requires fatty acids and other nutrients to work properly, but many of us don't notice how much the food we eat affects how we feel.

**The Antianxiety Food Solution** is an essential nutrition guide to addressing common nutrient deficiencies that can lead to anxiety, the most common mental health disorder. This is the first book to take a targeted look at nutrition's role in anxiety, as opposed to exploring the relationship between nutrition and mood more generally. Readers learn how to discern whether or not they have a deficiency, and then discover what to add to their diets and what to remove for reduced anxiety and increased emotional balance. Ideal for children with anxiety and for adults seeking to reduce their dependence on medication or supplement anxiety medication with proper nutrition, **The Antianxiety Food Solution** is a must-read for everyone who understands the importance of taking an active role in their mental health.



FOR MORE INFORMATION, CONTACT  
**Jessica Dore**

jessica.dore@newharbinger.com  
510-594-6124

THE ANTIANXIETY FOOD SOLUTION

How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, & End Cravings

Trudy Scott, CN

June 2011 / 978-1-57224-925-7 / \$17.95 / 6 x 9 / 192 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com

# THE ANTIANXIETY FOOD SOLUTION

How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood & End Cravings

TRUDY SCOTT, CN

## About the Author



PHOTO: BRADLEY SCOTT

**Trudy Scott, CN**, is the founder of Every Woman Over 29, a thriving nutrition practice that focuses on food, mood, and women's health. She is president of the board of directors of the National Association of Nutrition Professionals, and a member of the Anxiety Disorders of America.

For more information visit  
[www.antianxietyfoodsolution.com](http://www.antianxietyfoodsolution.com)

## Praise

"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*

"Every once in a while someone comes out with a book that hits home, and Trudy's book is indeed one of those rare finds. The wisdom within will do wonders for your (or your loved one's) peace of mind. Trudy Scott's book *The Antianxiety Food Solution* will be a true godsend to those who have battled with this mood malady. As a former colleague of Trudy, I can attest firsthand to the powerful healing properties of real food...it works! Hers is a must read, with easy-to-follow tips on every page to help you take your life back. I recommend this book to not only those who suffer from anxiety, but to their health care providers as well."

— Karla Maree, Certified Nutrition Consultant, Certified Neuronutrient Therapist, Director of Nutritional Therapy Recovery Systems Clinic

"Trudy's work communicates something I tell my patients everyday: there is a powerful connection between what we eat and how we feel."

— Dr Mike Dow, Psy.D., co-host of TLC's *Freaky Eaters*

FOR MORE INFORMATION, CONTACT  
**Jessica Dore**

[jessica.dore@newharbinger.com](mailto:jessica.dore@newharbinger.com)  
510-594-6124

THE ANTIANXIETY FOOD SOLUTION

How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, & End Cravings

Trudy Scott, CN

June 2011 / 978-1-57224-925-7 / \$17.95 / 6 x 9 / 192 pages



newharbingerpublications, inc. | 800-748-6273 | [newharbinger.com](http://newharbinger.com)