

# GABA Deficiency

## Related Symptoms and Conditions

Mentally, you start worrying about forgetting things that you never had to even think about before. This can show up in your body in a variety of ways and can affect any of the four major domains of the brain function.

**A GABA deficiency can cause any of these symptoms:**

### Physical Issues

Abnormal sense of smell/ sensing abnormal odors	Diarrhea	Nausea
Action tremors	Difficulty swallowing	Night sweats
Allergies	Dizziness	Paresthesia
Appetite or weight: significant change	Dribbling	Premenstrual syndrome or excessive menstrual bleeding
Backache	Dry mouth	Protein cravings
Blurred vision	Excessive sleeping	Seizures
Butterflies in the stomach	Flushing	Shortness of breath
Carbohydrate cravings	Headache	Slowness of physical movements
Cardiac arrhythmias	Hypertension	Stroke
Chest pain or discomfort	Hyperventilation	Sweating
Chronic pain	Hypotension	Tachycardia or palpitations
Cold or clammy hands	Insomnia	Tinnitus
Constipation	Instability	Trembling, twitching, feeling shaky
Coughing or choking	Irritable bowel syndrome	Urinary frequency
Decreased libido	Lump in throat	Vomiting
	Muscle loss	
	Muscle tension	

### Personality Issues

Adjustment disorders	Manic depression	Rage
Anxiety	Mood disorders	Restlessness
Depression	Obsessive-compulsive disorder	Short temper
Feeling of dread	Phobias or fears	Thoughts of death or suicide
Guilt or feelings of worthlessness/hopelessness	Poor emotional stability	
Lack of emotional maturity	Psychosis	

### Memory Issues

Global memory problems	Poor verbal memory
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### Attention Issues

Difficulty concentrating	High anxiety	Inability to think clearly
Disorganized attention pattern associated with anxiety	Impulsive attention errors: (jumping the gun, erratic driving)	

Obviously, no one person will have all of these symptoms at once, and certainly some are more serious than others.

**An excerpt from the Edge Effect by Eric R. Braverman, M.D.**