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schedule a **FREE Consultation**

**These are recommendations from my personal experience. I am not a
doctor, please consult your physician.*

Based on the wonderful work of Julia Ross & Trudy Scott

AMINO ACID QUESTIONNAIRE

*Rate on a scale from 0-10 the severity of
a symptom, 10 being the most severe.*

Low GABA

Symptom Score

Anxiety and feeling overwhelmed or stressed

Feeling worried or fearful

Have intrusive thoughts, perseverate or have an
overactive brain. Or have unwanted thoughts –
thoughts about unpleasant memories, images or
worries

Panic attacks

Unable to relax or loosen up

Stiff or tense muscles

Feeling stressed and burned-out

Craving carbs, alcohol, or drugs for relaxation and
calming

TOTAL

A vertical column of ten blue rectangular boxes, each representing a score for a symptom. The boxes are arranged in a single column and are currently empty.

Low Serotonin

Anxiety: may be different than GABA anxiety.
Low GABA you're going to feel in your body, and low serotonin anxiety you will experience in your head (worry, busy mind, ruminating). You can have both.

Panic attacks or phobias

Feeling worried or fearful

Obsessive thoughts or behaviors

Perfectionism or being overly controlling

Irritability

Anxiety that's worse in winter

Winter blues or seasonal affective disorder

Negativity or depression

Suicidal thoughts

Excessive self-criticism

Low self-esteem and poor self-confidence

PMS or menopausal mood swings

Sensitivity to hot weather

Hyperactivity

Anger or rage

Digestive issues

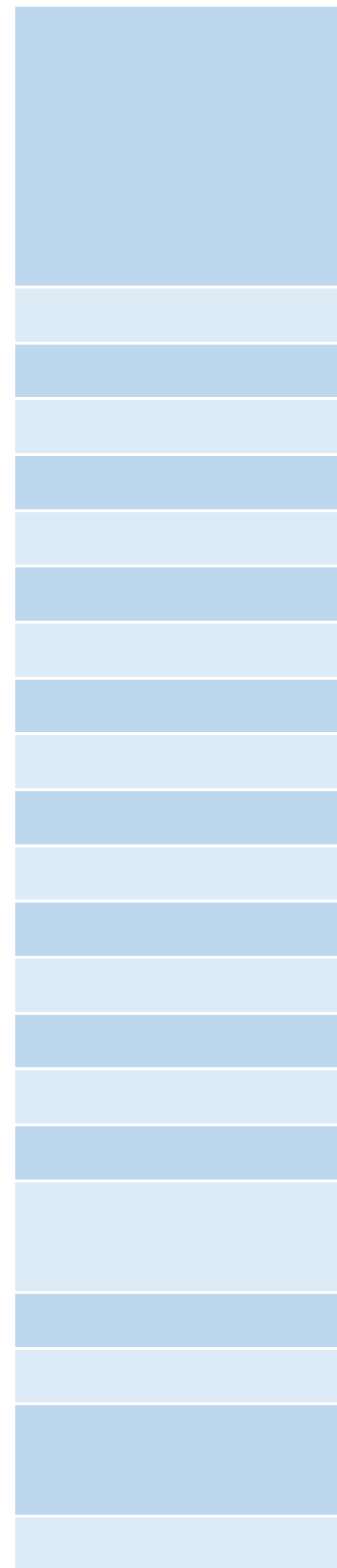
Fibromyalgia, temporomandibular joint syndrome,
or other pain syndromes

Difficulty getting to sleep

Insomnia or disturbed sleep

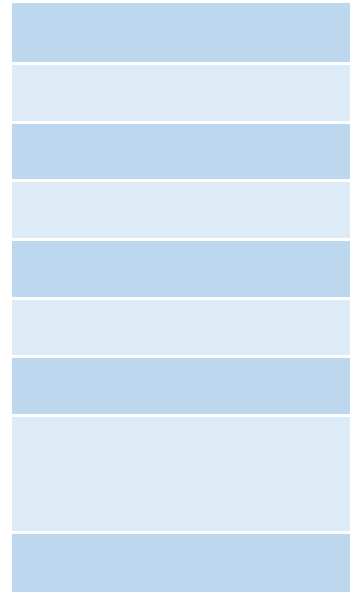
Afternoon or evening cravings for carbs, alcohol or
drugs

TOTAL



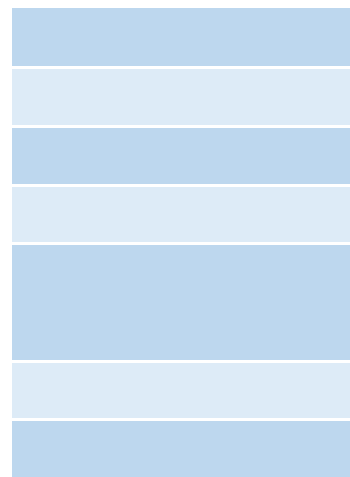
Low Catecholamines

- Depression and apathy
- Easily bored
- Lack of energy
- Lack of focus
- Lack of drive and low motivation
- Attention deficit disorder
- Procrastination and indecisiveness
- Craving carbs, alcohol, caffeine, or drugs for energy
- TOTAL***



Low Endorphins

- Heightened sensitivity to emotional pain
- Heightened sensitivity to physical pain
- Crying or tearing up easily
- Eating to soothe your mood, or comfort eating
- Really, really *loving* certain foods, behaviors, drugs, or alcohol
- Craving a reward or numbing treat
- TOTAL***



Low Blood Sugar

Crave sugar, starch or alcohol any time during the day

Irritable, shaky, headachey – especially if too long between meals (can look like anxiety or a panic attack)

Intense cravings for sweets

Lightheaded if meals are missed

Eating relieves fatigue

Agitated, easily upset, nervous

Glutamine helps to keep blood sugar stable. Good for the digestive system and very healing for the gut. Can be calming or excitatory

TOTAL

