



## ANXIETY NUTRITIONAL GUIDE

### 1. Rule out food sensitivity.

- Caffeine, alcohol, sugar.
- Saturated fats / margarine cause the serotonin in the hypothalamus to reduce.

### 2. Include in the diet the following:

- Phyto-oestrogens?
- L-5-OH-tryptophan 200-900mg at night.
- Inositol 500-1200mg daily.
- Selenium 200mcg daily.
- Calcium 1200-1600mg daily in women with PMS.
- Magnesium – 6mg / kg body weight per day
- Omega 3 fatty acids – 3000mg per day – up to 9000mg per day
- Vitamin C.
- Vitamin E.
- B complex – include 100mg pantothenic (B5) acid. NB: vitamin B6 helps tryptophan to become serotonin and this vitamin has a selective modulatory impact on central nervous system production of serotonin and GABA.

### 3. Herbal medicines that may be helpful in anxiety:

- Valerian.
- Kava.
- Siberian ginseng 100-300mg 3x daily, also useful if stressed and fatigued.
- St John's Wort.
- Panax ginseng.

Note: Vitamin E and Omega 3 fish oils promote bleeding – must stop these 2 weeks before any surgery.