



fearLESS

*understanding the relationship
between nutrition and anxiety*

Can what we eat impact our mental health? Emerging scientific evidence indicates yes! What you eat does influence your mental and emotional wellbeing.

Processed foods high in sugar, saturated fat and sodium, and low in nutritional value are linked to an increased risk of developing anxiety, and improving the quality of your food by reducing these foods can assist with improving mood and mental health.

Specific nutrients which may be beneficial for anxiety include vitamins such as folate, vitamin B12 and choline; minerals such as magnesium and zinc; omega-3 fatty acids; the amino acid tryptophan (precursor of serotonin); and antioxidants such as vitamin E, C, carotenoids and flavonoid polyphenolics.

NERD ALERT:

In 2017 a systematic review of eighteen studies found significant evidence that Magnesium can reduce anxiety. According to this review, one of the reasons why magnesium might help reduce anxiety is that it may improve brain function. Research shows that magnesium plays an important role in regulating neurotransmitters, which send messages throughout the brain and body. This is how magnesium plays a role in neurological health



PHYSIOLOGICAL SYMPTOMS OF ANXIETY:

- + Neurological, as headache, paresthesias, fasciculations, vertigo, or presyncope.
- + Digestive, as abdominal pain, nausea, diarrhea, indigestion, dry mouth, or bolus.
- + Respiratory, as shortness of breath or sighing breathing.
- + Cardiac, as palpitations, tachycardia, or chest pain.
- + Muscular, as fatigue, tremors, or tetany.
- + Cutaneous, as perspiration, or itchy skin.
- + Uro-genital, as frequent urination, urinary urgency, dyspareunia, or impotence, chronic pelvic pain syndrome. Stress hormones released in an anxious state have an impact on bowel function and can manifest physical symptoms that may contribute to or exacerbate IBS.



HEALTHY NUTRITION HABITS FOR LESS ANXIETY

1.

Eat smaller, more frequent meals rather than larger, less frequent meals.

2.

Limit intake of animal proteins, refined sugar, and caffeine.

RESEARCH SHOWS THAT WHAT PERCENT OF GYM GOERS ARE NOT ADEQUATELY HYDRATED FOR THEIR WORKOUTS?

3.

Stay hydrated

4.

Plan meals high in complex carbohydrates

FOOD ALLERGIES CAN TRIGGER PANIC ATTACKS. KEEP A FOOD DIARY TO SEE IF THERE ARE ANY CORRELATIONS.

NUTRITIONAL SUPPLEMENTS FOR ANXIETY

Calcium

Magnesium

Selenium

Potassium

Vitamin B Complex

Vitamin C

HERBS FOR ANXIETY

Biberry

St. John's Wort

Chamomile

Fennel

Valerian

Lemon Balm

ningxia red

NingXia Red is considered a **POWERHOUSE** of antioxidants and nutrients that is a whole body supplement. Young Living's founder, Gary Young, recommended this supplement above all other Young Living products! The wolfberry, also known as the Gogi berry, is touted for having high antioxidant properties. A daily shot (2-4 ounces per day) helps support better energy and normal cellular function as well as whole-body health and wellness. It supports eye health, liver and cognitive health, as well as boosting immunity and protects against oxidative stress.

NingXia Red contains calcium for healthy bones, muscles, nervous system and heart, and iron, which supports healthy blood and immunity.

NingXia also contains the following essential oils:

- + Lemon: Known to help release frustration
- + Tangerine: Known to help reduce irritability
- + Orange: Known to ease anxious agitation, jitters, jumpiness (this is when you feel energized/hyper in a bad way, like you can't control your emotions)

The NingXia Wolfberry is also high in magnesium, selenium, zinc, Vitamin C, and plant-based protein.



NERD ALERT:

NingXia Red is rich in amino acids leucine, l-arginine, and glutamine. These are vital building blocks of white blood cells and antibodies. And **leucine** is the only dietary protein that can trigger the growth of muscle tissue!

roller recipes

TO KICK SUGAR CRAVINGS TO THE CURB

SUGAR SNAP (OUT OF IT)

4 drops Grapefruit
2 drops Dill
2 drops Peppermint

KICK IT TO THE CURB

4 drops Cinnamon
2 drops Dill
2 drops Grapefruit

SUGAR STOPPER

3 drops Peppermint
3 drops Ocotea
2 drops Grapefruit
2 drops Orange

LOSE THE SWEET TOOTH

3 drops Cinnamon
2 drops Grapefruit
2 drops Orange
1 drop Dill

STARTER KIT SUGAR SHAKE DOWN

5 drops Stress Away
3 drops Peppermint

HOW TO MAKE A ROLLER BOTTLE

1. Add essential oils to an empty roller bottle
2. top off with a carrier oil such as grapeseed or jojoba oil
3. Secure roller ball
4. Gently rotate to blend oils





Uplifting diffuser recipes

3 drops Bergamot
3 drops Orange
1 drop Peppermint

3 drops Tangerine
3 drops Lemon
2 drops Stress Away

3 drops Stress Away
3 drops Lemon
2 drops Frankincense

3 drops Orange
2 drops Spearmint
2 drops Grapefruit

3 drops Grapefruit
3 drops Orange
1 drop Peppermint

2 drops Orange
2 drops Tangerine
2 drops Grapefruit
2 drops Valor

3 drops Orange
2 drops Cinnamon
1 drop Peppermint

3 drops Stress Away
3 drops Peppermint

3 drops Lemon
3 drops Frankincense
1 drop Bergamot

MOOD-BOOSTING GREEN SMOOTHIE

- 2 TBSP flaxseed
- 2 TBSP chia seed
- 2 TBSP sesame seed
- 1 cup cold, purified water
- 1/2 cup ice
- 1 medium orange, peeled
- 1/2 avocado
- 1 cup spinach
- 1 cup (2-3 leaves) kale
- 1 apple
- 1/2 medium cucumber, peeled

In a blender, combine flaxseed, sesame seed, and chia seed and blend until it has the consistency of flour. Turn off the blender and scrape the sides of the blender to loosen the seed flour. Add remaining ingredients and blend until creamy.

Add more water or juice as desired. For a creamier consistency add 1/2 cup coconut milk.



NOTES

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