

GABA

What is GABA?

GABA (Gamma-Amino-Butyric Acid) is the main inhibitory neurotransmitter (calming molecule) in the brain. It serves as the "off" switch, reducing mental activity and inducing feelings of serenity and relaxation. It is frequently referred to as "brain's natural soothing chemical" or simply "brain's own Valium" for its ability to restore emotional balance. GABA also plays a role in the control of muscle tone, being able to relax muscle tension.

GABA plays an important role in the production of endorphins, brain chemicals that produce sensations of tranquility and well-being.

In a nutshell, GABA is an effective natural antidote for [insomnia](#), stress and anxiety, providing relaxation for body and mind, strengthening the central nervous system (CNS) and restoring it after nerve-racking times.

What is GABA used for?

As a natural soothing substance, GABA is successfully used for the treatment of depression, anxiety, stress, sleep disorders, phobias, including social phobia, petulance, attention deficit disorder, muscle tension, elevated blood pressure, epilepsy, PMS and as a mood booster.

GABA's ability to calm and relax overexcited brain makes it an excellent [natural cure for insomnia](#), as GABA will help you to "switch off" and fall asleep naturally and efficiently.

In addition to its soothing effects, recently growing evidence appears for GABA's anti-aging properties and its ability to reduce wrinkles!

Dangers of GABA deficiency

GABA deficiency can result in a host of health problems, ranging from chronic [insomnia](#), depression, mood swings, anxiety, petulance, edginess, agitation, lightheadedness, muscle pain, muscle tension, hypertension, tachycardia, Premenstrual syndrome, chronic pains and migraines to epilepsy, seizures, panic attacks, phobias, fears, obsessive-compulsive disorder and other neurological disorders.

How does GABA work?

GABA is manufactured in the central nervous system mostly from [L-glutamic acid](#). Once made, it switches the brain to theta waves, which are linked with relaxation response.

Thus GABA helps you to calm, relax and reduce mental activity, shifting from tension, worries and concerns to happy and serene state of mind.

GABA regulates brain rhythms and when they go out of balance anxiety, irritability, nervousness and [insomnia](#) come up.

Dietary sources of GABA

Good sources of GABA are oats, almonds, germinated brown rice, lentils, bananas, broccoli, beef, citrus fruits, potatoes, whole grains, spinach and nuts.

Availability and dosage

GABA is available without prescription (as it is a natural nutritional supplement) in many health shops. GABA is best absorbed and more effective when taken between meals. Start with 100-500mg, midafternoon/bedtime.

Complementary supplements:

[Vitamin B6](#) helps GABA production in the brain, so being added to GABA supplement it will significantly help to reduce [insomnia](#) and anxiety and contribute to general brain function and health.

Conclusion:

GABA is the main brain calming chemical responsible for de-stress, healthy sleep patterns,

emotional health and calming anxiety.

Boosting GABA levels is crucial for the [successful insomnia cure](#), as well as for effective stress and anxiety cure.

Taking GABA as a supplement is a natural, safe and effective way to raise its levels in the brain.

Side effects and precautions:

GABA has little to no side effects and is considered to be very safe at recommended doses. Side effects are rare and mild, but some people might experience nausea, shortness of breath and tingling sensation on the skin (this last one is actually more erotic than unpleasant!). These side effects of GABA quickly pass and are not dangerous.

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Insomnia Herbal Remedies,