

# Helping Patients With Anxiety

*"Someone who experiences anxiety is over-stimulated; as a result, they live in 'sympathetic dominance' which needs to be reduced or calmed."*

Some patients tend to run a little hot. Meaning they tend to be a little on the hyper side; and if you add the stress factors of everyday life, they can tip the scales and live in a state of anxiety. So let's consider factors that have been found to reduce anxiety and systematically apply them to our patients that "run hot."

In a perfect world the sympathetic nervous system and the parasympathetic nervous system should be in balance. Think about someone who experiences anxiety. They are over-stimulated; as a result, they live in "sympathetic dominance."

How can we reduce or calm the 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, trigger-



ing 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 NutraSweet 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 3-Step Detox has 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 3-Step Detox diet because it offers a systematic way to reduce the sugars, allergens, food additives, caffeine, etc for a period of 30 days. 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.

"The 3-Step Detox 'hypoallergenic' diet will reduce elevated insulin levels which are also a physiological or inter-

nal stressor. By reducing allergen foods for 30 days patients can eliminate many of the factors that precipitate feelings of anxiety." I have some other lifestyle modifications listed on the link below as well as my strategy for anxiety.

Let's move on to supplementation. I always try to make recommendations that will help the immediate symptoms. My favorite is a product called De-Stress. It is based on the same decapeptides 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 put the system in balance? Neurotransmitters carry 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 multiple like ProMulti-Plus would be an asset to cover foundational deficiencies and assure we have the cofactors we need to make things like GABA, acetylcholine, dopamine, etc.

Research has shown a variety of nutrients reduce anxiety beyond a hi-potency multiple. For example, 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 a placebo. This is a significant improvement over many conventional anti-anxiety treatments that often have side effects of

drowsiness, slowed reflexes or impaired concentration. L-theanine appears to work by changing the electrical activity in the brain by increasing alpha waves, measured by EEG.

Biotics Research Corporation has combined 50 mg of L-theanine with 50 mg of 5HTP and the cofactors needed to convert 5HTP to serotonin in a product called Neuro-5-HTP. Neuro-5-HTP has produced consistent results for sleep problems due to the serotonin precursors. More recent clinical studies support a new application for patients with anxiety.

Let me share my first round of therapy for anxiety. First, changes in lifestyle to reduce global stimulating factors.

Next, one tablespoon of Biomega-3 Liquid to reduce systemic inflammation, leaky gut and support cell membrane function. Also, provide foundational support with a high potency multiple like ProMulti-Plus at 3 two times a day. Add Neuro-5-HTP to support serotonin pathways and the addition of L-theanine.

Finally, I suggest De-Stress as needed up to 8 per day taken 1 or 2 at a time depending on the size of the patient. You can find my second round of therapy below.

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, overstimulation will take anyone out sooner or later.

Thanks for reading this week's edition. See you next Tuesday.