

GABA



GABA (Gamma-Aminobutyric Acid) is a neurotransmitter that plays an important role in regulating the nervous system, keeping other neurotransmitters connected, and controlling the brain's rhythm.

GABA has an inhibitory effect on the brain, meaning it reduces neuronal activity and has a calming effect. A deficiency in GABA can cause anxiety and stress-induced behaviors such as binge eating and addiction.

Healthy GABA levels are crucial, as too much stress from low GABA levels can burn out other neurotransmitters such as Dopamine, Acetylcholine and Serotonin.

Possible Physical Signs of GABA Deficiency

- alcohol, drug & food addictions
- clammy hands
- constant burping
- dizzy spells
- migraines
- night sweats
- no appetite in morning
- overeating/binging/large portions
- overweight
- shaky
- skipping meals
- sleep problems
- feel generally unwell

Possible Mental Signs of GABA Deficiency

- anxiety
- bad judgment
- depression
- difficulty facing reality
- difficulty handling emotions
- forgetful
- grandiose thoughts
- highly excitable
- mood swings
- narcissism
- feeling overwhelmed
- panic attacks
- panic eating to calm down
- tasks left undone
- trouble with boundaries
- withdrawal

Foods That May Deplete GABA Levels

- low fiber foods
- processed foods
- refined carbohydrates

Natural Ways to Support GABA Production

- Foods high in Glutamine such as beans, bran, brown rice, corn, dairy, fish, high fiber foods, lentils, meat, oatmeal, peas, poultry, whole wheat breads, root veggies such as yams
- High Vitamin B food like bananas, broccoli, beans, beets, brown rice, cantelope, figs, grapefruit, halibut, kale, lentils, liver, mangos, nuts, oats, oranges, spinach
- Tea - contains Theanine, which calms anxious mind, stops racing thoughts, enables alert but relaxed feeling and better sleep
- Spices that boost GABA levels are caraway, cardamom, cilantro, cinnamon, cloves, coriander, lemongrass, oregano, paprika, poppy seeds. These are all considered calm-down spices.

Supplements That May Support GABA Production

- GABA: 500-3000mg/day; controls anxiety that leads to overeating
- Taurine: 500-10000mg/day; may inhibit weight gain
- Magnesium: 300-1000mg/day; increases energy production
- Theanine: 100-500mg/day; reduces mental and physical stress and produces feelings of relaxation
- Brain Calm: Contains Valine, Isoleucine, Leucine, Inositol, B-Complex; acts as a natural Valium

*These supplements are best taken in late afternoon or evening because of their calming effect. Check with your health care provider to determine the best dosage of these supplements as well.