

15

NATURAL REMEDIES

For Anxiety



DIET

- 1 Eat a clean & well-balanced diet
- 2 Avoid sugary & processed foods
- 3 Limit caffeine & alcohol

SUPPLEMENTS

- 4 Ashwagandha
- 5 Kava root
- 6 5-HTP
- 7 GABA
- 8 Magnesium
- 9 Vitamin B complex



ESSENTIAL OILS

- 10 Lavender oil
- 11 Roman chamomile

LIFESTYLE

- 12 Physical activity
- 13 Get enough rest
- 14 Meditate
- 15 Find support

