

NATURAL WAYS TO HEAL ANXIETY

Anxiety disorders are very painful, but too often people reach for marijuana, alcohol, or prescribed benzodiazepines, which can have short-term benefit but can cause long-term problems with addiction and memory issues. (If the below interventions are ineffective or only partly effective, I'll try other nutraceuticals or medications targeted to someone's specific type of anxiety).

1. Address the BRIGHT MINDS risk factors.
2. Check for hypoglycemia, anemia, and hyperthyroidism.
3. Eliminate artificial dyes, preservatives, and sweeteners from the diet.
4. Try an elimination diet for 3 weeks.
5. Practice prayer, meditation, and hypnosis. Research shows they can calm stress and anxiety, and you can use helpful audio programs for guided meditation and self-hypnosis.
6. Heart rate variability (HRV) training. Anxiety is linked to low levels of HRV, but you can hack your way to a healthier HRV with biofeedback apps. Read more about this in my book *Feel Better Fast and Make It Last*.
7. Diaphragmatic breathing and hand-warming biofeedback.
8. Eliminate the ANTs (Automatic Negative Thoughts)
9. Calming exercise, such as yoga, qi gong, and tai chi.
10. Begin taking the following nutraceuticals:
 - L-theanine 200–400 mg a day
 - GABA 500–1,000 mg a day
 - Magnesium as glycinate, citrate, or malate 100–500 mg with 30 mg of vitamin B6 a day
 - Probiotics
11. Check your Omega-3 Index (www.omegaquant.com) and get it above 8 percent using 1,400 mg or more omega-3 fish oil with a ratio of approximately 60/40 EPA to DHA.
12. Consider trying neurofeedback.

