

ANXIETY

Angst, worry, fear or extreme unease. Most people will experience anxiety in one form or another during their lifetime. Learn the signs, symptoms and causes of anxiety, and the natural and effective ways you can work toward alleviating it.



Signs & Symptoms

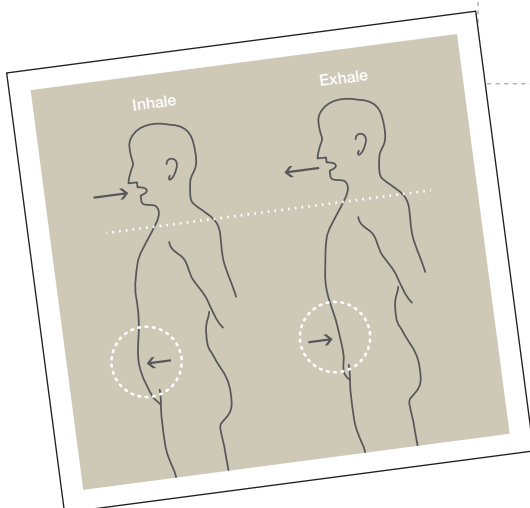
- Heart palpitations
- Hyperventilation
- Excessive sighing
- Panic attacks or gripping fear
- Muscle soreness, stiffness or spasms in the neck and back
- Profuse sweating
- Dry mouth and dizziness
- Disrupted sleep
- Digestive issues including premature evacuation of bowels & bladder, and malabsorption of nutrients

Long-term Complications

- Burden on the body's vital organs, especially the heart and the blood vessels
- High blood pressure
- Overworked adrenals
- Compromised immune function
- Exhaustion
- Reliance on negative coping strategies such as drugs, alcohol, or cigarettes
- Extreme behaviours or emotional outbursts
- Panic disorder and mental disorders

Causes & Underlying Factors

- Inability to cope with major life stressors (death, divorce, illness)
- The body's sensitivity to high levels of lactic acid. Nutritional factors associated with high lactic acid include:
 - Alcohol
 - Caffeine
 - Sugar and other simple carbohydrates
 - Low levels of B vitamins, calcium and magnesium
 - Food sensitivities/intolerances
- See your physician to rule out medical conditions such as hyperthyroid or other endocrine problems



Anti-Anxiety Tip: Abdominal Breathing

Breathing from the gut is a quick and easy way to engage the body's relaxation response during stressful and anxious moments. Put the palm of one hand on your belly. Inhale to a full and round belly. Exhale slowly and feel the belly pull in toward your spine. Shoulders should not shrug up on the inhale or move down on the exhale. You can also lie down to do this exercise. Note how you feel both before and after doing this breathing exercise. Perform this exercise as often as necessary to calm both mind and body.

IMPORTANT: This information is not intended to replace consultation with your physician or other healthcare provider. Always consult your healthcare professional prior to making any changes to your diet or lifestyle.

Dietary Recommendations

- Essential Fatty Acids
 - flax oil
 - fish oil
- Increased dietary fibre
 - chia seeds
 - ground flaxseeds
- Low glycemic foods
 - berries and sour fruits
 - dark leafy greens
 - colourful vegetables
- Organic & non-medicated foods
- Probiotic foods – saurkraut, kefir
- Animal protein in moderation

Supplement Recommendations

Let your healthcare provider recommend the supplements that are right for you:

- Quality multivitamin
- Vitamin B Complex
- Magnesium
- St. John's Wort
- Passionflower and skullcap
- Siberian/Chinese ginseng and rhodiola

Lifestyle Recommendations

- Identify and eliminate (or aim to greatly reduce) life's stresses, negative habits, and negative thought processes
- Establish routines that make the day's events predictable
- Take up physical activities that require concentration and focus and help you expend energy (ie. tai chi, climbing, running, yoga)
- Practice deep, mindful abdominal breathing for a few minutes throughout the day (see previous page)
- Identify and eliminate food sensitivities

NOTE: Always speak to your healthcare provider before taking herbs and supplements as there may be contraindications for you.

Sample Three-Day Meal Plan

DAY 1

BREAKFAST

Fruit smoothie*

low glycemic whole fruit is blood balancing/high in fibre; cinnamon manages blood sugar levels/reduces inflammation; optional protein (nut butter) and healthy fat (flax oil) will slow down the body's uptake of sugar into the cells; omega-3s in flaxseeds are also anti-inflammatory

LUNCH

Lentils & brown rice with steam-sautéed spinach, fresh red pepper, simple vinaigrette*

beans are a great source of protein, fibre and B vits with the addition of nutritionally packed low glycemic veggies; spinach supports adrenals

SNACK

Kale chips

nutrient-dense, low glycemic, fibre-rich

DINNER

Baked wild salmon with steam-sautéed kale and zucchini*

low glycemic, protein rich, nutrient dense; anti-inflammatory omega-3s in fish

DAY 2

BREAKFAST

Hearty steel cut oats*

source of fibre for blood sugar balance; cinnamon for blood sugar balance

LUNCH

Quinoa pilaf* and steamed mixed vegetables with lemon Dijon dill dressing*

low glycemic, nutrient-dense veggies; vegetable-based protein is anti-inflammatory

SNACK

Raw veggies and hummus*

high in fibre and B vits, low glycemic; olive oil and garlic in hummus are anti-inflammatory

DINNER

Miso soup & japonica rice salad*

soup – promotes beneficial bacteria for gut health
salad – fibre-rich low glycemic whole grains, nutrient-dense veggies

*indicates recipes available at foodhead.ca

DAY 3

BREAKFAST

2 eggs poached, steamed spinach, avocado & steam-sautéed crimini mushrooms

low glycemic, protein-rich, nutrient-dense eggs; spinach supports adrenals; mushrooms protect against oxidative damage and are nutrient-dense

LUNCH

Steamed broccoli and bok choy on brown rice with slivered almonds and teriyaki ginger dressing*

cruciferous veggies are nutrient-dense, low glycemic; brown rice is high in fibre

SNACK

Chia pudding*

dietary fibre for blood sugar balance

DINNER

Non-medicated chicken breast, steamed sweet potatoes, spring salad mix, simple vinaigrette*

low glycemic, protein-rich, nutrient dense



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