## **Neurotransmitters: GABA**



## The Calm Prescription

GABA functions like your car's breaks which ensure a steady ride and prevent crashes. Almost 50% of the population is defined by the neurotransmitter that calms us down by keeping all of our brain waves in balance.

Guardians are dependable individuals who can be counted on to be where they should be and do what they say. They are characterized by equanimity in the face of chaos. Setting goals and organizing plans and schedules to achieve them are first nature for GABA-dominant Guardians.

When there is a GABA deficiency, brainwaves lose rhythm, or balance with each other. Rhythm disturbances show up in more ways than any other neurotransmitter deficiency, and there is a complete program at your disposal to reline your brakes.

## Conditions/Diseases of GABA Deficiency

- Tinnitus
- Anxiety
- Hypertension
- · Chronic pain
- Cystitis
- Irritable bowl and other gastrointestinal disorders
- PMS
- Insomnia
- Seizures
- Stroke
- Bi-polar disorder

When you are in your element, methodically accomplishing your daily tasks and helping others to do likewise, without being the center of attention, you are experiencing the GABA Edge Effect.

## Symptoms of GABA Deficiency



#### **Physical**

- Carbohydrate cravings
- Flushing
- Butterflies in stomach
- Lump in throat
- Ringing in ears
- Muscle tension
- Trembling
- Twitching
- Numbness or tingling in fingers
- Hyperventilation
- · Blurred vision
- · Abnormal sense of smell
- Abnormal odors
- Unusual allergies
- Night sweats
- Tachycardia
- · Chest pain or discomfort



#### Psychological

- Restlessness
- Feelings of dread
- Emotional immaturity
- Short temper
- Phobias



#### Memory Function

· Poor verbal memory



#### Attention Issues

- Impulsivity
- Disorganization

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# Multi-Modal Treatments for GABA Deficiency





#### Diet

- Caffeine-free herbal teas
- Banana
- Rice bran
- Citrus fruits
- Whole grains
- Brewer's yeast
- Brown rice
- Broccoli
- Molasses
- Liver and other organ meats
- Lentils
- Halibut
- Baked or mashed potatoes
- Tree nuts



### Vitamins/Supplements

Ask your practitioner if any of the following are good choices for you:

- Inositol
- Thiamine
- Riboflavin
- Branched Chain Amino Acids
- GABA
- Glycine
- Kava Kava
- Valerian Root
- Passion Flower



## Lifestyle Recommendations

- Relaxation
- Non-scheduled activities
- Delegate tasks
- Aerobic exercise
- Outdoor activities (walk in nature, hiking, beachcombing, kayaking, etc.)

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