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## Nutritional Recommendations for Anxiety

### Dietary recommendations:

- Avoid refined sugar, caffeine and products containing these ingredients.
- Eat protein with all meals and snacks to keep blood sugar stable.
- Reduce or eliminate grains; strive for gluten-free grains when possible.
- Strictly avoid food additives, dyes, preservatives, pesticides and artificial sweeteners

### Dr. Mark Hyman - Functional medicine physician and author of *The UltraMind Solution*

- Complete multivitamin and mineral supplement with optimal levels of nutrients
- Calcium/magnesium supplement
- Vitamin D
- Fish or flax oil (Omega-3 EFAs)
- Additional folate, B6 and B12
- Probiotics to enhance digestion

### Edmund J. Bourne, Ph.D. – *The Anxiety and Phobia Workbook, 5<sup>th</sup> Edition*

- Complete multivitamin and mineral supplement with optimal levels of nutrients
- Fish or flax oil (Omega-3 EFAs) – 3000 -4000 mg.
- Calcium-magnesium: 1000 mg. of calcium daily, with a 2-1 or 1-1 ration with magnesium
- Vitamin C: 1000 mg. in a time-released form, twice a day
- B-Complex: 50 – 100 mg. once a day (twice a day under high stress)

**\*\*\*The above recommendations do not replace the advice of your health-care provider.**