

Anxiety

Patient Information Sheet

Causes & Mechanism of the Condition

Everyone experiences anxiety from time to time. It is a normal reaction to stress. Anxiety helps people cope with difficult situations by prompting an adaptation or coping response. Abnormal or excessive anxiety, however, can become an anxiety disorder where the body's ability to transition from a heightened alpha-sympathetic (alarm) state is impaired. Anxiety disorders are the most common of emotional disorders.

Symptoms which may appear for no apparent reason include worry, nervousness, short temper, feelings of depression, guilt and self-loathing, fear, panic, obsessive thoughts and behaviors, racing heart, shortness of breath, insomnia, nightmares, GI symptoms, dry mouth, muscle tension, and increased pain.



Patients with anxiety disorders have been found to have abnormal neurotransmitter function, abnormal patterns of cortical and subcortical brain activity, and deficits in the regulatory mechanisms of the hypothalamic-pituitary-axis associated with an abnormal response to stress.

While medications such as benzodiazepines and antidepressants may be necessary in some cases, they do not address the root causes of anxiety and can carry the risk of significant side effects. A holistic approach, incorporating diet and lifestyle changes, dietary supplements, and complementary therapies such as aromatherapy and Cognitive Behavioral Therapy can be effective alternatives.

Suggested Dietary & Lifestyle Modifications



- Eat a predominantly vegetarian diet based on vegetables, fresh or frozen whole fruits, whole grains, legumes; fish and/or poultry in moderation. Salmon is especially rich in omega-3 fatty acids which are essential for normal brain function.
- Drink plenty of fluids (water with fresh squeezed lemon juice added if desired).
- Limit dairy consumption (substitute coconut, rice, or almond milk for cow's milk).
- Avoid foods containing hydrogenated oils; limit saturated fats.
- Eliminate food additives such as artificial colors, artificial flavors, preservatives, hydrogenated fats, nitrates/nitrites, sulfites, and artificial sweeteners (Nutrasweet/aspartame, Sweet N' Low/saccharine, Splenda/sucralose). Stevia is ok.
- Limit **refined** carbohydrates (sugar, white flour, white rice).
- Walk for 30 minutes at least 3 times per week. When possible, add the following to your walks to increase the health benefits:
 - Speed bursts (alternate moderately paced walking with short, faster-paced intervals).
 - Plyometrics (bounding, jumping, and skipping moves). Choose a walking area with slopes and hills.
- Participate in sports, hobbies, and service projects.
- Get at least 10 minutes of sunlight per day (triggers the production of serotonin).



Supplements That May Be Beneficial

- **Ultra Preventive Capsules or Ultra Vites** (high potency multi vitamin & mineral supplement)
- *Super Alpha Calm* (Passionflower, Hawthorne, Melissa, CA Poppy, Lavender, Petitgrain, Bergamot)
- *PhytoCalm* (California Poppy, Motherwort, Melissa)
- *Tranquility* (100 mg. 5-HTP*, Passionflower, Inositol)
- *Rest Easy* (Lavender, Passionflower, Valerian, CA Poppy, Inositol, L-Theanine)
- *GABA+* (GABA, L-Theanine, Passionflower)
- *Vitamin D 5,000 + K*
- *Ultra Omega-Linic* (Salmon Oil, Black Currant Oil, Vitamin E)
- *Ultra Cal-Mag Chelate***
- *Neuro-Calm* (Endophytal 63) Microspheres (Melissa, Lavender, Corn Poppy, Hawthorne)
- Custom tincture and essential oil blends as recommended by a trained professional

*5-HTP should not be used in combination with SSRI antidepressant medications, Carbidopa, Sumatriptan, Tramadol or Zolpidem.

**Large amounts of supplemental magnesium may cause diarrhea. Reduce dose if diarrhea occurs. Individuals with kidney insufficiency should not take magnesium supplements.

Complementary Treatments That May Be Beneficial

- Lavender, Petitgrain, Bergamot, Chamomile, Frankincense, Clary Sage, Marjoram, Neroli, Rose EOs
- *Tranquility, Nite-Cap, Courage, Composure, Zen Garden, Joyful Gift, Angels Flight* EO Blends
 - place a few drops on a handkerchief and inhale
 - dilute a few drops in lotion or vegetable oil and massage on feet, legs, neck, back
 - dilute a few drops in natural shampoo and place into bath water or foot soak
 - pre-diluted blends can be rubbed directly onto pulse points (wrists, temples, neck), or massaged onto feet legs, neck, back.
- *Rest Easy Pillow Mist*: Spritz onto pillows before bed (can also be used as a room freshener)
- Read self-help books such as The Happiness Advantage by Shawn Achor and The Anatomy of Peace by The Arbinger Institute
- CBT (Cognitive Behavioral Therapy)
- Deep breathing exercises
- Massage Therapy
- Chiropractic care
- Reflexology
- Acupuncture or Acupressure
- Yoga
- Mind/body medicine
- IV Therapy



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