

ANXIETY

SOUTHARDLIVING.COM

YOU WILL SEE ANY PRODUCT RECOMMENDATION HIGHLIGHTED IN BLUE AND THEN LINKED BELOW FOR EASE OF USE

I'M ANXIOUS ALL THE TIME STARTER PACK:

- DISCONNECTED FROM NATURE
- EXCESSIVE USE OF TECHNOLOGY
- POOR SLEEP
- SEDENTARY LIFE
- UNPROCESSED TRAUMA
- UNSTABLE BLOOD SUGAR
- LACK OF DEEP CONNECTION
- DOING A JOB YOU HATE
- LACK OF PURPOSE
- BOTTLED UP EMOTIONS
- CONSUMING TOO MUCH NEWS
- OVER CAFFINATED

SYMPTOMS OF ANXIETY

Anxiety can show up very differently in one person compared to the next. Here are some common symptoms of anxiety:

RACING THOUGHTS
OVERTHINKING
RACING HEART RATE
FEELING TENSE OR NERVOUS
RAPID BREATHING
FEELING TIRED OR WEAK
HARD TIME FOCUSING OR CONCENTRATING
THINKING ABOUT THE WORST OUTCOME

COMMON CONNECTION

One of the MOST common contributors to anxiety according to many studies is actually gut health. Your gut and brain are connected through what is called the vagus nerve. Your mental health is greatly impacted by your gut health.

Your gut is where many neurotransmitters, like GABA, serotonin, dopamine, and melatonin are made and regulated.

If your gut is in poor shape, it can lead to anxious and depressive thoughts.

TIPS TO TRY FOR GUT / BRAIN CONNECTION

- Eat organic, whole foods. I will link my Clean Eating Guide [HERE](#).
- Take a high quality **probiotic**.
- Incorporate stress management practices.
- Incorporate bone broth and beef gelatin into your diet (very gut healing).

INFLAMMATION & ANXIETY

High inflammation levels can also contribute to anxiety. There have been many studies conducted where inflammation showed to impact the anxiety-relation portions of the brain.

Inflammation can be caused by poor diet, lack of movement, poor sleep, genetics, stress or trauma, leaky gut, food sensitivities, and increased body weight.

TIPS TO REDUCE INFLAMMATION

- **Filter** your water!
- Ditch highly processed foods. I will link my Clean Eating Guide [HERE](#).
- Address blood sugar imbalances.
- Movement.
- Focus on decreasing daily stress.
- Consume anti-inflammatory foods.
- Consume high quality **Omega**.

WHAT IS THE VAGUS NERVE?

Your vagus nerve is responsible for the regulation of your internal organ functions.

It acts to counterbalance the fight or flight system and triggers a relaxation response in your body. It plays an essential role in the healing process when it comes to anxiety.

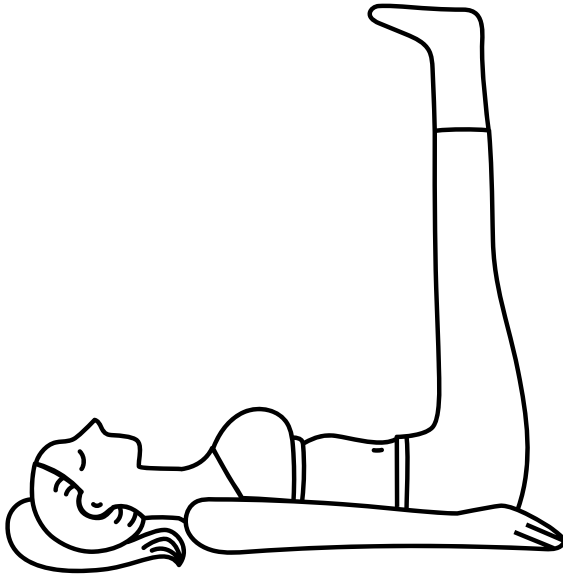
WAYS TO STRENGTHEN THE VAGUS NERVE:

- COLD PLUNGES
- HUMMING
- COLD SHOWERS
- GROUNDING
- BREATHWORK
- MASSAGE
- EMOTIONAL FREEDOM TECHNIQUE
- SOCIAL CONNECTION
- GAZE AT THE HORIZON
- SINGING
- ACUPUNCTURE
- LISTENING TO NATURE
- GARGLING
- WATCHING THE SUNRISE AND SUNSET
- TAI CHI
- UPPER CERVICAL CHIROPRACTIC
- PRACTICE GRATITUDE
- RELAXING

NATURAL TOOLS FOR ANXIETY:

1. Focus on gut health. I will link my favorite [gut supplement](#) below.
2. Start meditating daily. Here is an 8 minute guided meditation video [here](#).
3. Journal. I love the [gratitude journal](#) I will link below.
4. Spend time in nature. Get outside!
5. Prioritize sleep. I will link my Sleep Guide [here](#).
6. Avoid high amounts of caffeine.
7. Try anti-anxiety herbs such as [ashwagandha](#), L-theanine, GABA, CBD, [Magnesium](#), and Reishi.
8. Nervous system regulating activities such as sauna, meditation, prayer, warm detox baths, etc.
9. Disconnect from technology. Create boundaries for yourself.
10. Cold plunging. Here is a brief video here for some parameters [here](#).
11. Focus on your circadian rhythm with the sun. Let your eyes see the sunrise first thing the morning before they see any blue light and sunset.
12. EFT Tapping. A great how-to video is linked [here](#).
13. Avoid blue light as much as possible, especially 1-2 hours before bed and in the morning.
14. Grounding. A great video about grounding is linked [here](#). I will link my favorite [grounding mat](#) below.
15. Craniosacral therapy. A documentary about that is linked [here](#).
16. Cellular release therapy. A great video about that is linked [here](#).
17. Auriculotherapy. A great video about that is linked [here](#).
18. Diaphragmatic breathing. A great how-to video is linked [here](#).
19. Blood sugar regulation. The book [Glucose Revolution](#) is great! Here is a podcast about the importance of blood sugar regulation linked [here](#).

HOLDING THE LEGS UP THE WALL:

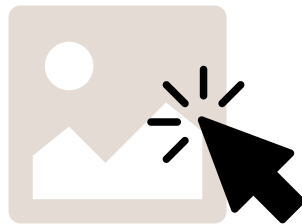


- Lowers stress and anxiety
- Helps drain detoxifying lymph fluid
- Eases headaches
- Regulates blood flow
- Restores swollen, sore, tired feet/legs
- Improves digestion and gut health
- Helps reproductive health

Doing this for just 5-15 minutes a day is a powerful restorative post that gives your body a break from gravity!

CLEAN ALTERNATIVE SUGGESTIONS

[ALERT] EACH IMAGE BELOW IS
LINKED FOR YOUR CONVENIENCE.
SIMPLY CLICK TO SHOP.





ION GUT SUPPORT

CODE: JESSIE



BIOOPTIMIZERS

CODE: JESSIE10



BIOOPTIMIZERS

CODE: JESSIE10



SELECT BALANCE

ANXIETY SUPPORT



SELECT BALANCE

OMEGA 3 FISH OIL



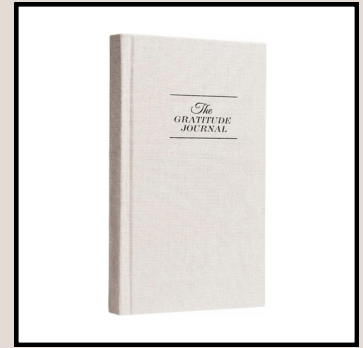
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GROUNDING MAT

UNIVERSAL GROUNDING KIT
I sleep on this every night!



THE GRATITUDE JOURNAL



ROWE CASA ORGANICS

ANXIETY SUPPORT
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ROWE CASA ORGANICS

STRESS SUPPORT
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ROWE CASA ORGANICS

MAGNESIUM GEL
CODE: JESSIE20



ROWE CASA ORGANICS

CALMING TEA
CODE: JESSIE20



FURTHER FOODS

ASHWAGANDHA
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