

Targeting the Endocrine System to Optimize Treatment Outcomes for Anxiety, Fatigue, & Mood Disorders



Dr. Kristen Allott, ND, MS

FuelYourBrain.org | KristenAllott.com | ProteinForAll.org
DrKristenAllott@gmail.com
Tacoma, WA

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Request a Personal Copy of 25 ***Fuel Your Brain, Not Your Anxiety Workbook***

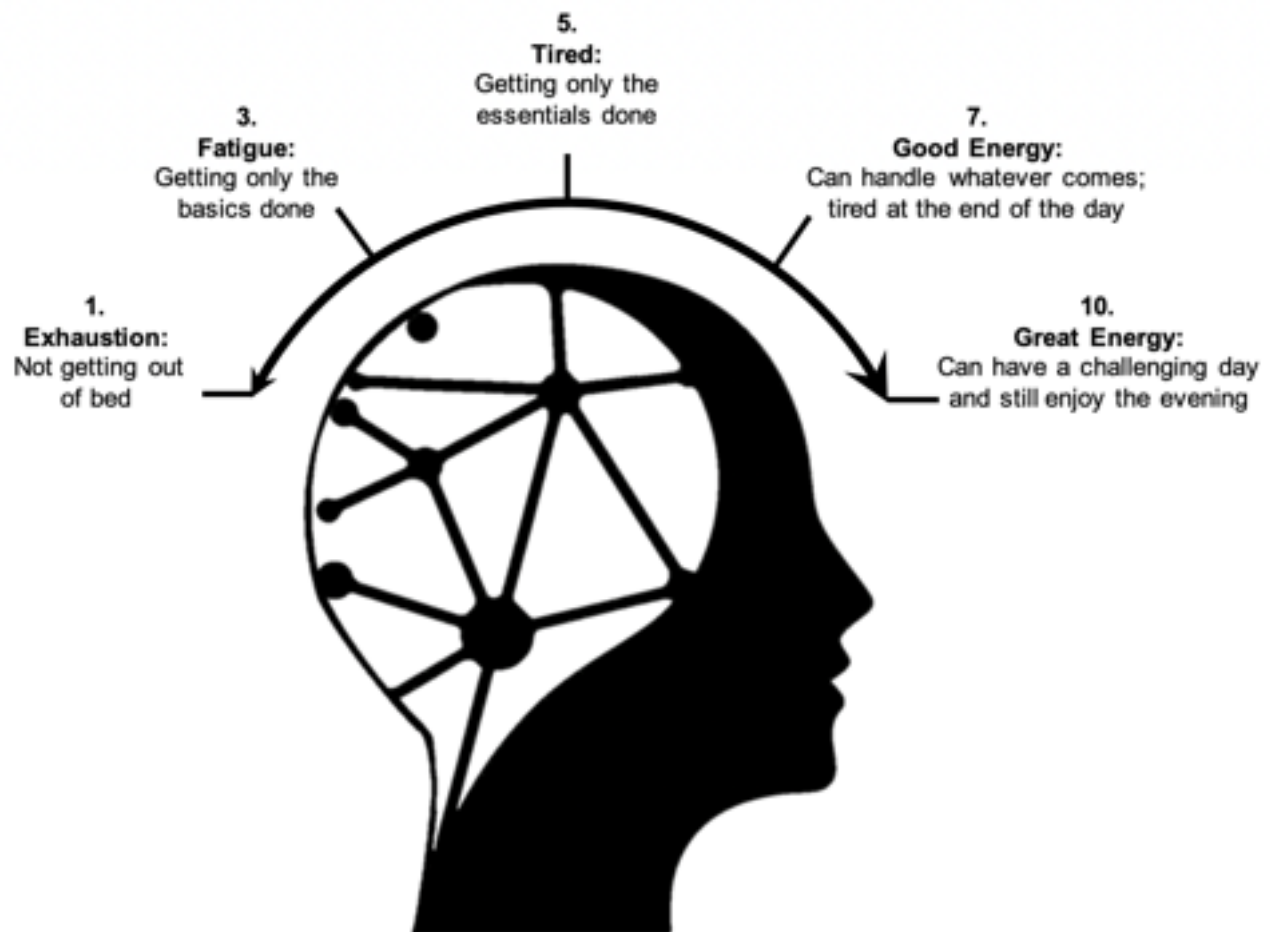
MONITORING POWER SUPPLY

NAME: _____

Power supply of the body is essential for good decision-making. Making a practice of monitoring your body's energy is like monitoring the gas in the tank of your car you want to check-in occasionally so that you don't get stranded. If you are running low on energy, what can you do to refuel it?

Exercise: Monitor your power supply through out the day. Please subtract one point for every serving of product with caffeine. Caffeine can mask fatigue.

What are activities that will increase your power supply or decrease your power supply?



MONITORING POWER SUPPLY

DATE

TIME OF DAY	ENERGY	NOTES
Wake		
Mid-Day		
Noon		
Mid-Afternoon		
Dinner		
Bedtime		

DATE

TIME OF DAY	ENERGY	NOTES
Wake		
Mid-Day		
Noon		
Mid-Afternoon		
Dinner		
Bedtime		

What is one activity that I will consistently do that will increase my power supply by 10%?



Snapshot of Anxiety Assessment

Directions: Part 1: If your power supply drops below 5 during the active part of your day, give yourself a fatigue score of 10 points. If your power supply stays above 5, your fatigue score is 0. Part 2: If any part of the in the Brain-Body symptom description fits you, check the box and circle the part you relate to.

Part 1: Fatigue Score



Circle Your Fatigue

Score: 0 10

Take a moment to rate your power supply—or how much energy you feel you have—on a scale of 1 to 10, with 1 being minimal energy and 10 being solid energy throughout the day. If your power supply drops below 5 during the active part of your day, give yourself a fatigue score of 10 points. If your power supply stays above 5, your fatigue score is 0.

Part 2: Brain – Body Symptoms

BRAIN SYMPTOMS

- ☐ Flight emotions: agitation, nervousness, worry, anxiety, fear, panic
- ☐ Fight emotions: hyper-focused, defensive, negative, irritable, controlling, rage
- ☐ Disappear emotions: withdrawn, depression, crying, shutdown
- ☐ Racing thoughts
- ☐ Negative thought patterns toward self; self-critical
- ☐ Emotional outbursts that are larger than necessary

BRAIN SYMPTOMS (continued)

- ☐ Doing old behaviors that you don't want to do again, such as eating sugar, drinking alcohol or using other addictive substances, calling people that are not helpful
- ☐ Fear of dying, suicidal thoughts, confusion, abnormal behavior—*If you check this box, please ask for help.*

BODY SYMPTOMS

- ☐ Shaky or trembling hands
- ☐ Heart palpitations, racing heart rate
- ☐ Shortness of breath
- ☐ Pale skin
- ☐ Shakiness, vibrating body, physically agitated, or fidgety
- ☐ Hungry, craving sugar, sweets, carbohydrates (breads, pasta, candy)
- ☐ Nausea
- ☐ Not hungry for meals or not able to eat
- ☐ Sweating
- ☐ Dizziness
- ☐ Vertigo
- ☐ Visual disturbance
- ☐ Extreme fatigue
- ☐ Seizures or loss of consciousness

Total number of boxes checked: / 22



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Snapshot of Anxiety Assessment

Directions: Part 3: Use the rating scale to answer the questions. Add the totals from each column to get your score. Skip questions that do not apply to you. Part 4: Write in the totals from Parts 1, 2, & 3 to get your Snapshot of Anxiety Score

Part 3: Global Symptoms: The physiological process that increases anxiety also increase other symptoms.

Please rate these symptoms	Not at all	Some days	Most days	Nearly every day
Fatigue	0	1	2	3
Afternoon fatigue	0	1	2	3
Moodiness including emotions of anxiety, irritation, agitation and sadness	0	1	2	3
Lack of mental clarity	0	1	2	3
Morning insomnia / waking too early	0	1	2	3
Inability to wake up in morning	0	1	2	3
PTSD nightmares	0	1	2	3
Brain fog / Harder to think	0	1	2	3
Physical pain for any cause	0	1	2	3
Distraction and/or ADHD symptoms	0	1	2	3
Dysregulated bowel symptoms (constipations, diarrhea, bloating)	0	1	2	3
Sugar/carbohydrate cravings	0	1	2	3
The use alcohol or other substances to regulate your emotions and symptoms	0	1	2	3
Sub-Total Score:				
Total Score (add the scores from the 4 columns above):				

Part 4: Snapshot of Anxiety Assessment Score


	Points
From Part 1: Fatigue Score	
From Part 2: Brain – Body Symptoms Total points	
From Part 3: Global Symptoms Total points from all columns	
Snapshot of Anxiety Score:	

You might be curious about how to interpret your final score. However, when it comes to the Snapshot of Anxiety, there isn't a standard total. Instead, you'll be using the score to see if your ratings for each category improve when you do experiments.

Identify what's important to you about reducing anxiety:

Benefits	Not important	Somewhat important	Mostly important	Very important
Feel better				
Better sleep				
More confident				
More at ease with yourself				
Willing to try new things				
Better connections and/or boundaries with friends and family				
Better able to take care of projects important to you				
Other:				



What Impacts Anxiety			Day 1	Date:	Day 2	Date:	Day 3	Date:	
			What's going on? Write below and note the time.		What's going on? Write below and note the time.		What's going on? Write below and note the time.		
Time of day									
Power Supply (1-10)									
ANXIETY LEVEL	HIGH	10							
		9							
		8							
		7							
	MED	6							
		5							
		4							
	LOW	3							
		2							
		1							
Anxiety Accelerators (Caffeine, Alcohol, Sugary Foods, Screen Time, Stressful Day)									
Daily Practices throughout the day:									
What did you eat (meal or snack)? (Protein, Carb, Veggie/Fiber, Fat)									
<input checked="" type="checkbox"/> Movement/Physical Activity									
<input checked="" type="checkbox"/> Safe, Supportive Connections									
Resiliency Factors (Mindfulness, Quiet Time, Time Outside, Spiritual Practice, Journaling)									
# of hours of sleep the night before									
Other Notes									



Part I The Fundamentals of Glucose Regulation as a Solution for Anxiety, Fatigue and Burnout

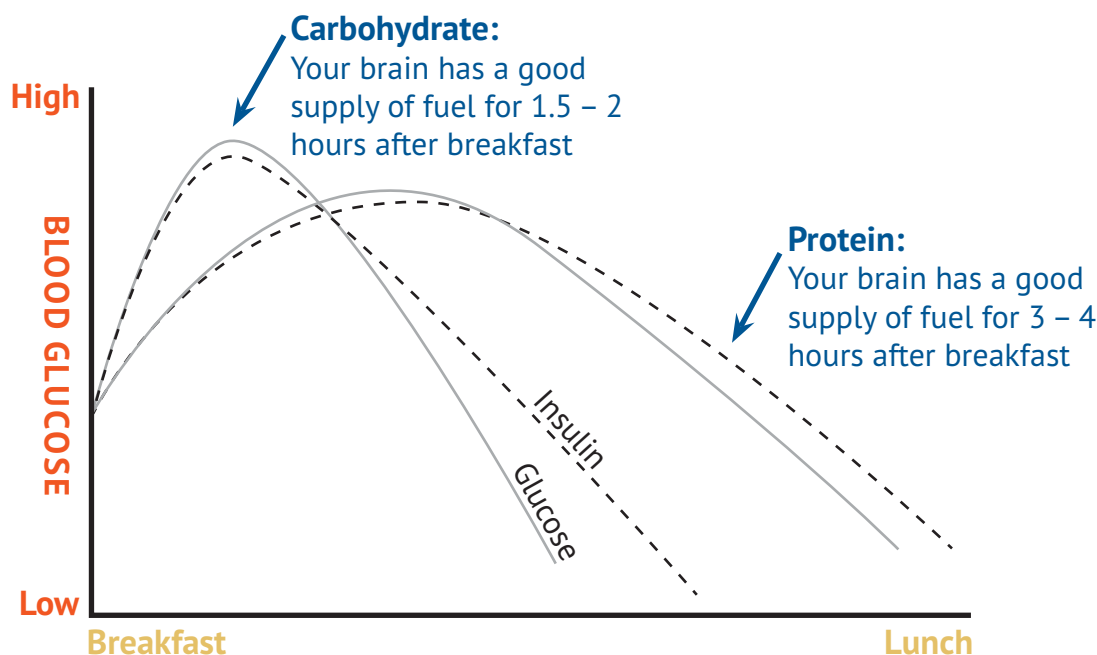


Chapter 3 A Fueled Brain Is a Smarter Brain

Here is a link to a video that explains the physiology of optimizing your brain with food.

Link to the video: <https://www.kristenallott.com/chapter3-video>

The 3 Day Protein Experiment Carbohydrates vs Protein



Three-day experiment for more energy and mental clarity: Protein every three hours

- 7 AM** **Breakfast:** (14 grams of protein) within an hour of waking
Two eggs, 1 piece of toast, one apple or pear
- 10 AM** **Snack:** (6-7 grams of protein)
1/4 cup of nuts: almonds, peanuts, cashews, and hazelnuts
Or 1/4 cup of cottage cheese
Or 2 tbsp of nut butter—peanut, almond, and/or cashew
- 12-1 PM** **Lunch:** (21 grams of protein) meat the size of a deck of cards
This can be a sandwich, wrap, salad, or soup
Plus 1 cup of veggies and/or 1 cup of whole, real grain—brown rice, quinoa, bulgar
Be sure that you consume a little bit of veggie fat—avocado, nut oil, and/or olive oil.
- 3 PM** **Snack:** (6-7 grams of protein)
1/4 cup of nuts: almonds, peanuts, cashews, and hazelnuts
Or 1/4 cup of cottage cheese
Or 2 tbsp of nut butter—peanut, almond, and/or cashew
- 6 PM** **Dinner:** (21 grams of protein) meat the size of a deck of cards
This can be a sandwich, wrap, salad, or soup
Plus 1 cup of veggies or 1 cup of whole, real grain—brown rice, quinoa, and/or bulgur
Be sure that you consume a little bit of veggie fat—avocado, nut oil, and/or olive oil.
- Before Bed** 1-2 slices of turkey meat



Optimize Your Brain™

Protein for mental health

Small frequent meals that contain protein help the brain synthesize dopamine and serotonin, and stabilize blood glucose to help you feel better. It is also important to eat vegetables, fruits, and whole grains.

Benefits of eating enough protein

- Less fatigue, particularly in the afternoons
- Better sleep
- **More** energy
- Hungry **less** often
- **Better**, more stable moods
- **Higher** metabolism from having a higher muscle mass

YOUR WEIGHT (lbs)	TARGET (g protein)	ACCEPTABLE RANGE (g protein)
100	40	36-45
120	48	43-54
140	56	50-63
160	64	57-72
180	72	64-81
200	80	71-90

“Lizard Brain” treat™

- 1/4 cup of fruit juice or a ‘tot box’ of juice
- 1/4 cup of nuts (almonds, cashews, hazelnuts)

Use the Lizard Brain Treat when you are:

- Anxious, irritated, and/or agitated.
- Anticipating something that makes you anxious, irritated and/or agitated.
- Not hungry after waking in the morning. (Try keeping nuts and juice on your bed stand and consuming the treat prior to getting out of bed)
- Hungry, having gone too long (more than 4 hours) without eating.
- Having 3 AM “committee meetings”: waking at 3 AM and being sure that sleep won’t come for 2 hours.

HEALTHY PROTEIN SOURCES:

Legumes			Nuts		
Firm Tofu	1/2 cup	20 g	Nuts	1/4 cup	8 g
Tofu	1/2 cup	10 g	Seeds	2 tbsp	3 g
Tempeh	1/2 cup	16 g	Nut butter	2 tbsp	8 g
Lentils	1/2 cup	9 g	Seed butter	2 tbsp	5 g
Refried beans	1/2 cup	8 g	Milk Products		
Whole beans	1/2 cup	7 g			
Gardenburger	1 patty	11 g	Cottage cheese (LF)	1/2 cup	12 g
Seed Grains			High Protein Yogurt	1/2 cup	8-9 g
			(Not milk or cheese)		
			Eggs		
Quinoa	1/2 cup	11 g	Other		
Barley	1/2 cup	10 g			
Dark rye flour	1/2 cup	9 g			
Millet	1/2 cup	4 g			
Oats	1/2 cup	3 g			
Brown rice	1/2 cup	3 g			
White rice	1/2 cup	3 g			
Dairy Substitutes			Protein powder	1 tbsp	9-15 g
			Yogurt (LF)	1 cup	8-14 g
			Wild fish	3 oz	21 g
			Chicken, Turkey, Beef, Pork	3 oz	21 g

Note: Egg yolks contain nutrients that are excellent for the brain. Clinically, I have not seen milk or cheese serve as a protein source in adults.

PORTION CONTROL:

Here are some visual clues to help you keep servings to the proper size:

- **3 oz of any meat** = a deck of playing cards
- **1/2 cup cooked grain** = a small fist
- **1 oz cheese** = a thumb
- **1 oz nuts** = a golf ball
- **1 tbsp nut butter or nuts** = a silver dollar or a walnut



Steps to Evaluating Food Labels

STEP 1: Amount of Protein

How much protein is in a serving?

STEP 2: Amount of Calories

How many calories per serving?

STEP 3: Serving Size

How much counts as one serving? When you eat it, do you eat more or less than the listed amount? For example, a bottle of soda often has '2.5 servings' even though most consumers drink the entire bottle in one sitting. The nutrition facts provided are for the specified serving size and may need to be adjusted up or down.

STEP 4: Calculating Carbohydrates

Use this equation to calculate carbohydrates:

- A. Total Carbs (g)
- B. Dietary Fiber (g)
- C. Insoluble Fiber (g)
- A - B - C = Carbs**

STEP 5: Carbohydrate to Protein Ratio

Use the carb count from Step 4 to find the carb to protein ratio. E.g. **10g carbs:5g protein** is a **2:1** ratio.

Different people feel better eating different ratios. **For most people ratios of 1:1, 2:1, 3:1, and 4:1 are meals ratios. 5:1 ratio and above are dessert.**

Do experiments to see what ratio keeps you from being hungry 2, 3, and 4 hours later.

Do you know what you are eating?

Do you believe the food industry knows about your individual health?

Nutrition Facts	
Serving Size	1 Bar (35g)
Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	15%
Soluble Fiber 1g	
Insoluble Fiber 3g	
Sugars 8g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

OUR TASTY INGREDIENTS: ROLLED WHOLE GRAIN BLEND (HARD RED WHEAT, OATS, RYE, TRITICALE, BARLEY), BROWN RICE SYRUP, CHERRIES (CHERRIES, APPLE JUICE CONCENTRATE, RED TART CHERRY JUICE CONCENTRATE), SEMISWEET CHOCOLATE (EVAPORATED CANE JUICE, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), SOY PROTEIN ISOLATE, SOY GRITS, EVAPORATED CANE JUICE CRYSTALS, CHICORY ROOT FIBER, EVAPORATED CANE JUICE SYRUP, HONEY, CORN FLOUR, EXPELLER PRESSED CANOLA OIL, RICE STARCH, VEGETABLE GLYCERIN, OAT FIBER, EVAPORATED SALT.

(WHOLE: HARD RED WHEAT, OATS, RYE, BARLEY, TRITICALE, BROWN RICE, BUCKWHEAT, SESAME SEEDS), NATURAL FLAVORS, MOLASSES, SOY LECITHIN, WHEY PROTEIN ISOLATE, ALMOND FLOUR, PEANUT FLOUR, CONTAINS CHERRIES AND MAY CONTAIN CHERRY PITS, CONTAINS WHEAT, SOY MILK, ALMOND AND PEANUT INGREDIENTS, MAY CONTAIN OTHER TREE NUTS.

STEP 6: Types & Amounts of Fats

Does the package say "No Trans Fats"? Check the ingredients for hydrogenated or partially-hydrogenated oils. Products without these are better choices. Note the industry is able to say zero when it is really 0.5 mg.

STEP 7: Ingredients Evaluation

Can you easily read all of the ingredients names? Do you know what they are? In general, the more ingredients you recognize as natural, the better. Some strange sounding ingredients (like riboflavin, or vitamin B2) are simply official names for naturally occurring vitamins. Be especially cautious of foods with high fructose corn syrup.

STEP 8: Place in Your Diet

This may be the most important part of reading labels: What purpose does this food serve in your diet? Is it a snack? Is it a meal? Is it a condiment? Is it entertainment (i.e. popcorn)? For example, it seems unreasonable to eat a 400 calorie nutrition bar as a snack but that same bar might be a good choice if it is a meal replacement.

STEP 9: Do you like the taste.

Does this satisfy you? Don't eat things you really don't like, but not everything has to be delicious. Let yourself experiment with new or different foods with the goal of making small improvements.

MEAL: 1:1 to 3:1
Carb to Protein Ratio

DESSERT: 4:1 to 6:1
Carb to Protein Ratio

SUGAR CRACK: more than
6:1 Carb to Protein Ratio



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IDEAS FOR INCREASING PROTEIN

Do the experiment — did three days of increased protein help your energy and mental clarity?

Here are some meal ideas to encourage the thought, “Oh, I could try that.” The idea is for busy professionals to make improvements. Remember that breakfast, lunch and dinner can be interchangeable. The concept is to do little experiments to see if you feel better.

BREAKFAST

Goals: 14 grams of protein, veggie or fruit, something with fiber, a little fat

- Ready-to-drink protein shake (Odwalla Protein Shake or Orgain protein shake) and an apple or 1/2 a banana with 4 Tbsp of nut or seed butter (almond, cashew or tahini)
- Protein bar: Cliff, Zing, or Stinger, high protein Kind bars
- High protein Greek yogurt (Fage, Chobani) with walnuts, almonds or cashews and raisins, an apple or 1/2 a banana
- Apple, carrot and/or celery with 4 Tbsp of nut or seed butter (almond, cashew or tahini)
- Whole eggs: 1-2 scrambled/boiled/fried with a handful of veggies and toast or sweet potato
- Breakfast burrito with scrambled eggs, veggie sausage or refried beans, handful of veggies, and cheese
- Make own protein shake with whey or rice protein powder, dark berries, chocolate powder, coconut milk and water

SNACK

Goal: 6 grams of protein 1. between meals, 2. before going home 3. before big emotional challenges

- 1/2 ready-to-drink protein shake (Odwalla Protein Shake or Orgain protein shake) and an apple or banana
- An apple or a banana with 4 Tbps of nut or seed butter (almond, cashew or tahini)
- 1/2 cup high protein Greek yogurt (Fage, Chobani)
- 1/2 cup cottage cheese
- Protein bar: Cliff, Zing, or Stinger, high-protein Kind bars
- One handful (1/4 cup) of walnuts, almonds or cashews with raisins or cranberries

LUNCH

Goal: 20 grams of protein, 1-2 cups veggies, carbohydrate (bread, pasta, rice, sweets the same size as the protein), a little fat

- Eating out or going to grocery store deli: 3 oz pack of cards-sized portion meat on a salad, burrito, wrap sandwich, or over rice or pasta
- From home: Pre-cook 4-8 links of chicken sausage. Eat one link of sausage with pre-washed salad, favorite salad dressing, 1/2 sweet potato or piece of fruit

LUNCH (cont'd)

- High-protein Greek yogurt (Fage, Chobani) with walnuts, almonds or cashews or blueberries as well as an apple or 1/2 a banana with 4 Tbsp of nut or seed butter (almond, cashew or tahini)
- Egg salad on toast with a bed of salad greens
- Three-bean or lentil salad with quinoa

SNACK

Goal: 6 grams of protein 1. between meals, 2. before going home 3. before big emotional challenges

Same as previous snacks

TREATS

Dark chocolate eaten at the same time of day to decrease sugar binges

DINNER

Goal: 20 grams of protein, 1-2 cups veggies, carbohydrate (bread, pasta, rice, sweets the same portion size as the protein), a little fat

- Eating out or going to a grocery store deli: 3 oz pack of cards-sized portion meat on a salad, burrito, wrap sandwich, or over rice or pasta
- A can of soup with a deli chicken or sausage as well as a quick salad of artichokes with salad dressing.
- Quinoa pasta with sausage, red sauce and veggies as well as a salad
- Meat-based or vegetarian chili with beans on quinoa with microwave frozen broccoli with 1 Tbsp of butter
- Tofu, tempeh or meat stir-fry with veggies on quinoa or brown rice
- Quesadilla with pack of cards-sized portion meat, spinach or sauteed mushrooms, onions and cheddar cheese
- Eat out and bring leftovers for lunch: Indian food with meat or chickpeas or lentils, Thai food with meat or tofu, Mexican food with meat or beans.



Helpful Tips

- **Pre-cook meats:** chicken, turkey and pork sausages are about 3 oz each and can be added to salad, a can of soup, a burrito, stir-fry, prepared veggies picked up at a deli and leftovers.
- **Slow cookers are great for yummy meats.** It is easy to find recipes on the Internet. “Pulled” chicken and pork are awesome on everything!
- **Slow cookers are great for veggies.** Try squash, sweet potatoes, beets, carrots, onions, garlic. I just put them in on low and walk away for 6-8 hours. Sometimes they are perfect; sometimes they need a little more cooking. Even if occasionally overcooked, they are edible. The big advantage is that it’s *easy*!
- **Eat veggies with salad dressing.** It is more important to eat veggies than to avoid whatever stopped us from using salad dressing in the first place.
- Most **people who hate veggies** have a few that they do like. The one people consistently say they like is canned artichokes. Canned artichokes are great — they don’t go bad, they transport easily and many have a pull-off lid
- **Things to have at the office** in the desk drawer: a jar of nut butter; peanut butter is fine as long as it is unsweetened. Also, Trader Joe’s bags of nuts and dark chocolate bars are convenient to store at work
- **Things to have work buy** at Costco: yogurt, apples, oranges, nuts, cottage cheese, string cheese, dark chocolate and dried fruit.



USEFUL WEBSITES

World’s Healthiest Foods:
whfoods.com

Office workouts: Look on YouTube for “Denise Austin office workout.” I have followed her for years. She is safe and practical. (I turn off the audio after I have heard it once).



USEFUL BOOKS

Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Walter C. Willett, M.D.

Why We Get Fat: And What to Do About It by Gary Taubes

DO THE EXPERIMENT

Use this chart to track the positive and negative poles for energy, mood, sugar cravings and sleep.

Mark the chart before the experiment and **after three days of the experiment**

 ENERGY

 MOOD

 SUGAR

 SLEEP

BEFORE
THE
EXPERIMENT



AFTER
THE
EXPERIMENT



INCREASING PROTEIN IN VEGETARIAN & VEGAN DIETS

Increasing your dietary protein intake helps stabilize blood glucose which in turn enhances & sustains your energy levels & mental clarity. See if this holds true for you by eating more protein than you typically would for 3 days. If you notice improvement in your energy & mental clarity, maintain a daily protein intake of about 65 grams by eating 20-25 grams per meal & 6-8 grams per snack. Try these interchangeable options (e.g. lunch can be swapped for dinner) & feel better fast!

BREAKFAST

Goals: 14-20 grams of protein, 1 veggie or fruit, something with fiber, & a little fat

- Ready-to-drink protein shake (e.g. Odwalla or Orgain) & 1 piece of fruit (e.g. apple or banana) with 4 Tbsp of nut or seed butter (e.g. almond or tahini) OR homemade protein shake with whey, rice, or Vega-brand protein powder, berries, cocoa, coconut milk, & water
- Protein bar: Clif Builder's, Zing, or Stinger
- High-protein Greek yogurt (e.g. Fagé or Chobani) with nuts or seeds (e.g. walnuts or almonds or sunflower or sesame seeds) & 1 piece of fruit
- Apple, carrot &/or celery with 4 Tbsp of nut or seed butter
- Whole eggs or firm tofu: 1-2 eggs or ¼ block firm tofu scrambled/fried/boiled (eggs) with a handful of veggies & 1 piece of toast or 1 sweet potato
- 1 burrito or 3 tacos with scrambled eggs, beans (e.g. whole or refried pinto or black beans), firm tofu, or mock meat (e.g. veggie sausage), a handful of veggies, & dairy or vegan cheese

SNACK

Goals: 6-8 grams of protein 1. between meals, 2. before going home, & 3. before big emotional challenges

- ½ a ready-to-drink protein shake & 1 piece of fruit
- 1 piece of fruit with 4 Tbsp of nut or seed butter
- ½ a cup of high-protein Greek yogurt or ½ a cup of cottage cheese
- Protein bar: Clif Builder's, Zing, or Stinger
- 1 handful (¼ cup) of nuts or seeds with unsweetened dried fruit (e.g. raisins or cranberries)

LUNCH

Goal: 20 grams of protein, 1-2 cups veggies, carbohydrate (bread, pasta, rice, sweets the same size as the protein), a little fat

- Goals: 20-25 grams of protein, 1-2 cups of veggies, ½ a cup of whole grains (e.g. brown rice or quinoa) or 1 wrap/tortilla, & a little fat

LUNCH (cont'd)

- Restaurant or grocery store-prepared foods: 1 cup of beans, hummus, or tempeh OR 1/2 block of firm tofu in a salad, burrito, wrap sandwich or over brown rice or quinoa
- From home: Pre-cook 4-8 veggie sausages. Eat 1 veggie sausage with salad greens, your favorite salad dressing, & ½ a sweet potato or 1 piece of fruit
- High-protein Greek yogurt with nuts or seeds & berries along with 1 piece of fruit with 4 Tbsp of nut or seed butter
- Egg salad or cottage cheese on a bed of salad greens with sliced tomato
- Three-bean or lentil salad on brown rice or quinoa

DINNER

Goals: 20-25 grams of protein, 1-2 cups of veggies, ½ a cup of whole grains (e.g. brown rice or quinoa) or 1 wrap/tortilla, & a little fat

- Restaurant or grocery store-prepared foods: ½-1 cup of beans, ½ a cup of hummus, 1 cup of tempeh, or ¼ block of firm tofu in a salad, burrito, wrap sandwich or over brown rice or quinoa
- 1 can of soup with ½-1 can of beans or mock meat & canned artichokes with salad dressing
- Brown rice or quinoa with mock meat, red sauce, & veggies along with a green salad
- Veggie chili or stir-fry with beans, tempeh, or firm tofu on brown rice or quinoa & microwaved frozen veggies (e.g. broccoli or spinach) with 1 Tbsp of butter or olive oil
- Quesadilla with beans or tempeh, spinach, mushrooms, onions, & dairy or vegan cheese
- Eat out & bring leftovers to lunch: Indian, Thai, or Mexican food with beans, firm tofu, or eggs

TREATS

Eat dark chocolate at the same time each day to decrease sugar cravings/binges



TIPS

- Pre-cook mock meats: Veggie sausages are each about 3 oz & can be added to salads, stir-fries, soups, burritos, & prepared veggies (from grocery stores).
- Slow cookers are great for tender beans & veggies: Try beans & spices with onions, garlic, hearty greens (e.g. kale or collards), & sweet potatoes. I combine all ingredients in the cooker, set it on "low," & leave for 6-8 hours until food is tender.
- Eat veggies with salad dressing. It is more important to eat veggies than to avoid whatever stopped us from using salad dressing in the first place.
- Even veggie-haters often have 1 veggie they do like. For example, most people like canned artichokes which don't spoil quickly, do transport easily, & often have pull-off lids.
- Convenient foods for your office desk or kitchen cupboard: nut butter (any kind so long as it's unsweetened) & Trader Joe's mini bags of nuts & dark chocolate bars
- Request that your workplace stock the following Costco foods: nuts, high-protein Greek yogurt, cottage or string cheese, apples, oranges, unsweetened dried fruit, & dark chocolate

NOTES

- It is important not to eat more than 1 soy-based meal per day because eating too much soy can easily cause nutrient malabsorption. Many other veggie protein sources are included in this handout.
- Also, eating foods with vitamin C (e.g. tomatoes & green veggies) along with vegetarian sources of iron (namely including beans) helps ensure ample iron absorption & energy levels.
- Furthermore, especially if you are vegan, it is very important to supplement consistently with vitamin B-12 & vitamin D3. Research shows that vegans cannot dietarily source enough of vitamins B-12 & D3 to ensure neurological well-being & apt calcium absorption, so supplementation is key.
- Jarrow Formulas Methyl B-12 1000 mcg is a reliable supplementary source of B-12 & Country Life Certified Vegan D3 5000 I.U. reliably supplies supplementary D3. But note that not only vegans need D3 supplementation; sufficiently sourcing D3 through food alone is challenging for everyone.

Happy Experimentation!



Having an Emergency Food Plan

Because we all have terrible, horrible, no good days!

- On the worst of days, most of us still manage to brush our teeth because it's hard-wired into the brain. However, **eating** is one of the easiest things to drop.
- Having a written **Emergency Food Plan** to take the thought out of how and what to feed yourself will help you be at your best on these very challenging days.
- If you pre-plan for these days, there is a greater possibility that you'll **fuel your brain** when you need it most. It's important to build **flexibility** into the Plan.
- For example: have healthy quick meal options at home, identify places you can get ready-made food (restaurants, grocery stores, take-out), and include menus and numbers for meal delivery options.

Here are some ideas:

- Mac n' Cheese with frozen peas and chicken or skip jack tuna
- Healthy frozen meals
- Ramen soup package with an egg or pre-cooked animal or plant-based protein
- Salad bar with a lot of variety at a restaurant or grocery store
- List the names of stores or restaurants on your frequently traveled paths
- Circle healthy choices on the menus of your favorite delivery options



- Use the table below as a template for creating your own Emergency Food Plan. Having three ideas for each meal will help you stay on track.
- Remember – eating sets you up to have the energy and mental clarity you need to deal with the challenges of the day and will keep the physical symptoms of anxiety and worry in check.



My Emergency Food Plan

Breakfast	Lunch	Dinner
1.	1.	1.
2.	2.	2.
3.	3.	3.

Goals and Tips:

- Be sure to include protein, carbs, fiber, and fat in each meal
- Brainstorm easy and quick meals that you don't have to think too much about
- There are no rules against eating dinner for breakfast and breakfast for dinner!



30 DAYS TO MORE ENERGY AND MENTAL CLARITY

Burnout is when the Body does not have fuel to power the Brain and the lizard – or survival – brain takes over. We become reactionary; the rational brain rides in the backseat and, typically, no amount of backseat-driving ensures that it will be heard up front. Under these conditions, we often experience fight, flight or freeze.

Write your “tell signs” that you are sliding into lizard brain or short- or long-term burnout into:

As little as 10 minutes can improve the power supply to your brain.


What are you willing to commit to doing over the next 30 days to increase your energy and mental clarity?

Here’s a list of ideas to get you going:

- ☐ 3-Days of Protein, and then sustaining sufficient protein intake for the rest of the 30 day challenge
- ☐ Daily 10 minute walks – *it takes 20 days to notice an effect*
- ☐ Moving your body (in any way) for 10 minutes a day – *it takes 20 days to notice an effect*
- ☐ Going to bed at the same time every night and waking up at the same time every morning – *it takes 7 days to notice an effect*
- ☐ Getting 7-8 hours of sleep on a regular basis – *it takes 7 days to notice an effect*
- ☐ Turning off all electronics (phone, TV, tablets, etc.) 1 hour before bedtime – *it takes 7 days to notice an effect*
- ☐ Reducing alcohol consumption to less than 5 servings/week – *when dealing with high levels of stress, eliminate alcohol altogether*
- ☐ 10 minutes of mindfulness (breathing, body scan, naming colors, etc.) – *you’ll effects immediately*
- ☐ Write down 3 things you are grateful for each day – *it takes 7 days to notice an effect*

Check off a few that you can commit to doing, then keep track of how you feel on the back side of this page.



	Rate your energy level before and after the experiment. How do you feel?	BEFORE THE EXPERIMENT <div> 1 <div></div> 10 </div> <div> Empty Full </div>	AFTER EXPERIMENT <div> 1 <div></div> 10 </div> <div> Empty Full </div>

What are you committing to do to support your energy and mental clarity?

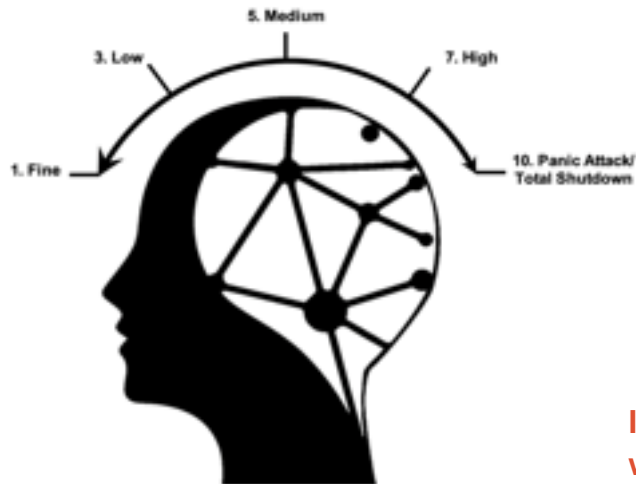
<i>Start date</i>	<i>Committed Activity</i>	Energy Level (1-10)	How is more energy and mental clarity showing up in your life?
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			
Day 28			
Day 29			
Day 30			



I Need Help Now!

Quick interventions for anxiety, irritation and agitation

1. What is my anxiety level?



2. What's going on?

- ☐ Are you having a panic attack?
- ☐ Are you uncomfortably anxious or irritated?
- ☐ Are you waking at 3am in the morning, with your mind racing?
- ☐ Are you overly or underly emotional for the situation?
- ☐ Have you not eaten for more than 3 hours?
- ☐ Do you want to feel better in 10-15 minutes?

If you are experiencing any of these, fuel your brain with a Lizard Brain Treat™. Even if you aren't hungry, having a Lizard Brain Treat™ will help reduce the feeling of anxiety, irritation and agitation.

What is a Lizard Brain Treat™ and how will it help me?

A Lizard Brain Treat™ is a snack of:

- sugar (a quick fuel) &
- protein (a longer-lasting fuel).

Sugar fuels your brain quickly and starts reducing the adrenalin causing the physical symptoms of anxiety, irritation and agitation. Protein extends the amount of time you're in your responsive cortex brain, before needing to re-fuel.

Your anxiety will generally drop by 10-20% within 10-15 minutes after eating a Lizard Brain Treat

Choose one quick fuel and one protein from the list below – or from your favorite foods.

Ideas for Quick Fuel:

¼ cup of juice
1 piece of hard candy
¼ cup of soda
Honey stick
Cottage cheese
1 Tbsp of jelly

Ideas for Protein:

¼ cup of nuts
A stick of jerky
¼ cup of cottage cheese
2 tbsp of peanut (or other nut) butter

Combined sources work too

(as long as they aren't sugar-free)!

½ cup of a protein shake
Protein bar
½ PB&J sandwich



High Stakes Events

Tips for Being At Your Best When it Counts the Most

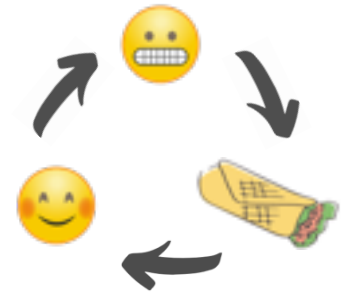
Do you need to be at your best, and you're anxious about it?

Feeling anxious may make you feel like skipping a meal, but doing this makes your body produce more adrenalin, which can make you *more* anxious!

By eating foods that contain both:

- Carbohydrates &
- 10-20 grams protein (as well as healthy fat & fiber!)

Your brain will be fueled for 2-4 hours.



10-20g of protein about an hour before the event will keep you in your smart brain

(Note: eating more than 20g of protein in one sitting does not extend this benefit)

Examples of high stakes events:

- Any situation where you want to be at your best
- Being around people that stress you out
- Being around highly emotional people
- Work-related social events
- Going to therapy
- Going to court
- Doing something new
- Family events
- Job interviews
- Test taking
- Public speaking

Some examples of high-protein snacks and meals:

Meals

- Salad, sandwich, or wrap with deli meat, chicken, beans, or tofu
- Hard-boiled eggs with carrots or bread
- Chicken or egg salad sandwich
- Tacos or burritos (with meat, beans, or tofu)
- Nut butter (peanut, almond, cashew) sandwich
- Lentil salad with quinoa and veggies

Snacks

- Handful of nuts (peanuts, walnuts, almonds, cashews)
- Cottage cheese or Greek yogurt
- Protein shakes and bars
- A few slices of deli meat with carrots or bread
- Nut butter (peanut, almond, cashew) with apple slices



Experiments for Falling Asleep

Sleep issues I want to address: _____

Experiment I am trying: _____

Use the below table to keep track of whatever information will help you stay on track with your experiment (note: it can often take 10-14 days to see an impact in your sleep patterns).

Date														
Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
When did you start feeling sleepy? (note the times your body starts feeling tired):														
🕒 1 st sign of sleepiness														
🕒 2 nd sign of sleepiness														
🕒 3 rd sign of sleepiness														
Last meal before sleep (time)														
Last refined carb/alcohol (time)														
Protein snack before bed (Y/N)														
Early morning Lizard Treat (Y/N)														
Other notes: <i>Slept great? Didn't sleep so good? Make some notes about what might have contributed to this, so you can begin to recognize patterns.</i>														



Getting Started with Movement

Movement provides a very clear path for addressing the physiological underpinnings of anxiety, depression and fatigue. Maintaining our bodies – by sustaining muscle mass, balance, endurance, and metabolic fitness – also helps us our brains' plasticity.

When movement is used to improve our daily lives, the practice can be sustained, built on, and enjoyed. Remember – you're in your body for the long haul, so it's all about creating the start of a movement program that will maintain or improve your energy and mental clarity over time.

***It's important to start where you're at, rather than where you want to be.
Trust that improvement will come with time!***

Here's a list of ideas to get you going:

- ☐ **Increase your daily step count by 10% per week.** If you're walking 1,000 steps per day now, try to reach 1,100 steps per day next week, and then 1,210 steps per day the following week, and so on. In 8 weeks, you'll have doubled your daily steps. This may seem like slow progress, but in 5 months you'll be walking over 7,000 steps per day!

Are you wondering how to get this done? Try:

- ☐ Walking meetings, whenever you don't need to be in front of a screen.
- ☐ Take the stairs instead of the elevator.
- ☐ Do a loop around your house, backyard, neighborhood.
- ☐ Take the "long way" to where ever you're going (breakroom, restroom, mail box) or purposefully park further away from an entrance. Little "bits" add up!

- ☐ **Add one to three 30-second Power-Ups per day.**

- ☐ Wall pushups
- ☐ Jumping jacks or half-jacks (clapping arms overhead)
- ☐ Chair squats
- ☐ Dance

What is a Power-Up?

- It's easy to do
- Takes as little as 30 seconds, & no more than 5 minutes or so
- Can be done in all sorts of places without changing your cloths
- Doesn't increase pain or fatigue
- Intentionally & repetitively uses your muscles
- Raises your heart rate, but probably won't cause you to break a sweat

Check off a few that you can commit to doing for 30-days, then fill out the personal commitment form on the back side of this page.



**Rate your energy level
before & after moving
your body.
How do you feel?**

**BEFORE THE
EXPERIMENT**

1 | | | | 10
Empty Full

**AFFTER THE
EXPERIMENT**

1 | | | | 10
Empty Full



Example Letter to your Primary Care Provider

Fill out (or modify) the following letter and bring it to your primary care provider.

Dear _____,

I would like you to rule out physical causes of the symptoms I'm experiencing (all that apply are checked):

<input type="checkbox"/> Fatigue	<input type="checkbox"/> Constipation
<input type="checkbox"/> Palpitations	<input type="checkbox"/> Diarrhea
<input type="checkbox"/> Insomnia, early-morning waking	<input type="checkbox"/> Alternating constipation and diarrhea
<input type="checkbox"/> Insomnia, difficulty falling asleep	<input type="checkbox"/> Weight loss
<input type="checkbox"/> Heavy menstrual bleeding	<input type="checkbox"/> Restless legs
<input type="checkbox"/> Headaches	<input type="checkbox"/> Skin conditions, acne, eczema, psoriasis
<input type="checkbox"/> Weight gain	<input type="checkbox"/> Physical pain in the following places:

Other symptoms:



I understand that the *Diagnostic and Statistical Manual (DSM-5)* requires that a full medical exam (physical exam and blood panel) be performed to screen for pre-existing medical conditions before any mental health diagnosis is made.

It is my understanding that the following labs help rule out fatigue:

- **CBC (Complete Blood Count)** rules out overt anemia, which causes fatigue.
- **Comprehensive Metabolic Panel** rules out liver and kidney problems and identifies issues with glucose regulation (prediabetes and diabetes directly affect brain function).
- **Lipid panel** is important in diagnosing cardiovascular disease. Additionally, when total cholesterol is below 150, suicidal ideation increases.
- **TSH (Thyroid Stimulating Hormone)** rules out hypothyroidism or hyperthyroidism. Low thyroid function can look like fatigue; elevated thyroid function can look like anxiety.
- **Ferritin (an iron marker)** levels below 50 correlate with increased fatigue, especially in women.
- **Hemoglobin A1C** is a marker for diabetes. Studies have shown that diabetes predicts depression and depression predicts diabetes; diabetes is a glucose control problem. Anxiety can also be caused glucose regulation disorders.
- **CRP (C Reactive Protein)** is an inflammation marker implicated in cardiovascular disease, diabetes, obesity, and depression. If elevated, it can cause fatigue.
- **Homocysteine (a Vitamin B marker)** elevated levels indicate an increased in risk of depression.
- **Vitamin D-25-OH** is important for immune function, prevention of chronic diseases, and in improving overall health. Low levels can cause fatigue, depression and muscle-skeletal pain.

I would appreciate it if you would order these tests. Additionally, if there are any labs that you are unable to request, please include a signed note in my chart that I requested them.

Sincerely,



Adult Hope Scale

(Developed by Rick Snyder, 1991. Reference: Gwinn, C. and Hellman, C. (2019) Hope Rising, How the Science of Hope Can Change Your Life. Morgan James Publishing).

Directions: Read each item carefully.
Using the scale shown below, please circle the number that best describes YOU.

Definitely True
Mostly True
Somewhat True
Slightly True
Slightly False
Somewhat False
Mostly False
Definitely False

1. I can think of many ways to get out of a jam.	1	2	3	4	5	6	7	8
2. I energetically pursue my goals.	1	2	3	4	5	6	7	8
3. I feel tired most of the time.	1	2	3	4	5	6	7	8
4. There are lots of ways around any problem.	1	2	3	4	5	6	7	8
5. I am easily downed in an argument.	1	2	3	4	5	6	7	8
6. I can think of many ways to get the things in life that are important to me.	1	2	3	4	5	6	7	8
7. I worry about my health.	1	2	3	4	5	6	7	8
8. Even when others get discouraged, I know I can find a way to solve the problem.	1	2	3	4	5	6	7	8
9. My past experiences have prepared me well for my future.	1	2	3	4	5	6	7	8
10. I've been pretty successful in life.	1	2	3	4	5	6	7	8
11. I usually find myself worrying about something.	1	2	3	4	5	6	7	8
12. I meet the goals that I set for myself.	1	2	3	4	5	6	7	8

Agency/Willpower

Add scores for questions:

2 _____

9 _____

10 _____

12 _____

Total: _____ (range: 4-32)

Higher scores reflect higher agency.

Pathways/Waypower

Add scores for questions:

1 _____

4 _____

6 _____

8 _____

Total: _____ (range: 4-32)

Higher scores reflect higher pathways thinking.

Total Hope Score

Add score for Agency and Pathways

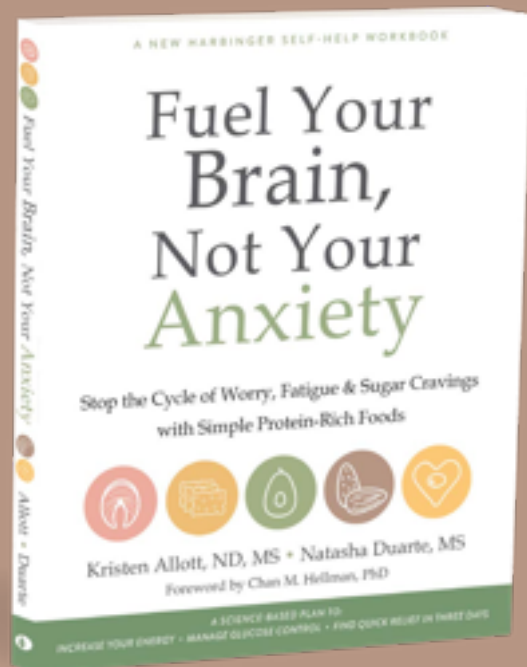
Agency _____

Pathways _____

Total: _____

Scores of 40-48 are hopeful,
48-56 are moderately hopeful,
56 or higher are high hope.

Research shows that Hope is made up of two qualities: Agency (or Willpower) and Pathways (or Waypower). Willpower is determined, in part, by your brain having enough fuel, or nutrients. Waypower is the ability to make small steps toward your goal and comes, in part, from having support to continue towards your goals. Use this scale to measure your Hope over time.



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Fuel Your Brain, Not Your Anxiety

Kristen Allott, ND, MS
Natasha Duarte, MS

Foreword by Chan M. Hellman, PhD

About the Authors



Kristen Allott, ND, MS, is a naturopathic physician, national speaker, and pioneering advocate for the use of whole foods nutrition in the treatment of mental

health disorders and addictions. She is passionate about helping to improve energy, mental clarity, and decision-making.



Natasha Duarte, MS, is an innovative and inclusive advocate with proven success in building relationships with widely diverse people from multiple cultures. Her

science background combined with strong social and cultural skills brings unique perspective to her work.

In this practical, feel-better-now workbook, you'll discover how protein and sugar affect your emotions and energy, and learn how to make healthier food choices—at home or on the go. You'll also find useful meal-planning and tracking tools to help you monitor your progress; and a wealth of easy tips and tricks to choose protein-rich foods, overcome fatigue, and restore your mental clarity. You've heard the old adage, "You are what you eat." If what you want to be is calm, focused, and full of energy—this life-changing guide will show you how to fuel your body and mind so you can supercharge your life.

"This is a well written thoughtfully laid out workbook that profoundly benefits and encourages individuals struggling with anxiety, PTSD, and fatigue. The reader develops a clear applicable understanding of relevant neuroscience and physiology while acquiring an effective toolbox to improve quality of life. Each chapter and the appendix provide accessible how-tos, charts, menus, experiments—all designed to accommodate a busy lifestyle and reduce anxiety. A must-read!"

—Andrea St. Clair, MA, SUDP, a positive alternative client care coordinator

"Kristen Allott and Natasha Duarte present a revolutionary and completely accessible way for all folks to influence their own mental health."

—Amy C. Darling, LAc, MAcOM, clinical acupuncturist, herbalist, health educator, and Zen student



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