

SUPPLEMENTS FOR ANXIETY

(taken from *Prescription for Nutritional Healing* by Balch & Balch)

Supplement	Suggested Dosage	Comments	Dietary Sources
Calcium and Magnesium	2000 mg daily. 600 – 1000 mg daily.	A natural tranquilizer. Helps relieve anxiety, tension, nervousness, muscular spasms, & tics. Best taken in combination with calcium. To provide all needed nutrients in balance.	Dairy, seafood, soy, dark green leafy vegetables, broccoli, brewers yeast. Dairy, fish, meat, apples, apricots, avocados, bananas, brown rice, nuts, grapefruit, lemons, whole grain
Multivitamin & mineral complex with potassium and selenium	As directed on label. 99 mg daily. 100 – 200 mcg daily. If you are pregnant, do not exceed 40 mcg daily. As directed on label.	Essential for proper functioning of the adrenal glands. Low levels have been found in persons with anxiety disorders. A powerful antioxidant that protects the heart. Helps maintain normal nervous system function. Helps reduce anxiety and has a calming effect on the nerves.	Dairy, fish, fruit, legumes, meat, nuts poultry, vegetables, whole grains. Brazil nuts, broccoli, brown rice, chicken, dairy, seafood, onions, wheat germ, whole grains.
Vitamin B Complex plus extra vitamin B1 (thiamine) and vitamin B6 (pyridoxine) and niacinamide	50 mg 3 times daily, with meals. 50 mg 3 times daily.	Know energizer that also exerts a calming effect.	Brown rice, egg yolks, fish, legumes, liver, peanuts, peas, pork, poultry, rice bran, wheat germ, whole grains. Carrots, chicken, eggs, fish, meat, peas, spinach, sunflower seeds, walnuts, wheat germ.
Vitamin C	100 mg 3 times daily. <i>Caution:</i> Do not substitute niacin because it can be toxic at this level. 5000 – 10,000 mg daily, in divided doses.	Important in production of certain brain chemicals. In large doses, has calming effect. <i>Caution:</i> do not take if have liver disorder, gout, high blood pressure. For proper function of adrenal glands & brain chemistry. In large doses, can have tranquilizing effect & to decrease anxiety. Vital for dealing with stress. Helps transport oxygen to braincells & protect from free radical damage. Can have calming effect on central nervous system.	Beef liver, brewers yeast, broccoli, carrots, cheese, corn flour, dates, eggs, fish, milk, peanuts, pork, potatoes, tomatoes, whole wheat. Berries, citrus fruit, onions, green vegetables, strawberries, tomatoes.
Vitamin E	As directed on label.	As directed on label.	Vegetable oils, dark green leafy vegetables, nuts, whole grains. Brewers yeast, egg yolks, fish, legumes, liver, meats, poultry, pecans, soybeans, whole grains.
Zinc	50 – 80 mg daily, to not exceed total of 100mg daily from all supplements. As directed on label.	As directed on label.	Salmon, mackerel, herring, sardines, white fish, flaxseeds.
Essential fatty acids (flaxseed oil, EPA fish oil)	As directed on label.	As directed on label.	Important for proper brain function.

RECOMMENDATIONS & CONSIDERATIONS:

- Include in the diet apricots, asparagus, avocados, bananas, broccoli, blackstrap molasses, brewers yeast, brown rice, dried fruits, dulse, figs, fish (especially salmon), garlic, green leafy vegetables, legumes, raw nuts and seeds, soy products, whole grains, and yogurt. These supply valuable minerals such as calcium, magnesium, phosphorus, and potassium which are depleted by stress.
- Try eating small, frequent meals rather than the traditional 3 meals a day.
- Avoid foods containing refined sugar or other simple carbohydrates. For a nutritional treatment plan to have maximum benefits, the diet should contain no simple sugars, carbonated soft drinks, tobacco, or alcohol.
- Do not consume coffee, black tea, cola, chocolate, or anything else that contains caffeine.
- Keep a food diary to detect correlations between your attacks and the foods you eat. Food sensitivities may trigger panic or anxiety attacks.
- Learn relaxation techniques. Biofeedback and meditation can be helpful. Practice breathing exercises — inhale slowly through the nose to a count of four, hold your breath for a count of four, exhale from the mouth slowly to a count of four, and then do nothing for a count of four. Repeat.
- Get adequate rest.
- Chromium deficiency can produce nervousness, shakiness, and other general symptoms of anxiety. Chromium deficiency is common in alcoholics and people who consume large amounts of refined sugars. Brewers yeast is a rich source of chromium.
- Selenium has been shown to elevate mood and decrease anxiety. These effects were more noticeable in people who had lower levels of selenium in their diets to begin with.
- Get regular exercise. Any type will work. After a few weeks of regular exercise, most people notice an improvement in anxiety symptoms.