

# [PDF] The Antianxiety Food Solution: How The Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood, And End Cravings

Trudy Scott, James Lake - pdf download free book

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#### Books Details:

Title: The Antianxiety Food Solution

Author: Trudy Scott, James Lake

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## **Description:**

### **Review**

“Trudy Scott’s book, *The Antianxiety Food Solution*, fills an important gap in the popular literature on anxiety. It provides clear, helpful guidelines for utilizing nutrition to overcome anxiety.”

—Edmund Bourne, PhD, author of *The Anxiety and Phobia Workbook*.

“I recommend this book not only to those who suffer from anxiety, but to their health care providers as well.”

—Karla Maree, certified nutrition consultant, neuronutrient therapist, and director of nutritional therapy at Recovery Systems Clinic

“A great little book with plenty of practical advice backed by science.”

—Daniel G. Amen, MD, author of *Change Your Brain, Change Your Life*

“Every one of the millions now suffering from anxiety has a new friend in Trudy Scott, whose book offers them a nutritional lifeline. Replete with specific and practical suggestions, this book is backed up by research and clinical expertise.”

—Julia Ross, MA, MFT, author of *The Mood Cure* and *The Diet Cure*

“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*

“This book is a real tour-de-force in complementary mental health literature and should be on the shelves of every anxiety sufferer. It’s a user-friendly and balanced book about foods and nutrients that can reduce anxiety, and it is also refreshingly original.”

—Jonathan Prousky, MSc, ND, professor of clinical nutrition at the Canadian College of Naturopathic Medicine and author of *Anxiety: Orthomolecular Diagnosis and Treatment*

“As a nutrition and fitness expert and the mother of a child with an emotional disorder, I find this book invaluable. It is one I will use myself and recommend to both clients and colleagues.”

—JJ Virgin, CNS, CHFS, nutrition and fitness expert, author of *Six Weeks to Sleeveless and Sexy*, and cohost of TLC’s *Freaky Eaters*

“A leader in the field of food and mental health, Trudy Scott supplements the core themes of food and gut health with chapters on amino acids, pyroluria, and lifestyle changes. Trudy aptly emphasizes that readers should try to find the root cause of their health problems.”

—Lawrence E. Cormier, MD, holistic psychiatrist in Denver, CO

“This book may be the key you’ve been looking for. It does an excellent job of explaining the science behind anxiety and then bringing it to a practical level, providing a nutritional and integrative approach to anxiety.”

—Elizabeth Lipski, PhD, CCN, director of doctoral studies at Hawthorn University in Whitethorn, CA, and author of *Digestive Wellness*

### **From the Publisher**

The Antianxiety Food Solution presents effective natural treatments and dietary changes that can significantly reduce anxiety symptoms and improve mood.

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