

## Mild Anxiety and Herbs and Diets that are helpful

Anxiety is a state in which many people feel overly nervous or anxious and can have an array of symptoms and reactions that are usually negative and often distressing.

The main aspect in dealing with anxiety is to initially find out what is causing this emotional state by medical check up.

### Prevention and management

In some cases good stress management, relaxation, meditation, exercise combined with some dietary changes and some simple herbal remedies can help relieve anxiety.

Foods that have a calming effect are those that are rich in Vitamin B, Vitamin C, folic acid, magnesium, calcium, potassium, zinc, selenium, Omega3.

Eating plenty of fish, green vegetables, potatoes, sweet potato, nuts, unrefined cereals (oats) and cutting down on alcohol and coffee and sugar can help with anxiety.

Add protein and carbohydrates to your diet: Incorporate protein into your diet. Protein helps to keep sugar levels stable. You can find protein in nuts, yogurt, beans, fish, chicken, tofu and lentils. Consider eating low glycemic carbohydrates such as brown rice and yams.

### Herbs to help anxiety

Two herbs that are very effective **passion fruit flower and valerian root**. They are most effective as teas. Take a cup of valerian and/ or passionflower tea half an hour before bed. It is important to get reasonably fresh tea or store it in a well sealed jar.

**Chamomile tea** is also a good calming herb, though not as strong as valerian.

**Hop flowers** are also very calming. They can be made into a tea, or just stuffed into a large pillow or left in a bowl in the bedroom.

**Passion Flower** as a natural remedy for anxiety and insomnia has been used for

centuries. Recent research verifies that standardized Passion Flower extract reduces anxiety and promotes a positive outlook.

**Skullcap** it relaxes states of nervous tension while at the same time renewing and giving energy to the central nervous system.

**Lime Blossom** is well known as a relaxing remedy for use in nervous tension.

**St John's Worth and Lemon Balm and Rosemary** also help with anxiety.

### **Tasty Calming Tea**

1/2 teaspoon of Chamomile

1/2 teaspoon Lemon Balm

1/2 Teaspoon St John's Worth

1/2 teaspoon Rosemary

500 ml water

Mix the herbs. Place in a saucepan. Pour 500 ml boiling water over it. Cover and allow to steep in a hot place for 10 to 15 minutes (do not boil). When ready, strain into another saucepan. Sweeten with honey if desired.

And do not forget that walking is good for you. It's good for your heart, it's good for your lungs, and it's good for your feeling of well-being! Strong scientific evidence now supports the many benefits to health of regular walking.

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For education only, consult a healthcare practitioner for any health problems.