It’s remarkable how much the foods we eat can impact our brain chemistry and emotions. What and when we eat can make the difference between feeling anxious and staying calm and in control. But most of us don’t realize how much our diets influence our moods, thoughts, and feelings until we make a change.

In *The Antianxiety Food Solution,* you’ll find four unique antianxiety diets designed to help you address nutritional deficiencies that may be at the root of your anxiety and enjoy the many foods that foster increased emotional balance. This easy-to-use guide helps you choose the best plan for you and incorporates effective anxiety-busting foods and nutrients. You’ll soon be on the path to freeing yourself from anxiety—and enjoying an improved overall mood, better sleep, fewer cravings, and optimal health—the natural way!

**about the author**

**Trudy Scott, CN,** has a nutrition practice that focuses on food, mood, and women’s health. She lectures extensively, both at live events and via teleseminars. She is president of the National Association of Nutrition Professionals and a member of Anxiety Disorders Association of America, the Alliance for Addiction Solutions, and the National Alliance on Mental Illness. She lives in the greater Sacramento, CA, area.

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**acclaim**

“[This book] 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*