

GABA Challenge

The GABA Challenge is important because it can identify a breached or “leaky” blood brain barrier. If this condition exists, it is suggested you refrain from any chelation therapy because the materials released by chelation can cross the blood brain barrier and possibly cause permanent damage.

This challenge works because GABA molecules are too large to pass through a healthy blood brain barrier (BBB). If there is any effect, it indicates that the BBB is permeable enough to allow the GABA molecules to pass through.

INSTRUCTIONS

1. Take 1000 mg of plain GABA (not acetylated GABA) capsules.
Day Time Challenge – mid morn or early afternoon on a day not working
OR
Bed-time Challenge – 45 min. before going to bed
2. Observe any effects. The window for observation is up to 2 hours but is usually pretty quick.

There are 3 possible outcomes:

1. Nothing – BBB is intact.
2. Sedation or Relaxation – The BBB is breached, GABA molecules reached the brain.
3. Excitation &/or Anxiety – This is a paradoxical effect, opposite of GABA’s normal response. The most common reason for this is neurodegeneration in the GABA pathway; the GABA system is very close to threshold, causing it to fire then quickly crash, leaving little GABA to brake excitatory activity. Another possibility is that inhibition of inhibition causes excitation.

If a leaky BBB is suspected, nutritionally support the blood brain barrier with Apex Energetics’ Neuro O2 (K45), NeuroFlam (K46), 2 caps, 3 times a day of each.

Repeat the GABA challenge after one bottle of each of these products. If the client fails the GABA challenge, have them take another round. It can take three or four rounds of support to pass the GABA challenge.