

Anxiety Symptom Relief

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The gut-brain connection continues to build momentum and credibility. Knowing that, we can feel confident recommending nutritional programs that simultaneously treat both. I can't tell you how many patients have come to me for one problem and when we apply wellness principles their symptoms of anxiety are dramatically better.

More people are experiencing anxiety than you realize. I encourage you to ask your patients to see if they are experiencing it at some level. Just to give you an idea, anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults age 18 and older, or 18.1% of the population every year. Anxiety disorders affect 25.1% of children between 13 and 18 years old. Research shows that untreated children with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences, and engage in substance abuse.



ANXIETY My First Round Therapy

You can see an earlier TM that covered some of the underlying precipitating factors that ramp up the sympathetic nervous system into overdrive. You can also see my Anxiety Checklist for primary drivers for anxiety, as well as a list of symptoms. You'll see many of them are similar to what we treat when we treat for leaky gut.

What are some of the factors that contribute to anxiety? It's no surprise: caffeine, low blood sugar, insulin dysregulation, lack of parasympathetic tone, food sensitivities, excess glutamate, and a diet

that promotes systemic inflammation.

Let's get started with my updated first round of therapy for anxiety. First, changes in lifestyle to reduce overall-global stimulating factors. Next, I like to clear the deck and heal the gut with the NutriClear Plus cleanse program for two weeks.

This program reduces the inflammatory load which of course includes the brain, while repairing the gut. I don't know of any program that covers so much ground in a systematic, easy to follow

manner. Patients really feel the difference.

After two weeks, while staying on the same anti-inflammatory diet, I like to add one tablespoon of Biomega-3 Liquid or 6 capsules of Biomega-1000 to support cell membrane function and leaky gut. Depending on the person, I want to provide foundational support with either a high potency multiple like ProMulti-Plus or a low potency multi-nutrient like Bio-Trophic Plus both at 3 bid. And of course add a prebiotic- probiotic like BioDoph-7 Plus. To me this is ground zero.

Now we can build on a foundation that has all the basic building blocks. Let's start building with a product that has natural anti-anxiety precursors, Neuro-5-HTP Forte. For starts, Neuro-5-HTP Forte contains vitamins and minerals as well as 5-HTP needed to make serotonin.

Next, a proprietary blend of taurine and L-theanine. Neuro-5-HTP Forte contains magnesium and B6, needed to convert the excitatory neurotransmitter glutamate to glutamine. Also, as a bonus, methylated B12 and folate, zinc and selenium have been added to support methylation.

If methylation is impaired, up to 200 neurotransmitters will be affected. Let's consider the need for taurine and L-theanine in Neuro-5-HTP Forte.

Taurine is important in GABA production but it is also necessary to pull magnesium, nature's tranquilizer, into the cell.

Most people are not aware of L-theanine and its anti-anxiety properties. A team of Japanese researchers shared data about L-theanine, an amino acid found in green tea.

Highly anxious students receiving just 200 mg of L-theanine displayed a slowing of their heart rate, improved attention and better reac-

tion times, compared to members of the same group receiving a placebo. L-theanine appears to work by changing the electrical activity in the brain by increasing alpha waves measured by EEG.

This might be a good time to address the topic of medication. I received some correspondence from a prescribing physician who suggested it was unethical to stop medication from another physician. Let me reinforce that medication can be lifesaving for some conditions. And there is a place for it. However, if someone continues to live in a lifestyle that promotes DIS-EASE whether physical or emotional even the medication they are on will be temporary at best. If we teach our patients to eat a clean diet, eliminate the precipitating factors that cause the problem, help them balance their brain and body chemistry and support their nervous system the need for pharmaceutical agents is reduced.

Every drug has side effects and the longer one is taking it, the greater the potential side effects. Our goal on the Tuesday Minute as well as our sister video magazine for patients, the Wellness Minute, is to give you or reinforce principles which help people return to physiologic or homeostatic balance.

Let me be clear, I am not saying people don't need medication. I am saying let's clean the body and feed the body and then use as little medication as possible to maintain optimal function. 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 Tuesday Minute edition. I'll see you next Tuesday.