

GABA “Leaky Brain” Challenge Test

The Gaba Challenge Test is important because it can help identify a leaky blood-brain barrier (BBB). If the BBB is intact, you **won't** feel an effect from the GABA - GABA itself should not be able to cross the brain's protective barrier. If you do feel a change, then we will need to repair both leaky gut and leaky bbb. Meanwhile, the GABA may be calming. (For more info, see <http://alternativethyroidtherapy.com/wp-content/uploads/2011/03/Blood-Brain-Barrier-Importance-Challenge.pdf>)

You will need: GABA 500mg -- 2 capsules = 1000 mg GABA powder
for the purposes of this test

- get Apex Energetics challenge sample pack from me
- or purchase a **pure GABA-only** supplement like **Swanson's "Premium GABA"** (\$7 online.)
- or **NOW GABA** 100% pure **powder** (1/4 level tsp = 500 mg). (\$12 online.)

GABA	500 mg
(gamma-aminobutyric acid)	

Swanson's: <http://www.swansonvitamins.com/SW872/ItemDetail>

(DO NOT use NOW GABA+ **B6** or formulas with other GABA precursors like theanine, B6, taurine (We will use the precursors later for therapy.)

Average adult dose for the test: **2 capsules = 1000 mg** or **½ level tsp** of GABA powder

Children and highly sensitive adults may want to start with 500 mg.
(For children, calculate from the “average adult” at 150 #) A 75 # child would take 500 mg. A 35 # child: would use powder doses of as little as 10mg-100mg.)

Directions for the challenge test:

You can test GABA at night if you have trouble sleeping or you can test it during the day. We choose the time of the test depending on what we want to find out and when you want GABA's calming effect.

We would expect to see a calming effect - feeling more calm, relaxed or sleepy ** than normal. **If you become more relaxed within a 2-hour time period**, we can assume the GABA has crossed the BBB and created an inhibitory/calming effect.

** A few people will become more wired instead. This is rare.

Take before sleeping if you are in an agitated sleep cycle where you would expect to be wired.

- Or **Take it if you wake in the night** - remember it may need 2hours to take effect
- Or **Take during a normally productive time of day** when you may be wired but can afford to let the GABA slow you down. (If you have to push through, your adrenals may override the GABA by going even further into fight-flight.) So pick a time you can let it kick you back if it's going to.

(Be sure not to take the GABA after a meal that might ordinarily make you drowsy, so we can distinguish the GABA effect from insulin-resistant reactions.)