



Let's Get Physical

Anxiety

is NOT
all in
your
head

by Jen Crippen

<http://www.NaturalAnxietyTherapy.com>

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LET'S GET PHYSICAL: Anxiety is NOT All in Your Head

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CHAPTER 1: INTRODUCTION

This book is for individuals who know something isn't quite right with their health but cannot figure out what it is. You may have seen many doctors and they tell you that you are "just fine, perfect health" or maybe "it's all in your head." Is feeling like garbage every day all in your head?

Maybe you're barely dragging your behind out of bed in the morning, exhausted in the afternoon, and you are wide awake at night. You could be anxious, irritable, and stressed for no obvious reason – no matter what you do you cannot feel any joy.

Maybe your body is experiencing strange symptoms like extreme bloat, foggy thinking, hormonal imbalance, irritable bowel and you are autoimmune. The previous may be describing some of what you're experiencing, or maybe you're living all of it.

I lived the health guessing game myself. My health began to deteriorate by unstoppable weight gain and extreme mood swings. After eating, I was hungry again within an hour and was never satisfied. Let's not mention the absolutely out of control gas and irritable bowel.

After a few years, the symptoms grew more serious. A hormone panel was done and indicated I was almost completely deficient in estrogen and progesterone. It explained the lack of sex drive and irritability.

I had gained over 50 pounds and nothing worked to lose weight; cleansing, fasting, and reducing calories to no avail. The only moods I had were stressed and more stressed. I even developed asthma and my body was always inflamed with pain.

Then the other shoe hit the floor. June 2007 the panic and anxiety set in. A year prior I had brief episodes of panic and anxiety, but it nothing constant.

In June 2007 the panic attacks and anxiety became relentless; 24 hours a day and seven days a week. My bowels became so spastic that food was leaving my body completely undigested within an hour of eating it. I was starving and terrified. I knew my life was in grave danger if I didn't find out what was really going on.

Throughout this book, I will refer to this awful time as "the crash". Per medical diagnosis, I was labeled with adrenal fatigue. Prozac was suggested. But just like any other illness, there are always root causes. A diagnosis is a label for symptoms.

There can be many diagnosable illnesses with different names and many of the causes are the same. The diagnosis of adrenal fatigue was a great start. It pointed me in a direction to start.

As I searched for the root cause, the anxiety and panic persisted and then paranoia, suicidal thoughts, and obsessive compulsive behavior set in. I had to find an answer quickly or I was headed to the loony bin.

The answers are not always simple. Recovering from years of compromised health has many layers. This book is an account of my personal recovery. What worked for me might not work for you. I am not a doctor, but hopefully this information can direct you down a path for you to find your own answers.

From today forward, you must become a detective and an advocate for your own health. You must be dedicated because the recovery process requires months of great discipline, if not years.

It took years of abuse to get where you are now. Getting your health back IS NOT EASY and often DOWNRIGHT STINKS. Feeling great when you have felt terrible for years is the greatest payoff. Do you feel you are worth it? Done being sick and tired? Are you ready?

CHAPTER 2: MEDICATIONS

Throughout this book you may notice this is the only section that will address the use of medications as a treatment of anxiety, depression, panic attacks, etc. What I am about to express is solely my personal belief. Always consult a physician before taking or coming off of any prescription drug.

Prior to learning about more natural ways of handling health concerns, I was prescribed many medications by my doctors. Rounds and rounds of antibiotics, birth control pills, anti-depressants, anti-acids, and anti-fungal creams were given to me for all sorts of maladies.

At the time, I had no idea the repercussion these drugs would have on my health. My doctors prescribed them for me so they must be safe, right?

My whole life I was interested in herbs and natural ways of healing, but I had no idea where to learn about these methods. I thought if I went to the health food store they would just sell me a bunch of stuff I didn't need. When I read books on natural health, I had no idea where to get items the authors were talking about.

Luckily, in 2001 I met a group of credible people who were using natural methods for wellness. As I delved into learning about essential oils, herbs, energy medicine, and bodywork, I then believed that all forms of Western medicine were worthless. The pendulum swung to the other side and I became a radical proponent of all things holistic.

It was in 2001 when I was prescribed the anti-depressant Effexor for anxiety. The drug worked well, until I wanted to take myself off of it. My doctor at the time told me to cut the dose in half and then quit taking it. I had massive withdrawal symptoms.

The symptoms reminded me of how my friends in high school described an L.S.D. experience. The room would be floaty and everything had trails. For a few weeks I felt disorientated as I came off the drug as my doctor instructed.

When I called the doctor after the second week of these withdrawal symptoms, they told me there was no way the drug was doing that. Later I found out it was absolutely drug withdrawal. Many doctors who prescribe these drugs underestimate their powerful withdrawal symptoms.

As I learned about natural medicine, I attended lectures by Dr. Ann Blake Tracy. Dr. Tracy has an audio called, “Help! I Can’t Get Off of My Anti-Depressant!” which outlines how to come off of these drugs safely and without withdrawal effects. Had I known it should take me half of the time I was on the drug to wean myself off, I would not have felt like I was ‘tripping’ for weeks.

Worse yet, about a month or so after coming off of the drug, I experienced extreme and unexplainable rage. For no reason I felt like I was going to come unglued at any minute. Dr. Tracy says withdrawal symptoms can last for months as the drug detoxifies from the body. The extreme mood swings are a very common withdrawal symptom.

After coming off of the drugs, I believed they were evil and there was no reason in the world good enough for someone to use them. In most of my lectures the topic of anti-depressants would come up and everyone would hear my personal belief about how dangerous they are. A few years later I was given the ultimate test.

In 2007 when I “crashed”, I declined taking the drug prescriptions that were suggested to me. Months went by where I had unfilled prescription slips for Prozac and Xanax.

The doctor who prescribed Prozac for me assumed I had low serotonin and thought a few months on Prozac would do the trick to get me out of my funk. I never took the Prozac and looking back there probably were times that I should have taken Xanax to lessen the relentless anxiety and panic.

After five months of suffering, I chose to take ½ of a Xanax when I was at my breaking point. It was a very tough decision because of my personal beliefs against it, but I decided not to be so hard headed and get some relief every now and then.

Prior to taking the Xanax I read about the possible side effects and addiction possibilities. I encourage anyone who decides to take medication of any type to do the research about it before starting.

Xanax is a drug that is highly addictive so it was to be used very, very sparingly. Maybe a ½ tablet anytime I had to fly in an airplane or got caught in a traffic jam. Those were my worst panic triggers. There were a few unresolved emotional trauma issues around being trapped in confined spaces after the first massive panic attack while flying to Los Angeles in 2007.

Everything else I was doing at the time with my diet, amino acids, herbs, and essential oils was steadily pulling me out of the hole. The relentless panic and anxiety was subsiding, and I was able to travel without the fear of 'loosing it'. I was doing great and hope was restored.

About two months into my upward decent, a major personal event happened in my life that sent me spiraling down into depression at lightning speed. This massive stress prevented me from keeping my head above water.

My recovery had been going so well, but then I felt like the boxer who had been hit so many times and kept getting back up. I was finally able to get my bearings

back, then, bam – a hard blow that really knocked me down. My body and mind were still too fragile to handle the stress from the turn my life had taken.

My doctor and coaches became very concerned when I regressed backwards so fast. I was crying from the moment I woke up until I went to bed for days on end; I was consumed by sadness. At my most desperate hour, I called my doctor and she recommended a very low dose of Wellbutrin.

Everything I had believed in was challenged in one moment. I vowed to never take anti-depressant drugs again, ever.

Then I remembered what Dr. Candace Pert said about these drugs; she was one of pioneer scientists behind selective serotonin re-uptake inhibitor (SSRI) drugs. She said, *"I am alarmed at the monster that Johns Hopkins neuroscientist Solomon Snyder and I created when we discovered the simple binding assay for drug receptors 25 years ago. Prozac and other antidepressant serotonin-receptor-active compounds may also cause cardiovascular problems in some susceptible people after long-term use, which has become common practice despite the lack of safety studies.*

The public is being misinformed about the precision of these selective serotonin-uptake inhibitors when the medical profession oversimplifies their action in the brain and ignores the body as if it exists merely to carry the head around! In short, these molecules of emotion regulate every aspect of our physiology. A new paradigm has evolved, with implications that life-style changes such as diet and exercise can offer profound, safe and natural mood elevation." (Letter to the Editor of **TIME Magazine**, October 20, 1997, page 8.)

Dr. Pert emphasizes that these drugs were not meant for long term use, let alone to be given out like candy as they are by doctors without psychiatric training. My personal opinion is these drugs are meant to be used as a safety rope. When all

else fails, throw the rope. Then get to the root causes. Always have a health recovery plan that includes coming off of them.

When I slipped into the very deep depression, I did take the Wellbutrin for a short time. It was used as it was created for, as a safety rope. My doctor and I always set our sites on getting me strong and then tapering off them gradually.

When I became solid again through nutrition and coaching, I came off the drug using the method Dr. Ann Blake Tracy recommends. However long you've been on them should take half as long to wean off.

Even though I was on the drug for a short period of time, I experienced moderate tremors as I came off. This is why it is very important to understand side effects and always carefully weigh them with the benefits.

Do I advocate taking medication for anxiety, depression, panic attacks, obsessive compulsive, agoraphobia, etc? No. However, it may be that last resort safety rope to save someone's life. Again, before any drug is taken, be sure you understand how it works, potential side effects, and have a plan to heal yourself so you can come off of them safely.

Restoring health to the adrenals, resolving emotional issues, changing the diet, reducing any type of stressors, and loving yourself first is "the plan". Drugs are not the plan. Anti-depressant and anti-anxiety medications do not fix anything! They are a band-aid, that's it.

These medications can actually cause further depletion of neurotransmitters that result in more problems down the road. Side effects include cardiovascular, sexual, central nervous, liver, and REM sleep problems. Patients on these drugs often report emotional numbness, suicidal thoughts, depression, feelings of rage,

insomnia, and nervousness. There are many other reported side effects; these are just a few of the most common.

What has always bewildered me is when a physician prescribes an anti-depressant drug without even knowing what neurotransmitter(s) are imbalanced. I have personally experienced where they just shoot in the dark and pick one!

In 2007, one doctor said “I think you have adrenal fatigue. Let’s put you on Prozac a few months and see if that works.” What, are you kidding me? I asked if there were any tests we could run to confirm low serotonin levels; he said no.

Ironically, the longevity medical doctor I went to see later in the year did run tests that found I was low in many neurotransmitters. If I had taken Prozac, the only neurotransmitter that would have been addressed was serotonin. It would have excluded norepinephrine, which was creating many of the problems I was living with.

This is where the power of targeted amino acid therapy comes in. The amino acids are the precursors to the neurotransmitters. So, when tests show what’s low, specific amino acids are taken to make more of what we are low in.

Then it’s time to play detective and address why the levels were low to begin with. Emotional trauma? Poor diet? Damaged intestinal lining? Stress? Blood sugar problems? Organ or gland dysfunction? Genetic factors?

Anti-depressant and tranquilizer drugs trick our bodies into believing we are making what we need, which in the long run results in further depletion. This is why people grow a tolerance for these medications and then need to increase dosages and constantly switch to different medications.

Side effects can be extremely severe from this trickery and residual drug buildup over time. Whereas the side effects with targeted amino acid therapy is virtually non-existent. However, it's not a magic bullet and may take time for the doctor to adjust the amino acids correctly to balance deficiencies.

Below is a chart containing some of the most commonly prescribed drugs for anxiety, panic attacks, depression, bi-polar, etc. Further in the ebook, basic neurotransmitter function and deficiency symptoms will be explained to help your understanding of why we feel the way we do when things are out of whack.

DRUG TYPE	GENERIC DRUG NAME	BRAND NAME	PRIMARY NEUROTRANSMITTERS AFFECTED
NDRI – (norepinephrine dopamine reuptake inhibitor)	Bupropion	Wellbutrin / Zyban	Norepinephrine & Dopamine
NRI – (norepinephrine reuptake inhibitor)	Atomoxetine	Strattera	Norepinephrine
NRI – (norepinephrine reuptake inhibitor)	Mazindol	Mazanor, Sanorex	Norepinephrine
NRI – (norepinephrine reuptake inhibitor)	Viloxazine	Vivalan	Norepinephrine
NRI – (norepinephrine reuptake inhibitor)	Redoxetine	Edronax	Norepinephrine
SNRI – (serotonin nor-epinephrine reuptake inhibitor)	Venlafaxine	Effexor	Norepinephrine & Serotonin

DRUG TYPE	GENERIC DRUG NAME	BRAND NAME	PRIMARY NEUROTRANSMITTERS AFFECTED
SNRI - (serotonin norepinephrine reuptake inhibitor)	Milnacipram	Ixel	Norepinephrine & Serotonin
SNRI - (serotonin norepinephrine reuptake inhibitor)	Desvenlafaxine	Pristiq	Norepinephrine & Serotonin
SNRI - (serotonin norepinephrine reuptake inhibitor)	Duloxetine	Cymbalta	Norepinephrine & Serotonin
SSRI – (selective serotonin reuptake inhibitor)	Fluoxetine	Prozac	Serotonin
SSRI - (selective serotonin reuptake inhibitor)	Paroxetine	Paxil / Seroxat	Serotonin
SSRI - (selective serotonin reuptake inhibitor)	Citalopram	Celexa	Serotonin
SSRI - (selective serotonin reuptake inhibitor)	Sertraline	Zoloft	Serotonin
SSRI - (selective serotonin reuptake inhibitor)	Escitalopram	Lexapro	Serotonin
SSRI - (selective serotonin reuptake inhibitor)	Flovoxamine	Luvox	Serotonin
NaSSAs – (noradrenergic and specific serotonergic)	Mianserin	Tolvon	Norepinephrine & Serotonin

DRUG TYPE	GENERIC DRUG NAME	BRAND NAME	PRIMARY NEUROTRANSMITTERS AFFECTED
NaSSAs – (noradrenergic and specific serotonergic)	Mirtazapine	Remeron, Avanza, Zispin	Norepinephrine & Serotonin
TCA - (tricyclic antidepressant)	Amitriptyline	Elavil / Edep	Neurotransmitters like Norepinephrine, Serotonin
TCA - (tricyclic antidepressant)	Clomipramine	Anafranil	Neurotransmitters like Norepinephrine, Serotonin
TCA - (tricyclic antidepressant)	Doxepin	Adapin / Sinequan	Neurotransmitters like Norepinephrine, Serotonin
TCA - (tricyclic antidepressant)	Trimipramine	Surmontil	Neurotransmitters like Norepinephrine, Serotonin
TCA - (tricyclic antidepressant)	Desipramine	Norpramin	Neurotransmitters like Norepinephrine, Serotonin
TCA - (tricyclic antidepressant)	Nortriptyline	Pamelor / Aventyl	Neurotransmitters like Norepinephrine, Serotonin
TCA - (tricyclic antidepressant)	Protriptyline	Vivactil	Neurotransmitters like Norepinephrine, Serotonin
MAOI – (monoamine oxidase inhibitor)	Penelzine	Nardil	Dopamine, Serotonin, Norepinephrine
MAOI – (monoamine oxidase inhibitor)	Selegiline	ENSAM	Dopamine, Serotonin, Norepinephrine
MAOI – (monoamine oxidase inhibitor)	Tranlycypromine	Parnate	Dopamine, Serotonin, Norepinephrine
Benzodiazepines (tranquilizers & sedatives)	Alprazolam	Xanax	GABA

DRUG TYPE	GENERIC DRUG NAME	BRAND NAME	PRIMARY NEUROTRANSMITTERS AFFECTED
Benzodiazepines (tranquilizers & sedatives)	Lorazepam	Ativan	GABA
Benzodiazepines (tranquilizers & sedatives)	Diazepam	Valium	GABA
Augmenter drug – (antagonizes serotonin & dopamine receptors)	Buspirone	Buspar	Serotonin & Dopamine
Augmenter drug – (antagonizes serotonin receptors)	Gepirone	Ariza	Serotonin
Augmenter drugs – (antagonizes serotonin, dopamine, norepinephrine receptors)	Nefazodone	Serzone	Serotonin, Dopamine, Norepinephrine
Augmenter drugs – (antagonizes serotonin receptors)	Trazodone	Desyrel	Serotonin
Antipsychotics – (mood stabilizers & anti-anxiety)	Risperidone	Risperdal	Dopamine
Antipsychotics - (mood stabilizers & anti-anxiety)	Olanzapine	Zyprexa	Dopamine

DRUG TYPE	GENERIC DRUG NAME	BRAND NAME	PRIMARY NEUROTRANSMITTERS AFFECTED
Antipsychotics – (mood stabilizers & anti-anxiety)	Quetiapine	Seroquel	Dopamine
Mood Stabilizer & Augmenter (decreases norepinephrine & increases serotonin)		Lithium	Norepinephrine & Serotonin
Source: Wikipedia (http://en.wikipedia.org/wiki/Antidepressants)			

KEY POINTS:

- Dr. Tracy has an audio called, “Help! I Can’t Get Off of My Anti-Depressant!” which outlines how to come off of antidepressant drugs safely.
- Before any drug is taken, be sure to understand how it works, potential side effects, and have a plan to heal yourself so you can come off of them safely.
- Author of [*Molecules of Emotion*](#), Dr. Candace Pert emphasizes that these drugs were not meant for long term use, let alone to be given out like candy as they are by doctors without psychiatric training.
- Restoring health to the adrenals, resolving emotional issues, changing the diet, reducing any type of stressors, and loving yourself first is “the plan” to have overall vital health.
- Anti-depressant and tranquilizer drugs trick our bodies into believing we are making what we need, which results in further depletion.

ACTION STEPS:

1. If you are on antidepressants, you may consider resources such as Dr. Ann Blake Tracy’s audio “Help! I Can’t Get Off of My AntiDepressant!” or Dr. Candace Pert’s book [*Molecules of Emotion*](#).
2. If you are on medication now, become an empowered patient by learning about how it works, side-effects, and possible withdrawal symptoms.
3. Start gearing up mentally for achieving total wellness. What will you do differently in your life if there was no more anxiety? How will you feel? Are you ready to do what it takes and be liberated of anxiety for good?

CHAPTER 3: THE PHYSICAL

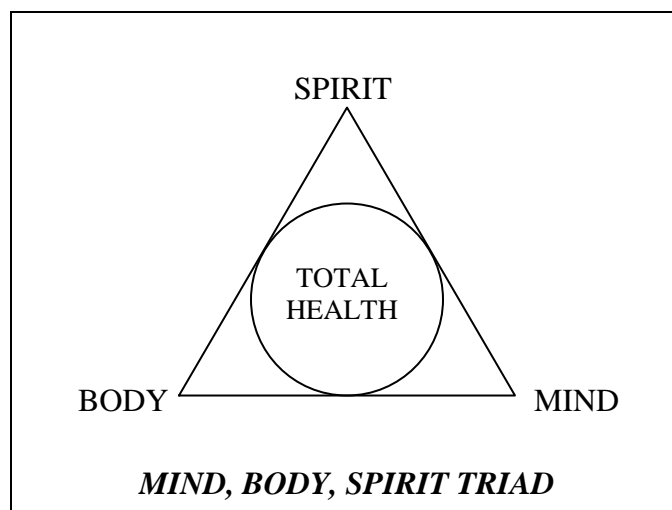
On the topic of anxiety, depression, panic attacks, suicidal thoughts, and all that other mental disorders, you will find dozens and dozens of books and resources that address the mental and emotional aspect.

Cognitive behavior therapy, hypnosis, meditation, breathing techniques, emotional freedom technique, talk therapy, and psycho analysis are great therapies. But there's more to it. What about the body?

Through my journey, I found a surplus of resources and a lack of any that addressed the physical causes. A diagnosis that is given the label of "mental illness" may or may not have mental origin.

The condition of the physical body may be the root cause. Many professional resources say, "eat a balanced diet, relax, take care of yourself." Umm, how? Specifics please!

The omission of information in this book regarding counseling and therapy is on purpose, there is a great amount of information already available on the subject. I highly recommend working through emotional issues and changing your mindset is paramount for recovery. Please find a therapist you can work with and trust.



Recovery involves the mind, body, and spirit. This triad works together in harmony to achieve total health. If one is neglected, then healing of the whole cannot happen. If one area becomes weak, they are all affected.

There is an abundance of information on the mind and spirit, that's why this book focuses primarily on the body.

KEY POINTS:

- A diagnosis that is given the label of “mental illness” may or may not have mental origin.
- The condition of the physical body may be the root cause of anxiety.
- It is paramount for permanent recovery to work through emotional issues and changing a “stressed out” mindset.
- Recovery involves the mind, body, and spirit. This triad works together in harmony to achieve total health.

ACTION STEP:

- Find a therapist you can work with and trust. This will to help you with emotional challenges and achieving a “success” mindset for recovery.

CHAPTER 4: ADRENAL FATIGUE

A few weeks after my glucose tolerance test, hormone tests were run by a hormone specialist. The tests confirmed my sex and adrenal hormones were way out of balance.

A few months prior, I had an 8 am cortisol test done by a completely different doctor. This is not the best test to have. It only shows a snapshot in time, what was going on at 8 am and not the rest of the day. That doctor told me my levels were normal according to the test, that my adrenals were ok. In reality, they were not.

Based on my symptoms, the hormone specialist wanted to test my adrenals again. The previous “all is normal” results from the 8 am cortisol test coupled with the symptoms I was presenting made no sense. They were contradictory.

The doctor ordered a 12 hour cortisol test to identify what my adrenals were doing over a period of time.

The results of this test showed that even though my adrenals were in normal range at 8 am, they were abnormally high for the rest of the daily cortisol cycle. Now tests proved there was an issue with my adrenals.

The results from my glucose tolerance and cortisol tests did not deliver good news, but it was a relief to finally have some answers.

The results from these two tests pointed me in the right direction to do research in. Analytical Research Labs in Phoenix, Arizona states “Approximately 95% of all hair mineral analyses reviewed at Analytical Research Labs (ARL) reflect impaired adrenal glandular activity.”

(<http://www.arlma.com/SodiumAdrenalsNews.htm>).

This means if you are tested, there is a 95% chance that you are experiencing some type of adrenal insufficiency. These numbers are staggering and it is an absolute confirmation that there is a silent epidemic going on. Bet you are wondering if you are in that 95% group, right?

With the test results confirming the adrenal issue, it was then time to find information. I sought out copious amounts information on the adrenals, blood sugar, anxiety, panic attacks, and food allergies.

The protocol I created for myself was based on intense research from many sources. Almost anything and everything anyone suggested was tried. In this book you will find what worked effectively for me and gave positive results.

There is “Sources” section at the back of this book to help you find items that worked for me. Each source has been researched and chosen based on the premise of high quality and effectiveness. If you are as desperate as I was, relief as quickly as possible without wasted time is the goal.

During one of the lectures I gave a few months prior to this “crash”, I had to research and present on the endocrine system. I won't bore you with how the system works. We'll leave that to the endocrinology text books!

All the endocrine glands depend on each other for checks and balances. Usually, when one is stressed, so are the others because they are so interdependent. Knowing my adrenals were testing weak, there was great probability the other glands like the thyroid and reproductive system might be working overtime.

During my research, I learned how the body responds after carbohydrates are eaten. After eating carbohydrates and sugar, our bodies go through a cascade of hormones.

Insulin, adrenalin (epinephrine), noradrenalin (norepinephrine), and cortisol are hormones produced by the endocrine (hormonal) system. They are responsible for maintaining proper fuel levels of every cell of our body. Without proper fuel regulation, our cells will be starved of energy.

Eating a balanced diet of vegetables, proteins, fats, and complex carbohydrates does not stress our endocrine system. However, a diet high in sugar and refined carbohydrates and void of healthy fats, protein, and other health giving nutrients is extremely taxing on the endocrine system.

The most obvious signs of an improper diet are low energy, grey or pale skin, dark circles under the eyes, dull hair, overweight, swollen tongue, cravings, and getting sick frequently.

Each time refined sugars and carbohydrates are eaten, a rush of hormones is released to keep blood sugars in check. Refined carbohydrates and sugars burn off as fast as alcohol in a frying pan. Then we crash – sugar levels plummet. Another rush of hormones is secreted by the endocrine system to keep the brain from being starved from glucose (fuel). We feel like junk when our sugar levels plummet and we make poor eating choices again to lift ourselves up. The cycle goes on and on!

Over time, this pattern puts extreme stress on the entire hormonal system. Remember, this is a system of delicate checks and balances! When one endocrine gland is stressed, the others pull together to compensate. Therefore, the entire system becomes stressed.

About a year before the ‘crash’, I had anxiety and panic attacks intermittently. Looking back, they were the tremors before the big quake. Every few months there would be very restless or panicky feelings I just ignored. My body was

screaming “SOS” and I blew it off. Unfortunately, the wake up call wasn’t heard until I was completely knocked on my behind.

Upon much searching, I discovered anxiety and other ‘mental’ issues can be directly linked to blood sugar levels. Key players in this process are the adrenals.

The adrenals are small, walnut sized glands that sit on top of the kidneys. We don’t hear much about them, but they are like the ‘spark plugs’ of our body. They have vital roles like our ‘fight or flight’ stress response, immune function, hormonal balance, blood sugar regulation, sleep and wake cycle, and even bowel movements!

The adrenals become utterly trashed with continual blood sugar highs and lows that come with eating sugar and refined carbohydrates. They can take a lot of abuse and are extremely resilient. But, decades of poor eating habits and stress take a toll and the adrenals can not keep up anymore.

We don’t even realize what’s going on in our body when it’s happening until major problems arise. Most of us just disregard the signs and chalk it up to being overworked, over stressed, and in need of a vacation.

Now that I am totally attuned to what’s going on with my body, it is easy to tell when blood sugars are off by the way I feel. When my sugar spikes, I have feelings of uneasiness and my heart rate elevates. This often happens after eating out and there is hidden sugar in salad dressings or sauces. When my sugars plummet I get spacey, irritable, anxious, and/or shaky.

When we get really in tune with our physical body, we notice the subtlest feedback our body is giving us when it needs something. This happens on a continual basis, but we are often not listening.

When blood sugar highs and lows happen on a regular basis, the body goes into fight or flight many times a day. After years or even decades of this, the body says, “Enough already, I just can’t do this anymore”.

Blood sugar highs and lows are one way the adrenals become fatigued. Left unchecked, they can become exhausted or even go into failure. Luckily this cycle was caught before I hit adrenal failure, which can even mean death.

There are many signs of adrenal fatigue. Some are very similar to hypoglycemia and candida, because they are all wrapped up and intertwined with each other with the adrenals at the core. Sometimes knowing where one set of symptoms begins and the other ends is tough!

According to James L. Wilson, author of the “must have book” [*Adrenal Fatigue: The 21st Century Stress Syndrome*](#), these are some signs of adrenal fatigue (aka. hypoadrenia):

1. Difficulty waking in the morning.
2. Continuing fatigue not relieved by sleep.
3. Craving for salt or salty foods.
4. Lethargy (lack of energy).
5. Increased efforts to do daily tasks.
6. Decreased sex drive.
7. Decreased ability to handle stress.
8. Increased time to recover from illness, injury, or trauma.
9. Light headed when standing up quickly.
10. Mild depression.
11. Less enjoyment or happiness with life.
12. Increased PMS.
13. Symptoms increase if meals are skipped.
14. Thoughts less focused, fuzzier.

15. Memory less accurate.
16. Decreased tolerance.
17. Don't really wake up until 10:00 am. Have an afternoon low between 3:00 pm and 4:00 pm. Then feel better after evening meal.
18. Decreased productivity

There were other symptoms I experienced due to the adrenals hitting rock bottom: feeling like there was ice running through my veins, cycles of inner coldness, waking in the morning with urgency and panic, night sweats or excessive sweating, trembling under stress, excitable bowel, feelings of insecurity, no stamina, and craving for protein and fats.

There is a comprehensive questionnaire in the [*Adrenal Fatigue: The 21st Century Stress Syndrome*](#) book that people can take if they think they are experiencing adrenal problems. It might be a way to decipher if adrenals are an issue or not. Then appropriate testing can be done to confirm suspicions. Remember, 95% of people tested show some type of adrenal compromise.

KEY POINTS:

- 8 am cortisol test is not the one to have to indicate adrenal function. It only shows a snapshot in time, only what is going on at 8 am.
- The better choice for charting overall cortisol levels is a 12 hour test along with checking the DHEA level.
- Analytical Research Labs in Phoenix, Arizona states “Approximately 95% of all hair mineral analyses reviewed at Analytical Research Labs (ARL) reflect impaired adrenal glandular activity.”
- All of the endocrine glands depend on each other for checks and balances. Usually, when one is stressed, so are the others; they are interdependent.
- A diet high in sugar and refined carbohydrates and void of healthy fats, protein, and other health giving nutrients is extremely taxing on the endocrine system.
- The most obvious signs of an improper diet are low energy, grey or pale skin, dark circles under the eyes, dull hair, overweight, swollen tongue, cravings, and getting sick frequently.
- Anxiety and other ‘mental’ issues can be directly linked to blood sugar levels for some people.
- The adrenals become utterly trashed with continual blood sugar highs and lows that come with eating sugar and refined carbohydrates.

ACTION STEPS:

- Look at Dr. James Wilson’s Adrenal Fatigue symptom list. How many of those are you experiencing?
- Listen to the [ADRENAL AUDIOS](#) on the Natural Anxiety Therapy blog.
- Take the [BURNOUT QUESTIONNAIRE](#) on the Natural Anxiety Therapy Blog.

CHAPTER 5: ADRENAL RECOVERY

Eating for hypoglycemia and blood sugar balance as mentioned previously is extremely important for adrenal recovery. Lowering stress levels and finding ways to relax is also vital.

Whether it's emotional or physical chronic stress, both tax the adrenals greatly. This is why you may know of someone who appeared to age ten years overnight after major surgery or a traumatic event like the death of a loved one.

Find a new hobby or rekindle an old one, meditate, create art, learn yoga, go to comedy clubs – do whatever it takes that makes you happy and sheds the stress in your life.

Because I would get so winded and fatigued, I practiced impact exercises like yoga and walking. Yoga, Tai Chi, and Qi-Gong seem to be particularly beneficial for individuals with adrenal stress because it helps release stress and balances energy.

Heavy exercise is not recommended for people with adrenal fatigue because it adds additional physical stress on the body. This was true for me as I was headed for “the crash”.

Working out became so difficult that 40 minutes on the treadmill felt like 4 days. By the time I left the gym I was so exhausted, light headed, shaky, and weak that sometimes it was tough to drive home. When younger, I used to body build and I had never felt genuinely fatigued even after a three hour workout. Those were the days!

Massages and facials to self nurture and relieve stress can also be very helpful. Limiting how much I worked and not letting little things bother me wasn't easy, but it had to be done for my health's sake.

Even now, anytime I feel my chest tighten and stress looming, I put my work down and do something physical. If you are crashing right now as hard as I did, you must look at everyday stress very differently. Think, "Is worrying about this worth killing me?" My reply before "the crash" would have been, "I'll feel better if I just get one more thing done!" Sound familiar?

Another critical step in recovery is sleep. It can be tough for adrenal compromised people to fall asleep at a normal hour because their stress hormone levels can be imbalanced and out of rhythm. The 12 hour cortisol tests reveal this.

At night, I would catch my second wind between 10:00 pm and 11:00 pm and be "wired" until 2:00 am. This is the worst thing for the adrenals!

That detrimental cycle was corrected by using melatonin before bed and essential oils (See Sources: Insomnia, Cortisol Balance) throughout the day. The melatonin made falling asleep easier and the essential oils helped regulate cortisol levels. As the cortisol levels balanced out, so did sleep cycles. Then the melatonin was not needed anymore.

Since my cortisol levels have been corrected and adrenals strengthened, I wake up around between 7:00 am and 8:00 am on my own. In the not too distant past, I needed two alarms to get me up before 9 am! It had been that way since my teenage years. Whatever time I need to get up, I now adjust bedtime to ensure eight to nine hours of necessary sleep.

Upon awakening, I immediately drink a few ounces of a low glycemic juice (See [*Natural Anxiety Therapy Special Report: Lycium Barbarum aka. Ningxia Wolfberry*](#)). Then, about a half an hour later I eat breakfast.

Until we eat something in the morning, our bodies are operating on adrenalin. So if the first meal is lunch, the adrenals are stressed for another few hours after waking to compensate for the lack of fuel from not eating breakfast. Eat breakfast; it really is the most important meal for the adrenals.

KEY POINTS:

- Eating for hypoglycemia and blood sugar balance is extremely important for adrenal recovery.
- Whether it's emotional or physical chronic stress, both tax the adrenals greatly.
- Heavy exercise is not recommended for people with adrenal fatigue because it adds more physical stress to the body.
- If you are crashing right now, you must look at everyday stress very differently.
- Another critical step in recovery is at least 8 to 9 hours of restful sleep.
- Until we eat something in the morning, our bodies are operating on adrenalin.
- It is important to eat something within the first half an hour of waking.

ACTION STEPS:

- Find a new hobby or rekindle an old one, meditate, create art, learn yoga, go to comedy clubs – do whatever it takes that makes you happy and sheds the stress in your life.
- Eat breakfast; it really is the most important meal for the adrenals.
- Review your diet, sleep, rest, self nurturing, and physical activity routines right now. Do they need some adjustment?

CHAPTER 6: WHAT TO AVOID

Certain foods and drinks should be avoided for the sake of those little adrenals. Elimination of caffeine completely is crucial for adrenal compromised people. Even though they are delicious, coffee and tea must be completely eliminated.

Caffeine stimulates the release of adrenaline (epinephrine), that's why it gives us the pick up. Even the small amounts in decaf may set us off into anxiety and panic; it did for me. But boy, I miss those lattes!

Caffeine in chocolate can over stimulate the adrenals and create anxiety and panic too. So it is another thing to say farewell to, at least until the adrenals are stronger.

Even when the adrenals are stronger, stimulants must be done in small portions and regarded as a special treat. Pigging out on a whole bag of M&M's is out of the question - too much sugar and caffeine. The adrenals will be screaming, "Mercy, mercy!"

It took me a while to figure these things out, but since they have been strictly eliminated, the panic and anxiety episodes have subsided. It was time to discover herbal coffee substitutes and carob. It had to be done because going without "something" would have been sheer torture.

They weren't the real thing, but they would do. (See Sources) But don't worry, when your adrenals are recovered, you can do a little chocolate and decaf drinks here and there as a treat!

All forms of alcohol had to be eliminated too. Drinking was not a regular thing for me, but even one glass of wine would create problems. Even though not enough alcohol would be consumed to get intoxicated, the next day I would have

disorientation, blurry vision, anxiety, and panic until late afternoon; just like the responses after eating sugar and caffeine.

The liver focuses on metabolizing alcohol when it is consumed and doesn't convert glucose at that time. The result is a low blood sugar episode that can occur anywhere from 6 to 36 hours after drinking alcohol. (Alcohol and Hormones. Alcohol Alert. National Institute on Alcohol Abuse and Alcoholism. No. 26 PH 352. October, 1994. <http://pubs.niaaa.nih.gov/publications/aa26.htm>).

After the adrenals have gotten stronger, they may be times for indulging in a drink or two. To combat the 'next day effects', I increase my supplements to what I call my "hangover prevention formula". (See Sources: Hangover Prevention).

Would I recommend anyone still in adrenal crisis mode to have a drink? NO WAY! But we are human, and to eliminate alcohol forever and ever is a little too restrictive.

So, I've shared what can make the next day easier on that rare occasion. This might give you a baseline to help yourself after an evening of indulgence. Your body is different than mine, so you'll have to make adjustments to suit yourself.

If you are experiencing yeast overgrowth, know that alcohol feeds candida like gasoline on a fire. So be aware, the next day major candida symptoms may occur!

Other foods can be linked to anxiety and panic episodes and trigger an adrenal response. I found this out after eliminating everything and still had anxiety episodes after eating certain consuming certain foods and drink. Hot peppers, some stimulating "non-caffeine" herbs, and a few hot spices were culprits that were very difficult to pinpoint. It took months of trial, error, and anxiety!

This was difficult because I loved all foods super spicy! Good-bye favorites: Thai hot, Mexican, and Indian food. It just is not worth the anxiety and panic attacks later. Also, black pepper had to be eliminated for a few months until strength was rebuilt.

You may or may not be as sensitive as me; only your body can tell you if these things affect you. Take note of how you feel after eating spicy foods and let your body do the talking.

The surprise came when there were anxiety responses to herbal formulas used for energy and alertness that were non-caffeinated. Jatoba was possibly giving me problems, same with some other formulas of herbs. They would create anxiousness or restlessness.

In complex herbal formulas and food recipes it is often very difficult to determine what the problem ingredient is.

Be sure to note any anxiety that occurs about an hour (plus or minus) after consuming certain foods, herbs, or drinks. Try to narrow it down and then eliminate the suspect substance for a few weeks. Then you can try it again consciously and notice if there is anxiety afterwards.

This is how I really pinpointed the culprits. Various expert resources said certain herbs were not stimulating enough to create anxiety, but they were for me at the time of “the crash”. At my weakest, anything having stimulating properties would create restlessness, anxiety, or even panic attacks. Everyone’s body is different and what triggers my anxiety may not be the same for you.

KEY POINTS:

- Certain foods and drinks should be avoided for the sake of those little adrenals.
- Elimination of caffeine completely is crucial for adrenal compromised people.
- All forms of alcohol need to be eliminated.
- Foods, supplements, and drink can be linked to anxiety and panic episodes. They can trigger an adrenal “fight or flight” response and often are difficult to pinpoint.
- Narrow down any suspect food, drink, or supplements by eliminating them for a few weeks. Then re-introducing them noting any anxious response in the body.

ACTION STEPS:

- Remove any possible stimulant foods, supplements, or drink.
- Journal how you feel after eating suspect foods, after you eliminate them for a few weeks and then reintroduce them one by one.

CHAPTER 7: REBUILDING THE BODY

Certain nutrients are necessary for adrenal health recovery. Most commonly recommended are vitamin C, zinc, magnesium, trace minerals, DHEA, Chinese herbs, adrenal glandular, anti-oxidants, B vitamin complex, essential oils, essential fatty acids, amino acids, and digestive enzymes.

This may look like a lot, but my body was in a serious state of depletion and in major trouble. It didn't get that way overnight and the fix was not going to be overnight, let alone be a simple magic bullet.

One of my doctors said that complete recovery may take a few years! That alarmed me. But once I started rebuilding with nutritionals and diet change, relief came instantly. Thank goodness!

Let's do a quick visit with each of these nutrients so you can understand why they are so necessary for the adrenals. Note that these items can be used when under stress so that the body doesn't start to spiral down into a crash. Digging out of one is not an experience I wish upon my worst enemy.

SODIUM

Many nutrients are extremely necessary for replenishing the adrenals, sodium being one of them. Surprisingly, even though we are a society "in excess" of sodium, the quality we are getting is below par. Also, we are warned that salt is the devil; many of us have eliminated it completely and have become sodium deficient.

Like most adrenal compromised people, I craved salt. Cravings are messages the body sends saying it needs something. Sodium is a true craving. When you crave it, you need it.

My most favorite brand is [Redmond Real Salt](#). The flavor is more delicate than sea salt, plus sea salt can also be very processed. It doesn't come out of the sea white!

Real Salt a mild and sweet tasting salt from Redmond, Utah that has over fifty trace minerals from ancient sea beds. It is available at local grocery or premium food stores. When cooking, season foods with this salt just like any other.

Some foods are naturally high in sodium like zucchini, celery, and all deep green leafy vegetables. James Wilson of [Adrenal Fatigue: The 21st Century Stress Syndrome](#) says you can even start your day with a pinch of salt in your first glass of water to get your adrenals going!

Sodium is needed for the conduction of electrical impulses in the body. Our body communicates everything via these impulses and without sodium, communication is compromised. This is why food tastes better when we add salt. It stimulates the neurons on the tongue, therefore increases taste.

POTASSIUM

The body needs potassium to accompany the action of sodium. The sodium pump is the function for the fluid regulation in and out of the cells. Potassium and sodium are partners in this job. Guess who else is directly involved? Our endocrine friends the thyroid, adrenals, and pancreas glands. When they are stressed, it can upset the sodium pump. Have you ever wondered why you get bloated after extreme stress?

It is important to ensure enough potassium is present in the diet because of its partnership with sodium. A few foods high in potassium that are adrenal friendly

are strawberries, mushrooms, beef, fish, peas, wolfberries, green leafies, tomatoes, beans, avocados, winter squash, and celery.

Raisins are extremely high in potassium, but they are also high in sugar. So eat them sparingly. Do not consume them at all if candida is a problem until it is under control for some time. Nuts and raisins together make a balanced and delicious snack.

If there is a severe deficiency, potassium may need to be supplemented. When I feel like I am holding water, I will supplement potassium. It seems to help. You may notice water retention decreasing as your body gets stronger through diet, de-stressing, and supplementation. Of the 50 pounds I lost, I believe much of it was from water weight.

VITAMIN C

Vitamin C is one of the most critical nutrients for adrenal function. It is stored in the adrenal cortex and is consumed by the body in great quantities when we are under stress due to the hormones we make during that time. Every wonder why our eyes get achy when we get really tired or sick? It's our body pulling the vitamin C reserves out.

We've all heard vitamin C is important for our immunity and to prevent scurvy, but it goes way beyond that. When supplementing, always choose natural sources of vitamin C. Vitamin C made in a lab, like ascorbic acid, is not utilized well and can actually be hard on our system. Mineral ascorbates from zinc, chromium, and magnesium are okay.

Foods like papaya and oranges are extremely high, but because of the blood sugar issue I couldn't do it. Delicious, but too much sugar. Broccoli, bell peppers, and cauliflower are high in vitamin C and are blood sugar friendly. Supplements

made from acerola cherry or wolfberries are great if they don't contain sugar (See Sources: General Anxious Body Re-Building).

My personal belief is that if the vitamin C is made from food, our body will know what to do with it unless we have an allergy to it. Pills, powders, and juices made in a lab confuse the body. This is my opinion and many other health experts agree. 1000 to 2000 mg of vitamin C a day seems sufficient to help rebuild the adrenals.

MAGNESIUM

Magnesium works together with vitamin C in our defense to stress. To put it simply, magnesium is needed for EVERYTHING and most of us don't get enough of it.

People with muscle tightness and knots may benefit from magnesium, as well as those that have difficulty falling asleep. It is known as "the relaxer". It is best if magnesium is taken with calcium because they work in partnership similar to that of sodium and potassium. These along with other minerals are critical for all of our metabolic functions.

Everyone takes vitamins, but in my opinion minerals are even more important because without them we can't absorb the vitamins! They should be taken as a liquid. The debate of which one is most utilized has not been settled: ionic, angstrom, and colloidal.

The best ones can taste icky, just so you are forewarned. Out of all the supplements I have ever taken, taking minerals was the #1 thing that made the difference in feeling better. More energy, more energy, more energy.

Think about it, what conducts electricity? Minerals. We don't need a lot of them, but we definitely need them to have optimal health.

B VITAMINS

All B vitamins are major players for the health of our adrenals. B's include biotin (B 1), riboflavin (B 2), niacin (B 3), pantothenic acid (B 5), pyridoxine (B 6), biotin (B 7), folic acid (B 8), cobalamins (B12), and inositol (B 8). I take a B complex with all of these in it but inositol has to be added separately because most complexes don't have it.

Inositol is said to be made by our body, but I have read much quite a bit about how it helps with emotional / mood situations. In [*Depression Free Naturally*](#), Joan Matthews Larson recommends supplementing it as part of the protocol she uses at her Health Recovery Center in Minnesota. Inositol tastes sweet and adding 1 teaspoon to a smoothie is a great way to take it.

DHEA

Because my test results indicated elevated cortisol and depleted sex hormone levels, I took a supplemented DHEA (See Sources: General Anxious Body Re-Building). DHEA stands for Dehydroepiandrosterone. I wouldn't encourage anyone to take hormone precursors like this without consulting a health professional. They can test DHEA levels to find out if there is imbalance and a need for supplementing.

People with severe adrenal fatigue and autoimmune sufferers have done very well on DHEA. There are mixed reviews on taking DHEA. Some health practitioners advise it and others say to take with caution. I chose to take it during very stressful times as well as for short periods on and off during the most weakened state of my adrenals. I noticed I felt more solid and stronger mentally.

HERBAL FORMULAS

You will find many herbal formulas readily available on the internet and in health food stores that tout themselves as being the Holy Grail for adrenal fatigue. I have probably tried them all. No really, most of them. Some did nothing and others were another step towards feeling normal again.

Some of the most effective herbs for me used for adrenal support are ashwagandha, eleuthero (Siberian ginseng), suma, maca, muira puama, and licorice root. I also used a fantastic Chinese herbal formula to nourish my fire.

There were some other herbal formulas that helped calm my body and mind down when I was at the peak of “the crash”. It was like a three alarm fire was going off in my body at all times with relentless panic and anxiety.

Calming herbs are valerian, hops (not beer!), passion flower, and chamomile. These were very helpful. Valerian was my favorite for sleeping in addition to melatonin. Valerian is stinky but it works amazingly well to relax and knock one out. It is very common for adrenal compromised people to get wired at night and have difficulty falling asleep or staying asleep. (See Sources: Insomnia, Cortisol Balance).

You’ve probably heard of aromatherapy essential oils for calming and relaxation. They can also be used for much more since they are extremely effective in supporting our body systems. Because they are so easily assimilated by our body, they work very fast. I used them for calming nervousness, balancing my blood sugar, stabilizing emotions, and nourishing the adrenals. They are very easy to use and most have a very pleasant aroma. (See Sources: General Anxious Body Re-Building, High Cortisol, Emotions, Blood Sugar, Insomnia, Liver Cleansing, Liver Maintenance, Bowel Issues, and Thyroid)

LICORICE ROOT

Because my blood pressure was so low, I would get light headed when rising up out of a chair or bed. Adrenal compromised people have a temporary drop in blood pressure when rising up quickly, hence the dizzy feeling.

As I recovered, the dizziness has gone away. Sometimes when I'm stressed or fighting off a cold or when my adrenals are taxed, it will still happen. Adding the good sodium to my diet has helped stop the dizziness as well as drinking licorice tea.

Licorice root is known to raise blood pressure; it worked very well for me. People that have high blood pressure should monitor it when using licorice root tea and herbal products.

It is not very common for people with adrenal fatigue to have high blood pressure, so most of us have no worries when enjoying this delicious tea.

VITAMIN D

Another vitamin that has become very popular these days is vitamin D. It is very important in the production of the neurotransmitters dopamine, epinephrine, and norepinephrine. In order for the body to utilize it, calcium is needed. It is important to ensure the diet has adequate calcium or else supplementation is needed if one decides to supplement with vitamin D.

Vitamin D is synthesized by our body when direct sunlight hits the skin. However, it is highly unlikely we are getting enough of the vitamin because of cold seasons, work schedules, and clothing.

Many people choose to supplement and eat foods to get enough vitamin D. Foods with higher vitamin D levels are: grass fed chicken eggs, liver of animals and birds that were grass fed, dairy products made from grass fed cows, and cold water fish.

By miles, the highest vitamin D food supplement is cod liver oil. Hence, the reason I chose fish oil over krill oil when choosing an omega 3 supplement. When taking many supplements, welcome one supplement that will do two things!

When choosing to supplement vitamin D, ensure its vitamin D3. If you decide to take vitamin D, research how to take it properly as well as asking your health practitioner for guidance. My doctor recommends at least 4000 IU a day.

AMINO ACIDS

Fortunately there are doctors who know how to address health concerns using specifically targeted nutritional therapies. They practice orthomolecular or functional medicine. If they cannot be found under that category, they often practice under the guise of “anti-aging” or “longevity” medicine.

Nutritional therapies brought me back from the brink of insanity in a short period of time. The doctor I found practices with the specialty of longevity medicine.

With these types of doctors, you can typically explain all of the crazy symptoms (literally) you are having like hypoglycemia, sex hormone imbalance, and anything else relevant and quirky and they don't rush to prescribe anti-depressants.

The doctor ran tests on me that indicated my adrenals were stressed. Cortisol levels came back elevated with GABA, dopamine, norepinephrine, and epinephrine extremely low. Serotonin levels were through the floor.

The tests also found severe depletion of amino acids that regulated thyroid, convert glucose in the liver, and make brain chemicals (neurotransmitters) responsibly for the feeling of sanity.

Different books and sources online may say take X amount of amino acid Y for depression, anxiety, or whatever. Please don't mess with amino acids for mental health without the guidance of a practitioner who can do testing and monitoring.

Too much of one amino acid and not enough of another could result in you feeling worse, trust me! Amino acids also need other nutrients in order to be metabolized properly.

It is important for a physician to monitor via testing how neurotransmitter levels are changing in response to the amino acid therapy. Bringing everything back into normal range takes time and it is important to give feedback to your doctor regarding your progress and how you feel.

These are some of the neurotransmitters “big dogs” and their function:

1. Serotonin – The “superstar” of neurotransmitters. Everyone has heard of serotonin. It is the major modulator of our moods and sleep cycle. I experienced every symptom of low serotonin: decreased libido, anxiety, panic attacks, depression, phobias, eating disorders, memory problems, learning difficulty, endocrine imbalance, bowel irregularity, body temperature swings, social anxiety, compulsions, aggression, speech difficulties, tension, PMS, and irritability. Extremely low levels were responsible for this. Elevated levels can lead to feeling really good, in a state of bliss. Super high levels can lead to serotonin syndrome which can be fatal. This usually happens as a result of anti-depressants.

2. Dopamine – The “feel good” neurotransmitter. When levels are too high we feel over stimulated. At one point my dopamine was elevated and I felt overwhelmed and frantic to the point of feeling obsessive. When levels were too low, we can feel stuck and stagnant. Addictions and cravings can also be linked with low levels.
3. GABA – This neurotransmitter is “the calmer”. GABA at normal levels helps us sleep, feel relaxed, and mellow. It helps us from getting over stimulated by the other neurotransmitters that put us in an excited state. Too much GABA can make one feel sleepy and groggy. When my levels were too low I couldn’t fall asleep easily and it was probably a contributor to the sugar addiction.
4. Epinephrine – This is the “fight or flight” neurotransmitter produced by the adrenals. It gives us energy and vitality. High levels can make us feel ‘wired’. Low levels can leave us with low sex drive, tired, and feeling unfocused. Stress depletes epinephrine and so does constant spiking and crashing of blood sugar levels.
5. Norepinephrine – This is the other “fight or flight” neurotransmitter. When my levels were low, I couldn’t stop crying all the time. Feeling unmotivated and extremely depressed is associated with low levels too. High levels can create anxiety and hyper-sexuality.
6. Histamine – This is the “allergy” neurotransmitter. It is most noted for its role in allergy reactions. It also regulates norepinephrine and epinephrine. High levels can be linked with headaches, compulsivity, and depression. Levels too low can be linked with paranoia and low libido. Never had my histamine levels checked but maybe that’s where my bout with paranoia came from!

Outside of targeted amino acid therapy, there are many things that can be done to help balance neurotransmitter levels. Because protein is made of amino acids, when we aren't eating enough we can become amino acid deficient. A lifestyle of pasta, donuts, and chips leads to protein deficiency.

On the other hand, we can eat enough protein but the digestive tract is impaired and proper digestion does not occur. This means the protein cannot be broken down into amino acids.

Candida, leaky gut, irritable bowel, infection, parasites, Crohns, severe stress, lack of intestine tone, depleted enzyme and low beneficial bacteria counts are some common causes of impairment. The deeper roots can possibly be found in high sugar, low fiber, stressed lifestyle, anti-biotic use, and compromised immunity.

What if you don't know if you're impaired? Again, what is your body trying to tell you?

Maybe you're experiencing foul gas, bloated stomach, funky and few bowel movements, less than two bowel movements a day, constipation, diarrhea, or some other type of irregularity. We should have at least two bowel movements a day. Anal itching might be caused by parasites and candida. Yeah, gross – but a reality!

Digestive enzymes can be a useful aid to help the depleted body break down protein. The enzyme protease breaks down the protein into the amino acid units that are easily absorbed into our system through the gut lining. Stressed adrenals directly affect the integrity of the mucosal lining of the intestines, further impairing digestion and absorption.

We can use enzymes to help make up for what our bodies are having a hard time absorbing. Once I had a wise health instructor named Thomas Anstett that said, “It is not what you eat that is important, it is what you assimilate.” So true. Maybe we shouldn’t say “you are what you eat”. Let’s change it to “you are what you absorb”.

Digestion can be dramatically enhanced by making a change the diet, adding in nutrients and helpers like enzymes, and de-stressing our lifestyle.

KEY POINTS:

- The most commonly recommended nutrients for adrenal rebuilding are vitamin C, zinc, magnesium, trace minerals, DHEA, Chinese herbs, adrenal glandular, anti-oxidants, B vitamin complex, essential oils, essential fatty acids, amino acids, and digestive enzymes.
- Once a rebuilding program is started with nutritional supplementation and diet change, relief can come quickly.
- Sodium is necessary for replenishing the adrenals, which many people are deficient in.
- Sodium is necessary for our body to communicate messages via electrical impulses.
- It is important to ensure enough potassium is present in the diet because of its partnership with sodium.
- Vitamin C is one of the most critical nutrients for adrenal function. It is stored in the adrenal cortex and is consumed by the body in great quantities when we are under stress due to the hormones.
- Magnesium is needed for EVERYTHING and most people don't get enough of it.
- It is best if magnesium is taken with calcium because they work together like sodium and potassium.
- All B vitamins are major players for the health of our adrenals and supplementation of them is highly recommended by health professionals.
- Always test DHEA levels to find out if there is imbalance and a need for supplementing.
- Some of the most effective herbs for me used for adrenal support are ashwagandha, eleuthero (Siberian ginseng), suma, maca, muira puama, and licorice root.
- Calming herbs are valerian, hops, passion flower, and chamomile.

- Essential Oils are often overlooked as part of a body rebuilding protocol. They have been proven to be very effective to support body systems as well as stabilize emotions.
- Vitamin D is very important in the production of the neurotransmitters dopamine, epinephrine, and norepinephrine.
- Great sources of vitamin D are the sun, cod liver oil, and products from grass fed animals and poultry.
- If supplementing vitamin D, ensure it is D3.
- Amino acids are the precursors of the neurotransmitters dopamine, serotonin, norepinephrine, epinephrine, GABA and histamine.
- Tests can confirm amino acid deficiencies that lead to anxiety, depression, and panic attacks.
- Amino acid therapy can be a potent, safe, and quick acting alternative to medication for some people.
- Licorice root has been used traditionally to support the adrenals. It may help alleviate dizziness associated with low blood pressure.

ACTION STEPS:

- Review what supplements you are taking to determine if supplementation is needed with your healthcare practitioner.
- If considering amino acid therapy, find a practitioner to run the appropriate tests to determine doses needed.
- Have your health practitioner run labs on you to determine vitamin, essential fatty acids, and mineral deficiencies.

CHAPTER 8: OTHER ENDOCRINE UPSETS

As mentioned earlier in this book, if one of the endocrine glands stressed, they are all stressed. When sex (steroid) and thyroid hormones are imbalanced, it can be a root cause of anxiety and associated disorders.

About a year before “the crash” I had a sex hormone panel done by a general physician. This was before I became intimately familiar with adrenal function. The hormone panel came back as ‘severely imbalanced’.

The results indicated normal levels of testosterone and extremely low estrogen and progesterone. The doctor said on a scale of one to ten with one being the worst, I was a two. Not good. The tests showed progesterone as a one and estrogen as a two. No wonder my sex drive and all things girly were so messed up.

At the time I did start a prescribed bio-identical progesterone cream, but I didn’t feel any physical difference. During “the crash”, I had another panel done by the longevity medicine doctor. She said the estrogen and progesterone levels were better since the first test was run, but not at optimal levels yet. At that point she prescribed a higher dose of oral bio-identical progesterone which would also help lessen the anxiety and help me sleep.

This test was done before I had started rebuilding the adrenals. Sugar and refined carbohydrates were already eliminated from my diet, but I hadn’t started any supplementation program.

The adrenals are also critical for maintaining healthy sex hormone levels. As I continued on the adrenal program, my hormones started balancing. My cycles weren’t as scant, PMS symptoms disappeared, and my sex drive improved.

About six months after the tests indicating the hormones were low, another hormone test was run. I had been on an intense adrenal rebuilding regimen and was feeling so much better. The most recent test indicated hormones were balanced and the longevity medical doctor said it looked like I was doing it all on my own. This news was SO exciting!

Hormonal issues have haunted me since the onset of menstruation at 13 yrs old. Menstruation would come only a few times a year. As I entered my thirties, the cycles were coming more regularly, but extremely scant. It wasn't until I hit 35 that the hormones finally balanced. Better to be late than never.

Weak adrenals and constant blood sugar extremes takes a severe toll on the hormonal system for women and men both. For years I showed minor symptoms of hypoglycemia and severe hormonal issues and wasn't even aware of it.

Minor symptoms over a lifetime are very typical for most people. The shakes, mood swings, PMS, low sex drive, and feeling better after a meal were some of the subtle signs.

When the hypoglycemia and adrenal fatigue were at their peak, my sex hormones were at an all time low. It is because they are all linked.

The adrenals getting trashed from the hypoglycemia can make them so weak they cannot carry out their hormone balancing functions. It is amazing that there are so many other glands and organs involved with hormonal balance besides the obvious sex organs.

As the adrenals strengthened because of dietary modification, nutritional support, and relaxation – the sex hormones balanced out also. I remember reading statements like this and always thought it would happen for everyone else but me. When it happened, I was ready to throw a big party!

It was important for me to remember that the healing process doesn't happen overnight; I had stay dedicated and on track for the long haul. The same will be for you if you are in a similar situation right now.

The hormones are extremely involved with mental health and blood sugar balance besides just sexual function. It is important to keep that in mind. Dramatic healing WILL happen to YOU if you hang in there and trust the process.

KEY POINTS:

- If one of the endocrine glands are stressed, they are all stressed.
- When sex (steroid) and thyroid hormones are imbalanced, it can be a root cause of anxiety and associated disorders.
- Weak adrenals and constant blood sugar extremes take a severe toll on the hormonal system for both women and men.
- As the adrenals are strengthened because of dietary modification, nutritional support, and relaxation – the sex hormones balance out also.
- Adrenal support should always be part of a sex hormone and thyroid balancing program.
- Remember that the healing process doesn't happen overnight; stay dedicated and on track for the long haul.

ACTION STEPS:

- Have your health practitioner run the appropriate testing to determine the status of your endocrine system. Some of the tests may include:
 - * 12 hour cortisol & DHEA for the adrenals
 - * Progesterone, estrogen (estradiol), testosterone for the sex hormones
 - * TSH, Free T4, TPO, Free T3 tests for the thyroid.

CHAPTER 9: SUGAR ADDICTION

Is there such thing as sugar addiction? According to Kathleen DesMaisons, author of [*Potatoes Not Prozac*](#) “If sugar were to be put on the market for the first time today, it would probably be difficult to get it past the FDA.”

When I use the term sugar, it is interchangeable with high fructose corn syrup, sucralose, corn syrup, lactose and maltose. The last two mentioned are milk sugars.

Make your own decision. A drug is defined as “any absorbed substance that changes or enhances any physical or psychological function in the body” (Liska, 1986). Research has indicated that the brain releases opiates when sugar is consumed.

During one experiment, rats were fed increasing amounts of sugar with their diet. When the sugar was removed, the rats experienced withdrawal symptoms like chattering teeth and tremors. ([Obesity Research](#) June 2002:10(6):487-88.).

When I would eat I would get this high, and a euphoric feeling would come over me. Eating large amounts of sugar would almost give me the feeling of having a glass of wine.

How alcohol and sugar changes brain chemistry is not very different. Both dramatically increase the neurotransmitter serotonin. That is partly the cause of the ‘high’. It wears off quickly, and then the cravings come.

Binging on sugar and refined carbohydrates can increase serotonin levels up to 450% (<http://www.minddisorders.com/Br-Del/Bulimia-nervosa.html>). Hence, the high. Massive amounts of opiate receptors are triggered in the brain, similar to the way morphine and heroin do (Erlanson-Albertsson C. Sugar triggers our reward-

system. Sweets release opiates which stimulate the appetite for sucrose--insulin can depress it. *Lakartidningen*. 2005 May 23-29;102(21):1620-2, 1625, 1627).

According to Joan Matthews Larson, author of [*Depression Free Naturally*](#), the opiates made by our own bodies are far more potent than that of any street drug we can take. That's why it's so hard to kick the sugar habit.

Many doctors and nutritional experts encourage us to eliminate sugars and refined grains. What they don't tell you is the possibility of the severe withdrawal symptoms due to the reasons just mentioned.

When I stopped eating all sugar and refined grains, I crashed. It was then the anxiety and panic attacks started. I tremored like I had Parkinson's and hysterically craved sugar.

At the time the experience was as if "I was coming off crack." I truly felt like an addict coming off drugs or alcohol. But how could that be? It was only sugar, right?

At the time I didn't know severe withdrawal symptoms were possible. Our brain chemistry can be completely disrupted due to the sugar that causes panic, anxiety, and other mental disruptions.

At first, the sugar cravings were almost unbearable; like fiending for drugs. Well, I *was* fiending for a drug – sugar. Is sugar "the other white powder" most people consume daily?

The most important word of advice I can give you is when you come off sugar and refined grains, find something that you can pig out on until the craving goes away. It has to be something totally enjoyable and not sugar or carbohydrate based. For me it was nut butters, nuts, vegetables, and raw cheese. Also, I made

protein shakes that would be like ice cream. My secret recipe is at the end of the book (See Sources: Super Smoothie Recipe).

To break the addiction juices, candy, sugary fruits, sauces, and commercial salad dressings had to be eliminated. Some other names for sugar you might find on labels: high-fructose corn syrup, corn syrup, maltose, lactose, cane juice, evaporated cane juice, sucrose, dextrose, brown sugar, invert sugar, honey, molasses, rice syrup, malt syrup, raw sugar, fruit juice concentrate, fructose, and maple syrup. Watch out for anything with an -ose at the end!

I also stopped eating all super starches which included wheat, potatoes, and corn. This was so tough, but I had to do it. My body was crashing and fighting itself. I had to decide – sugar and refined carbohydrates or my life?

There was a period of a few months where the sugar and carbohydrate cravings were very bad, and then it subsided to tolerable. Honestly, it took almost a solid year of being off of refined carbohydrates before all cravings went away. Even now, when I eat refined carbohydrates I will get post-carbohydrate cravings for a few days. It must be how a recovering addict feels if they have one drink.

My case was severe. Hopefully you are not addicted to sugar to this extent. However, I share these things with you so if you have similar experiences, you know what to expect.

There are temptations everywhere, everyday. Buffets, birthday parties, gourmet restaurants, friends making you dinner, fast food joints, mom's homemade pie, and holiday cookies will call to you, "just a little won't hurt". At least with street drugs they aren't everywhere all the time.

If you choose to eliminate refined carbohydrates and sugar, there will be times you may fall of the wagon. I've done it, I'm human. So are you! Just put your foot in the stirrups and get back in the saddle.

When I slip, I prepare to be off kilter for a few days. Intense cravings, blood sugar gets whacked out, some anxiety creeps in, my ears itch, a rash appears on my face, and I get edgy. I remind myself of the repercussions when I am holding a delicious, warm, homemade cookie in my hand and I decide to put it down. It's not worth it.

SUPER CARBOHYDRATE FOODS					
Wheat	Corn	Fruits	Other Starches	Condiments	Beverages
Pasta	Tortilla Chips	Bananas	Potatoes	Commercial Salad Dressing	Wine
All Bread	Corn Starch	Pears	Potato Starch	Ketchup	Beer
Muffins	Corn Bread	Grapes	White Rice	Vinegar	Mixed Drinks
Crackers	Tortillas	All Dried Fruit		Soy Sauce	Skim Milk
Cakes	Canned Corn	All Fruit Juices		Marinades	Soda
Cookies		Kiwi		All Restaurant / Pre-Made Sauces	
Soups thickened with Wheat		Mangos			
Sauces thickened with wheat		All Citrus but Lemon & Limes			
Couscous		Apricots			
Batter Fried Foods		Peaches			
Cereal		Melons			

KEY POINTS:

- “If sugar were to be put on the market for the first time today, it would probably be difficult to get it past the FDA.” (Kathleen DesMaisons)
- Research has indicated that the brain releases opiates when sugar is consumed.
- Binging on sugar and refined carbohydrates can increase serotonin levels up to 450%.
- According to Joan Matthews Larson, the opiates made by our own bodies are far more potent than that of any street drug we can take.
- When eliminating sugar from the diet, withdrawal symptoms may occur. Find foods to help with cravings.
- To reduce cravings or sugar withdrawal symptoms, increase quality proteins and fat prior to eliminating sugar and refined carbohydrates.

ACTION STEPS:

- Reduce or eliminate all sugar and refined carbohydrates from the diet.
- If you experience withdrawal symptoms like craving or “the shakes”, contact your health practitioner for assistance.

CHAPTER 10: HYPOGLYCEMIA

One result of adrenal weakness is blood sugar imbalances. It typically starts out as insulin resistance. The cells become desensitized to massive amounts of insulin in the body as a result of a high refined carbohydrate diet. Over time, the cells become so resistant that hypoglycemia results. This is when the body overproduces insulin and blood sugars drop extremely low; below 60.

As time continues and hypoglycemia is not corrected through diet, exercise, supplementation, and rest – diabetes sets in. What is a shame is that if people know initial signs of insulin resistance and make corrections decades before the onset of diabetes, it can be prevented.

Many people who suffer from anxiety and panic attacks may have hypoglycemia. This was my case. Because my adrenals were so exhausted from constantly handling the massive amounts of sugar and refined carbohydrates I was eating, I became severely hypoglycemic.

Every time my blood sugar would drop due to a hypoglycemic episode, I would get anxiety and panic attacks.

One of my doctors suspected that the anxiety and panic attacks were caused by low blood sugar, so he ran a glucose tolerance test. The results confirmed I was a severe hypoglycemic. At hour 4 of the test, my blood glucose levels dropped from 160 to 39. 39 is extremely low blood sugar.

When my blood sugar bottomed out at 39, I was sweating, light headed, and barely conscious. After the test, I took note of how I felt a few hours after eating a refined carbohydrate. Sure enough, a few hours later anxiety and panic attacks would happen.

Based on my experience with hypoglycemia, I have created a special report called [*Blood Sugar Balance for Mental Wellness*](#) detailing how to balance blood sugars. Balancing blood sugar is a critical factor for strengthening the adrenals and allowing them to fully recover.

KEY POINTS:

- One result of adrenal weakness is blood sugar imbalance.
- Insulin resistance is when the cells become desensitized from the massive amount of insulin in the body as a result of a high refined carbohydrate diet. Over time, the cells become so resistant and hypoglycemia results.
- If people know initial signs of insulin resistance and make corrections, diabetes can be prevented.
- It is very possible that hypoglycemia is a significant contributing factor for people who suffer from anxiety, panic attacks, and depression.

ACTION STEPS:

- Read [*Blood Sugar Balance for Mental Wellness*](#).
- If hypoglycemia is suspected, please see your health practitioner to conduct the appropriate diagnostics.

CHAPTER 11: CANDIDA

Candida, yeast, and fungus – sounds like ingredients for a recipe. More like a recipe for disaster! Candida overgrowth has often been categorized as a fad diagnosis. Health practitioners would say it’s “candida” when they were stumped by a bunch of enigmatic symptoms. However, candida is very real and it’s an indicator of underlying weaknesses in the body.

Let’s look at an illustrative example using bread. When we unleash yeast cultures on refined carbohydrates and sugars in our dough, what happens? The bread EXPANDS and RISES from the gasses given off as a waste by-product of yeast metabolism.

That’s what happened to me. I was bloated, expanding, and had a lot of gas! Maybe you have seen people who look like you could pop them with a pin. They have puffy faces and bellies; they usually look uncomfortable in their own skin. Is this you right now?



2006, just before “the crash”



2009 and healthy!

The candida overgrowth in my body resulted in some rather interesting symptoms. Besides the obvious bloat, the most prominent symptoms were: itchy

and wet ear canals, severe odiferous gas, itchy and irritated ‘private’ areas, lack of concentration, foggy thinking, tiredness, and ringing of the ears.

Other symptoms people often experience with yeast overgrowth are mood swings, hormonal imbalance, depression, anxiety, itchy skin, irritability, sinus issues, and sensitivity to mold and/or chemicals. I experienced these too! Life used to be miserable.

The human body has natural defense mechanisms that keep candida at healthy levels. When the defenses are compromised, yeast can grow uncontrollably and becomes a problem.

Yeast may be allowed to get out of hand from things like mercury toxicity, low digestive enzyme production, under-acid stomach, weak immunity, and antibiotic usage. It is these things that lay the foundation for opportunistic yeast to get out of control.

Compound underlying weakness with high sugar and refined carbohydrate diets and yeast can grow like wild fire. Addressing the root causes before killing the yeast is most important. If not, it will grow back. I have tried to kill of yeast at least four times without seriously addressing the core issues and it came back all four times.

The first step I took was to cut out anything in my diet the yeast could feed on. Adding digestive enzymes with meals and probiotics before bedtime helped restore intestinal health (See Sources: Bowel Issues).

There is a fantastic book called [*Body Ecology Diet*](#) by Donna Gates that outlines in detail how to get this problem under control. The “Super Carbohydrate Foods” food listed in the previous section were the foods I eliminated.

More importantly, I started chewing my food thoroughly before swallowing! It's the single most important step in digestion and most of us only chew our food enough to swallow it down. Yeast has a feeding frenzy on big chunks of undigested food in the gut.

When we chew, we physically break the food into smaller pieces that makes it easier for the rest of our digestion to handle. We should chew our food to the point where ingredients wouldn't be recognizable if you spit them out. I know, that's gross.

Chewing also mixes the food with the enzyme amylase which breaks down starches and sugars, lessening the chances yeast will feed on it during latter parts of the digestive process.

Even liquids should be swished and chewed a bit in the mouth to mix with saliva. Most liquids have high starch and sugar content; therefore, it is important to swish them to get the saliva enzymes mixed in. Not only will you have better digestion, you will eat less and enjoy your food more!

As I modified my diet and strengthened digestion by adding enzymes and probiotics, the yeast started to die off. This was obvious because the bloated look was gone, the itchiness subsided, and my thoughts were clearer.

The first time I ever had a massive yeast die off my back got little white bumps and was itchy. It was during a time I was new to the study of nutrition and learned that our body's pH should be balanced to that of water; around 7. Using pH paper, I tested my levels and was very acidic.

Then I started a program that rapidly balanced my pH and I did not support the primary elimination organs (liver, small intestine, large intestine, and kidneys) well enough where the dying yeast could leave through normal means.

First I thought it was a skin ‘thing’ going on like hives. Later I learned sometimes when we detoxify too quickly, our liver and bowels cannot keep up so it comes out of our biggest detoxifying organ – our skin. This usually presents itself as rashes or blemishes. This is why it is important to slowly correct the reasons yeast is present in the first place. As the reasons are corrected, yeast slowly dies and eliminates without a hitch. Then, at the tail end one can go and zap the rest with a one, two punch (See Sources: Candida).

Since my early days, I have learned that any time any type of detoxification program is started, it is imperative to support the elimination organs – liver, kidneys, small intestine, and colon. It is very simple to do; I have outlined my program in the Sources (Liver Cleansing, Liver Maintenance) section.

Let’s revisit the pH. Yeast loves to grow in an acidic environment. Our bodies get acidic when we are under stress, eat too much sugar/refined carbohydrates, or we don’t balance our protein intake with alkaline foods.

Protein is acidic and for every portion of protein it is very important to eat an equal or greater portion of alkaline foods. Alkaline foods are pretty much anything that has leaves or is a bright color – non-starchy vegetables!

For example, when eating 4 ounces of beef steak (acidic) I would be sure to eat 4 ounces or more of a green vegetable like broccoli or spinach (alkaline). Or with a salad, I would make sure there was a larger portion of vegetables than cheese, dressing, or meat. Donna Gates’ entire book [*Body Ecology Diet*](#) details how to eat a diet is acid/alkaline balanced for optimal health.

It is very simple to test the body’s pH. Use test strips from the health food store. Every few days I would check the pH of my morning, afternoon, and evening

urine. Often I would compare it to my saliva's pH which is almost always alkaline. Of course using a new strip for each test.

Normally, the first urine of the day is very acidic. This is normal because of all the metabolites produced during sleep. After that is voided, the rest of the urine is typically around pH of 6 or 7. Below 7 is acidic, above 7 is too alkaline.

Different experts have varying ideas of what is acceptable as 'normal'. Personally, if I stay in the 6 to 7 range I am happy. If I am having a hard time with balancing my pH through diet, I will add alkalizing supplement to my regimen. (See Sources: General Anxious Body Re-Building).

After about a month of changing my diet and supplementing large amounts of enzymes as well as probiotics, some of the major yeast symptoms disappeared. This is when it is time to start killing the yeast.

If I had tried to kill the yeast without building a healthy foundation in my body, it would come back right away. That has happened to me before, this time I had to do it right.

I took my time and used gentle items to kill the yeast so that not too much died at once. (See Sources: Candida) When that happens we might experience headaches, skin blemishes, extreme tiredness, or even stomach aches. That didn't happen because the body foundation was rebuilt first with good diet and supplementation while killing off the yeast.

KEY POINTS:

- Candida is very real and it's an indicator of underlying weaknesses in the body.
- Bloating, clammy skin, white coated tongue, itchy and wet ear canals, severe odiferous gas, itchy and irritated 'private' areas, lack of concentration, foggy thinking, tiredness, and ringing of the ears can be signs of a systemic candida overgrowth.
- The human body has natural defense mechanisms that keep candida at healthy levels. When the defenses are compromised, yeast can grow uncontrollably and becomes a problem.
- Chew your food until it becomes liquid. Yeast has a feeding frenzy on big chunks of undigested food in the gut.
- Modify the diet and strengthen digestion by adding enzymes and probiotics to combat yeast overgrowth.
- Balance the body's pH through dietary changes to create an environment yeast cannot live in.
- As yeast dies off, support the body's elimination system through liver and digestive cleansing.

ACTION STEPS:

- If you suspect you have candida overgrowth, consider reading [*Body Ecology Diet*](#) by Donna Gates.
- Eliminate all refined sugar and carbohydrates.
- Rebuild the digestive system (See Sources: Candida, Bowel Issues).
- Consider getting tested for mercury by your health practitioner.

CHAPTER 12: MERCURY

At the same time I was working on my health, the amalgam fillings removed from my teeth. Based on symptoms and research, I uncovered research regarding how mercury from the fillings can negatively affect health. So, I chose to have all of them removed. Just search the web using “mercury amalgam toxicity” and you’ll be busy reading for hours.

Most of the mercury toxicity symptoms are the same as the yeast overgrowth ones mentioned. Plus, other neurological symptoms can appear. Alzheimer’s, dementia, brain damage, hearing loss, anxiety, depression, and/or confusion can be associated with mercury exposure.

The ‘biological dentist’ put me on a heavy metal cleanse before, during, and after the process. Some health professionals hypothesize that yeast feeds on the mercury as defense mechanism to protect the body.

We are exposed to mercury from sources like fuel emissions, vaccines, amalgam fillings, fish, and drinking water. Unfortunately, we cannot get away from it. Supporting our body’s natural detoxification processes is the best practice along with the now and again metal detoxification program.

The Global Mercury Assessment done by the United Nations Environment Programme (<http://www.chem.unep.ch/>) based out of Switzerland admits high levels of mercury were found in penguins found in the arctic. The United Nations and units within its family like World Health Organization and World Bank are aware of this issue.

What’s the difference between you, me and a penguin? Penguins are a whole lot further away. If they have high levels, can you imagine what ours are?

My encouragement is if you would like to detoxify mercury or other heavy metals, seek out a medical practitioner who can properly test and detoxify you safely. Get educated too.

If detoxification is not done properly, the metals can be stirred up and not released from the body. This is NOT what you want. When I did the detoxification during my amalgam removal, the goal was to get the metals out of my tissues, bound to fiber, and excreted from my body.

My dentist wanted to do the program while he was removing the amalgams because of the risk of exposure during that time. Again, get education and guidance before you do a targeted mercury and metal detoxification.

KEY POINTS:

- Research supports mercury in amalgam fillings can negatively affect health.
- Most of the mercury toxicity symptoms are the same as the yeast overgrowth. Plus, other neurological symptoms can appear. Alzheimer's, dementia, brain damage, hearing loss, anxiety, depression, and/or confusion can be associated with mercury exposure.
- We are exposed to mercury from sources like fuel emissions, vaccines, amalgam fillings, fish, and drinking water.
- When detoxifying mercury, it is best to follow a slow and gentle program that ensures toxins are released and not relocated to another place in the body.

ACTION STEPS:

- If you suspect you have high mercury levels in your body, have your health practitioner conduct the appropriate testing.
- If mercury levels test high, ask your health practitioner how to safely detoxify it.
- Consider having amalgam fillings removed by a biological dentist who knows how to remove fillings properly to reduce the possibility of mercury exposure.

CHAPTER 13: SELF CARE

There is much hype from the media to relax and take time to take care of your self. I preached this message too but didn't practice it myself. I thought everything else was important and if I got around to relaxing, it would be after everything else was done for the day.

Taking time to nourish ourselves and relax is absolutely critical for resting our adrenals and stimulating "feel good" neurotransmitter production so that we can be a peaceful, sound minded human again. Reread that sentence again.

Taking walks, spending time in nature, doing things that bring us joy, playing with children, creating art, listening to music, or whatever makes us happy has a profoundly beneficial affect on feel good neurotransmitter levels.

It is proven that our bodies release anti-stress and feel good hormones when we do things we love and enjoy. ([*Why Mars & Venus Collide*](#). John Gray)

Bodywork like massage, facials, Reiki, and acupuncture helped me relax and feel good. Even though I am out of "the crash" phase, I continue to do at least one of these things to keep myself healthy on weekly basis.

You might be thinking, "I can't afford that". That thought has gone through my mind, but I can't put a price on my sanity. I cannot afford to be unable to work for over a year again.

It has been proven that massage decreases the stress hormone cortisol and elevates feel good neurotransmitter levels of serotonin and dopamine. (Int J Neuroscience. 2005 Oct;115(10):1397-413. Field T, Hernandez-Reif M, Diego M, Schanberg S, Kuhn C. Touch Research Institutes, University of Miami School of Medicine, Miami, Florida).

Nothing better than having that wonderful euphoric feeling after leaving a bodywork session! Who needs drugs or alcohol when there are massages and bodywork?

Practicing meditation can also help balance feel good neurotransmitters. Tibetan Buddhist leader Dalai Lama raised an interesting question in [*The Art of Happiness*](#) regarding the popular theory of Western psychology where chemicals in the brain direct our thoughts.

To quote the Dalai Lama, "... Recently I met with some doctors at a university medical school. They were talking about the brain and stated that thoughts and feelings were the result of different chemical reactions and changes in the brain. So, I raised the question: Is it possible to conceive the reverse sequence, where the thought gives rise to the sequence of chemical events in our brain?"

Hmm, maybe if we do things that make us happy and feel relaxed we can modulate our own brain chemicals! What a great concept to ponder.

Now for the topic everyone likes to avoid, taking responsibility for our own emotional well being. I'm not implying everyone needs to have countless hours of counseling, personal coaching, or their head shrunk. However, working with a professional who can help release past emotional traumas or things that must be "let go of" will reduce mental and emotional stress.

I am the type of person whose mind is always going and talking out loud helps me sort things out. Having a coach to guide me with this process has proven to give me great relief and manageability of daily stressors. It has also helped me prioritize my life as well as create personal boundaries so that I can keep myself healthy.

Healthy boundaries allow me to be strong and fully present when interacting with people in my life. This goes back to the old cliché that we must love ourselves first so we can be the best for those we love the most. If we are over stressed, crabby, and depressed, what good are we to anyone else?

Besides bodywork, exercise is another way to release feel good endorphins and neurotransmitters. People that work out often use it as a way to “blow off steam” or “de-stress” after a tough day. If you have a health condition or adrenal fatigue, make sure you ask your doctor if it is ok to start exercising. I know during my weakest point I was encouraged to do only light exercise like walking, stretching, and yoga.

Strenuous exercise can further tax the adrenals and weaken them. During the lowest point of “the crash”, I couldn’t go up a flight of stairs without having to rest at the top. Looking back before “the crash”, I would easily get extremely exhausted from carrying out normal daily physical tasks. I’d feel light headed, fatigued muscles, and short of breath, which I chalked up to being tired or overworked.

In reality it was my body giving me warning signs that I was headed into a downward spiral. Oh, hindsight is 20/20!

KEY POINTS:

- Taking time to nourish ourselves and relax is absolutely critical for resting our adrenals and stimulating “feel good” neurotransmitter production so that we can be a peaceful, sound minded human again.
- Our bodies release anti-stress and feel good hormones when we do things we love and enjoy.
- It has been proven that massage decreases the stress hormone cortisol and elevates feel good neurotransmitter levels of serotonin and dopamine.
- Working with a professional who helps release past emotional traumas or things that must be “let go of” can reduce mental and emotional stress.
- Healthy boundaries allow us to be strong and fully present when interacting with people in our life.
- Besides bodywork, exercise is another way to release “feel good” endorphins and neurotransmitters.

ACTION STEPS:

- Find outlets to bring you joy and nourish your soul like hobbies, bodywork, exercise, and outdoor activities. Do these things as often as you can to help release “feel good” hormones.
- Consider a life coach or therapist to assist you with establishing healthy boundaries and releasing old emotional baggage.

CHAPTER 14: FOOD ALLERGIES

Most people do not realize how foods affect our mental health. People always joke about children who get crazed on sugar or the “food coma” after Thanksgiving dinner.

We can have many types of undesirable responses to foods we’ve eaten. When our bodies are weak from poor digestion and assimilation as well as out of balance endocrine and immune systems, food allergies and sensitivities develop.

Discovering which foods may be contributing to greater inflammation and weakness of the body is critical for anxiety recovery. Had I discovered this earlier, maybe I would have been able to determine what certain foods created reactions and were compounding to the weak state of my body.

Identifying and eliminating foods the body is having an allergic response to removes great stress from the adrenals. Maybe “the crash” wouldn’t have been so severe or could have been avoided all together.

Stress created in the body from foods the body doesn’t like is incredibly important. I’m going to state it again: candida, hypoglycemia, allergies, and low adrenal function are all intertwined with each other.

A special report called [*Food Allergies & Nutritional Recovery*](#) has been created that covers food allergies and sensitivities in depth. Information on how to identify problem foods, eating out, and allergy elimination therapy is also included.

To get you started, below is a list of some of the most troublesome foods for many people. Try eliminating these foods for two weeks, then bring one back at a

time and notice if you feel any difference. There is a protocol for a true allergy elimination program outlined in the special report.

COMMON TROUBLE CAUSING FOODS				
WHEAT	NIGHTSHADES	SOY	OTHER	DAIRY
Spouted Baked Goods	Potatoes	Tofu	Peanuts	Milk
Spelt	Tobacco	Tempeh	Eggs	Cheese
Kamut	Tomatoes	Soy Sauce	Caffeine	Whey
Rye	All Peppers	Marinades	Chocolate	Yogurt
Pumpernickel	Eggplant	Veggie Burgers	Red Dye	Kefir
Barley		“High Protein” shakes/bars	MSG	
Whole Wheat			Pesticides	
Cereal			Preservatives	
			Fish	
			Shellfish	

KEY POINTS:

- Foods we eat are a significant factor that affects our mental health.
- Endocrine and immune system imbalances, as well as poor digestion and assimilation, allow food allergies and sensitivities develop.
- Identifying and eliminating foods the body is having an allergic response to removes great stress from the adrenals and can help alleviate anxiety symptoms.
- Candida, hypoglycemia, allergies, and low adrenal function are all intertwined with each other.

ACTION STEPS:

- Read [*Food Allergies & Nutritional Recovery*](#) special report.
- Consider following through with testing for food allergies using methods outlined in the special report.

CHAPTER 15: IN CONCLUSION

How do I know all this stuff you just read? It's from experience and ridiculous amounts of research and course study. There is a never ending joke with the people around me that if there is something that I find interest in, I will research and learn as much as I can. I'll immerse myself in books, workshops, internet searches, and people to gain knowledge - almost to the point of being obsessive!

Before I decided to write this e-book, it was important to me to be well informed. This is also true for when I am making decisions about my health. It is important to know 'all angles' before making choices.

If the answers I'm getting from doctors aren't sitting right with me, I keep researching. I encourage you to do the same. This is why I wrote this book for you. It is a place to begin taking back your health through knowledge.

All of causes mentioned in this ebook are intertwined. Which one starts the process I don't know. Most likely at the center are the adrenals. All I know is if I do certain things to take care of my body and mind, symptoms and maladies go away and I feel great.

Medical tests may indicate you have some or many of these things. But I personally believe a diagnosis is just a name for a bunch of symptoms. It's the medical community's way of categorizing. What's more important is to look at the root causes and address those. Keep digging deeper and deeper until the real cause is found.

When I changed my lifestyle as outlined in this book, I got better. The core was to address the digestive and endocrine systems – especially the adrenals. These two little glands are so often overlooked by health practitioners when they are critical for our vitality and well-being.

Take the information about my story that helps you and apply it to yourself. Run with these concepts and carry out further research, seek out educated health professionals, and join support groups to share information.

If this book was more detailed about each topic, it would be overwhelming to you. Now you have a starting point which can set you in the direction of finding answers for yourself.

Concepts presented to you here are not rigid, it's a guide. Use your intuition and listen to what your body is saying. Keep a journal of how you feel after you eat, sleep, work, exercise, hang out with certain people, and relax.

I give you permission to explore how you feel in response to your life at the smallest level. Be with people and do things that add strength and enjoyment to your life. Minimize and eliminate those which take it away. You'll be amazed how fast you start to feel good.

SOURCES SECTION

RECOMMENDED BOOKS & WEBSITES:

All books can be found at

<http://www.anxietytherapyrecommends.com>

1. [The UltraMind Solution](http://www.ultramind.com) by Mark Hyman. <http://www.ultramind.com>
2. [Depression Free, Naturally](#) by Joan Mathews Larson
3. [Brain Allergies: The Pshychonutrient and Magnetic Connections](#) by W.H. Philpott, M.D. and D. K. Kalinta, Ph.D.
4. [Treating & Beating Anxiety and Depression](http://www.treatingandbeating.com) by Dr. Rodger H. Murphee.
<http://www.treatingandbeating.com>
5. [Adrenal Fatigue: The 21st Century Stress Syndrome](http://www.adrenalfatigue.org) by Dr. James Wilson.
<http://www.adrenalfatigue.org>
6. [Cooking With Coconut Flour: A Delicious Low Carb, Gluten-Free Alternative to Wheat](http://www.coconutresearchcenter.org) by Bruce Fife, N.D.
<http://www.coconutresearchcenter.org>
7. [Food Allergies and Food Intolerance: The Complete Guide to Their Identification and Treatment](#) by Jonathan Brostoff, M.D. & Linda Gamlin
8. [Prozac Panacea or Pandora](http://www.drugawarness.org) by Ann Blake Tracey, Ph.D.
<http://www.drugawarness.org>
9. [Our Toxic World – A Wake Up Call](http://www.drrapp.com) by Doris Rapp, M.D.
<http://www.drrapp.com>
10. [Why Can't I Remember? Reversing Normal Memory Loss](#) by Pavel Yutsis, M.D. and Lynda Toth, Ph.D.
11. [The Cortisol Connection: Why Stress Makes You Fat and Ruins Your Health – And What You Can Do About It](#) by Shawn Talbott, Ph.D.
12. [Healing Depression & BiPolar Disorder Without Drugs: Inspiring Stories of Restoring Mental Health Through Natural Therapies](#) by Gracelyn Guyol
13. [Body Ecology Diet](http://www.bodyecology.com) by Donna Gates. <http://www.bodyecology.com>
14. [Releasing Emotional Patterns With Essential Oils](#) by Dr. Carolyn Mein.
15. [Essential Oils Integrative Medical Guide](#) by D. Gary Young.

MY PROTOCOLS

The following are my personal protocols. Each of us is uniquely constructed, so what worked for me might not work the same for you. However, this might give you some idea of where to begin.

These protocols may seem very extensive. You may asking, “Do I need all this stuff too?” Honestly, I don’t know. But, I do know that when the body becomes depleted of essential nutrients it cannot function properly. First we may just feel tired and out of sorts. As years of nutritional deficiencies go by, anxiety and depression may rear their heads. If a person has a perfectly working digestive system and eats a vast variety of foods from organic, nutrient rich virgin soil – he/she may not need to supplement. For the rest of us, well....

Countless hours of research have gone into choosing components and sources of these protocols. Because I value my health more than anything, I have taken all of these items at some point during my recovery. The items that didn’t work well have been left out. Many times we have fixed budgets, so the items have been given a Priority number.

Priority Numbers:

1. Core and necessary
2. Would be very helpful if this could be added
3. Alternate source and/or additional support to consider

GENERAL ANXIOUS BODY RE-BUILDING

ITEM	DOSE	SOURCE	NOTES	PRIORITY
Polyzyme	2 w/ meals	http://www.anxietytherapyremedies.com/	Breaks down proteins into amino acids	1
Essentialzyme	2 w/ meals	http://www.anxietytherapyremedies.com/	Aids in digestion of foods	1
Mineral Essence	10 droppers a day	http://www.anxietytherapyremedies.com/	Provides essential trace minerals	1
Endogize	As directed only if DHEA is deficient	http://www.anxietytherapyremedies.com/	Supports adrenals	1
Endoflex Essential Oil	5 drops in capsule 2X a day. 3 drops on thyroid, 3 drops on bottom of each foot	http://www.anxietytherapyremedies.com/	Supports endocrine system	1
Life 5	Start w/ 2 before bed for 4 weeks, then 1 thereafter	http://www.anxietytherapyremedies.com/	Supports intestinal and immune health	1
Super B	1 / day	http://www.anxietytherapyremedies.com/ This B has niacin which may produce a harmless niacin flush if not taken with meals.	B Vitamins	1
Super C	1 to 2 / day	http://www.anxietytherapyremedies.com/	Vitamin C	1
Magnesium		MegaCal from http://www.anxietytherapyremedies.com/ If spastic bowel issues are present, use Ionic Magnesium from http://www.Eidon.com	Magnesium	1
Immupro	1 or 2 before bed	http://www.anxietytherapyremedies.com/	Supports immunity and sleep	2
Power Meal	1 scoop w/ Pure Protein	http://www.anxietytherapyremedies.com/	Nutrients to support endocrine and overall health	2

GENERAL ANXIOUS BODY REBUILDING CONT...

ITEM	DOSE	SOURCE	NOTES	PRIORITY
Omega Blue	4 caps a day	http://www.anxietytherapyremedies.com/	Essential Fatty Acids	2
Pure Protein	1 scoop w/ Power Meal	http://www.anxietytherapyremedies.com/	Protein building blocks and amino acid	2
En-R-Gee Essential Oil	3 drops on kidney area 1 – 2 X/ day	http://www.anxietytherapyremedies.com/	Supports adrenals	2
Ningxia Red	4 to 8 ounces a day	http://www.anxietytherapyremedies.com/	Easily digested Low Glycemic super food	2
Multigreens	4 – 8 caps/day	http://www.anxietytherapyremedies.com/	Alkaline food w/ amino acids	2
True Source	1 packet/day	http://www.anxietytherapyremedies.com/	Plant based vitamins/minerals	2
Iodine & Potassium Iodide	1 – 2 drops per day	7 % Lugol's Solution	Mineral for thyroid and hormone health	1
A, D, & E	As Directed	http://www.anxietytherapyremedies.com/	Vitamin D	2
JuvaTone	3 tabs 3X/day	http://www.anxietytherapyremedies.com/	Supports Neurotransmitters	1

CORTISOL BALANCE

Idaho Balsam Fir Essential Oil	Inhalation / topical	http://www.anxietytherapyremedies.com/	Diffuse or 3 drops bottom of each foot	2
Believe Essential Oil	Inhalation / topical	http://www.anxietytherapyremedies.com/	Diffuse or 3 drops bottom of each foot	1
Sacred Mountain Essential Oil	Inhalation / topical	http://www.anxietytherapyremedies.com/	Diffuse or 3 drops bottom of each foot	2

EMOTIONS

Feelings Kit	Inhalation / topical	http://www.anxietytherapyremedies.com/	Anxiety support	1
Grounding Essential Oil	Inhalation / topical	http://www.anxietytherapyremedies.com/	Anxiety support	2

EMOTIONS CONT...

Hope Essential Oil	Inhalation / topical	http://www.anxietytherapyremedies.com/	Anxiety support	2
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BLOOD SUGAR

ITEM	DOSE	SOURCE	NOTES	PRIORITY
Ningxia Wolfberries	As needed	http://www.anxietytherapyremedies.com/	High protein fruit	2
Stevia Extract	As needed	http://www.anxietytherapyremedies.com/	Supports pancreas. Herbal sweetener	2
Blue Agave	Use sparingly	http://www.anxietytherapyremedies.com/	Low glycemic sweetener	2
Coriander Essential Oil	Topical	http://www.anxietytherapyremedies.com/	Helps balance blood sugar & fight anxiety	1
Dill Essential Oil	Topical	http://www.anxietytherapyremedies.com/	Helps balance blood sugar & fight anxiety	2
Fennel Essential Oil	Topical	http://www.anxietytherapyremedies.com/	Helps balance blood sugar & fight anxiety	2
Omega Blue	4 caps a day	http://www.anxietytherapyremedies.com/	Supports insulin receptors	2
Sulfurzyme	1 teaspoon 2X a day	http://www.anxietytherapyremedies.com/	Supports insulin receptors	1
Power Meal	1 smoothie	http://www.anxietytherapyremedies.com/	Nutrients support endocrine and overall health	1
Mineral Essence	As directed	http://www.anxietytherapyremedies.com/	Provides essential trace minerals	1

INSOMNIA

* Also See Cortisol Balance Program

Immupro	2 before bed	http://www.anxietytherapyremedies.com/	Supports immune & sleep	1
RutaVaLa Essential Oil	Inhalation & Topical	http://www.anxietytherapyremedies.com/	Relaxation, calming, sleep	2
Peace & Calming Essential Oil	Inhalation & Topical	http://www.anxietytherapyremedies.com/	Relaxation, calming, sleep	2
Copiaba Essential Oil	Inhalation & Topical	http://www.anxietytherapyremedies.com/	Relaxation, calming, sleep	2
Gentle Baby Essential Oil	Inhalation & Topical	http://www.anxietytherapyremedies.com/	Relaxation, calming, sleep	2

LIVER CLEANSING

ITEM	DOSE	SOURCE	NOTES	PRIORITY
Cleansing Trio	As directed	http://www.anxietytherapyremedies.com/	Gently cleanses digestive system	1
JuvaTone	3 tabs 3X/day	http://www.anxietytherapyremedies.com/	Gently cleanses liver	1
JuvaFlex Essential Oil	Topical	http://www.anxietytherapyremedies.com/	Supports liver	1
K & B Tincture	As directed	http://www.anxietytherapyremedies.com/	Supports kidneys while cleansing	1
Citrus Fresh Essential Oil	In water	http://www.anxietytherapyremedies.com/	Supports endocrine and liver	2

LIVER MAINTENANCE

Balance Complete	1 smoothie in Morning	http://www.anxietytherapyremedies.com/	Gentle whole body detoxifier, supports blood sugar	1
JuvaTone Essential Oil	As directed	http://www.anxietytherapyremedies.com/	Gently cleanses liver	1
Comfortone	As directed	http://www.anxietytherapyremedies.com/	Supports colon	1
JuvaFlex Essential Oil	Topical	http://www.anxietytherapyremedies.com/	Supports liver	1

CANDIDA

Inner Defense	2 in morning	http://www.anxietytherapyremedies.com/	Aids in eliminating yeast	1
Life 5	3 before bed	http://www.anxietytherapyremedies.com/	Intestine & immune	1
Cleansing Trio	As directed	http://www.anxietytherapyremedies.com/	Helps detoxify candida	1
Sulfurzyme	As directed	http://www.anxietytherapyremedies.com/	Balances pH	1
Polyzyme	2 caps 2X/day between meals	http://www.anxietytherapyremedies.com/	Digests yeast	2

MERCURY

Mineral Essence	As directed	http://www.anxietytherapyremedies.com/	Provides essential trace minerals	1
Cleansing Trio	As directed	http://www.anxietytherapyremedies.com/	Aids in detoxification	1
Iodine & Potassium Iodide	1 to 2 drops a day	7 % Lugol's Solution	Releases halogens / metals	1

BOWEL ISSUES

ITEM	DOSE	SOURCE	NOTES	PRIORITY
Cleansing Trio	As directed	http://www.anxietytherapyremedies.com/	Helps detoxify candida	1
Life 5	1 to 2 before bed	http://www.anxietytherapyremedies.com/	Intestinal & immune health	1
Di-Gize Essential Oil	Topical	http://www.anxietytherapyremedies.com/	Soothes digestive system	1
Digest & Cleanse	As directed	http://www.anxietytherapyremedies.com/	Soothes digestive system	2

THYROID

Thyromin	As Directed	http://www.anxietytherapyremedies.com/	Supports thyroid function	1
Endoflex Essential Oil	5 drops in capsule 2X a day. 3 drops on thyroid, 3 drops on bottom of each foot	http://www.anxietytherapyremedies.com/	Supports endocrine system	1
Iodine & Potassium Iodide	1 to 2 drops a day	7 % Lugol's Solution	Mineral for thyroid and hormone health	1

HANGOVER PREVENTION

Ningxia Red	2 ounces before bed, 2 ounces in morning	http://www.anxietytherapyremedies.com/	Super food supporting liver	1
Mineral Essence	4 droppers before bed, 4 dropper in morning	http://www.anxietytherapyremedies.com/	Provides essential trace minerals	1
Detoxzyme	3 caps before bed, 3 in the morning	http://www.anxietytherapyremedies.com/	Helps break down of toxins	1

AMINO ACID THERAPY

ITEM	DOSE	SOURCE	NOTES
Neuroscience	Custom	http://www.neurorelief.com	Contact them directly to find a qualified doctor in your area to work with you. Their website is a great resource for understanding how neurotransmitters work in the body and their role in mental well being.
Metabolic Maintenance	Custom	http://www.metabolicmaintenance.com Click on "Custom Formulations", then "Amino Acid Formulas"	Contact them directly to find a qualified doctor in your area who will do the blood plasma amino acid test

HOME TESTING

Canary Club		http://www.CanaryClub.org	Tests for Sex Hormones, Thyroid, Cortisol, DHEA, D3
Direct Labs		http://www.DirectLabs.com	Tests for Sex Hormones, Thyroid, Cortisol, DHEA, D3, Amino Acid Profile, Neurotransmitters, and everything else!

ELECTROMAGNETIC PROTECTION

Quantum Pendant		Contact Jen Crippen (815) 347-9547 Or Jen@NaturalAnxietyTherapy.com	<p>By restoring the energy balance in the body this pendant helps one to maintain health and well-being. Health benefits may include:</p> <ul style="list-style-type: none"> • Reduces inflammation • Promotes unclumping of cells • Enhances circulation • Enhances immune and endocrine systems • Has the ability to destroy viruses and bacteria • Enhances cellular nutrition and detoxification • Enhances cellular permeability • Increases energy & focus • Helps to protect DNA from damage • Helps to retard the aging process • Helps to fight cancer cells • Strengthens the body's biofield preventing electro-magnetic waves from affecting one's health
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SUPER SMOOTHIE RECIPE

1 scoop Pure Protein Complete

1 scoop Power Meal

¼ tsp ground cinnamon for blood sugar balance

¼ tsp ground nutmeg for the adrenals

¼ tsp of Redmond Real salt for the adrenals

1 heaping tblsp of coconut oil for thyroid, blood sugar, and yeast (candida)

1 raw egg for the protein, fat, and vitamin A

2 drops Orange essential oil

Stevia extract to taste

About 10 ice cubes in the blender 1st, add ingredients. Then fill up with enough water so it will blend until smooth. Blend super well so it gets fluffy and the coconut oil and ice cubes are no longer chunky. Add Young Living's stevia to taste. It's not only for the sweetness, but stevia is known to help balance blood sugar and decrease cravings.

Sometimes I add blueberries, raspberries, cherries, or strawberries to this. Nothing else. NO BANANNAS – although delicious they are very high in sugar.

If you are at work or on the road and can't take time out with a blender, just do Power Meal with the Pure Protein as a snack. Some people like Balance Complete. These taste good even on the go by just adding water to them.

Pure Protein Complete, Power Meal, Orange essential oil, and Stevia are available from <http://www.anxietytherapyremedies.com>.

- Note: If there is an allergy to whey or casein, replace the 1 scoop of Pure Protein with another scoop of Power Meal.

COFFEE REPLACEMENT

Teecino: America's best selling coffee substitute, is roasted and ground to brew and taste just like coffee. Coffee lovers desire Teecino's nutritious health benefits with its natural energy boost.

- Coffee drinkers switch to Teecino to reduce caffeine and acidity.
- People who are motivated by health to quit coffee kick the caffeine habit with Teecino.
- Kids love Teecino as a healthy alternative to caffeinated drinks and hot chocolate.

AVAILABLE AT MANY NATURAL GROCERY STORES AND
<http://www.teecino.com>

Dandy Blend: A Healthy Herbal Coffee Substitute

- tastes like coffee but has no caffeine
- no acidity or bitterness
- sweetened with its own built-in fructose
- contains all the goodness of dandelions
- delicious iced
- dissolves instantly in hot or cold water
- can be used in any recipe which calls for instant coffee

Dandy Blend instant dandelion beverage is the only herbal coffee substitute in the United States that features both the health benefits of dandelion and the rich, full-bodied flavor, smoothness and texture of real coffee. Many say that because it lacks bitterness and acidity, it actually tastes better than coffee.

AVAILABLE AT SOME HEALTH FOOD STORES AND
<http://www.dandyblend.com>