



Knowledge is
your secret
weapon to good
health.

STRESS & SLEEP

Anxiety

By definition, anxiety is a feeling of worry, nervousness, or unease, typically about an imminent event or situation with an uncertain outcome. This is a normal human emotion and has its time and place. However, when you begin to experience this feeling regularly and/or out of proportion to the situation at hand, it begins to become a problem and can negatively impact your day- to- day life. Symptoms can include excessive worry, overwhelm, tension, panic attacks, nausea, sweating, racing heart, excessive fear/self-consciousness in social situations, phobia of being watched or judged, recurring unwanted thoughts and/or behaviors.

Contributing Factors

GABA/Serotonin deficiency or lactic acid excess caused by poor nutritional choices/habits, food allergies/sensitivities, poor gut health, dehydration, lack of exercise, limited time outdoors, hormone imbalance, constant stress/busy lifestyle, too much screen time, poor sleeping habits, toxicity (chemicals, EMF's, candida, parasites), life experiences/trauma, genetics

Lifestyle Recommendations

- Stay hydrated. Dehydration is the number one way to create an excess of lactic acid in the body. Be sure to drink at least 8-10 cups per day, more if you're very active or consuming caffeine.
- Focus on nourishing whole foods. Eat lots of fresh fruit and vegetables, clean proteins, whole grains, and healthy fats. Choose organic whenever possible to avoid chemicals.
- Limit dairy foods, sugars, and high sodium foods as they create lactic acid in the body. Keep in mind that food allergies/sensitivities can contribute to anxiety. Consider consulting a naturopath for testing.
- Get active. This can help with anxiety on so many levels. It increases serotonin, improves oxygen levels (thus reducing lactic acid), relieves tension, and burns calories. Win-win-win-win!

Product Recommendations

- Adaptogenic (balancing) herbs to help the body adapt and deal with stressors: Ashwagandha, Rhodiola, Holy Basil, Siberian Ginseng (Eleuthero), Schisandra (May be found in a formula, or on their own)
- Nervine (calming) herbs: Chamomile, Lavender, Valerian, Passionflower, Milky Oat, Lemon Balm
- Amino acids to support healthy mood: L-Phenylalanine, L-Glutamine, L-Tyrosine, L-Theanine, Glycine, GABA, 5-HTP. For use longer than 3 weeks, use an Amino Acid Mix to prevent imbalance
- Nutrients required for brain/mood health: B-Complex, Vitamin C & D, Magnesium, Iron, Phosphatidylcholine (PC), Phosphatidylserine (PS), Inositol, Multivitamin/Mineral, Omega 3 (High EPA Fish Oil)
- Nutrients to aid in gut health: Probiotics, Enzymes/HCl, L-Glutamine or Gut Repair Formula

Book a free 15 minute consult with a GNN Product Advisor!

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