



## **Natural Approaches for Anxiety**

Dr. Tiffany Jackson

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### **About the Author**

Tiffany Jackson, ND, is the creator of Natural Medicine Now University—an online e-course designed for her patients to get the information they need to restore their bodies back into balance—and owner of EcoHealth Wellness Center and Detox Spa in Charleston, South Carolina.

Tiffany is an expert in natural medicine, uniquely trained to identify imbalances and toxicities in the body and the diseases they create. She earned a bachelors degree with an independent concentration in naturopathic medicine from the University of Massachusetts, Amherst, and a doctorate in naturopathic medicine from Southwest College of Naturopathic Medicine in Tempe, Arizona. She trained for two years under Dr. Allan Lieberman at the Center for Occupational and Environmental Medicine in Charleston, South Carolina, where she learned how specific foods and environmental toxins affect our bodies. Tiffany was also a clinical consultant for two years under Dr. William Shaw at Great Plains Laboratory in Kansas City, Kansas, where she learned how to interpret comprehensive lab-testing results and gained an extensive understanding of candida—how it impairs the immune system and how to heal a body that's been damaged by it.

Tiffany sees herself as a health detective, specializing in identifying and healing

chronic gastrointestinal disorders and immune dysfunction. Thanks to her unwavering passion for discovering the underlying causes of their disorders and diseases, she has helped patients realize that their suffering often stems from poor gut health and compromised immune systems. Her most common patients are healed of irritable bowel syndrome and chronic constipation; allergies; anxiety and depression; skin disorders such as acne, eczema, and psoriasis; ADD and autism-spectrum disorders; and even infertility. She also helps patients improve their overall health, lose weight, and pursue detoxification and body-cleansing programs.

Most importantly, Tiffany is married to an amazing and supportive husband and has a beautiful and charismatic four-year-old daughter. She loves yoga, cooking, and making smoothies and is admittedly obsessed with her Vitamix. She's known to arrive at a destination and sit in her car for twenty minutes because she can't stop listening to a health podcast. Tiffany turned to natural medicine for answers when both of her parents were diagnosed with cancer, and her life and her work are driven by this lifelong love for learning, teaching, and helping people.

Because of her success working one on one with patients and in small groups, Tiffany has become a much sought-after speaker. Her engaging and dynamic presence fosters a fun learning environment that is rich with information yet personable, interactive, and inspiring. She works with event coordinators to design programs with topics and lengths that are certain to resonate with individual audiences. Whether it's natural health solutions, women's health, detoxification, weight loss, autism, or anti-aging, Tiffany's passion shines through and propels audiences into action.

To have Tiffany Jackson, ND, speak at your next event, you can e-mail her at [info@ecohealthwellness.com](mailto:info@ecohealthwellness.com) or call her at 843-884-4466.

## **Intro**

Given this fast-paced, stressful world, it seems that the anxiety epidemic grows larger everyday. For many people, anxiety is a daily struggle, negatively impacting their quality of life and relationships. Many people turn to prescription drugs to manage their anxiety, but sometimes, that is not always necessary.

In this eBook, you will learn about the nervous system, neurotransmitter balance, and natural approaches for anxiety, such as amino-acid supplementation, vitamins and minerals, herbs, and mind-body techniques.



Image Source: Becky Wetherington BLW Photography, Wikimedia Commons

## Anxiety

According to the National Institute of Mental Health, 40 million American adults suffer from some form of anxiety disorder. Anxiety disorders cause a person to be constantly “on edge”, or “tense” in expectation of an impending threat to their physical or psychological well-being.

There are several major types of anxiety disorders, each with its own characteristics.

People with generalized anxiety disorder have recurring fears or worries, such as about health or finances, and they often have a persistent sense that something bad is going to happen. The reason for the intense feelings of anxiety may be difficult to identify, but the fears and worries are very real and often keep individuals from concentrating on daily tasks.

Panic disorder involves sudden, intense, and unprovoked feelings of terror and dread. People who suffer from this disorder generally develop strong fears about when and where their next panic attack will occur, and they often restrict their activities as a result.

A related disorder involves phobias, or intense fears, about certain objects or situations. Specific phobias may involve things such as encountering certain animals or flying in airplanes, while social phobias involve fear of social settings or public places.

Obsessive-compulsive disorder is characterized by persistent, uncontrollable, and unwanted feelings or thoughts (obsessions) and they are routines or rituals (compulsions) in which individuals engage to try to prevent or rid themselves of

these thoughts. Examples of common compulsions include washing hands or cleaning house excessively for fear of germs, or checking work repeatedly for errors.

Someone who suffers severe physical or emotional trauma such as from a natural disaster or serious accident or crime may experience post-traumatic stress disorder. Thoughts, feelings, and behavior patterns become seriously affected by reminders of the event, sometimes months or years after the traumatic experience.

Common symptoms in all of these anxiety disorders are extreme fear, shortness of breath, racing heartbeat, insomnia, nausea, trembling, and dizziness can occur.



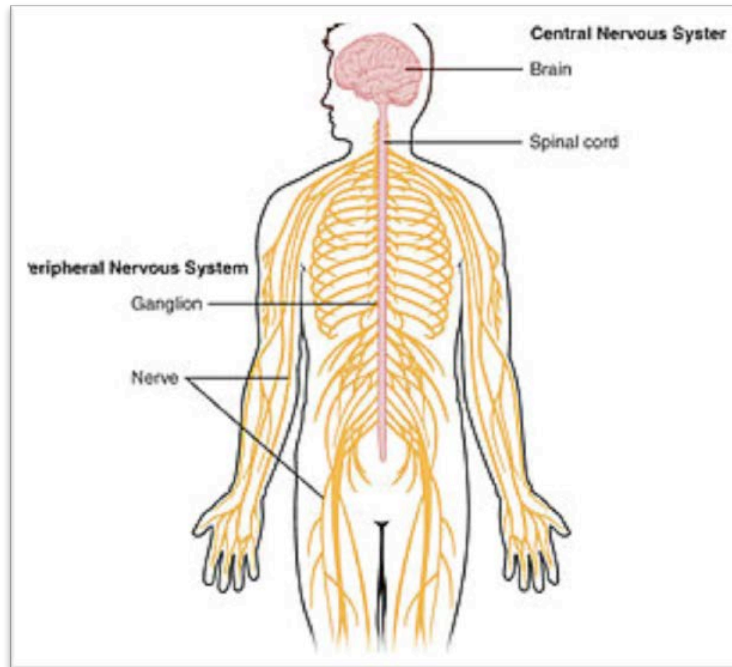


Image Source: [http://en.wikipedia.org/wiki/Central\\_nervous\\_system](http://en.wikipedia.org/wiki/Central_nervous_system)

## **Nervous System Anatomy**

To truly understand anxiety, you must first understand the nervous system.

The nervous system is the primary communication system in the body. Structurally, it is divided into the central nervous system and the peripheral nervous system. The central nervous system consists of the brain and the spinal cord, while the peripheral nervous system is present throughout the rest of the body, linking the brain to the organs, tissues, and glands, through the spinal cord.

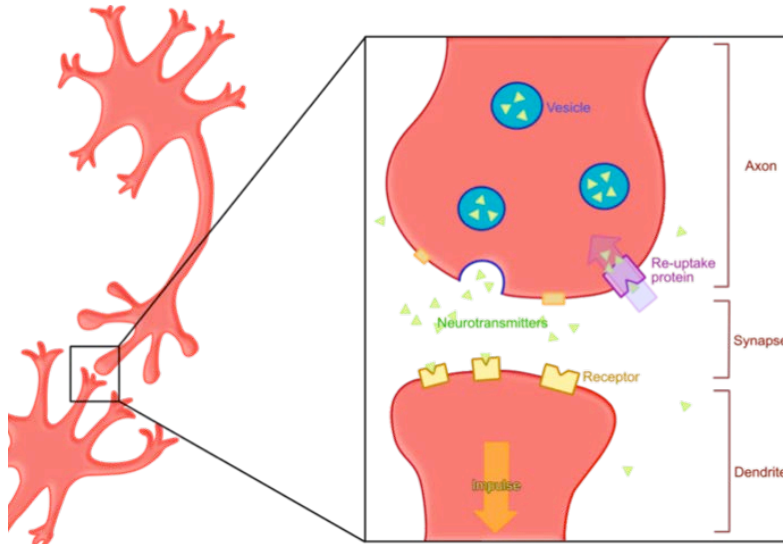


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## **Nervous System - Neurons**

The nervous system is comprised of a network of specialized cells, called neurons. Information is relayed by neurons using electrical and chemical signals. Neurons are composed of two primary structures, dendrites and axons. Dendrites receive messages from the other neurons, and then the axons send messages via electrical signals and the release of chemicals called neurotransmitters. The neurotransmitters are released into the space between adjacent neurons. The space between the neurons is called the synapse.

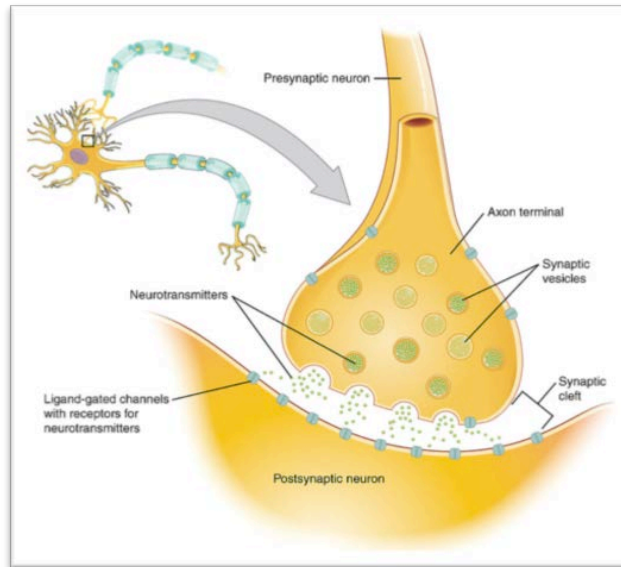


Image Source: OpenStax College, Wikimedia Commons

## Neurotransmitters

Neurotransmitters are the chemicals that communicate information throughout our brain and body. They relay signals between the nerve cells, called “neurons.” The brain uses neurotransmitters to tell your heart to beat, your lungs to breathe, and your stomach to digest. They also affect mood, sleep, concentration, weight, and can cause adverse symptoms when they are out of balance.

Neurotransmitter levels can be depleted many ways. Stress, poor diet, neurotoxins, genetic predisposition, drugs (prescription and recreational), alcohol, and caffeine usage can deplete neurotransmitters and cause these levels to be out of range. As a matter of fact, it is estimated that about 86% of Americans have suboptimal neurotransmitter levels.

Inhibitory Calms the brain	Excitatory Stimulates the brain
<ul style="list-style-type: none"> <li>• Serotonin</li> <li>• GABA</li> </ul>	<ul style="list-style-type: none"> <li>• Dopamine</li> <li>• Norepinephrine</li> <li>• Epinephrine</li> <li>• Glutamate</li> </ul>

There are two kinds of neurotransmitters – Inhibitory and Excitatory. Excitatory neurotransmitters are not necessarily exciting – they are what stimulate the brain.

Examples of Excitatory neurotransmitters include:

- Dopamine
- Norepinephrine
- Epinephrine
- Glutamate

Neurotransmitters that help calm the brain and help create balance are called inhibitory. Inhibitory neurotransmitters balance mood and are easily depleted when the excitatory neurotransmitters are overactive.

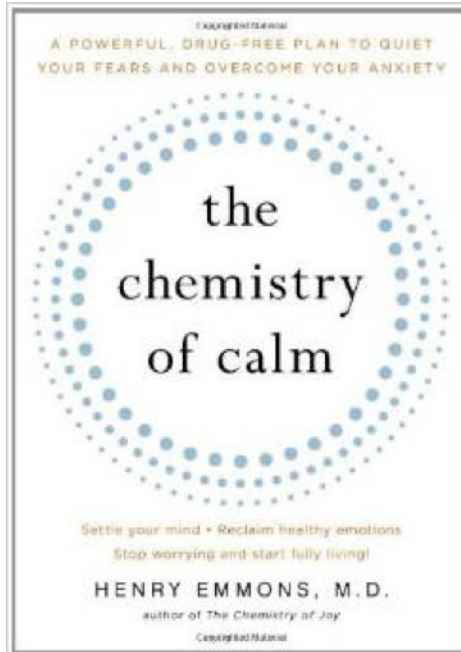
Examples of Inhibitory neurotransmitters include:

- Serotonin
- GABA

Neurotransmitter	Brain Response	Nutritional Support
<b>Glutamate</b> the excitatory chemical	Heightens overall brain activity	Taurine, NAC, green tea, vitamin D3, magnesium, omega-3
<b>GABA</b> the inhibitory chemical	Slows overall brain activity	GABA, L-theanine, vitamin B6, zinc, inositol, herbal therapies
<b>Norepinephrine</b> the arousal chemical	Raises level of alertness	Tyrosine, L-theanine, NAC, omega-3s, inositol
<b>Dopamine</b> the reward chemical	Focuses attention, enhances pleasure and reward	Tyrosine, L-theanine, B vitamins, omega-3s, St. Johns wort, ginkgo
<b>Serotonin</b> the soothing chemical	Calms, regulates sleep, appetite and protects against stress	Tryptophan/5-HTP, DHEA, folic acid, vit B6, vit B12, vitamin D, omega 3s, St. Johns wort

This table summarizes the key neurotransmitters involved with anxiety, their brain response, and how to support them nutritionally.

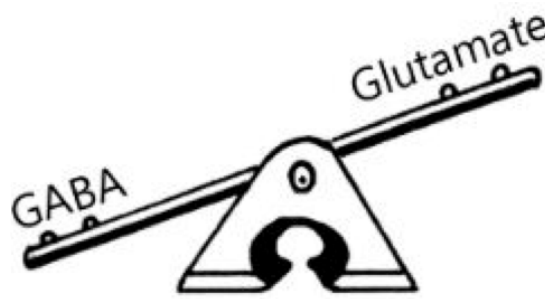
In the rest of the eBook, I am going to review each of these key neurotransmitters and teach you how you can balance them naturally.



### [Recommended Book](#)

Some of these recommendations are taken from Dr. Emmons book, "*The Chemistry of Calm*," which is a book I highly recommend you read if you suffer from anxiety.

Brain Chemical	Brain Response	Nutritional Support
<b>Glutamate</b> the excitatory chemical	Heightens overall brain activity	Taurine, NAC, green tea, vitamin D3, magnesium, omega-3



### **Glutamate and GABA**

Your brain is truly elegant in its design, in which one chemical activates a process while its partner turns it off again. That is true of the brain chemicals glutamate and GABA, which together account for over 80% of brain activity. Glutamate accelerates brain activity, as it is excitatory. GABA, on the other hand, puts the brakes on brain activity, as it is inhibitory. Together, they keep the brain humming along at just the right pace; not too fast, and not too slow, able to manage every day stress naturally.

But if you have developed anxiety, then your balance of these two chemicals has become imbalance and the brain's activity level is turned up too high.

To correct the imbalance, we need to use balancing supplements for glutamate and GABA, which include the amino acids taurine, GABA, and L-theanine; the antioxidants NAC and green tea; vitamins B6 and D; the minerals magnesium and zinc; omega-3 fatty acids; and several herbal therapies.

These are all natural approaches that I will cover later in the eBook.

Brain Chemical	Brain Response	Nutritional Support
<b>Norepinephrine</b> the arousal chemical	Raises level of alertness	Tyrosine, L-theanine, NAC, omega-3s, inositol

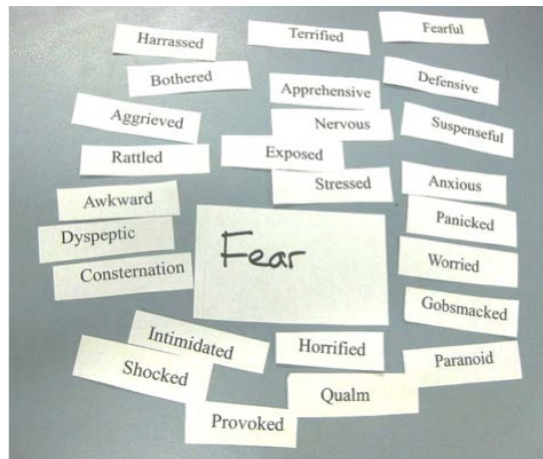


Image Source: Jtneill, Wikimedia Commons

## **Norepinephrine**

Norepinephrine raises our level of alertness and arousal. That is well and good if you are doing something like hunting, but not helpful if you are speaking in front of a group or if you have developed panic anxiety for any reason. With depression there is often too little norepinephrine, but in anxiety, it is frequently elevated and needs to be toned down.

On an emotional level, you may feel panicky, as if something awful is about to happen. Mentally, your mind may go blank as you find that you can't think clearly or remember things, no matter how hard you try.

This means we need to tone down the effects of norepinephrine, which you can do by taking the amino acid L-theanine, the antioxidant N-acetyl cysteine (NAC), inositol, and the omega-3 fatty acids. If your norepinephrine is elevated, you should also avoid caffeine.



Brain Chemical	Brain Response	Nutritional Support
<b>Dopamine</b> the reward chemical	Focuses attention and enhances pleasure and reward	Tyrosine, L-theanine, B vitamins, omega-3s, St. Johns wort, ginkgo



Image Source: Sander van der Wel, Wikimedia Commons

## [Dopamine](#)

The effects of dopamine are more complex than those of norepinephrine, at least in regard to anxiety. In some ways, they have a similar function. Both tend to be energizing and aid in mental focus and concentration. Both can aggravate anxiety when levels are way too high. But dopamine has some beneficial effects against anxiety as well, such as improving motivation and the experience of pleasure. Unless dopamine becomes really excessive, your anxiety may improve if you gently boost your dopamine levels.

Signs of dopamine deficiency include feeling apathetic and fatigued, difficulty losing weight, feeling unmotivated (as with exercise), low sex drive, and in general, difficulty getting pleasure from things. If you have these signs along with anxiety, consider taking these measures to boost dopamine function, such as B vitamins, omega-3 fatty acids, L-theanine, tyrosine, and herbs such as St. Johns wort and ginkgo.

Brain Chemical	Brain Response	Nutritional Support
<b>Serotonin</b> the soothing chemical	Calms, regulates sleep and appetite, and protects against stress	Tryptophan/5-HTP, DHEA, folic acid, vit B6, vit B12, vitamin D, omega 3s, St. John's wort

## [Serotonin](#)

Nearly everyone feels better when their serotonin levels are optimal. Serotonin has a wide array of functions, involved with everything from sleep to appetite to impulse control to sexual desire. It is the brain chemical that helps soothe us when we feel stressed or anxious or threatened, and it offers considerable protection to the brain against the damaging effects of cortisol.

Because serotonin is such a key brain chemical, there are many signs and symptoms of its depletion, such as insomnia (or irregular circadian rhythms); craving sweets and other carbohydrates; frequent muscle aches and pains; impulsive behaviors; sadness, anxiety, and irritability; feeling emotionally sensitive or vulnerable; feeling insecure.

Most people with anxiety, especially if their mood is low as well, may benefit by boosting their serotonin levels, by taking the following supplements: the amino acid L-tryptophan or the related precursor 5-HTP, the B vitamins and vitamin D, and omega-3 fatty acids.



Image Source: McKay Savage from London, UK, Wikimedia Commons  
Image Source: <http://www.vitalnutrients.net/Products/L-Theanine-200mg>

## **L-theanine**

L-theanine, an amino acid found in green tea (*Camellia sinensis*), has been shown in several studies to increase dopamine and serotonin production and GABA activity.

I want to tell you about a very compelling study that was done on L-theanine that was published in 2004. It was a double-blind study where researchers compared theanine with Xanax® (alprazolam), a commonly prescribed used for anxiety. The volunteers took either 1 mg Xanax® (alprazolam), 200 mg L-theanine, or a placebo on separate occasions. All participants were tested with all three treatments. Following each dose, the researchers obtained behavioral measures of anxiety in all participants.

The results were nothing short of remarkable. L-theanine induced relaxing effects more than the Xanax® or the placebo. This study is even more impressive when you consider the dose of Xanax® that was taken into consideration. One milligram is a substantial dose of medication because generally, most people use only 0.25 to 0.5 mg of Xanax® for anxiety or as a bedtime sleep aid.

L-theanine is one of my most favorite treatments for anxiety. Although it is found in high concentrations in green tea, you would have to consume an awful lot of tea to get a therapeutic dose of L-theanine. You can get more by taking a green tea extract, but you can also take a supplement containing L-theanine alone, or in combination with other calming herbs.

L-theanine is usually taken in doses from 50 to 200 mg once or twice daily. For severe anxiety, it may be taken three or four times per day. There are no known drug interactions, but of course I recommend talking to your doctor before you begin supplementation or taking it with any medication.

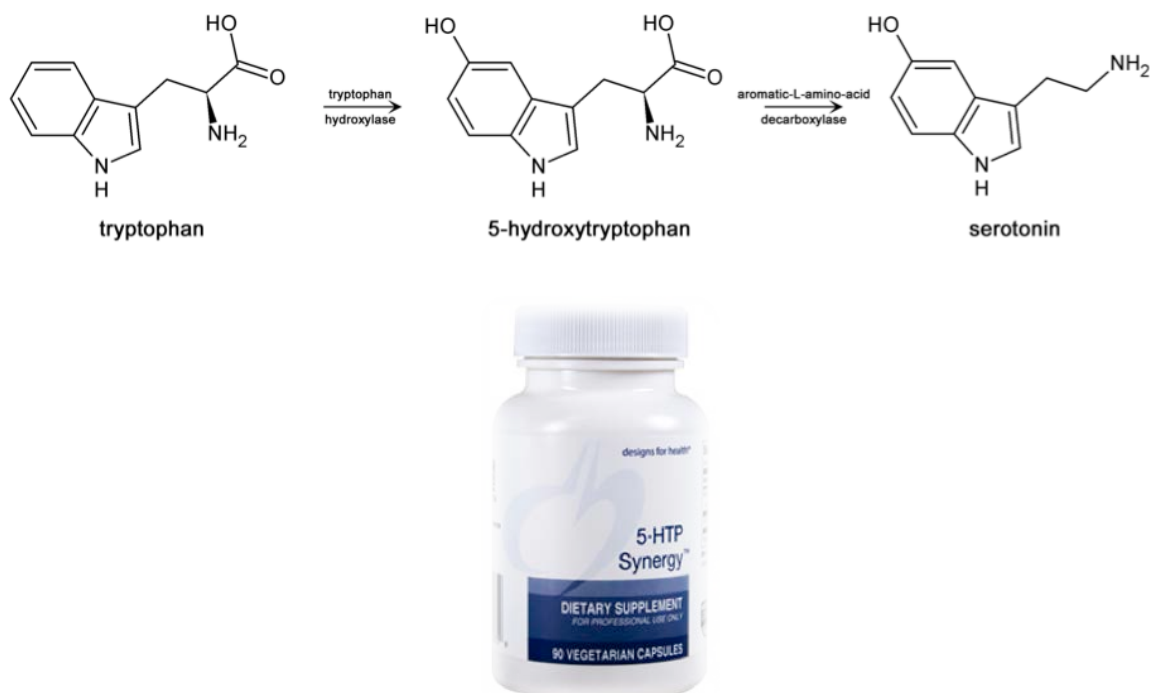


Image Source: Likeitsmyjob, Wikimedia Commons

## 5-HTP

5-HTP is the precursor to serotonin. While 5-HTP has been known to help with sleep, it may be used during the daytime as well because it is not usually sedating. Considerable research has shown that 5-HTP can reduce anxiety, both general and panic, as well as improve mood.

I recommend a starting dose of 50 mg daily, and then increasing every few days as tolerated. Most people do well with 100–150 mg daily, but the dose may safely go as high as 300 mg per day, if needed. It is usually best to take 5-HTP divided into two or three doses throughout the day, but if it is sedating at higher doses, you can just take it at night.

If you are already taking an SSRI, do not take 5-HTP without consulting your prescribing physician.



## Taurine

Taurine is an amino acid that increases glycine and GABA to calm the brain, and it also protects the brain by reducing the harmful effects of excess glutamate. You may be familiar with it, as it is added to some of the popular energy drinks, such as Red Bull. Apparently the manufacturers see it as a means of further supporting someone during periods of extreme exertion, when taurine levels can become depleted. I don't recommend replenishing taurine levels through energy drinks, but you can calm your brain if you boost your taurine levels by taking a supplement.

Taurine is usually taken in doses of 500 mg one to three times daily. It can cause slight drowsiness, so you might want to take it at bedtime. It has also been known to reduce blood pressure, so you should use care if you are prone to hypotension or light-headedness.

Always consult your doctor if you are on other medication before taking any supplements.



## Inositol

Inositol is often classified as a B vitamin, though technically it is not a vitamin since the body can produce it. Taken as a supplement, it has long been known to reduce anxiety, panic, and OCD symptoms.

Inositol is often recommended at a dose of about 1,500 mg daily, though in studies it has been used at much higher doses. Its side effects can be mild, including occasional nausea or diarrhea, dizziness, fatigue, and headache. There has been reports of inositol worsening bipolar disorder, and I do not recommend inositol if you have that condition.



## GABA

GABA has already been discussed as the neurotransmitter most responsible for calming down an overactive brain. It is available as a nutritional supplement without a prescription. A portion of GABA gets to the brain, and some of GABA's calming effects may occur in the rest of the body, and create a sensation as with muscle relaxation. GABA has been shown in studies to help create a relaxing brain wave pattern and also to boost immune function in individuals who were subjected to stress.

GABA may be taken in doses as small as 100 mg twice daily, or up to 700 mg three times per day. If drowsiness occurs, then take it at bedtime.

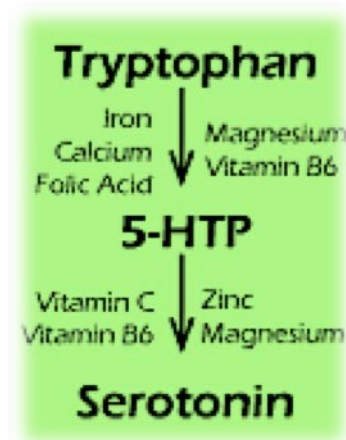


Image Source: [http://www.corepsych.com/wp-content/uploads/2014/11/neurotransmitters\\_production.gif](http://www.corepsych.com/wp-content/uploads/2014/11/neurotransmitters_production.gif)

### **Neurotransmitter Cofactors (Vitamins and Minerals)**

In order to balance levels of the neurotransmitters serotonin, dopamine, norepinephrine, epinephrine, and GABA, you must consume the appropriate cofactors. Cofactors are vitamins and minerals. Folate, vitamin B6, tyrosine, magnesium, and vitamin C must all be consumed at optimal levels in order for neurotransmitters to function properly.

For example, Vitamin B6, magnesium, and vitamin C, are all cofactors that facilitate the conversion of tryptophan to serotonin in the brain. Zinc is essential for the synthesis of serotonin and GABA in the brain, and magnesium deficiency is linked to anxiety disorders.

It is very important to make sure you are taking a good multi vitamin that has all of these cofactors that are essential for neurotransmitter production.





### [NeuroCalm](#)

One of my favorite supplements for anxiety is NeuroCalm™. It combines all of the nutrients we have discussed in this webinar to support a greater feeling of calmness, and less of your anxiety symptoms.

Key ingredients in this formula include GABA, L-theanine, 5-HTP, your cofactors (like B12 and magnesium), inositol, and chamomile. Chamomile is a calming herb known to help with anxiety which you will learn about more about shortly.

I recommend patients use NeuroCalm™ if they have increased levels of stress and anxiety, or if they are easily agitated or frustrated. It is a good first start to getting a nice a blend of the neurotransmitters, vitamins, amino acids and herbs to help take the edge off your anxiety.

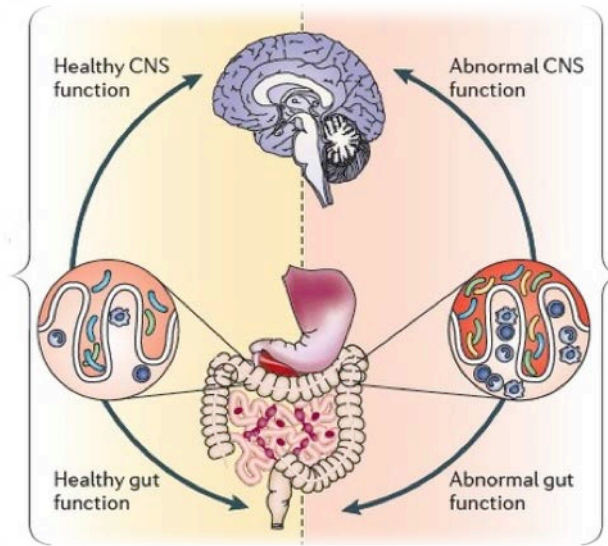


Image Source: <http://sarahmckay.com.au/wp-content/uploads/2012/12/gut-brain3.jpg>

### **Anxiety & Microbes in the Gut**

The link between your emotions and gut health is nothing new. Scientists have long known that the enteric nervous system (ENS) found within the gut is connected to the brain via the vagus nerve, and is so influential that it is often referred to as the "second brain." When you experience sadness, fear, or another emotional state, the gut is affected. And yet, the reverse is also true. When imbalances within the gut are present, such as inflammation or an infection, our emotional state suffers as well.

Good gut bacteria, such as *Lactobacillus* and *Bifidobacterium*, produce calming neurotransmitters known as GABA, while *Bacillus* bacteria produce dopamine, a neurotransmitter that activates and reward and pleasure centers of the brain. There is still a lot to learn about how microorganisms in the gut influence emotion and moods, but there is enough solid evidence to support a daily habit of consuming probiotic-rich foods such as yogurt, kefir, kombucha and fermented vegetables, or taking a probiotic supplement, to help encourage a balanced mood.



Image Source: Alpsdake, Wikimedia Commons  
Image Source: Christian Hummert, Wikimedia Commons

## [Rhodiola](#)

Now, let's review about some of my favorite herbs for anxiety.

Rhodiola is commonly known as golden root, rose root, or arctic root. It is a medicinal plant indigenous to Siberia that thrives in dry and cold arctic climates. The medicinal compounds of rhodiola are derived from the root of the plant, and have been used to relieve stress, anxiety, mental and physical fatigue, or depressed mood. Rhodiola is known as an adaptogen, meaning that it increases resistance to physical and emotional stress.

It has also been shown to stimulate serotonin and dopamine activity, so it plays a really important role in healthy emotions.

The recommended dosage of Rhodiola is about 100 to 300 mg daily, if you are taking it in capsule form, but it is also available in extracts and teas.



Image Source: Isidre blanc, Wikimedia Commons

## Chamomile

Perhaps the most widely known use of chamomile is in its benefits as a mild relaxant or sedative. It has been used in this manner for centuries and can be found in grocery store aisles under the name of “Sleepy Time Tea,”. Take it 30 minutes before bedtime to help you relax and prepare for a restful slumber.

But despite its popularity as a soothing relaxant, chamomile benefits do not end there. It is used to calm our nerves. There is one study that indicated 57% of participants receiving chamomile over a period of eight weeks were able to reduce their anxiety scores by 50%. This indicates that chamomile can alleviate your anxiety or make it far more bearable.



Image Source: Tomwsulcer, Wikimedia Commons

## **Lemon Balm**

Named after the Greek word for "honey bee," lemon balm, also known as Melissa, has been used at least since the Middle Ages to reduce stress and anxiety.

Lemon balm extract, particularly the rosmarinic constituent, causes GABA concentrations to be higher, which explains why it has an anti-anxiety effect. Lemon balm is sold as a tea, capsule, and tincture. It is often combined with other calming herbs such as hops, chamomile, and valerian.

The suggested dose of lemon balm is around 300 mg, once or twice daily. It can be used in the morning to address daytime anxiety, or in the evening to support relaxation and sleep.



Image Source: Silar, Wikimedia Commons

## **Aromatherapy**

Plant essential oils are commonly used for anxiety, and are highly effective. I recommend using them in baths or massage oils, or in an infuser. The most common essential oils to use for anxiety and nervous tension are: geranium, jasmine, lavender, melissa, and sandalwood.

## **Diet Considerations for Anxiety**

Healthy cooking and a nutritious diet are essential to controlling anxiety symptoms. In general, a healthy diet is abundant in omega-3 fatty acids, organic fresh fruits and vegetables, filtered water, and devoid of foods high in saturated fats and refined carbohydrates. This dietary pattern resembles the Mediterranean diet. There are actually a lot of studies showing that the Mediterranean diet leads to reductions in mood disorders and anxiety.

By eating a healthy Mediterranean diet, you're supplying your body for the correct amount of amino acids, vitamins, and minerals to help support neurotransmitter function. The following foods are serotonin-rich, so I highly recommend that you include them in your diet: avocado, banana, red plums, tomatoes, pineapples, eggplants, and walnuts.

Another diet recommended for people with anxiety is following a low sugar diet. Some people find that they have more anxiety within a few hours of eating, as their blood sugars drop in response to insulin. It may be helpful to try eating multiple small meals, which include both proteins and complex carbohydrates (like whole grains). Often, the simple carbohydrates from foods such as white breads, donuts, pastries, and pasta can lead to greater imbalances in sugar levels. A low-sugar diet is worth a try for a week or two, if you are really suffering from anxiety.

Caffeine. People with anxiety are more sensitive to caffeine. If you are suffering from anxiety, I recommend completely removing caffeine from what you eat. Try this for a few weeks and see if you notice a difference. You may develop a headache for a few days, but this should clear up soon.

Eat Breakfast. Many people with anxiety disorders skip breakfast. When you skip breakfast, you are not giving your body the adequate amount of amino acids from protein to help have balanced neurotransmitter function. I recommend that people eat foods like eggs, which are a satiating and filling and have top-levels of choline. Low levels of choline are associated with increased anxiety. Eggs are great to add into your diet if you have anxiety.



Image Source: MorgueFile: food-japan-nigirisushi-salmon.jpg, michila

### **Optimize Your Omega-3 Status**

60% of the dry weight of your brain is fat. Essential fatty acids are important components of nerve cell walls and are involved in neurotransmitter synthesis. Omega-3 fatty acids positively impact anxiety disorders on many levels, so make sure you incorporate healthy omegas in your diet.

This includes oily, cold-water fish like salmon, which are the best sources of the fatty acids. A six-ounce piece of grilled wild salmon contains about 3.75 grams.

Other good choices are anchovies, sardines, and mussels. If you can't eat the whole fish, then start taking a fish oil daily. About 2000-3000mg fish oil a day, if you suffer from anxiety.





Image Source: Yoga4love, Wikimedia Commons

### **Life-Style Changes, Yoga & Exercise**

You already know that yoga can reduce stress, but it can help prevent or help you manage anxiety!

Practicing yoga helps boost GABA levels. Research has measured GABA levels in volunteers before and after an hour of yoga, and they found that GABA levels increased by 27%. So, I highly recommend doing yoga if you are an anxiety sufferer.

Exercise is good for the brain, and a powerful antidote to depression and anxiety, both immediately and in the long term. Meditation is particularly effective in treating anxiety. The art of practicing mindful awareness allows one to experience the true essence of each moment as it really occurs. So check out my “10-minute Meditation for Stress” eBook and online webinar.



### Action Plan

Throughout this eBook, we have talked about different strategies to combat anxiety. Here are your action plans:

1. Talk to your doctor about using amino acid therapy, such as L-theanine, 5-HTP, and GABA, to balance your brain activity. Consider using a supplement like NeuroCalm™.
2. Make sure you have a healthy gut. Eat fermented foods or consider taking a probiotic
3. Take the “edge off.” Try using calming herbs like lemon balm, passionflower, and chamomile.

I hope you now have a better understanding of how your nervous system works, and that you begin to use nutritional approaches to help you cope with anxiety in a natural way. When you correct key neurotransmitter imbalances, with nutritional support like L-theanine, GABA, omegas, chamomile, lavender oil, and yoga or meditation, you can feel less anxious. If you are taking medication already, be sure to talk with your doctor before stopping your medication or adding any of the supplements recommended in this eBook.

## **Disclaimer**

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The information in this eBook is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.

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