

TIME TO TAME ANXIETY, STRESS & DEPRESSION

NATURAL TOOLS TO USE TODAY

ANXIETY

DIET: Maintain a diet that keeps your blood sugar steady - stick to lean proteins, whole grains, veggies, fruit., lecithin, eggs, beans, nuts, and avocado. Eat 4-6 small meals per day with healthy snacks in between.

SUPPLEMENTS/VITAMINS: Pure fish oil (1,000 mg EPA/DHA) has been found to calm anxiety. Calcium (1,000 mg), magnesium (500 mg), Vitamin B complex (50 mg), DMAE (50 mg 3x daily), GABA (500 mg 3x daily sublingually), 5-HTP (150 mg 3x daily between meals).

HERBS: Rescue Remedy, Mimulus, Aspen, Agrimony, Larch, Passionflower.

AROMATHERAPY: Clary, Sage, Basil, Bergamot, Cedarwood, Chamomile, Cypress, Geranium, Hyssop, Jasmine, Juniper, Lavender, Marjoram, Melissa, Myrrh, Neroli, Orange, Petit-grain, Rose, Rosemary, Sandalwood, Thyme, Ylang-Ylang

Natural Practices: Relaxation response, Yoga Nidra, Acupressure, Meditation, Art therapy, Negative Ions, Exercise. CBT therapy, journaling.

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NATURAL TOOLS TO USE TODAY

STRESS

DIET: Eat small frequent meals including organic vegetables, fruits, legumes, nuts, seeds, extra virgin olive oil, fiber, high protein foods, oatmeal, yogurt, onions, raisins, black rice, black quinoa and chia seeds.

SUPPLEMENTS/VITAMINS: Vitamin B complex with C, Calcium (1,000 mg) Magnesium (1,000 mg)

HERBS: Rescue Remedy, Mimulus, Aspen, Agrimony, Larch, Passionflower.

AROMATHERAPY: Anise, Basil, Bay leaf, Bergamot, Cardamom, Chamomile, Clary sage, Cypress, Fennel Frankincense, Geranium, Ginger, Helichrysum, Jasmine, Juniper, Lavender, Lemon, Marjoram, Melissa, Neroli, Nutmeg, Orange, Peppermint, Pine, Rose, Rosewood, Sage, Sandalwood, Spearment, Tangerine, Thyme, Ylang-Ylang

Natural Practices: Qigong (energy breathing), Meditation, Yoga Nidra, Mindfulness, Garden/Grow herbs, Negative Ions, Journaling, Regular massage, Slow hobbies (painting, reading, etc), Reflexology, Acupressure

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TIME TO TAME ANXIETY, STRESS & DEPRESSION

NATURAL TOOLS TO USE TODAY

DEPRESSION

DIET: Eat small frequent, complex carbohydrate meals that keep blood sugar even keel. Lean meats, chicken, eggs, fish, tempeh, tofu, quinoa, buckwheat, teff, amaranth, spelt, barley, brown/black rice, oatmeal, millet, artichoke, burdock root, carrots, vegetable juice, apples, berries, citrus fruit, bananas, kale, collards, nuts.

SUPPLEMENTS/VITAMINS: Vitamin B complex, Folic acid, Calcium (1,000 mg) Magnesium (500 mg), Fish oil, B12, Selenium, Zinc, SAM-e, DLPA, L-tyrosine (2x daily)

HERBS: Dandelion root, Eleuthero, Ginkgo Biloba, Kava Kava, Lavender, Lemon balm, Licorice root, Motherwort, Oatstraw, Rhodiola, Saint Johns Wort

AROMATHERAPY: Basil, Bergamot, Cedarwood, Chamomile, Cinnamon, Clary sage, Clove, Coriander, Geranium, Grapefruit, Lavender, Jasmine, Marjoram, Melissa, Neroli, Orange, Palmarosa, Patchouli, Peppermint, Rose, Rose Geranium, Rosemary, Rosewood, Sandalwood, Spruce, Tangerine, Thyme, Vetiver, Ylang-Ylang, Wintergreen.

Natural Practices: EFT (Emotional freedom technique), Acupressure, Massage, Exercise, Journaling

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