



DR. HYMAN+

Deep Dive: Anxiety

Dr. Natasha Fallahi

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DR. HYMAN+ Exclusive

JANUARY

Functional Medicine Deep Dive



Thyroid + Hashimotos



DR. MARK HYMAN

HOST



NATASHA FALLAHI, DC
FEATURED EXPERT

BROKEN BRAIN 2



“Having someone listen to you and connect with you and empathize with you and understand your story is where a lot of the deeper healing happens for people.”

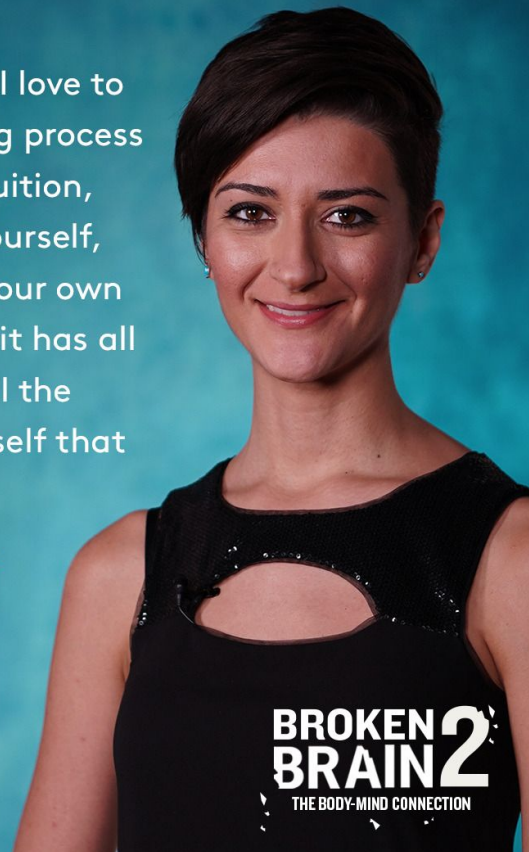
-Natasha Fallahi, DC

WORLD PREMIERE APRIL 3
BIT.LY/BROKENBRAIN

“A big part of what I love to bring to the healing process is trusting your intuition, connecting with yourself, and empowering your own body to know that it has all the answers and all the resources within itself that it needs to heal.”

-Natasha Fallahi, DC

WORLD PREMIERE APRIL 3
BIT.LY/BROKENBRAIN



BROKEN
BRAIN 2
THE BODY-MIND CONNECTION

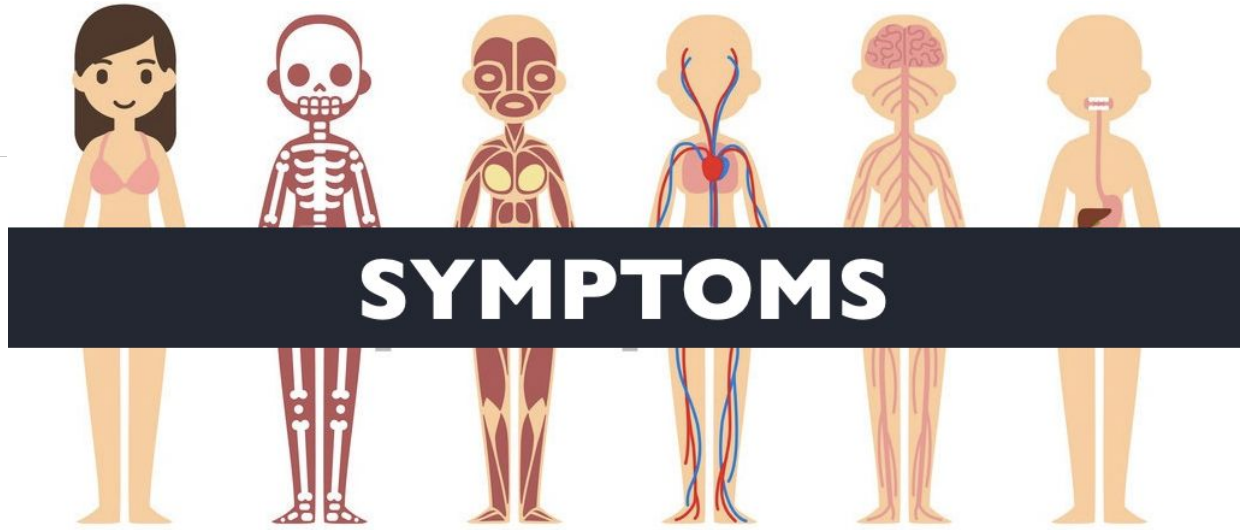
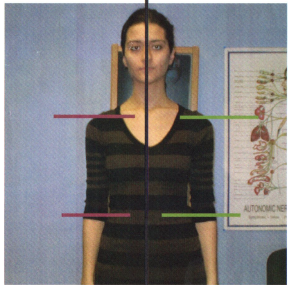
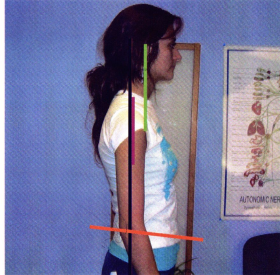
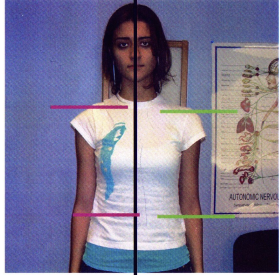
Functional Medicine Deep Dive

DR. HYMAN+

My Anxiety Story



My Anxiety Story



SYMPTOMS

SEVERE ANXIETY

HAIR LOSS

CHRONIC DIARRHEA

BRAIN FOG

DEPRESSION

HORMONAL IMBALANCE

BODY ACHES

UNMOTIVATED

CHRONIC FATIGUE

PMS

COLD HANDS & FEET

IRRITABLE

ACNE

RECURRING COLDS/FLUS

SEVERE ALLERGIES

BODY ODOR

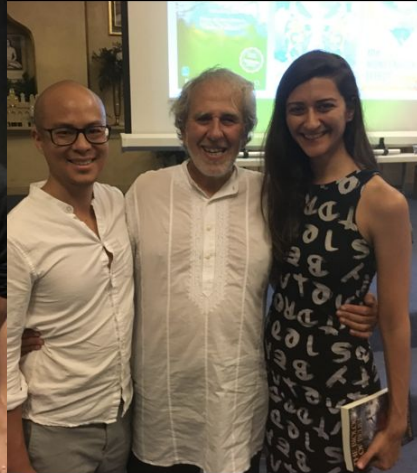
My Healing Story



Dr. Terry Wahls
AUTOIMMUNE
EXPERT



Dr. Jeffrey Bland
FUNCTIONAL
MEDICINE

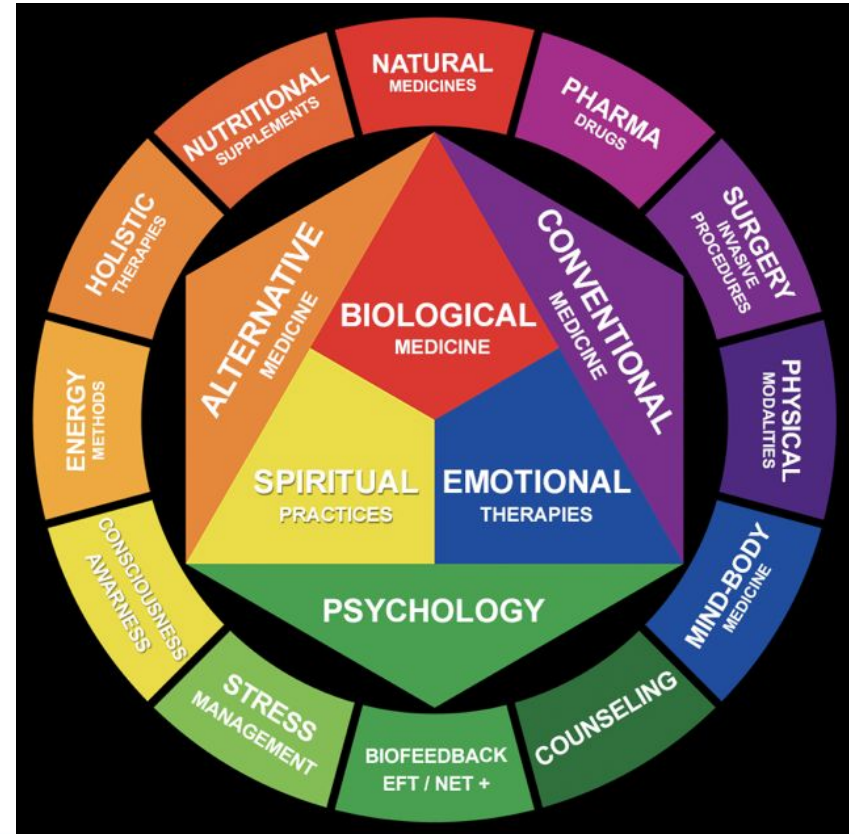
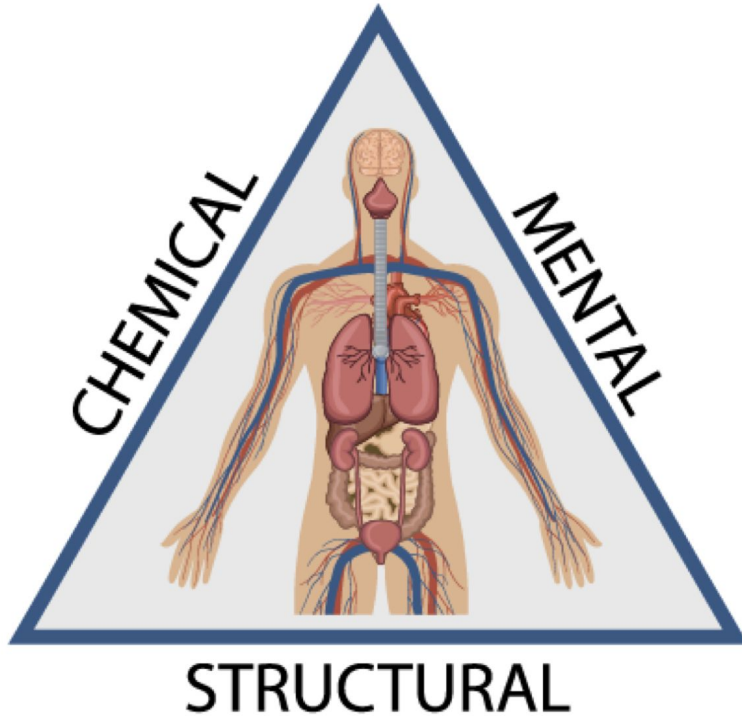


Dr. Bruce Lipton
MINDBODY
MEDICINE



Dr. Mario Martinez
MINDBODY
MEDICINE

My Healing Story



Dr. Natasha Fallahi

The Sensitive Doctor

- Doctorate of Chiropractic
- Post-Graduate Training/Certification in:
 - Functional Medicine
 - Functional Neurology
 - Functional Immunology
 - PsychoNeuroImmunology
 - Energy Psychology
 - Certified Autoimmune Coach



Dr. Natasha Fallahi

DrNatashaF.com

Clinical + Virtual Practice

Sacramento, California

Functional Medicine and
Integrative Holistic MindBody Medicine

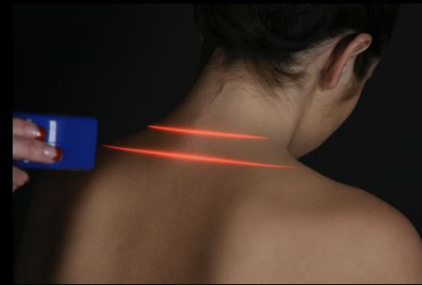
Specializing in sensitive populations with:
Anxiety, Depression, Natural Solutions for
Thyroid, Hashimoto's and Autoimmunity



Bio Feedback



Brain Stimulation



Low Level Laser



Infrared Sauna

Dr. Natasha Fallahi

Founder of **Club Sensitive**

Virtual Community

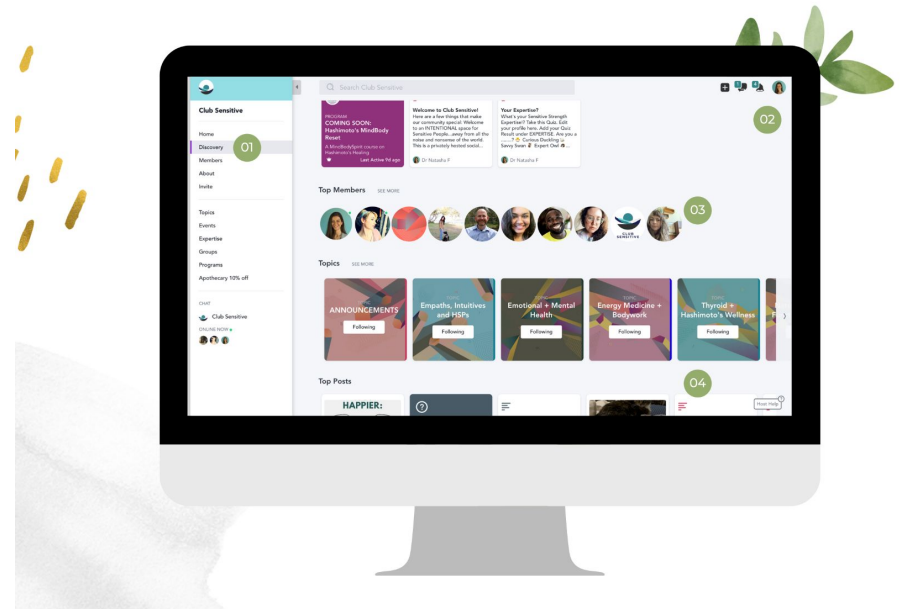
Bring together **sensitive people** with anxiety, depression, and overwhelm

– to **connect with their intuition, develop holistic rituals, overcome trauma, meet kindred spirits, and share stories** –

– using **MindBody techniques, energy medicine, healing foods, and a natural lifestyle** –

so that we can **harness our own magic, tap into our superpowers, experience true wellness, build lasting relationships** and **finally feel at home in this world.**

[ClubSensitive.com](https://clubsensitive.com)



Anxiety Basics

Anxiety Background

Did you know...

- ★ Anxiety is the most common mental illness
 - 19.1% of adults 18+ in the US (40 million people)
 - 31.9% of adolescents in the US (age 13-18)
- ★ Generally, women are 2x-5x more likely to be affected than men.
- ★ GAD often co-occurs with major depression.
- ★ Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, physiology, personality, and life events.

Source: [Anxiety and Depression Association of America \(ADAA\)](#)

Types of Anxiety

- Chronic Stress
- Generalized Anxiety Disorder (GAD)
- Panic Disorder (PD)
- Social Anxiety Disorder
- Separation anxiety
- Specific Phobias
- Agoraphobia
- Selective mutism
- Obsessive-Compulsive Disorder (OCD)
- Post-traumatic Stress Disorder (PTSD)

Source: American Psychiatric Association(<https://www.psychiatry.org>) and Healthline (<https://www.healthline.com>)

Symptoms

EMOTIONAL

- Feelings of danger, panic, apprehension, or dread
- Feeling tense or jumpy
- Startle easily
- Difficulty focusing or thinking
- Fixation on worries
- Anticipating the worst and being watchful for signs of danger - paranoid
- Restlessness or irritability
- Aversions to anxiety triggers
- Obsessions about certain ideas, a sign of OCD
- Performing certain behaviors over and over again
- Stress surrounding a particular life event or experience that has occurred in the past (especially with PTSD)

Symptoms

PHYSICAL

- Pounding or racing heart
- Shortness of breath
- Rapid breathing, hyperventilation
- Sweating - increasing, heavy, unprovoked
- Trembling, tremors and twitches
- Headaches
- Fatigue, weakness and lethargy, faintness
- Dizziness, spinning
- Insomnia
- Upset stomach, digestive or gastrointestinal problems
- Frequent urination
- Gas, constipation, or diarrhea

Lab Testing

There are no definitive lab tests or scans that can diagnose anxiety disorders. But your provider may run some tests to rule out physical conditions that may be causing symptoms.

Source: [Cleveland Clinic](#)

Helpful Tests

- Psychological or Psychiatric
- Genetic SNPs
- Neurological Exams
- Neurotransmitter Tests
- Inflammation
- Autoimmune
- Infection Panel
- Mold or Toxins
- Gut Health
- Adrenal / Stress
- Blood Sugar / Dysglycemia
- Thyroid
- Anemia / Iron
- Sex Hormones
- Food Allergies or Sensitivities
- Environmental Sensitivities
- Nutrient Deficiencies
(Vitamins, Minerals, EFA)

Integrative + Holistic Anxiety

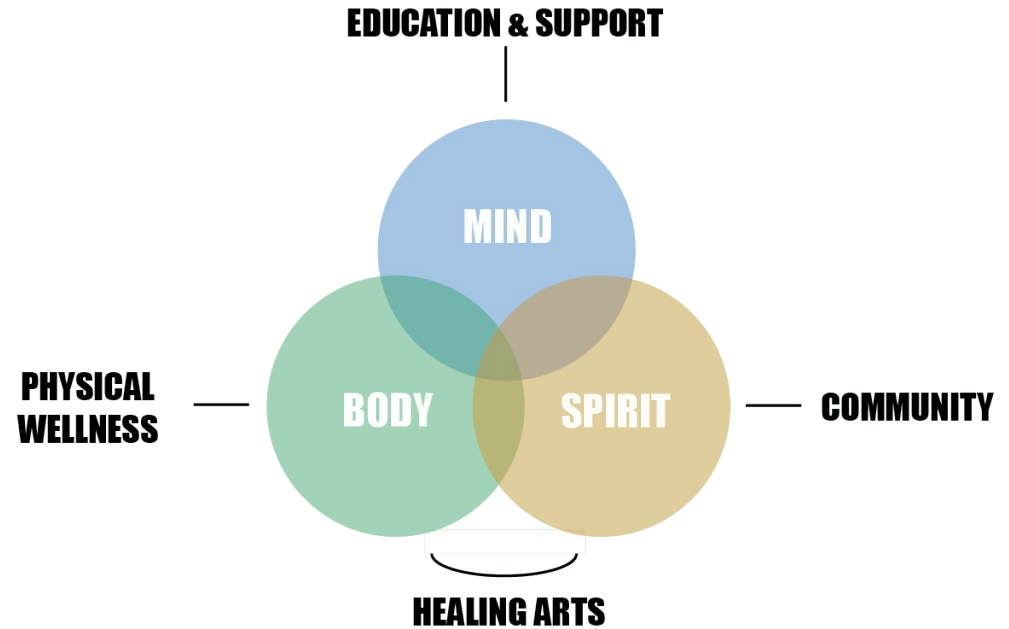
What is Anxiety?

Imbalance in:

MIND

BODY

SPIRIT



What is Anxiety?

Anxiety is NOT the problem

Anxiety is a **message** to pay attention

Alarm System

ODD

Anxiety is a message that something **ODD** is going on...

O-OVERLOAD / OVERWHELM

Toxin, Stress

D-DEFICIENCY / DEFECT

Nutrient, Rest, Process

D-DISCONNECT / DISTORTION

Confusion, Miscommunication

Anxiety: Root Cause

Root Cause: MindBodySpirit

MIND Psychological

Thoughts, feelings, mental ideas, emotions, conscious self

BODY Physiological

Chemicals, hormones, musculoskeletal, brain, immune system

SPIRIT Social and Spiritual Connections

Relationships, interactions with others: people/animals/world, unconscious thoughts and ideas, belief systems

Root Cause: MIND

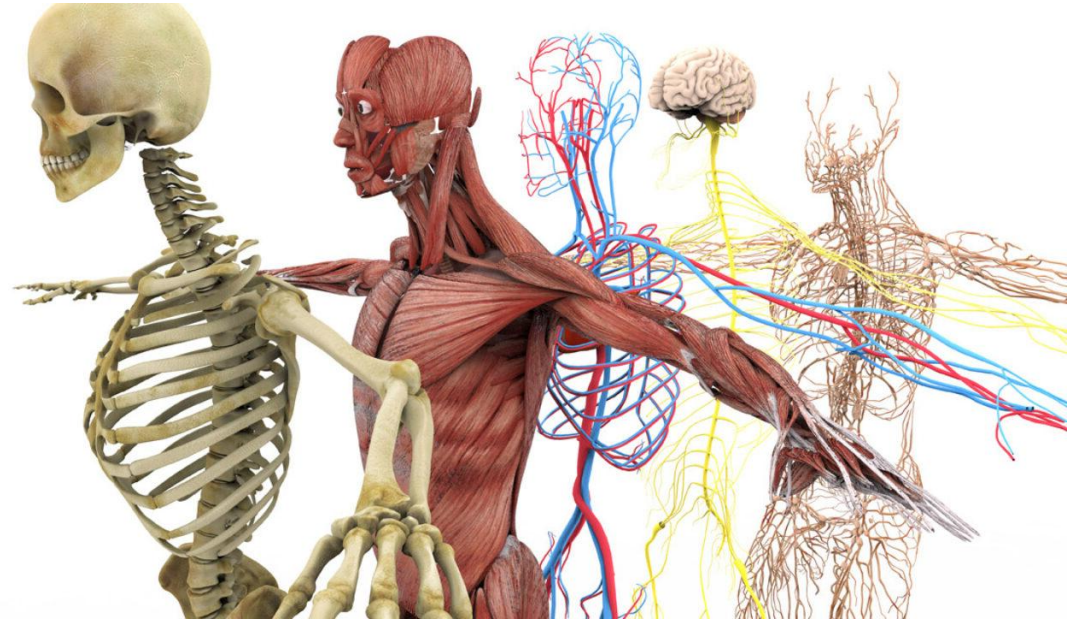
Root Cause: MIND (Psychological)

- Stress - emotions
- Fear - protection
- Unhealthy Boundaries
- Living from Fear or Avoidance
- Chronic Illness/Pain disorders
- Trauma response (fight/flight)
- Flooding or overwhelm
- Screen Time (social media) [Source](#)
- Learned behaviors, parenting and attachment styles
- Childhood experiences: isolation, school experiences
- Not enough downtime or rest
- Chronic social, financial, or relationship stress
- Negative self-image

Root Cause: BODY

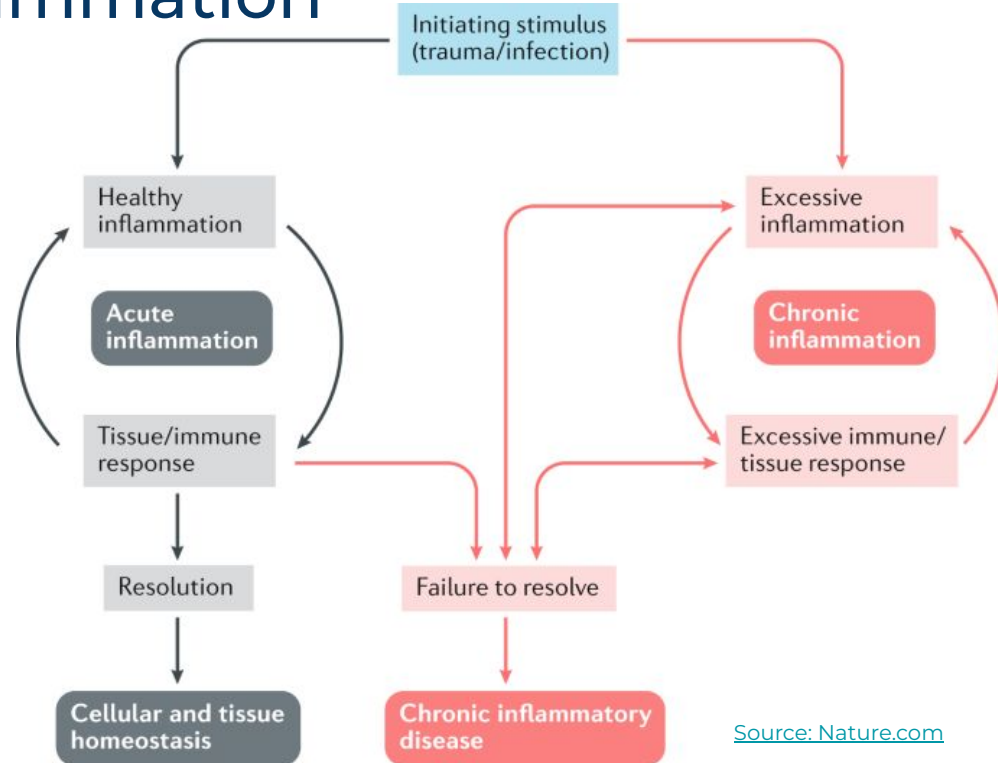
Root Cause: BODY (Physiological)

- Inflammation
- Gut Dysfunction
- Neurological
- Chemical +
Hormonal
- Environmental



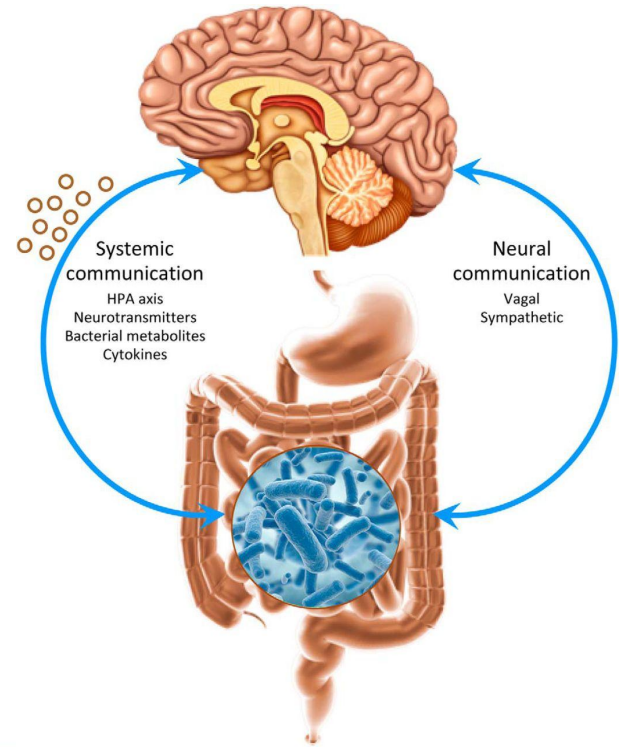
Root Cause: BODY - Inflammation

- Stress
- Autoimmunity
 - Neuro-autoimmunity
 - Gut autoimmunity
 - Endocrine autoimmunity
- Acute or Chronic Infection
 - Cold, flu, viral, bacterial
- Chemical Exposure
- Allergies or Sensitivities
 - Food, Environmental



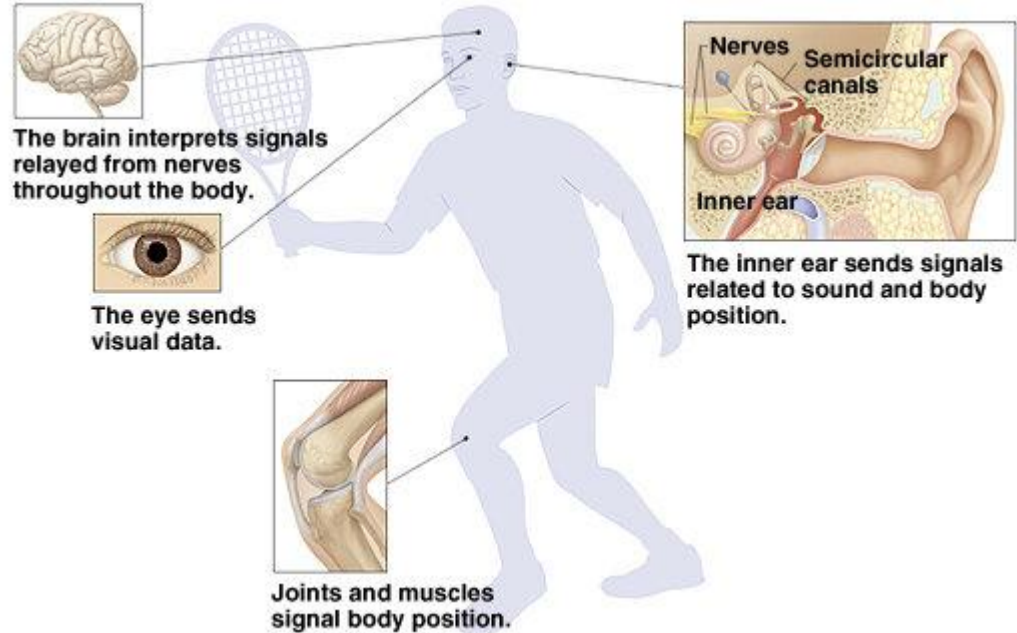
Root Cause: BODY - Gut Dysfunction

- Infections
 - SIBO, candida, parasites
- Dysbiosis (gut-brain axis)
 - travel up the vagus nerve
- Food sensitivities or allergies
- Nutrient deficiencies
 - Iron, B12, EFA Omega 3, vitamin C, Magnesium
- Malabsorption
 - Low stomach acid
- Leaky gut - intestinal permeability



Root Cause: BODY - Neurological

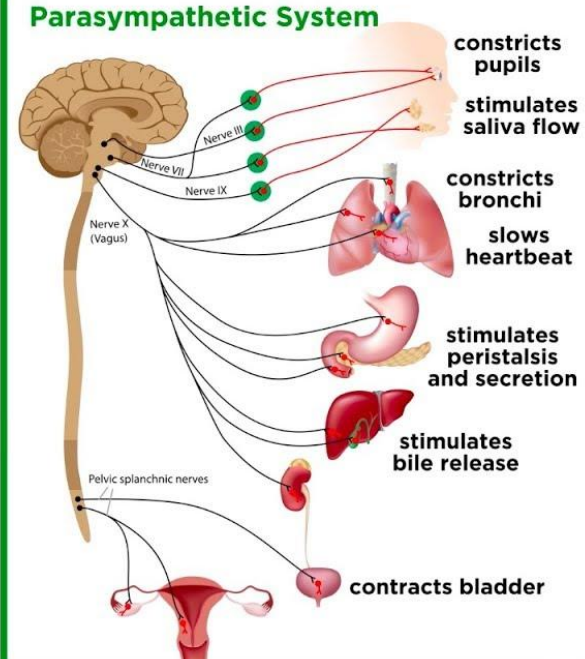
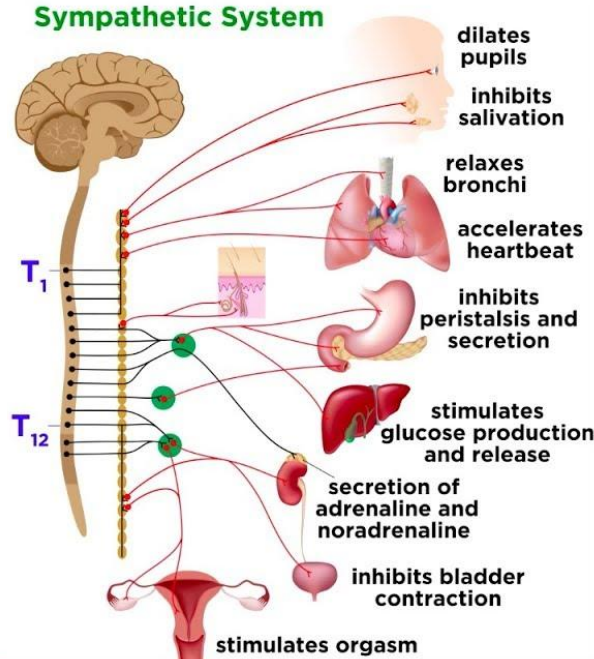
- Post-Concussion Syndrome
- Balance, Vestibular, Inner Ear
- Eye Tracking Issues
- Leaky Brain
- Neurochemical Imbalance
 - GABA, serotonin
- Postural imbalance/distortion



Root Cause: BODY - Neurological

Autonomic Nervous System

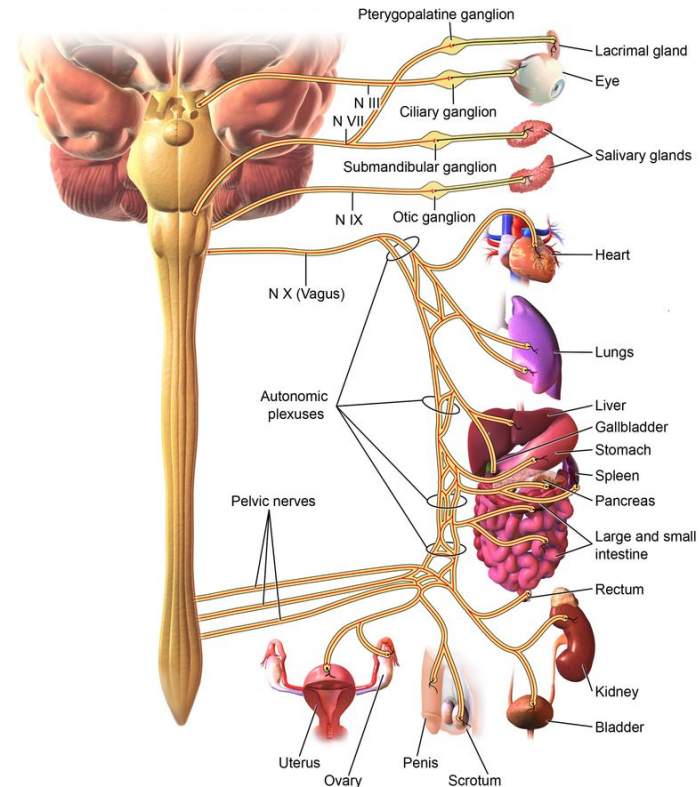
- **Sympathetic**
Fight or Flight
- **Parasympathetic**
Rest and Digest



Root Cause: BODY - Neurologic

Autonomic Nervous System

- **Vagal Tone**
- Vagus nerve stimulation has shown promise as therapeutic option in treatment-resistant anxiety disorders, including PTSD



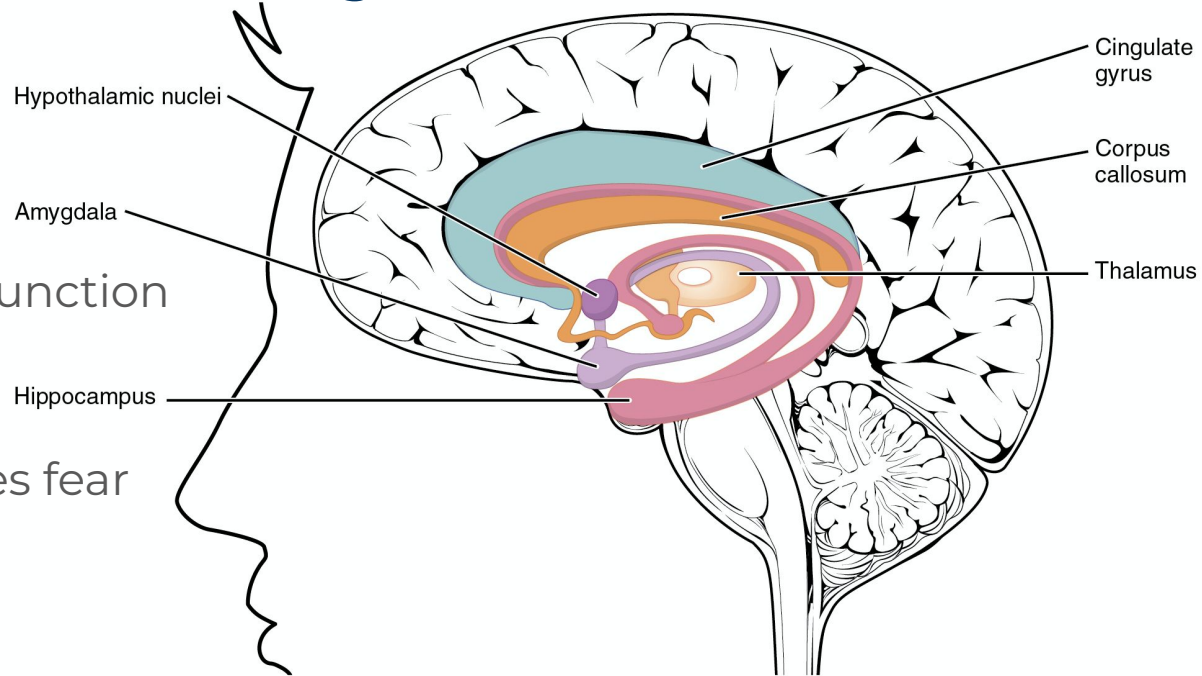
Parasympathetic Innervation

[Source: Frontiers in Psychiatry](#)

Root Cause: BODY - Neurological

Neural Networks

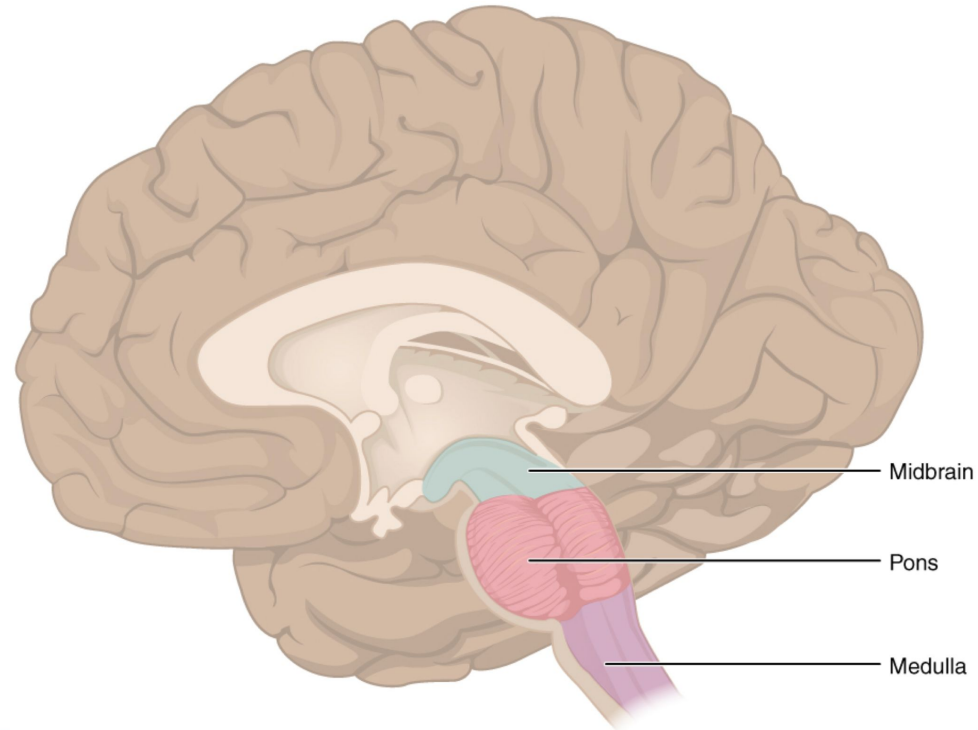
- **Frontal lobes**
 - Underactive
 - Process executive function
- **Limbic System**
 - Overactive
 - Amygdala processes fear and threat
- **Cerebellum**
 - Overactive



Root Cause: BODY - Neurological

Neural Networks

- **Mesencephalon (midbrain)**
 - Overactive
 - Survival Functions
 - Light & sound sensitivity, chronic headaches, chronic pain
- Mesencephalic Reticular Formation - high density of receptors for inflammatory cytokines.
- Excessive CO₂ (holding breath)



Root Cause: BODY - Neurological

Neural Networks

- **Default Mode Network (DMN)**

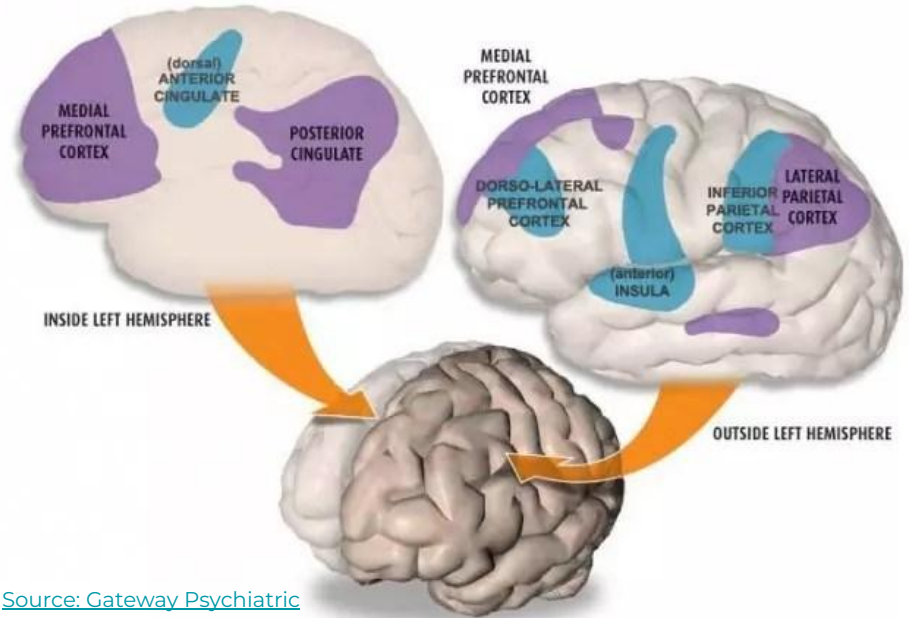
- Overactive
- Activated during mind wandering
- Wander into worry (autopilot)
- Dampen: pay attention to the present – sights, smells, and sounds
- Daydream about successes

[Source: Psychology Today](#)

THE BRAIN IN NEUTRAL

When you switch off, a distinctive network of brain areas not involved in focused attention bursts into action

● Default network ● Areas involved in focused visual attention

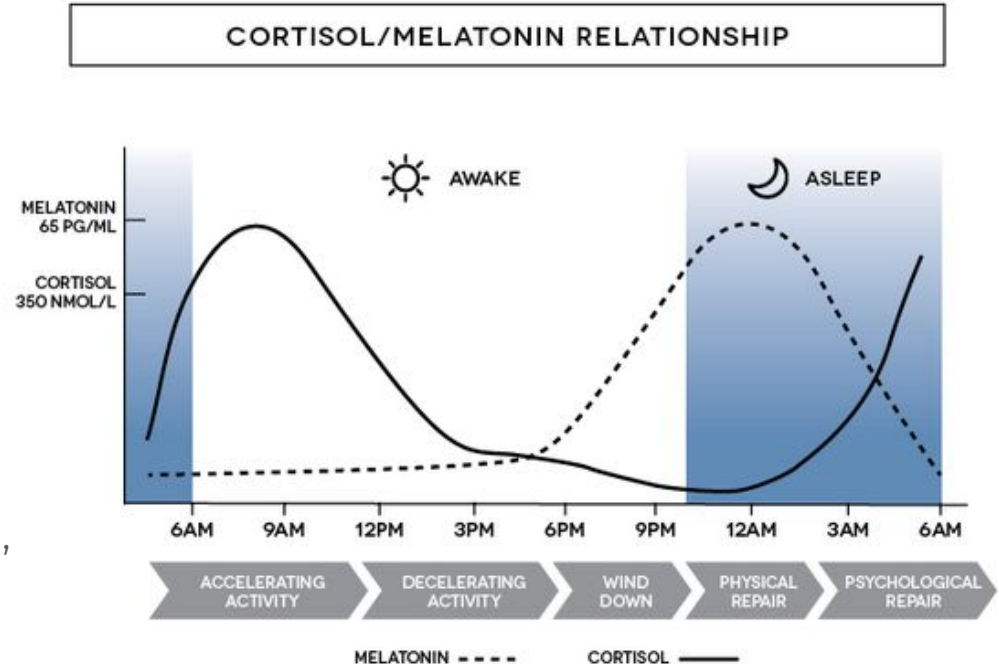


[Source: Gateway Psychiatric](#)

Root Cause: BODY - Chemical + Hormonal

Adrenal - Stress Response

- **Cortisol**
 - High levels released from sympathetic stress
- **Epinephrine** (adrenaline)
 - Caffeine is a stimulant known to elevate epinephrine
- **Melatonin** - sleep wake cycles, immune function, antioxidant, anti-inflammatory, stress reducing, neuro protective/regenerative



Root Cause: BODY - Chemical + Hormonal

THE BLOOD SUGAR ANXIETY CYCLE

Genetic SNPs

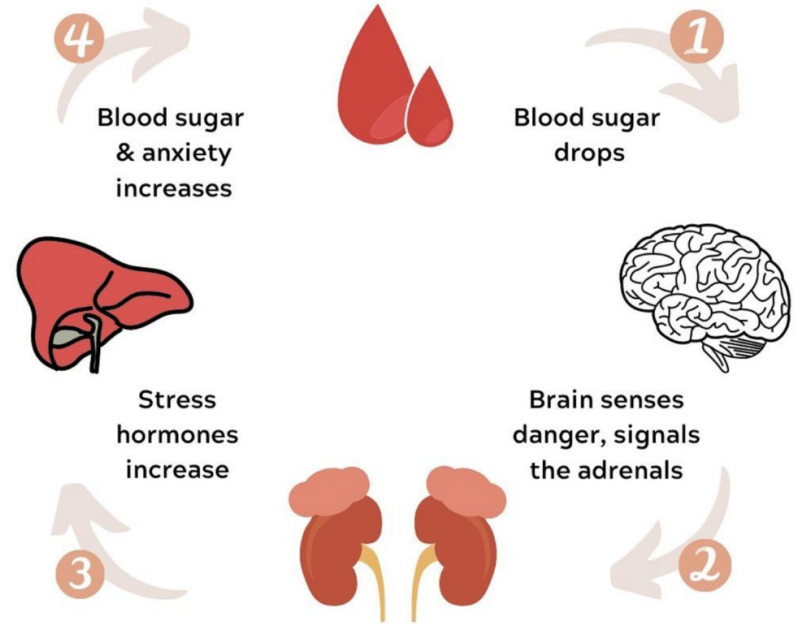
- B vitamin utilization
- GABA production

Blood sugar - Dysglycemia

- Hypoglycemia (hangry)
- Insulin resistance (food coma)

Thyroid Imbalances

- Hypo - impaired GABA production
- Hyper - anxiety, nervous, restless



Root Cause: BODY - Chemical + Hormonal

Neurotransmitters

Serotonin imbalance

















- 95% total body serotonin from gut [Source](#)

GABA deficiency

- B-vitamin deficiency
- GAD 65 antibodies
 - GAD 65 enzyme necessary to catalyze glutamate for production of GABA
 - Type 1 diabetes, Autoimmune Thyroid disease, Pernicious Anemia, Celiac, Stiff Person Syndrome [Source](#)

THE STRUCTURES OF NEUROTRANSMITTERS

STRUCTURE KEY: ● Carbon atom ○ Hydrogen atom ⊕ Oxygen atom ⊖ Nitrogen atom ⊕ Rest of molecule

ADRENALINE Fight or flight neurotransmitter	NORADRENALINE Concentration neurotransmitter	DOPAMINE Pleasure neurotransmitter	SEROTONIN Mood neurotransmitter
			
			
Produced in stressful or exciting situations. Increases heart rate & blood flow, leading to a physical boost & heightened awareness.	Affects attention & responding actions in the brain, & involved in fight or flight response. Contracts blood vessels, increasing blood flow.	Feelings of pleasure, and also addiction, movement, and motivation. People repeat behaviours that lead to dopamine release.	Contributes to well-being & happiness; helps sleep cycle & digestive system regulation. Affected by exercise & light exposure.
GABA Calming neurotransmitter	ACETYLCHOLINE Learning neurotransmitter	GLUTAMATE Memory neurotransmitter	ENDORPHINS Euphoria neurotransmitters
			
			
Calms firing nerves in CNS. High levels improve focus; low levels cause anxiety. Also contributes to motor control & vision.	Involved in thought, learning, & memory. Activates muscle action in the body. Also associated with attention and awakening.	Most common brain neurotransmitter. Involved in learning & memory, regulates development & creation of nerve contacts.	Released during exercise, excitement, & sex, producing well-being & euphoria, reducing pain. Biologically active section shown.

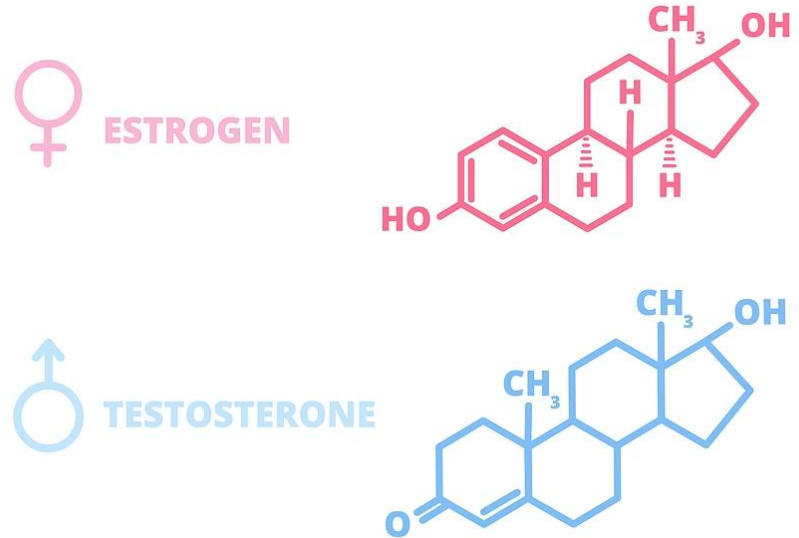
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Source: [Compound Chem](#)

Root Cause: BODY - Chemical + Hormonal

Sex Hormones

- **Estrogen Dominance / Low Progesterone**
 - Causes functional hypothyroidism and impairs adrenal function/cortisol release
- **Low Estrogen / Lower Progesterone**
 - Especially with hot flashes or perimenopause
- **Low Testosterone**
 - Both men and women



[Source](#)

Root Cause: BODY - Environmental

Environmental toxins impact brain and immune function and trigger anxiety

Air quality

- Pollution
- Toxic mold, mycotoxins
- Cigarettes, smoke, benzene

Water quality

- Tap water contains heavy metals, pesticides, pharmaceutical drugs, bacterial, parasites, viruses

Household chemicals - toxic overload

- Inhalation or topical/skin contact
- Fragrances, Chemicals
 - Laundry, kitchen products, bathroom, personal hygiene, cosmetics (endocrine disruptors), PFAs, BPA [Source](#)

Food

- Pesticides + Herbicides
- Omega 6 and seed oils

Root Cause: SPIRIT

Root Cause: SPIRIT (Social + Spiritual)

- Large-scale problems (news, pandemic, global, humanity)
- Financial burden
- Systemic oppression
- Community Health + Public Health
- Lack of access to basic needs (healthcare, food, shelter)
- Safety concerns or abuse
- Discrimination, racism + bias
- Cultural influences (pressures, expectations, shame)
- Energy disconnects
- Familial, Ancestral or Past Life Wounds
- Misalignment with purpose
- Existential crisis - world views being challenged
- Trauma
 - distorts connection to self, others and environment
 - PTSD and C-PTSD

Nutritional Anxiety Solutions

Food for Anxiety

Ginger

- Helps control the levels of cortisol in your body

Turmeric

- Turmeric is a spice that contains curcumin, a compound studied for its role in promoting brain health and preventing anxiety disorders

Lemon

- Restores the body's pH balance, enhances the body's brain and nerve function and helps prevent adrenal fatigue

Wild Caught Salmon

- Contains nutrients that promote brain health, including EPA and DHA may help regulate the neurotransmitters dopamine and serotonin, which can have calming and relaxing properties

Green Tea

- Contains theanine, an amino acid that works on the hypothalamus to release dopamine and serotonin

Celery

- Contains an abundance of antioxidants, minerals and vitamins to aid anxiety

Fermented Foods

- Probiotic foods may promote mental health and brain function by inhibiting free radicals and neurotoxins, which can damage nerve tissue in the brain and lead to anxiety

Almonds

- Provide a significant amount of vitamin E, which has been studied for its role in anxiety prevention

Best Anti-Inflammatory Diets

AIP - The AutoImmune Protocol diet is an anti-inflammatory diet that is aimed to healing the gut wall, restore gut flora and reduce chronic inflammatory responses, that generally result in autoimmune diseases. Prevents further damage and, similar to the elimination diet, helps the person understand what foods may/may not be inhibiting healing. It is the most challenging to follow (no eggs, nightshades, nuts or seeds and limited spices)

Paleo, Whole30, Primal, Wahls or WAPF (Weston A Price Foundation): Eating like a caveman. The Paleo Diet is an effort to going back to our ancestral roots. The diet typically includes lean meats, fish, fruits, vegetables, nuts and seeds. Whole30 does not allow for natural sugars (i.e. honey or agave.) Primal + WAPF add dairy.

Mediterranean: Healthy Fats (fish, nuts, seeds), plant-focused, herbs, beans, gluten-free grains, red meat, moderate dairy/poultry/eggs.

Gluten-Free, Dairy-Free, Soy-Free, Sugar-Free: These are the foods that most commonly inhibit the thyroid, cause brain or neurological symptoms and create an inflammatory response in the body

Pegan - Dr. Mark Hyman's Paleo+Vegan - Gluten-free, Dairy-free, Plant-based, High quality meats and seafood (some autoimmune people might want to limit/rotate through gf grains, lectins, legumes, nightshades, eggs, nuts, seeds)

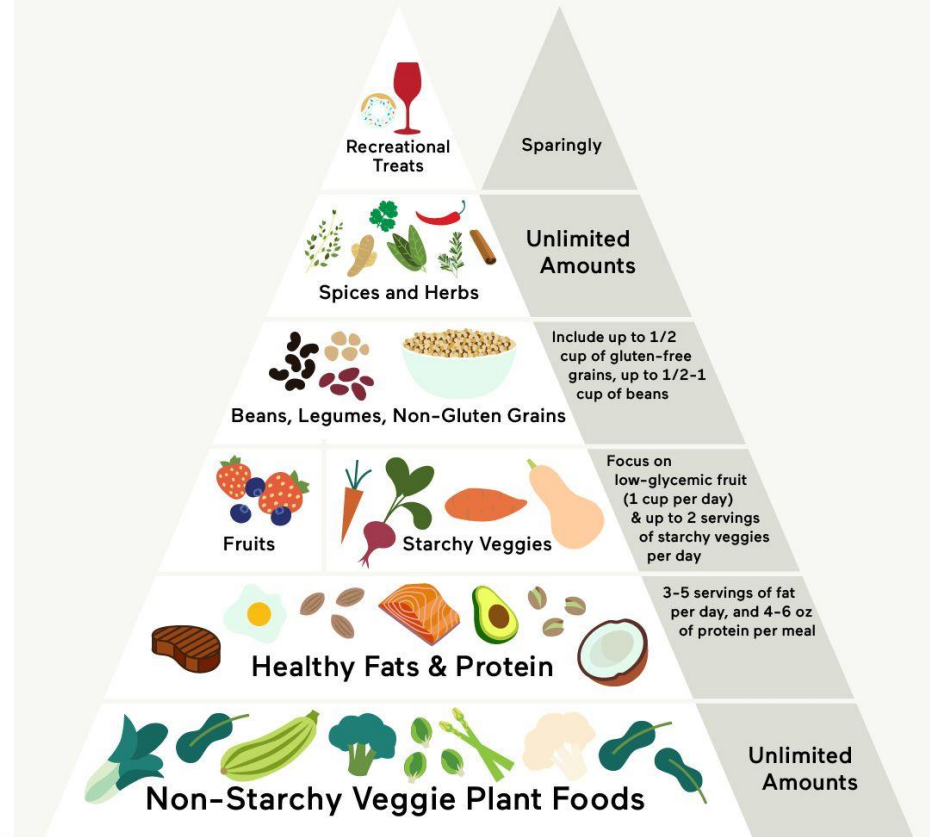
Dr. Mark Hyman's Pegan Food Pyramid:

Ideal Diet - PEGAN

Pegan - Dr. Mark Hyman's
Paleo+Vegan

Gluten-free, Dairy-free,
Plant-based, High quality meats
and seafood

Some autoimmune people might
want to limit/rotate through gf
grains, lectins, legumes,
nightshades, eggs, nuts, seeds.



Categories of Herbs/Supplement/Medications

A great functional medicine doctor should be able to prioritize YOUR healing strengths and healing weaknesses by taking a thorough history and exam and then recommending the most relevant labs, herbs and supplements for YOU.

Categories 1 - Not Needed Body is capable of performing the task without any extra support. Excess could cause downregulation or overload the system.

Categories 2 - Therapeutic Body needs temporary help to get you back on track - “Crutch”. Without support, other systems may start to deteriorate.

Categories 3 - Necessary Body unable to perform physiology on it’s own due to injury, tissue destruction, genetic SNP. These keep you balanced and allow other processes to continue working normally.

Herbs for Anxiety

Ashwagandha

- Clinically proven to be effective in treating anxiety

Holy Basil

- Helps your body adapt to life's stressors and reduces anxiety

Passionflower

- Helps reduce insomnia and anxiety by supporting GABA pathways

Lavender

- Neuroprotective and anti-anxiety

Lemon Balm

- Mood modulator to reduce anxiety

St. John's Wort

- Fights anxiety, depression and seasonal affective disorder. *Medication interactions*

Chamomile

- Has a relaxing effect and helps combat depression and anxiety

Valerian

- Treats anxiety and panic attacks

Kava Kava

- Relieves anxiety, migraines and ADHD

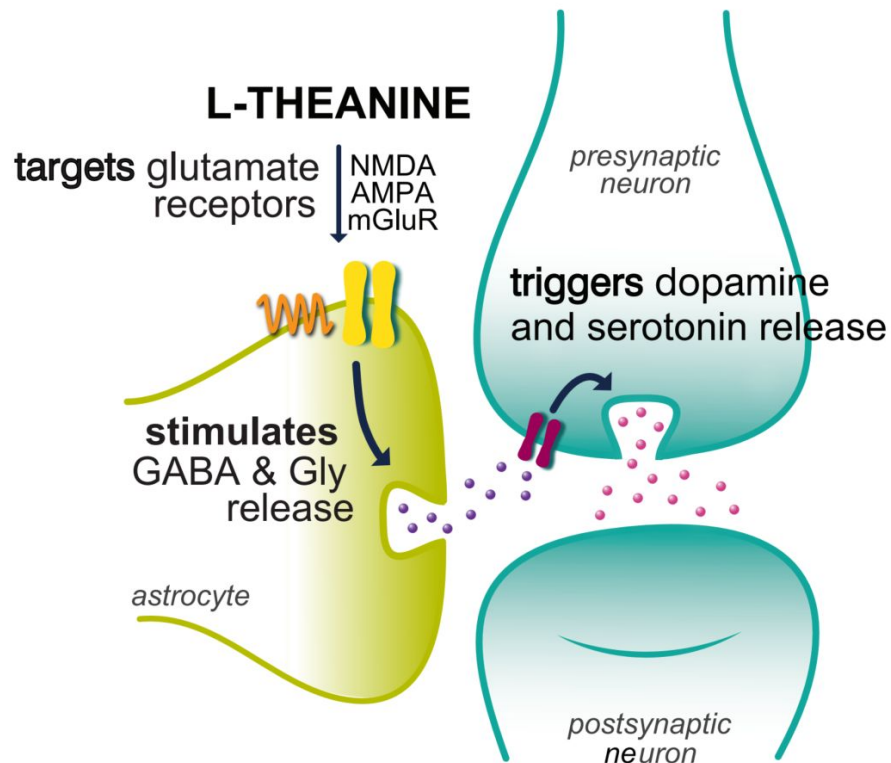
Saffron

- Serotonergic, antioxidant, anti-inflammatory, neuro-endocrine, and neuroprotective. [Source](#)
- Used for thousands of years in Iran to remedy anxiety, depression, insomnia.
- Studies found as effective as medication. Even sniffing undetectable amounts of saffron was able to detectably reduce anxiety. [Source](#)

Amino Acids for Anxiety

L-Theanine

- AA analog of glutamine
- Tea (green, black, white)
- Mushrooms
- Increase levels of GABA, serotonin, and dopamine.

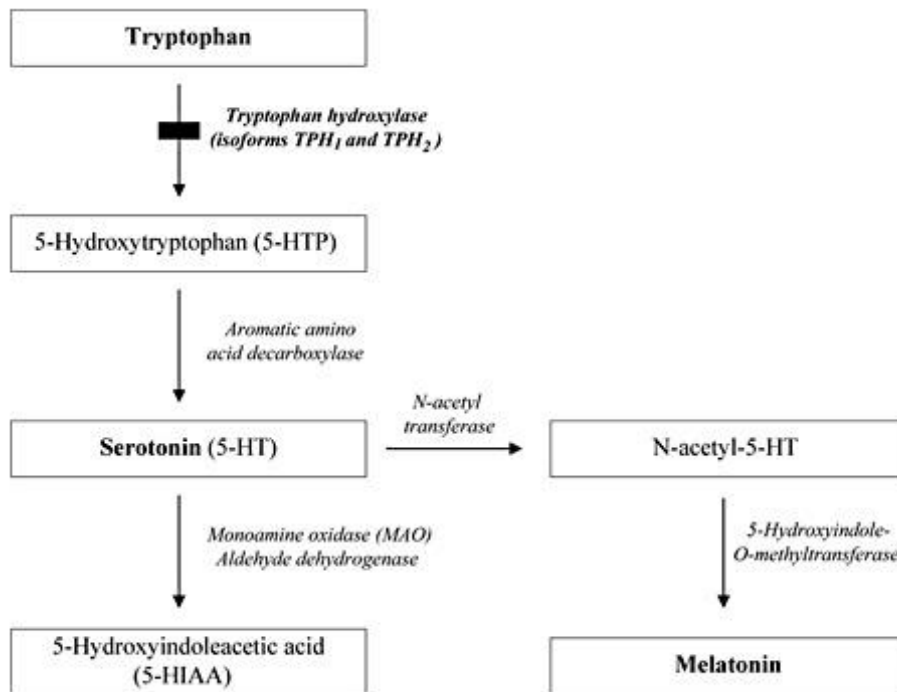


Source: [Journal of Nutrition & Intermediary Metabolism "Theanine consumption, stress and anxiety in human clinical trials: A systematic review"](#)

Amino Acids for Anxiety

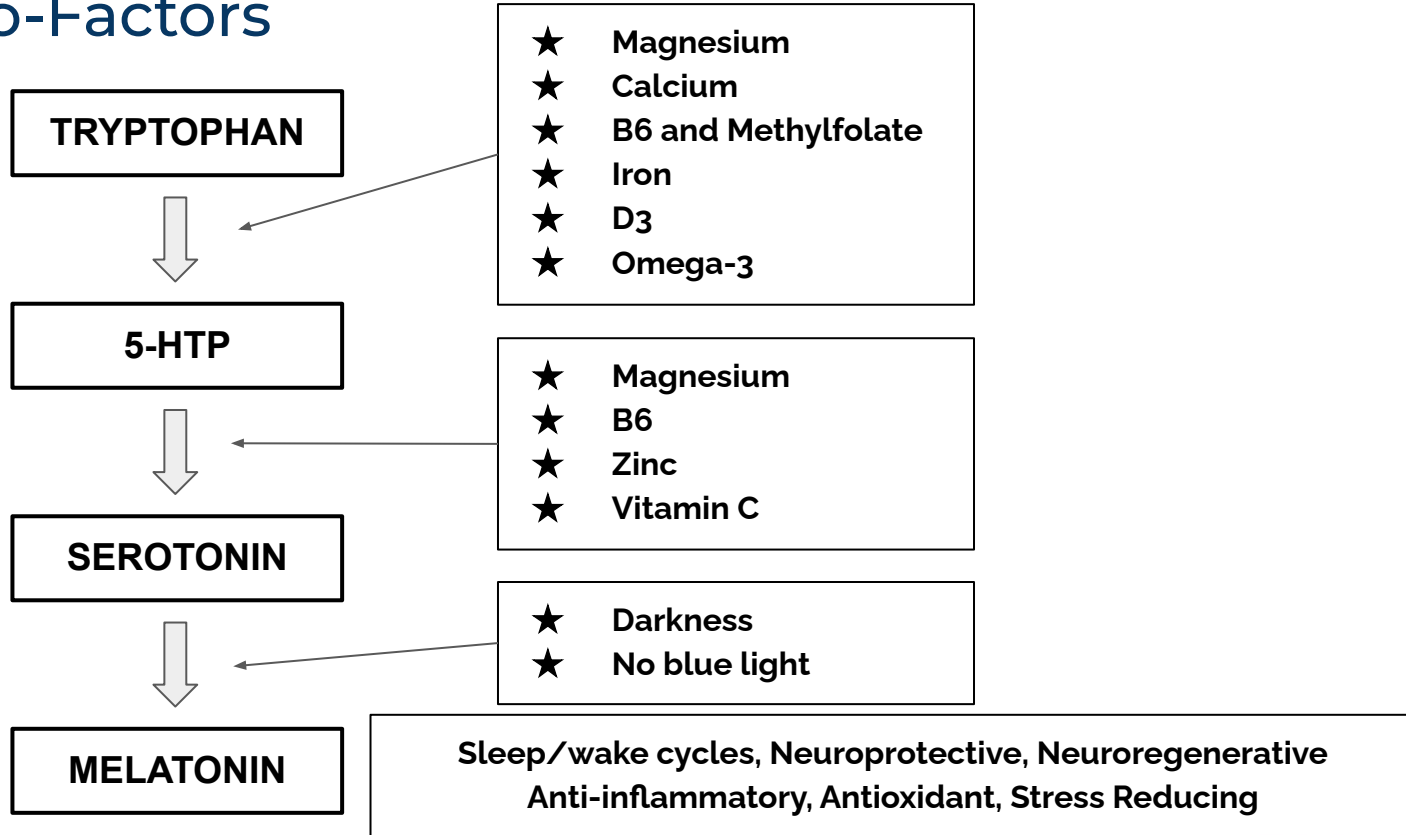
Tryptophan

- AA building block of Serotonin
- Chicken, turkey, salmon, beef, nut butter, eggs, green peas, pineapple, saffron
- Eaten with complex carbs = (Sweet potato, garbanzo bean)
- Felt within 30 min or less
- Avoid Simple Carbs: pasta, bread, potatoes.



Source: [Disorder in the Serotonergic System due to Tryptophan Hydroxylation Impairment: A Cause of Hypothalamic Syndrome?](#)

Important Co-Factors



Common Wellness Supplements

Vitamin A: [Apex Liqua-A drops](#)

Vitamin B-Complex: [Designs for Health B-Supreme](#)

Vitamin C: [Thorne Vitamin C with Flavonoids](#)

Vitamin D: [DFH Vitamin D Synergy/Supreme](#) (+ K) or [Apex Liqua-D drops](#)

Minerals: [Thorne Selenomethionine](#) and [Zinc Picolinate](#) or [OysterZinc](#) (FS)

Combo: [Thorne Pic-Mins](#) contains well-absorbed forms of zinc, selenium, chromium, manganese, molybdenum, boron, and vanadium.

Magnesium: [DFH NeuroMag](#) or [Magnesium Buffered Chelate](#)

L-Threonate=brain, depression, memory

Glycinate=>Sleep, inflammation, anxiety, depression, insomnia, stress

Malate=>Fibromyalgia, CFS, less lax **Citrate**=depression, anxiety, laxative

Sulfate=>epsom salt bath **Chloride**=>[topical oil spray](#) for achy muscles, stress

EFA / Omega 3: [Nordic Natural ProOmega 2000](#)

[Higher EPA](#) for anti-inflammation, [Higher DHA](#) for neurologic

Liver + Organs + Collagen: [Beef Liver](#), [Collagen](#), [Gelatin](#)

Probiotics + Digestive: [DFH ProBioMed 100](#) + [Enzymes](#) + [Bile](#) + [HCl](#)



Supplements for Anxiety

B-Complex

Vitamin D Synergy / Supreme (+ K)

Essential Fatty Acids

Magnesium

NeuroMag or

Magnesium Buffered Chelate

L-Threonate=brain, depression, memory

Glycinate=>Sleep, inflammation, anxiety, depression, insomnia, stress

Malate=>Fibromyalgia, CFS, less lax

Citrate=depression, anxiety, laxative

Sulfate=>epsom salt bath

Chloride=>topical oil spray for achy muscles, stress

L-theanine

An amino acid in green tea shown to reduce physiological symptoms of anxiety, stress and high blood pressure. Average dosage is 200 milligrams 1-2x/day.

Tryptophan or 5-HTP

GABA

- Stress Arrest
- NeuroCalm

Adrenal Support

- Adrenotone
- Eleuthero Root

Essential Oils for Anxiety

Essential oils are an effective and enjoyable method of aromatherapy for anxiety.

- **Lavender**
- **Wild Orange**
- **Lemon**
- **Ylang Ylang**
- **Bergamot**
- **Melissa**
- **Frankincense**

have been shown to reduce anxiety and improve stress response.

Diffuser Recipes (drops of essential oils)

4 Lavender 2 Cedarwood	3 Frankincense 2 Vetiver	3 Bergamot 2 Clary Sage	2 Lavender 2 Vetiver 2 Wild Orange
3 Roman Chamomile 1 Clary Sage 1 Bergamot	3 Bergamot 3 Lavender 2 Geranium	3 Bergamot 2 Cedarwood 2 Sandalwood	2 Lavender 1 Roman Chamomile 1 Vetiver
2 Lavender 2 Wild Orange 1 Clary Sage 1 Frankincense	2 Lavender 2 Sandalwood 2 Vetiver 1 Ylang ylang	2 Lavender 2 Marjoram 2 Wild Orange 1 Roman Chamomile	3 Grapefruit 2 Bergamot 1 Lavender 1 Ylang Ylang

[Source: PubMed](#)

Medications for Anxiety

Selective serotonin reuptake inhibitors (SSRIs) help block reabsorption of serotonin into neurons.

Serotonin and norepinephrine reuptake inhibitors (SNRIs) block serotonin and norepinephrine absorption.

Benzodiazepines provide fast-acting relief by acting as a muscle relaxant.

[Source: Northwestern Medicine](#)

Commonly Prescribed Medications for Anxiety and Depression

- Sertraline (Zoloft)
- Alprazolam (Xanax)
- Citalopram (Celexa)
- Trazodone (Desyrel, various others)
- Escitalopram (Lexapro)
- Bupropion (Budeprion, Buproban, Wellbutrin, Zyban)
- Fluoxetine (Prozac, Rapiflux, Sarafem, Selfemra)
- Duloxetine (Cymbalta)
- Clonazepam (Klonopin)
- Lorazepam (Ativan)

MindBody Anxiety Solutions

Healing Mindset

Empowerment

Gratitude

Trust (yourself, your body, others and the process)

Self-acceptance and love

Learning limits - communicating feelings and needs

Healthy boundaries

Connecting to your intuition

Purpose and meaning



Therapy

Talk

Group - Community Support

Exposure Therapy

EMDR [Source](#)

Cognitive Behavioral Therapy (CBT)

Medication - assistive but doesn't address root cause



Diet + Food + Nutrients

Anti-inflammatory foods

High quality protein: SMASH fish, organ meats,

Leafy greens (calcium, magnesium, B vitamins, iron)

Blood sugar regulation

- Macronutrient balance (Pegan)
- Timing, snack every 2-3 hours (protein + fat)
- Avoid IF
- Cinnamon, ACV
- Continuous Glucose Monitor (CGM)

Thyroid Health Optimization



Stress Management

Adrenal health

Rest + Recovery

Pleasure, Recreation, Joy and Play

Deep Breathing

Meditation + Mindfulness
(sights, smells, and sounds around you)

Community + Support



Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3546358/> and <https://www.hindawi.com/journals/ecam/2013/743504/> and <https://www.npr.org/2010/12/06/131734718/just-breathe-body-has-a-built-in-stress-reliever>

Lifestyle Practices

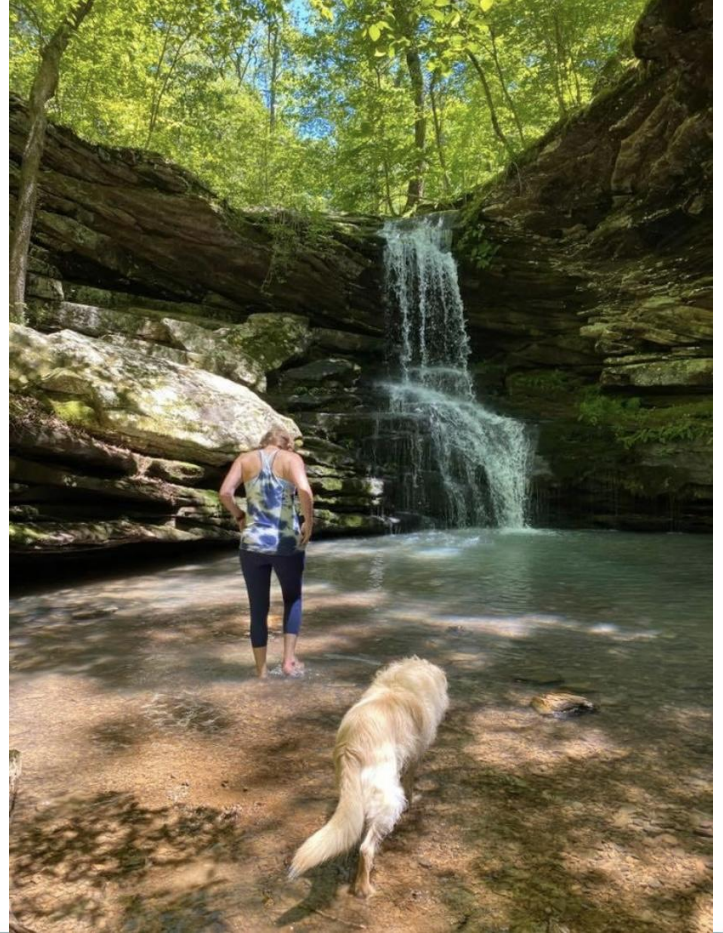
Silver Lining Reframe Stressors +
Daydream about the Positive [Source](#)

Sunlight + Vitamin D optimization
Blue blocking glasses

Nature = Negative Ions
Grounding - Earthing - Forest Bathing - Flowing
Water

Pets - Long gazes elevates oxytocin. Petting
reduces cortisol, blood pressure and psychological
stress [Source](#)

20 seconds Hugs release oxytocin and this
decreases cortisol and stress [Source](#)



Exercise + Movement

Daily walking, Light aerobic

Avoid high intensive, overtraining

Yin Yoga, slow, restorative movements

Bodyweight and strength training

Core strengthening

Balance training

[Source](#)



Biological Cycles + Rhythms

Blood Sugar regulation

Circadian Rhythms
(Sleep + Wake)

Lunar / monthly /
menstrual cycles
(Sex Hormones)

Seasonal cycles



Lymphatic Drainage

Massage

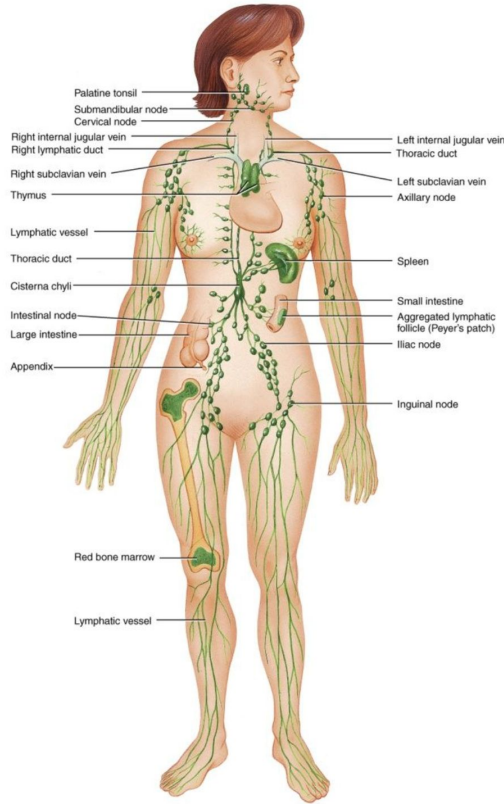
Rebounder

Walking

Inversion

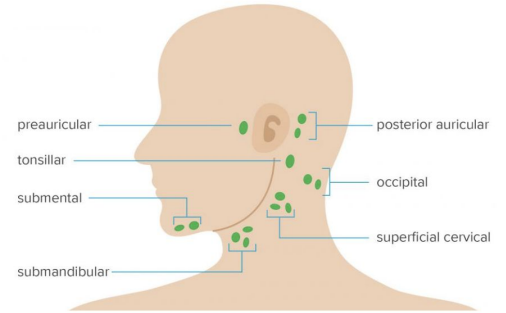
Or elevating legs

Sweating

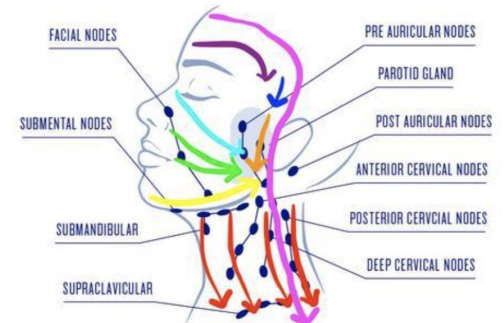


(a) Anterior view of principal components of lymphatic system

Facial Lymph Nodes



Facial Lymphatic Drainage



Vagal Nerve Exercises

Gargling

Humming, Singing, Chanting

Laughter + Socializing

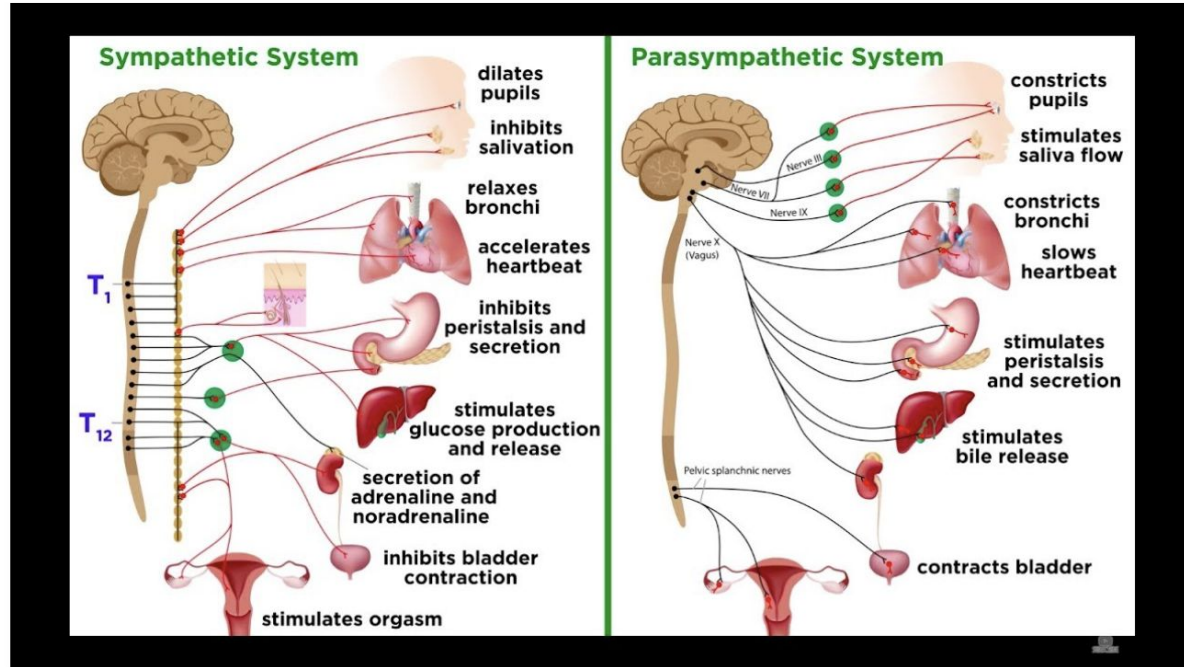
Belly Massage

Cold Exposure Therapy

Diaphragmatic Breathing

Probiotics

Bodywork



Bodywork

Chiropractic

Osteopathy

Physical Therapy

Acupuncture

Massage

Cranial Sacral

Energy Work



Technologies

Weighted Blanket

Deep Pressure/Compression

Binaural Beats

HeartMath

Vagal Nerve Stimulator



Non-Toxic Living

Home (cleaning supplies, detergents, synthetic fragrances)

Kitchen (cookware, utensils, plastics, organic food)

Personal hygiene (soaps, shampoo, conditioner, dental products)

Beauty + Cosmetics (makeup, lotions, creams, moisturizers)

Water quality (chloride, fluoride, heavy metals, pesticides, RXs, mold)

Air quality (mold, pollution, dust, fragrances, pet dander)

Quick Actions

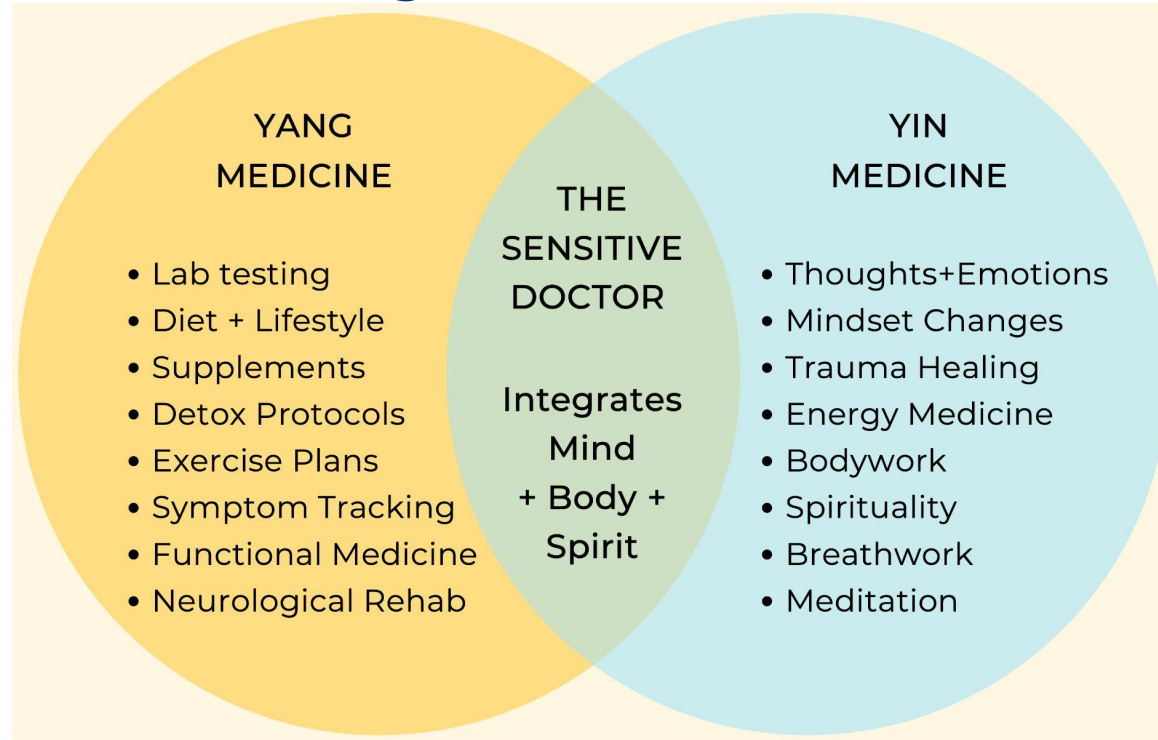
Quick Actions

- Gluten-Free, Dairy-Free, Soy-Free
- Regular Meal Times
- Regular Sleep Time (*blue blocker glasses at night)
- 5 minute Gratitude Journal
- Lymphatic Drainage
- Belly Massage
- Walk 30+ minutes a day
- Water + Shower Filter
- Be Gentle with Yourself

Why am I not feeling better?

1. Blood Sugar Regulation
2. Optimal Oxygenation (anemia, RBC, iron, circulation)
3. Adequate Thyroid hormone
4. Stress Chemistry (adrenals, circadian rhythms)
5. Nutrient Deficiencies
6. Food Sensitivities
7. Infections + Pathogens (virus, bacterial, parasitic)
8. Gut health + Diverse Microbiome
9. Barrier Systems (leaky gut, leaky brain, leaky lungs, leaky skin)
10. Neurological Imbalance (post-concussion, neural networks, balance issues)
11. Chemical Intolerances or Toxic Exposure (mold, plastics, smoke, etc)
12. Mental Emotional Stress + Trauma Healing
13. Lifestyle, Movement + Exercise

Why am I not feeling better?



Dr. Natasha Fallahi

Stay in touch!

Website + Clinic

DrNatashaF.com

Membership

ClubSensitive.com

Instagram

@DrNatashaF

