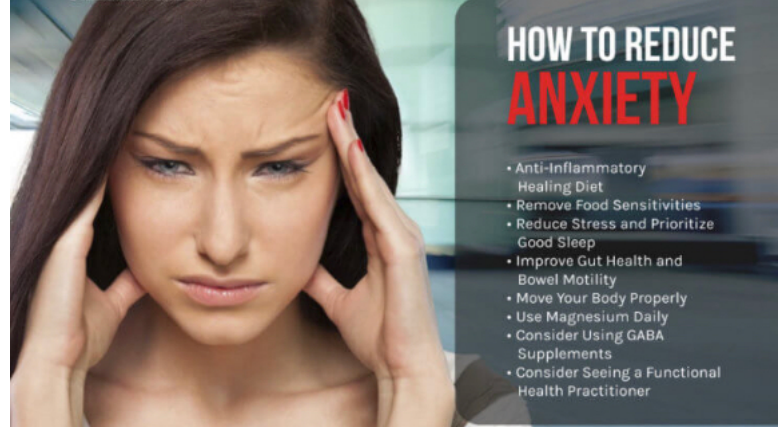


Ok! So how do we remedy this epidemic....?



HOW TO REDUCE ANXIETY

- Anti-Inflammatory Healing Diet
- Remove Food Sensitivities
- Reduce Stress and Prioritize Good Sleep
- Improve Gut Health and Bowel Motility
- Move Your Body Properly
- Use Magnesium Daily
- Consider Using GABA Supplements
- Consider Seeing a Functional Health Practitioner

How to Heal Anxiety Naturally:

ANTI-INFLAMMATORY FOODS



PRO-INFLAMMATORY FOODS



Conventional treatments of anxiety often include pharmaceutical medications. However, these medications usually serve as a bandaid without addressing the CAUSE or fully solving the problem. You will be happy to learn that it IS possible to reduce anxiety naturally through a nutritious diet, a healthy lifestyle, and appropriate supplementation. The following are key strategies to get you on your way to reducing anxiety and living a more enjoyable life. Be sure to apply the first 7 on your own and if you are still struggling with anxiety than it is time to work with a functional health coach to customize a specific plan for YOUR needs:)

Anti-Inflammatory Healing Diet:

An anti-inflammatory healing diet is essential for your overall health, including your mental health. Remove any foods that may trigger anxiety, including refined sugars, processed vegetable oils, processed foods, junk foods, artificial ingredients and flavorings, gluten, grains, conventional meat products, caffeine, and toxins.

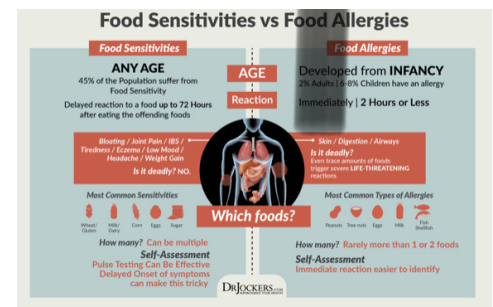
Instead, turn to nutrient-dense, anti-inflammatory and healing foods, including leafy greens, such as kale, spinach, and Swiss chard, non-starchy vegetables, such as cucumber and celery, herbs and spices, such as turmeric, ginger, rosemary, and cinnamon, low-glycemic index fruits, such as berries and lemon, healthy fats, such as avocados, organic ghee and butter, and coconut oil, clean protein, as organic grass-fed beef, pasture-raised poultry, wild-caught fish, wild game, and free-range eggs, nuts and seeds for fibre, and nondairy live kefir for natural probiotics.

Remove Food Sensitivities: Food sensitivities may trigger anxiety. Common food sensitivities include sugar, gluten, corn, soy, dairy, and alcohol. However, you may have some personal, less common sensitivities as well. To identify your food sensitivities you may try an elimination diet or blood testing to discover any food sensitivities. Once you have identified your food sensitivities, they may trigger anxiety and lead to inflammation, pain, and health issues.

Reduce Stress and Prioritize Good Sleep: Anxiety is your body's natural response to stress. High and chronic stress and a lack of quality sleep may trigger anxiety. To reduce anxiety, it is crucial that you reduce stress and prioritize good sleep. Try prayer, breathing exercises, daily gratitude, journaling, meditation, nature walks, and quality time with loved ones to reduce your stress levels. Practice positive self-talk and learn to reframe your thoughts. To support your sleep cycle, aim to go to bed and wake up at the same time each day. Develop a nighttime routine that works for you. Turn off electronics close to bedtime. Engage in relaxational activities and perhaps sip on a calming herbal tea before bed.

Improve Gut Health and Bowel Motility: Your gut affects your brain and mood and compromised gut health and gut flora imbalance may trigger anxiety. Improving your gut health and bowel motility is clearly crucial to prevent anxiety. Eating an anti-inflammatory is the first step, however, there are other ways to support your gut health. It is really important to calm your body and eat your food in a relaxed state. This will help your body produce enough digestive juices to adequately break down, sterilize and absorb the nutrients you are putting inside of it. When you are stressed out, you will not be able to digest food effectively. If you eat on the go often, it is best to do smoothies and things that are light and easy on your digestive system during these more stressful periods. When you are dealing with an underlying gut health issue, enzymes and hydrochloric acid (HCL) may benefit your digestion.

Taking high-quality probiotics is essential for ensuring a healthy gut flora balance. Probiotics support healthy digestion, nutrient absorption, energy levels, mental health, and overall health. I recommend a certain brand, if u want to contact me for questions or info on where to order them. Text 250-219-2866.



Move Your Body Properly:

Physical exercise has enormous benefits for your mental health. A lack of movement may trigger anxiety and increase mood imbalances. Research has shown that regular exercise can reduce the frequency and intensity of anxiety and panic attacks.

Exercise regularly, 20 to 30 minutes 5 times a week, and move your body every day. Mix up your routine and find different forms of exercise that work for you. I am personally a fan of high-intensity interval training (HIIT), but you may find something else that works for you. Swimming, hiking, running, are biking are great for cardiovascular health and anxiety relief. Weight lifting, resistance training are fantastic for your strength.

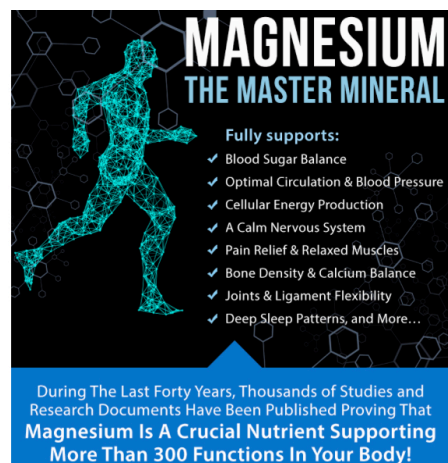
Yoga and Pilates have been shown to have both physical and mental health benefits and may help to combat anxiety. They are low impact exercises that help to build strength while calming your mind. Moving your body doesn't have to mean structured workouts. Move your body daily by stretching, going for a short walk before breakfast, lunch, or supper, dancing for your favorite song, running around with your kids, and playing with your pets. Remember to have fun.



Use Magnesium Daily:

Magnesium is present in all cells of the body and is involved in over 300 enzymatic processes, including energy production. Magnesium is the most common nutritional deficiency linked to an array of health issues. Magnesium deficiency may trigger anxiety.

Due to our depleted soils, it is difficult to meet all your magnesium needs even from a nutrient-dense anti-inflammatory healing diet. Magnesium helps calm your brain, relax your muscles, balance your blood sugar, improve your sleep, and protect your brain.



Consider Using GABA Supplements: As you've learned earlier, inhibitory neurotransmitter GABA imbalance may trigger anxiety hence you may benefit from GABA supplement to prevent anxiety. GABA, 5HTP, L-Taurine, Ashwaganda, and L-Theanine are all important for relaxation and brain health.

***Consider Seeing an Integrative or Functional Health Coach or Practitioner.** Sometimes it's hard to combat anxiety alone. If you have tried everything and nothing seems to be working, consider finding an integrative or functional health coach or practitioner to help you identify the root cause that may trigger anxiety.

Finding the root cause that triggers anxiety is key to figuring out the best natural nutritional and lifestyle solutions to eliminate anxiety from your life. As a Certified Integrative & Functional Health Coach, I have been trained to sort out the root cause and design programs to help people improve their health.

Final Thoughts: Anxiety is your body's natural response to stress. However, frequent, excessive, and persistent anxiety can seriously interfere with your life and affect your overall health.

Understanding the factors that trigger anxiety and following my dietary, lifestyle, and supplement recommendations, you can reduce anxiety and finally live the happy life you deserve.