



Wellness Minute

Health Information You Can Use On Your Path To Wellness



Anxiety

“Finding perfect balance is really what wellness is all about. So, if you recognize feelings of anxiety in your life, simply make an appointment with your wellness clinician.”

COVID has produced more anxiety and depression than anyone ever predicted. Some people 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 some natural wellness solutions that have been found to reduce anxiety.

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 pro-

longs 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 NutriClear Plus anti-inflammatory diet produce profound results in people 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 Cleanse program and anti-inflammatory diet. It offers a systematic way to reduce sugars, allergens, food additives, caffeine, etc. and can eliminate many of the factors that precipitate feelings of anxiety. I tell my patients to follow the diet as close as they can. Nobody's perfect, but the closer they follow it, the better they will feel. The NutriClear Plus diet reduces insulin levels, which are a physiological or internal stressor.

Also, taking the right natural supplements can be even more effective than anti-anxiety medication because it works WITH your body, without depleting other nutrients and without side effects. My favorite is a supplement called De-

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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 you have the cofactors you 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 vitamin with essential minerals. Your clinician may recommend you increase B6 to the point where you remember your dreams. Your clinician may also suggest omega-3 fatty acids, which 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. 2 capsules of Alpha Theta PM contains 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. Two other supplements available through your clinician that have anti-anxiety and adaptogenic properties are Bio-Ashwagandha and Hemp oil.

Personally, I don't see life slowing down anytime soon. Finding perfect balance is really what wellness is all about... optimal performance. So, if you recognize feelings of anxiety in your life, simply make an appointment with your wellness clinician. Your clinician can implement baseline nutritional support and help you maintain your edge without burning out. Stimulation is a good thing. However, over-stimulation will take anyone out sooner or later. Ask your clinician about support and natural therapies for anxiety.