



ANXIETY DISORDER

Anxiety disorder is a continuous state of feeling worried, apprehensive, nervous, agitated, fearful or insecure without rational reason, which can be intense and sometimes debilitating.



Possible Contributing Factors



- Reactive hypoglycemia / insulin resistance
- Increased thyroid function
- High or low adrenal function (chronic stress)
- Estrogen dominance
- Histamine intolerance
- Toxins: heavy metal burden, mold
- Low serotonin (often due to gut dysbiosis/overgrowths)
- Nutrient insufficiencies: B complex (especially B1 and B12), magnesium
- High dose Pyridoxine (B6) supplementation
- Lactose intolerance and other food sensitivities/allergies
- Psychological stress & unresolved trauma
- Too many stimulants: caffeine, negative news/social media

Lifestyle & Dietary Recommendations



- Focus on a whole foods VPF diet with quality proteins, vegetables & healthy fats. Limit starchy carbs to ½ cup per day or 1 cup of root vegetables per day. 1-2 whole fruits only per day.
- Avoid dairy (except grass-fed butter) and gluten. Consider a KBMO food sensitivity test.
- Avoid caffeine: coffee, tea, chocolate
- Take a social media/electronic detox
- Stress reduction measures: grounding, spend more time in nature, gratitude journaling, meditation, delegating tasks, saying 'no' more often, Epsom salt bath
- Focus on sleep hygiene
- Consider calming herbal teas: lemon balm, passion flower, valerian, lavender
- Rapid relief:
 - Box breathing: breathe in through the nose for 4 counts, hold breath for 7, and exhale through the mouth for 8
 - Emotional freedom technique or tapping
 - Vagus nerve activation: gargling, humming, grunting and singing out loud
 - Vagus nerve icing: dunk face in a bowl of ice water for 10 to 30 seconds. Ice cubes or a bag of frozen veggies on the face can be used instead.

Supplement Considerations



- Inositol for insulin resistance and anxiety/panic attacks
- L-theanine
- Calming adrenal adaptogens: ashwaghandha, holy basil, rhodiola, magnolia
- Methylated B complex, magnesium threonate