

Dr. Axe
FOOD IS MEDICINE

CALM YOUR TENSION WITH 15 NATURAL REMEDIES FOR ANXIETY

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Anxiety can be a disabling condition that's accompanied by long-term stress and a decline in overall health. It contributes to many chronic diseases, even when treated with conventional medications. That's why we need to use natural remedies for anxiety and other mood disorders that will address the root of the problem instead of putting a Band-Aid® on your symptoms.

The good news is that there are many natural remedies for anxiety that are safe and don't cause adverse side effects like so many anti-anxiety medications.

By eating a clean and well-balanced diet that contains important nutrients like B vitamins, magnesium and omega-3s, and using essential oils for anxiety, you will notice an immediate difference in your mood, energy levels and sleep patterns. Plus, there are many supplements and lifestyle changes that serve as natural remedies for anxiety.

Causes & Common Symptoms of Anxiety

Anxiety is a normal response to stress or a dangerous situation and it's often referred to as the "fight or flight" response. It's also the most prevalent mental health condition. Anxiety becomes problematic when it is constant or in reaction to inappropriate circumstances, which over time can negatively affect your day-to-day life. In fact, there are a number of anxiety disorders, including generalized anxiety disorder, obsessive compulsive disorder, social anxiety disorder and panic disorder.

Causes of anxiety include:

- ▶ stress
- ▶ traumatic life experiences
- ▶ thyroid problems
- ▶ dysfunctional serotonin
- ▶ excessive alcohol
- ▶ caffeine or sugar intake
- ▶ hormone imbalance

In addition, research shows that risk factors for anxiety disorders include being female, experiencing stressful life events in childhood and adulthood, having a family history of mental health disorders, having limited economic resources and being shy in childhood.

Although, anxiety is characterized by excessive worrying and tension, other physical and psychological symptoms of anxiety include:

- ▶ muscle tension
- ▶ chest tightness
- ▶ heart palpitations
- ▶ high blood pressure
- ▶ insomnia
- ▶ digestive problems
- ▶ panic attacks
- ▶ irritability
- ▶ difficulty concentrating
- ▶ restlessness
- ▶ sweating
- ▶ anxiousness
- ▶ inability to socialize



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



If you choose to use any of these natural remedies for anxiety, do so under the guidance of your health care provider. Also, make sure that he or she knows what other medications you are taking in order to avoid dangerous interactions. For example, some of these natural remedies, including kava root, 5-HTP and GABA, do interact with commonly prescribed anti-anxiety and anti-depression medications. So, do not use these supplements or herbs along with prescribed drugs.

Conventional Treatment for Anxiety

Typically, anxiety is treated with a combination of psychotropic drugs and cognitive behavioral therapy. Pharmacologic interventions for anxiety include:

Serotonin-norepinephrine reuptake inhibitors (SNRIs): Some SNRI brand names include Cymbalta, Pristiq, Effexor and Savella. Common side effects of these medications include dizziness, nausea, loss of appetite, sexual problems, constipation, weight loss, insomnia, headaches, dry mouth and agitation.

Selective serotonin reuptake inhibitors (SSRIs): Some examples of commonly prescribed SSRIs include Lexapro, Prozac, Zoloft and Celexa. Possible side effects of these medications include drowsiness, nausea, diarrhea, headache, sexual problems, agitation, dizziness, dry mouth, insomnia and blurred vision.

Benzodiazepines: The most popular types of benzodiazepines include Xanax, Valium, Librium and Tranxene. These medications come with side effects like dizziness, headaches, blurred vision, sweating, trouble sleeping, impaired coordination, confusion and an increased risk of falling in elderly patients.

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