

ANXIETY & NATUROPATHY



Anxiety & Naturopathy

Let's talk about anxiety. From a naturopathic perspective, anxiety is a very generalized disorder. We have all heard of it. There are many different varieties and a whole spectrum of severities from mild to severe. We have all experienced anxiety in our life, but many people have extreme anxiety where they are clinically ill and not able to function in their life.

There are a lot of aspects to consider. I thought it will be helpful for me to go through some hints and tips and maybe some things that you can try at home.



There are lots of herbal medicines, which are helpful in anxiety.

You might have heard of:

Passion Flower

Passion flower is a gentle herb. It is really nice for children as well. If you go to a health food store or see a herbal practitioner, you can get it in tablet or capsule forms.



Kava

Another herb that is really valuable in helping anxiety is Kava. It's used in Fiji and the Pacific islands, you can also get Kava as a herbal medicine.

Lemon Balm

Lemon balm is another herb which is really nice to use.



Chamomile

Chamomile is a really gentle herb that you can make as teas or get in different herbal forms, made up as a tincture or extract from a practitioner that you have access to.

There Are Specific Nutrients That Are Helpful With Anxiety

Magnesium

The most popular is magnesium. Magnesium is a muscle relaxant and general nervous system relaxant. Magnesium would be the first thing I would try. You can get that in many different forms as well.



It is best to ask a profession for advice about what the best form of magnesium is and the best way to take it.

As a general rule you are looking at about 300 to 600 milligrams per day for an adult. It would of course be a lower dose for a child.

Zinc & B6

Zinc & B6 are 2 cofactor nutrients that are really useful to the chemical pathways that support the relief of anxiety.



Probiotics

Probiotics are really important. There's a lot of information on the gut-brain axis.

If you have an inflamed digestive system or infectious organisms in your digestive tract, it can actually act as a trigger for anxiety and other mental processes.

Having a really healthy digestive tract that is not inflamed, is something to look at. If that's an issue for you as it may be contributing to your anxiety.



Amino Acids

Glutamine

Without getting too technical about it, one of the main neurotransmitters in anxiety is glutamate.

It's a neurotransmitter and it's an excitatory neurotransmitter.

If you have too much glutamate it can increase anxiety. It then gets converted to GABA which is an inhibitory neurotransmitter.



That's the calming neurotransmitter, so there are certain amino acids that really help in making sure that we have lots GABA, the inhibitory neurotransmitter rather than glutamate which is the excitatory neurotransmitter.

Glutamine is an amino acid which makes sure we make enough GABA.

L-Theanine

L-Theanine is actually extracted from green tea, so green teas are good to drink to help reduce anxiety.



Omega 3 Fatty Acids

EPA and DHA are really helpful fats. They are helpful for supporting brain function and making sure that we have well-nourished brain cells, cell membranes and help in optimizing our physical health, so that we can perform at our best and are at our most resilient.

Triggers

There are so many triggers and lifestyle factors with anxiety.



It's not a one size fits all and if you do see a naturopath it will be an individualized treatment based on what your symptoms are.

All of these things are worth trying, will be helpful for you and will not cause problems.

Stress & Inflammation

These are 2 factors that would be problematic and increase levels of anxiety.

There are lots of ways to support stress. Supporting the adrenals with things like B vitamins, magnesium and zinc is fantastic.



Adrenal Herbs

There are specific adrenal herbs like ginseng, liquorice, rhodiola. All of these would be available in different forms.

Hormonal Health

Look at your hormonal health. If you have thyroid issues it can sometimes contribute to anxiety and increase the risk of you having anxiety.

Deal with any hormonal issues that might be out of balance.



Look at insulin, blood sugar levels, sex hormones like progesterone and estrogen, as these can also play a role. Look at which factors are an issue for you and get help.

Diet

The main factors with diet is making sure that you have good quality, adequate protein.

Make sure you have enough amino acids in your diet. Make sure you are breaking down the protein you are eating, so you have good stomach acid.



Hydrochloric acid is actually breaking down the proteins so that the amino acids are getting into the bloodstream where they are needed.

Antioxidant Foods

Antioxidant foods are rich in coloured fruits and vegetables. Eat all of the colours of the rainbow.

Reduce Coffee

Reduce and limit coffee. Coffee is known to contribute to anxiety, especially if you're having too much of it.



Lifestyle Factors

Look at exercise, meditation, relaxation, counselling to get coping strategies, flower essences and energetic medicines can be really helpful.

That's a very quick overview of different naturopathic factors that might be taken into account.

I hope that's helpful to you.

This Ebook is a collaboration between Jayne Larkins a Naturopath at vitalchild.com.au & Global Healing Exchange

