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- Anxiety disorders are the most common mental health issue in the US, with approximately 42 million people affected (National Institute of Mental Health).
- Next to depression, anxiety is one of the leading sources of unhappiness, life dissatisfaction, and human suffering.
- Recent studies show that the food we eat directly affects our mental health (Sarris J, et al. Lancet Psychiatry, 2015).
- This workbook shows readers how a diet that is high in protein and low in sugar can help reduce anxiety and stress, fight fatigue, and ensure a healthy brain.

# Fuel Your Brain, Not Your Anxiety

Stop the Cycle of Worry, Fatigue, and Sugar Cravings with Simple Protein-Rich Foods

**KRISTEN ALLOTT, ND, MS & NATASHA DUARTE, MS**

Discover how *you* can use high-protein, brain-fueling foods to overcome anxiety, worry, and fatigue for good!

Do you struggle with anxiety, sugar cravings, weight gain, and fatigue? You aren't alone. In our busy, overscheduled lives, many of us turn to fast food to relieve stress and meet the challenges of our jobs, families, and relationships. But these "on-the-go" meals—which are typically low in protein and high in sugar—can actually contribute to our anxiety, add to our waistlines, and increase our risk of developing devastating medical problems. So, what can you do to break free from this vicious cycle?

In this practical, feel-better-now workbook, you'll learn how to make healthier food choices, and discover how protein and sugar affect your emotions and energy on any given day. You'll also find convenient meal planning and tracking tools to help you monitor your progress, and a wealth of easy tips and doable ways to improve your diet, overcome fatigue, and restore your vitality and mental clarity.

Everyone's heard the adage, "You are what you eat." When it comes to anxiety, research now shows that nutritional factors often underlie the anxious thoughts and feelings we have every day. With this life-changing workbook, you'll learn to use brain-boosting foods to stay one step ahead of anxiety.

For more information, contact Kendall Litton  
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Praise

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



Photo by Annie Marek-Barta

addictions. Allott is passionate about achievable results to improve energy, mental clarity, and decision-making. Drawing on her experience as a clinician, a wellness director for people in addiction recovery, a black belt in Aikido, and an advocate for individuals experiencing food insecurity, she helps people live better and more engaged lives.

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



Photo by Chuck Ginsburg

combined with strong social and cultural skills brings unique perspective to her work with food access, mental health, and building resilient communities. Duarte strongly believes that everyone should have the opportunity to be their best selves.

“Food offerings are a universal gesture to show care and support. This workbook highlights a simple formula connecting what we eat to how we feel. It’s especially important during times of high stress. I often suggest ways for parents in the child welfare system to use food as a tool so they can be at their best. I personally use protein for my wellness, performance anxiety, and afternoon fatigue.”

—**Ambrosia Eberhardt**, family impact statewide manager for the Parents for Parents program at the Children’s Home Society of Washington; and board member and founding member of the International Parent Advocacy Network

“This is a well-, thoughtfully laid out workbook that profoundly benefits and encourages individuals struggling with anxiety, post-traumatic stress disorder (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**, positive alternative client care coordinator

“This is a must-read for all clinicians helping clients’ access healthy coping skills. After applying this information in my clinical practice, many of my clients have eliminated or significantly reduced panic attacks, anxiety, irritability, and depression; and improved their relationships. I engage all of my clients in the three-day protein experiment. I love hearing them say, ‘The lizard snacks worked!’”

—**Yesenia C. Dominguez, LCSW, PPSC**, clinical social worker providing direct services to migrant, Latinx community members of various ages in Southern California

“In my clinical practice, I have witnessed a sharp increase in anxiety over the last decade, specifically the last few years. The strategies in *Fuel Your Brain, Not Your Anxiety* have been essential additions to the interventions I create with my clients. Using these interventions, my clients have been able to build strong, healthy foundations. And with a strong foundation, my clients are better equipped to weather the continual storms of life.”

—**Jeanne F. MSW, LICSW**, clinical social worker practicing for over twenty years, working with a diverse demographic of adults, teens, and couples; and owner of Practical Therapy, LLC

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