

Therapy For Anxiety

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COVID has produced more anxiety and depression than anyone ever predicted. Some patients tend to run a little hot anyway, but if you add the stress factors of a so called pandemic even simple decisions can tip the scales and create a state of anxiety. So let's consider factors that have been found to reduce anxiety and systematically apply them to our patients.

In a perfect world the sympathetic nervous system and the parasympathetic nervous system should be in balance. Anxiety creates over-stimulation and “sympathetic dominance”. How can we reduce or calm sympathetic dominance? One of the major things we can do is to reduce stimulants. Caffeine is the “big dog” on the block. Caffeine increases and prolongs the effects of the neurotransmitter norepinephrine.

Norepinephrine is part of the fight or flight response increasing heart rate, triggering the release of glucose from energy stores, and increasing blood flow to skeletal muscle. So it is easy to see how caffeine can



intensify anxiety. Other dietary neurotransmitters to limit are aspartic acid and glutamic acid. So Nutri-sweet and MSG foods have got to go as well.

Knowing that inflammation is another source of internal stress; anti-inflammatory diets like the one we use for the NutriClear Plus program have produced profound results in patients that just can't afford to do a detox and yet feel like they are going to pop out of their skin. I like the NutriClear Plus diet because it offers a systematic way to reduce the sugars, allergens, food additives, caffeine, etc. I tell patients to follow the diet as close as you can, nobody's

perfect but the closer you follow it the better you will feel.

Also, the NutriClear Plus diet will reduce insulin levels which are a physiological or internal stressor. The diet also reduces allergen foods and can eliminate many of the factors that “precipitate feelings of anxiety.” I have some other lifestyle modifications listed on the link to the right but let's move on to supplementation and recommendations that will help the immediate symptoms.

My favorite is a product called De-Stress. It is based on the same deca-peptides that are in mother's milk. We used to kid about breast milk being

liquid valium because it had such dramatic anti-anxiety properties. I look at De-Stress as an emergency measure because it works so consistently.

What else can we do to create balance?

Neurotransmitters carry the messages through the nervous system and it takes 3-8 vitamin or mineral co-factors to get from the Amino acid state to the active Neurotransmitter. So a full spectrum multiple like ProMulti-Plus is a great asset to cover foundational vitamin/mineral deficiencies and assure patients have the cofactors they need to make other essential neurotransmitters like GABA, Acetylcholine, Dopamine etc.

Research has shown a variety of nutrients reduce anxiety beyond a hi-potency multiple. I always want to increase B6 to the point where the patient remembers their dreams. Omega 3 fatty acids have been shown to reduce anxiety at a dose of 3 grams a day. Recently, a team of Japanese researchers shared data about L-theanine, an amino acid found in green tea. Results of the test showed that highly anxious students receiving 200 mg L-theanine displayed a slowing of their heart rate, improved attention and better reaction times, compared to members of the same group receiving placebo.

L-theanine appears to work by changing the electrical activity in the brain by increasing alpha waves, measured by EEG. Interestingly, Biotics Research released a product for sleep called Alpha Theta PM. Deep sleep as we now recognize is essential for repair and to restore physiology. Alpha Theta PM contains a therapeutic dose of L-theanine as well as other anti-anxiolytics. 2 capsules contain 350 mg of L-theanine, 10 mg of Vitamin B6 (as pyridoxal-5-phosphate), 300 mg Baikal Skullcap 250 mg Lemon Balm 250 mg Passionflower and 150 mg of 5-HTP, start with 2 at bedtime.

Let me share my first round of therapy for anxiety. First, changes in lifestyle to reduce global stimulating factors. Next; one teaspoon of Bio-Mega 3 Liquid twice a day to reduce systemic inflammation, leaky gut and support

cell membrane function. Provide foundational support with a high potency multiple like ProMulti-Plus at 3 bid. Use 2 Alpha Theta PM at night for restorative sleep. Finally, I suggest De-Stress as needed up to 8 per day, 1 or 2 at a time depending on the size of the patient.

Two other products that have anti-anxiety and adaptogenic properties are Bio-Ashwagandha and Hemp oil. You can learn more about these products to the right. Personally I don't see life slowing down anytime soon. Helping our patients find that perfect balance is really what wellness is all about optimal performance. So if we can recognize anxiety characteristics in our patients and implement baseline nutritional support we can help them maintain their edge without burning out. Stimulation is a good thing however over-stimulation will take anyone out sooner or later. Thanks for watching, I look forward to being with you again next Tuesday.