

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 alphasympathetic (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, and muscle tension.



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 they are sometimes necessary, medications such as tranquilizers, benzodiazepines, and antidepressants fail to address the underlying causes, and have the potential to cause serious side effects. The combination of supplements, lifestyle modifications, and complementary treatments such as Cognitive-Behavioral Therapy can prove to be a successful alternative in many cases.

Suggested Dietary & Lifestyle Modifications



- Eat a predominantly vegetarian diet based on vegetables, fresh whole fruits, whole grains and legumes.
- Organically grown fish or poultry eaten 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 rice or almond milk for cow's milk).
- Avoid foods containing hydrogenated oils
- 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 O.K.
- 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.



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 MTs w/Lavender, Petitgrain, Bergamot EOs)
- PhytoCalm (california poppy, motherwort, melissa)
- Tranquility (5-HTP*, passionflower, inositol)
- Serenity (St. Johnswort, Valerian)
- Rest Easy (lavender, passionflower, valerian, california poppy)
- Vitamin D
- Ultra Omega-Linic (salmon oil, black currant oil, vitamin E)
- Ultra Cal-Mag Chelate**
- Custom tincture and essential oil blends as recommended by a trained Endobiogenic Consultant

**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

- *Tranquility, Serenity, Nite-Cap, Courage, or Composure* Essential Oil Combinations
 - place a few drops on a handkerchief and inhale
 - use in a diffuser
 - dilute a few drops in a natural lotion and massage on feet, legs and neck
- Read self-help books such as The Happiness Advantage by Shawn Achor and The Anatomy of Peace by The Arbinger Institute
- Cognitive-Behavioral Therapy
- Deep breathing exercises
- Massage Therapy
- Chiropractic care
- Reflexology
- Acupuncture or Acupressure
- Yoga
- Mind/body medicine



Individuals under a physician's care should seek the advice of their physician before taking nutritional supplements or beginning a new exercise program. The nutritional suggestions in this material are not offered to treat, mitigate or cure disease, and should not be used as a substitute for medical care. This information is designed to be used in conjunction with the services of a trained, licensed healthcare practitioner.

References:

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