

ANXIETY



Naturopathy



Anxiety & Naturopathy

Let's talk about anxiety. I want to give you some naturopathic hints, tips and information to help you if you are suffering from anxiety or know someone who is.

Anxiety includes feelings of worry, unease, apprehension and dread. I think we've all felt these at various times and of course, there's a huge spectrum of these conditions.

Depending on the severity, you may want to get individual advice from a health practitioner.



I would recommend you get advice from different health practitioners and have a holistic support network.

Today I want to give you some really practical hints, tips and things that you might be able to do yourself, so you can see what works for you.

Health aspects that might be behind anxiety are;

hypothyroid conditions, poor digestive health, nutritional deficiencies, blood sugar issues, heavy metal toxicity and of course, genetic and epigenetic factors can also be a cause of anxiety.



These are just a few things that might be underlying anxiety and they might be worth investigating further.

Diet

So the area I want to focus on firstly is diet. It is probably no surprise that I would recommend a whole food diet with low refined foods.

That means sticking to real fruits, vegetables, good quality proteins like; meat, eggs, good quality vegetarian proteins (for vegetarians), nuts and seeds etc.

Avoid all refined foods.



Reduce Stimulants

The other area is to reduce stimulants like coffee, alcohol and drugs. Although they can often give a really short term benefit with anxiety, you usually get the crash afterwards.

The more you use stimulants, in the long term, they can actually be more of a problem than a help.

So you are looking at an anti-inflammatory healing diet.

Eat your coloured fruits and veggies for the antioxidants.



Green Tea

Green teas are a really nice thing to include in your diet. There's a component in green tea, called Theanine which is a type of amino acid, which is specifically helpful with anxiety. You can find Theanine as a supplement or as an extracted component in health food stores.

Nutrients

Some of the specific nutrients outside of diet are:

Vitamin B complex is really helpful for the nervous system.



Zinc

Magnesium is a relaxant so it is really helpful for when you feeling anxious, especially at night. **Epsom salt baths** is a great way to get magnesium into your system.

For extra relaxation, you can also add lavender essential oils to your Epsom salt bath. So add 1 or 2 cups of Epsom salt and then 20 drops of lavender essential oil, it is really relaxing.

It is good to do this before going to sleep if your anxiety is causing you sleep issues or you have problems getting to sleep.



Probiotics

Another nutrient is probiotics. One of the areas that causes a lot of inflammation in our body is if we have gut inflammation or dysbiosis. We have signals that go from our gut to our brain that can be inflammatory signals that can actually contribute to anxiety.

Some of the ways that these signals are sent to the brain is via nerves, hormones and our immune system.

To sum up, probiotics and a healing diet, (one of the therapeutic diets like GAPS) might be something worth looking at for you.



Omega 3 Oils

Omega 3 oils. Our brain is made up of DHA and is a component of Omega 3 oils. EPA gives us an anti-inflammatory effect.

Herbs

Here are some fantastic, relaxing herbs. I will name a few of them. You can get them as a dried herb or make them into a tea.

You can also get them made up into an extract or a tincture, which might be an easier way for you to take them.



Lemon Balm, Skullcap, Chamomile, Lavender, Kava, Damiana, Valerian. Zizyphus is especially good for sleep. Withania is good, a particular key with Withania is if you're underweight, it's a very nourishing herb.

You can get oats as a herb as well as a food.

You can even put oats in a bath.

Bush Flowers

Some bush flowers that I like are: Dog Rose and Crowea, it might be something to look into for you. There are also the Bach flower essences. Agrimony, Aspen, Elm & White Chestnut might be suitable to help anxiety.



That's a very quick introduction to some of the naturopathic nutrients, herbs and dietary advice for anxiety. See which things work best for you. Enjoy.



**This Ebook is a collaboration between
Jayne Larkins from Vital Child
& Global Healing Exchange**

