

## Anxiety Complementary/Alternative Medicine

Avoid Sugar

Exercise

Sugar Deficiency of the B-vitamins niacin,

### QUICK REVIEW

- Perhaps the most significant biochemical disturbance noted in people with anxiety and panic attacks are an elevated blood lactate level.
- There are at least six nutritional factors that may be responsible for elevated lactic acid to pyruvic acid ratio:
  - Alcohol
  - Caffeine
  - Sugar
  - Deficiency of the B-vitamins niacin, pyridoxine, and thiamine
  - Deficiency of calcium or magnesium
  - Food allergens

Kava extract has produced relief from anxiety comparable to drugs like Valium but without the side effects.

- Get regular exercise

### Nutritional Supplements

Take a high-potency multiple-vitamin and-mineral formula

Flaxseed oil: 1 tablespoon daily

Niacin/B3

B-Complex vitamins

Vitamin C

Lecithin

Chromium

### Botanical Medicines

- Kava (*Piper methysticum*): 45 to 70 mg of kavalactones three times daily (the dosage of kava preparations is based on the level of kavalactones)

The primary treatment methods are to Reduce or eliminate the use of stimulants.

Use kava when appropriate but beware of liver toxicity

NOTE: If you are currently taking a tranquilizer or a depressant, you will need to work with a physician to get the drug. Stopping the drug on your own can be dangerous you absolutely must have proper medical supervision.

Diet

- Eliminate or restrict your intake of caffeine
- Eliminate or restrict your intake of alcohol
- Eliminate refined carbohydrates from your diet
- Design a healthful diet
- Increase the potassium-to-sodium ratio in your diet
- Eat regular planned meals in a relaxed environment
- Control food allergies

### Lifestyle

Identify stressors

Eliminate or reduce sources of stress

Identify negative coping patterns and replace them with positive patterns

Perform a relaxation/breathing exercise for a minimum of five minutes twice daily

Manage your time effectively

Enhance your relationships through better communication