

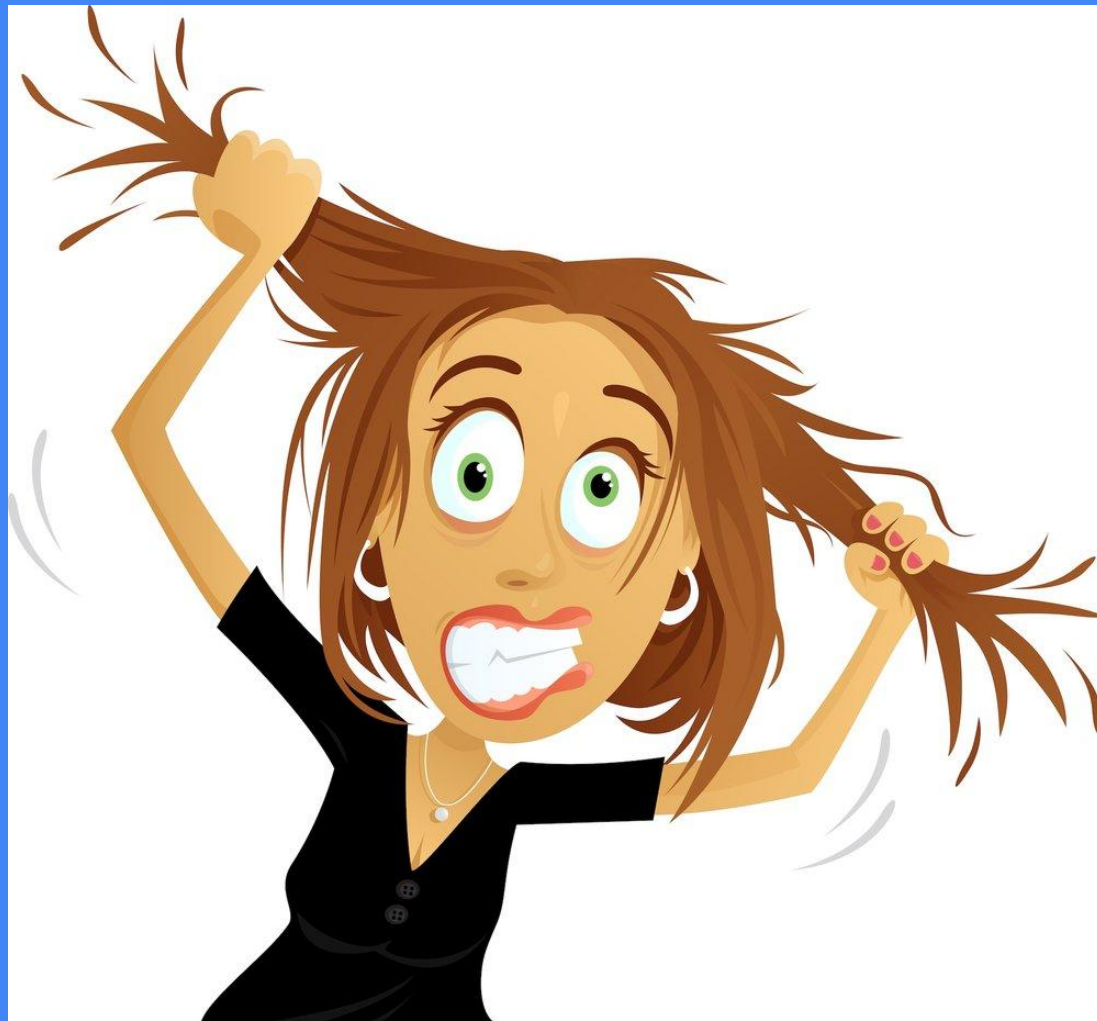
Nourish Your Nerves

Whole Life Expo 2018









Intro

- “Anxiety disorders are prevalent psychiatric conditions that can be debilitating in many patients and include phobia, panic, general anxiety (GAD), and separation anxiety disorders[1].”
- Other disorders that fall under the classification of Anxiety include OCD, PTSD, Social Anxiety.
- “Females are twice as likely to have an anxiety disorder in comparison with males.[1]”

[1] Essential Oil of Lavender in Anxiety Disorders: Ready for Prime Time?

Intro

- “According to the National Institute of Mental Health, 18.1% of US Adults have an anxiety disorder, of these 22.8% are classified as severe.”

Source: An Introduction to Magtein: A Novel compound for cognitive health, p.1.

Intro

- “Anxiety is a psychologic and physiologic state characterized by cognitive, somatic, emotional, and behavioral components. About **4%-6% of the global population suffer from various forms of anxiety disorders** with such symptoms as high blood pressure, elevated heart rate, sweating, fatigue, unpleasant feeling, tension, irritability, and restlessness. If untreated, **40%-50% of the patients** would **progress to depression and have suicidal thoughts.**”

Source: A Systematic Review on the Anxiolytic Effects of Aromatherapy on People with Anxiety Symptoms, p.101.

Intro

- “Depression and anxiety are usually co-occurring.”

Source: A Systematic Review on the Anxiolytic Effects of Aromatherapy on PEople with aNxiety Symptoms, p.101.

Symptoms

“General Symptoms of Anxiety include: excessive worry about little things, increased startle reflex, fears of crowds, jumpiness, impaired concentration, ongoing irrational thoughts, restless sleep or insomnia, muscle tension, irritability or edginess.”

Source: Chapter SEven - Depression, Anxiety and the Stress Connection by Dr. Karen Jensen ND and Dr. Marita Schauch BSc ND, pg. 88

Symptoms

“Panic attacks include the following symptoms: Palpitations, pounding or rapid heart rate, sweating and body temperature changes, trembling, short-ness of breath, chest pain and discomfort, nausea or digestive distress, dizziness, lightheadedness, and the fear of losing control or going crazy.”

Source: Chapter Seven - Depression, Anxiety and the Stress Connection by Dr. Karen Jensen ND and Dr. Marita Schauch BSc ND, pg. 89

Intro

- Performance Anxiety (Eustress, Relative Anxiety)
- Phobias (agoraphobia, etc.)
- O.C.D.
- Social Anxiety
- Separation Anxiety
- Panic Attacks
- G.A.D.
- Anxiety that is a symptom of withdrawal from an addictive substance (alcohol, pharmaceutical or street drug), stress (+ nutrient depletion + adrenaline and cortisol release), toxins (Excitotoxins)

Intro

We are treating anxiety here not as purely a psychological phenomenon but one that is directly linked to the state of our physiology. The mind effects the body and the body affects the mind.

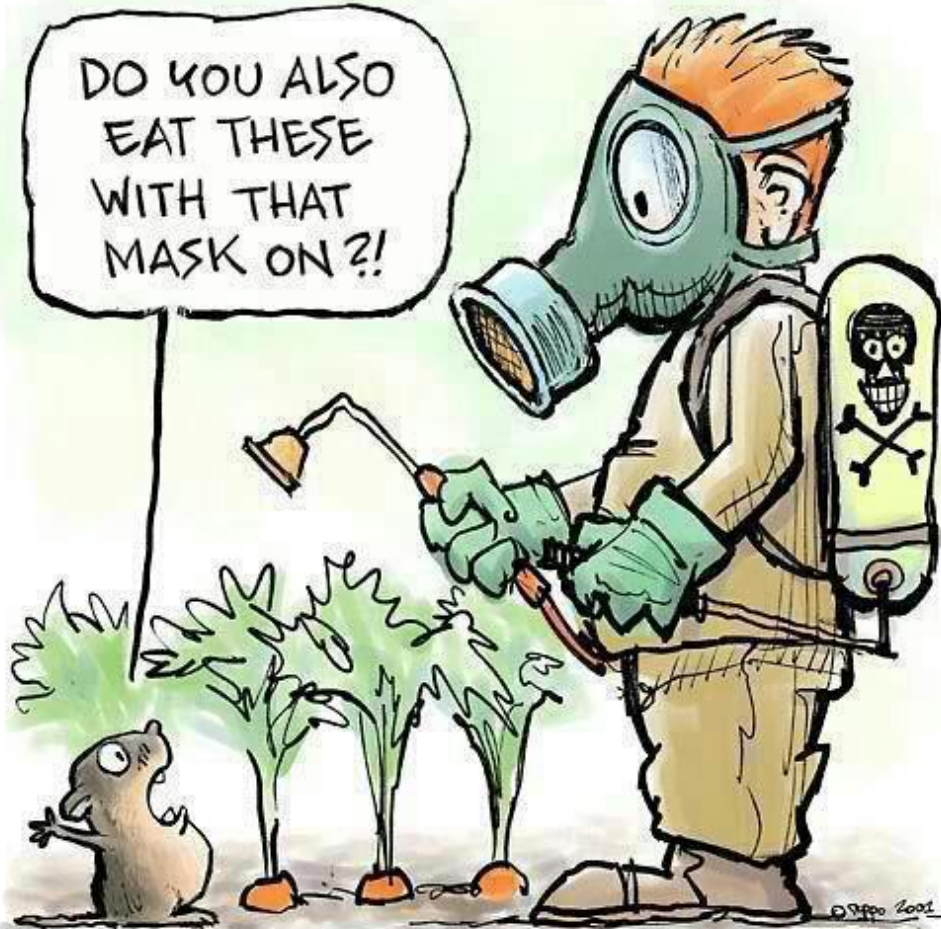
Allopathic Approach

Benzodiazepines and their side-effects

Challenges:

1. Not addressing the root cause (could be physical, lifestyle etc.)
2. Habit-Forming (tolerance)
3. Withdrawal Symptoms
4. Toxic Side-Effects

DO YOU ALSO
EAT THESE
WITH THAT
MASK ON?!



**I'm not ill,
my pancreas
is just lazy.**





The Key Neurotransmitters involved in Anxiety are: Adrenaline, GABA, and Serotonin. The Key Hormone is Cortisol.

Is Anxiety a Magnesium
Deficiency?

Is anxiety a Magnesium Deficiency?

THREE THINGS YOU NEED TO KNOW ABOUT MAGNESIUM AND ANXIETY

1. Magnesium deficiency can produce symptoms of anxiety and depression including muscle weakness, fatigue, eye twitches, insomnia, anorexia, apathy, apprehension, poor memory, confusion, anger, nervousness, and rapid pulse.
2. Serotonin, the “feel-good” brain chemical that is boosted by Prozac, depends on magnesium for its production and function.
3. Magnesium supports our adrenal glands, which are overworked by stress.

–Excerpt from Chapter 3 in Dr. Carolyn Dean’s Book ‘The Magnesium Miracle’, p.44

Is anxiety a Magnesium Deficiency?

“When the **adrenals** are no longer protected by sufficient magnesium, the fight or flight hormones **adrenaline and noradrenaline** become more easily triggered, and when they surge erratically, they cause a rapid pulse, high blood pressure, and heart palpitations. In fact, **the more magnesium deficient you are, the more exaggerated is the adrenaline release**. There are over a dozen major metabolic processes that are affected by adrenaline. Each of these functions requires magnesium and leads to wasting of this important mineral if the symptoms continue. **Magnesium calms the nervous system and relaxes muscle tension, helping reduce anxiety and panic attacks.**”

--Excerpt from Chapter 3 in Dr. Carolyn Dean's Book 'The Magnesium Miracle'

Is anxiety a Magnesium Deficiency?

“Not only do our overworked adrenals cause magnesium depletion, but even more adrenaline is released when magnesium levels are low in the body, leaving people feeling irritable, nervous, edgy, or even ready to explode.”

--Excerpt from Chapter 3 in Dr. Carolyn Dean's Book 'The Magnesium Miracle'

Is anxiety a Magnesium Deficiency?

“Symptoms of chronic magnesium deficiency include anxious behavior, hyperemotionality, apathy, apprehension, poor memory, confusion, anger, nervousness, muscle weakness, fatigue, headaches, insomnia, light-headedness, dizziness, nervous fits, the feeling of a lump in the throat, impaired breathing, muscle cramps (including leg cramps), a tingling or pricking or creeping feeling on the skin, rapid pulse, chest pain, palpitations, and abnormal heart rhythm..”

--Excerpt from Chapter 3 in Dr. Carolyn Dean's Book 'The Magnesium Miracle', pp.49

Stress, Anxiety & Magnesium Deficiency

Stress, Anxiety & Magnesium Deficiency

According to Dr. Carolyn Dean: “Anxiety is a chemical reaction created when the adrenal glands respond to a stressful event, such as low blood sugar, by releasing adrenaline.”

--Excerpt from Chapter 3 in Dr. Carolyn Dean's Book 'The Magnesium Miracle', pp.49

Stress, Anxiety & Magnesium Deficiency

“Stress causes magnesium deficiency [and depletes other key nutrients including the B-Complex Vitamins & Vitamin C] and a lack of magnesium [and these other key nutrients] magnifies stress.”

--Excerpt from Chapter 3 in Dr. Carolyn Dean's Book 'The Magnesium Miracle', pp.47

Stress, Anxiety & Magnesium Deficiency

- Stress: Fear (Conscious and Subconscious)
- Fight or Flight (Hormone Dump)
- Adrenaline, Noradrenaline.
- Nutrient Depletion (Magnesium, Vitamin B-Complex, Vitamin C)
- A Viscious Cycle

Stress, Anxiety & Magnesium Deficiency

Brain Background StatementS:

- Memory capacity, reasoning and core cognitive functions peak at age 25
- The prefrontal cortex area of the brain shrinks by 50% between the age of 25 and age 80
- Brain synaptic density and synaptic function decreases with age
- The prefrontal cortex region of the brain controls planning, and decision making; the hippocampus region controls memory; **the amygdala stores toxic memories necessary for survival.**

Source: Magtein Structure Function Claims

Stress, Anxiety & Magnesium Deficiency

MAGTEIN™

Mechanism of action Based on Preclinical Research only:

- **Magtein is the only magnesium form shown to effectively increase the brain's magnesium levels**
- **Magtein delivers magnesium to the brain most effectively.**
- **Magtein is the best brain bioavailable form of magnesium available**
- **Magtein increases brain synaptic density**

Source: Magtein Structure Function Claims

Stress, Anxiety & Magnesium Deficiency

MAGTEIN™

- **Magtein reverses the hippocampus age related shrinking of the brain, which controls short and long term memory**
- **Magtein restores the prefrontal cortex synaptic density of the brain, which controls complex cognitive behavior and emotional response; executive reasoning; planning; decision making**
- **Magtein increases synaptic plasticity and density in both hippocampus and prefrontal cortex regions of the brain**

Source: Magtein Structure Function Claims

Stress, Anxiety & Magnesium Deficiency

MAGTEIN™

Claims-based on Preclinical research waiting to confirm in human study

- Magtein improves short and long term memory
- Magtein improves working memory
- Magtein eases the response to stressful events
- Magtein improves mental clarity during aging.
- Magtein improves focus and attention during aging.
- Magtein enhances cognitive ability during aging.
- [Magtein alleviates anxiety](#)
- [Magtein can alleviate stress due to anxiety](#)

Source: Magtein Structure Function Claims

Is anxiety a Magnesium Deficiency?

MAGTEIN™

STUDY:

Effects of Elevation of Brain magnesium on Fear Conditioning, Fear Extinction and Synaptic Plasticity in the Infralimbis Prefrontal Cortex and Lateral Amygala, Abumaria, Abumaria N, Yin B,, Zhang L, Li X. Chem T, Descalzi G, Zhao L, Ahn M, Luo L, Ran C, Zhuo M, and Liu G. *Journal of Neuroscience* 2011 Oct, 31 (42:14871-14881)

Is anxiety a Magnesium Deficiency?

MAGTEIN™

STUDY:

Chronic dietary magnesium-L-threonate speeds extinction and reduces spontaneous recovery of a conditioned taste aversion, Mickley GA, Hoxha N, Luchsinger JL, Rogers MM, Wiles NR,
Pharmacol Biochem Behav. 2013 Mar 6;106C: 16-26

Dosages

360 mg RDA for Women

600mg-800mg for Optimal Levels

Forms:

Bisglycinate

Citrate

Orotate

Threonate: 144mg of Magtein



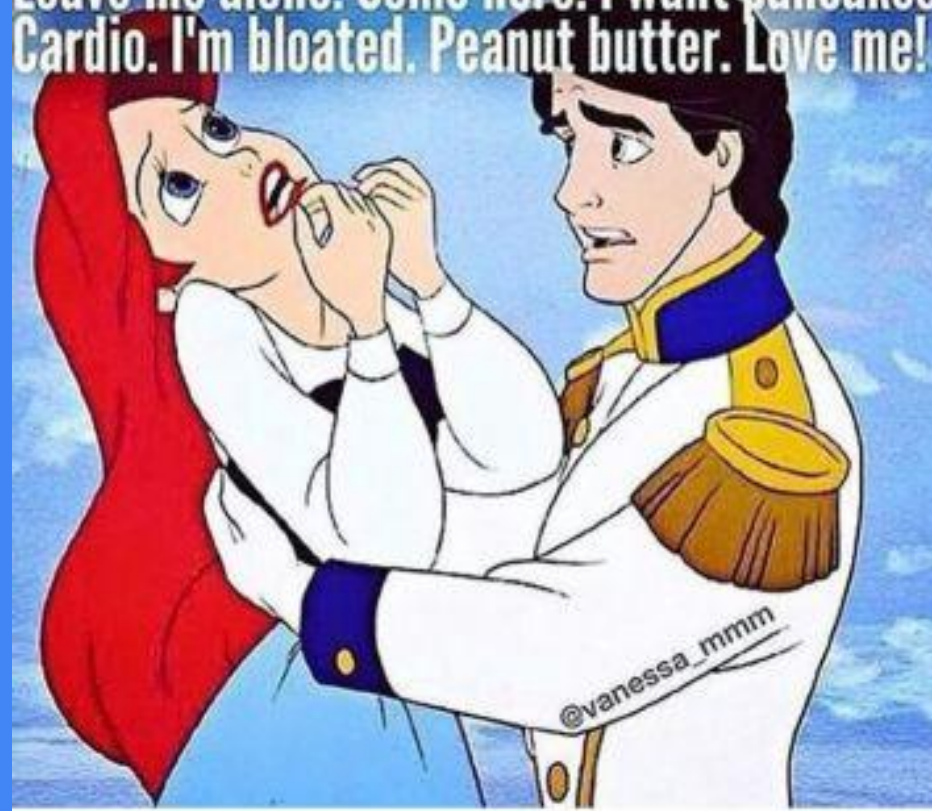
Stress, Anxiety & Adaptogen Herbs

Stress, Anxiety & Adaptogen Herbs

Adaptogens help the body adapt to stressful conditions

- Siberian Ginseng (Eleuthero)
- Rhodiola
- Ashwagandha
- Schizandra
- Holy Basil (Tulsi)
- Maca (peruvian Ginseng)

I'm hungry. I'm tired. I'm fine. My legs hurt.
Leave me alone. Come here. I want pancakes
Cardio. I'm bloated. Peanut butter. Love me!



Stress, Anxiety & Adaptogen Herbs

SENSORIL IS CLINICALLY PROVEN TO REDUCE STRESS

“A recent double-blind, placebo-controlled human clinical trial involving 98 participants demonstrated Sensoril’s unprecedented ability to reduce stress. Subjects taking Sensoril experienced a **69.9% reduction in an overall measure of stress-related symptoms** including: irritability, **anxiety**, sleeplessness, sweating, headaches and muscle pain, and heart palpitations....Sensoril treatment leads to a substantial improvement in mood and feelings of emotional well-being.”

Stress, Anxiety & Adaptogen Herbs

SENSORIL REDUCES THE BODY'S RESPONSE TO CHRONIC STRESS BY LOWERING CORTISOL LEVELS

“[In this same study], Sensoril lowered serum cortisol levels in subjects by **24.2%**.”

Sensoril Product Profile, Page 7

Recommendations

Sensoril Ashwagandha: 75 mg 3x per day (or 125mg 2x per day)

Siberian Ginseng

Rhodiola

Forms:

Powder

Tincture

Capsule

Sensoril Patent



Stress, Anxiety & B-Complex Vitamins

Stress, Anxiety & B-Complex Vitamins

B Vitamins (B6, B12, and folic acid): “These are often low in people with anxiety and depression.”

Dosage:

B6: 50-100mg daily

B12: 1000mcg daily of methylcobalamin

Folic Acid: 1-2mg daily

Stress, Anxiety & B-Complex Vitamins

INOSITOL

There is some evidence that Inositol could be effective for Obsessive Compulsive Disorder

Stress, Anxiety & B-Complex Vitamins

Vitamin B6

Required for Serotonin Synthesis

Works in conjunction with Magnesium to boost Serotonin

Especially important for women to take if they also have symptoms of PMS and other hormone imbalances

Stress, Anxiety & B-Complex Vitamins

B6 + B12 + B-Complex

Serotonin + GABA rely upon adequate levels of the B-Complex Vitamins for their Synthesis.

The neurotransmitters (chemical messengers) in the brain involved in anxiety include:

Anxiety involves: Serotonin, Adrenaline (norepinephrine), and GABA (Gamma-aminobutyric acid)

Stress, Anxiety & Sleep Disturbances

Stress, Anxiety & Sleep Disturbances

“According to Marketdata, the prescription sleep aid market, in the US alone, was estimated to be worth \$28.6 billion in 2017.”

Stress, Anxiety & Sleep Disturbances

“According to the National Institutes of Health, more than 70 million people in the US alone are affected by sleep disorders and circadian rhythm imbalances.”

Source: An Introduction to Magtein: A novel compound for cognitive health, p1

Stress, Anxiety & Sleep Disturbances

“According to the National Institute of Health, more than 70 million people in the US alone are affected by sleep disorders and circadian rhythm imbalances.”

Source: An Introduction to Magtein: A novel compound for cognitive health, p1

Recommendations

Sleep aid formula : 2 caps 1x per day

L-Theanine: 100mg

GABA: 25mg

L-5-HTP: 50mg

Valerian: 100mg

Passionflower: 75mg

Hops: 50mg

Melatonin 3mg

Elemental Magnesium (from
bisglycinate) 60mg



Stress, Anxiety & Sleep Disturbances

L-theanine: "Most of L-Theanine's effects have to do with promoting relaxation and it has been shown to stimulate the brain's alpha waves, suggesting that it has the ability to put users into a more relaxed mood and it may increase GABA production.

Dosage: 200-400mg 1-2 times daily

Source: Chapter 11 - Depression, Anxiety and the Stress Connection by Dr. Karen Jensen ND and Dr. Marita Schauch BSc ND, pg. 90



Stress, Anxiety & Sleep Disturbances

GABA: “The most important inhibitory neurotransmitter in the brain. **Low levels of GABA have been linked to anxiety, depression, and insomnia**...increasing a relaxed feeling, and greater mental focus and alertness. It also reduces beta waves associated with nervousness and hyperactivity.”

Dosage: 600mg 2-3x per day

Source: Chapter Seven - Depression, Anxiety and the Stress Connection by Dr. Karen Jensen ND and Dr. Marita Schauch BSc ND, pg. 92

Stress, Anxiety & Sleep Disturbances

L-5HTP: “Depression and anxiety have been linked to serotonin imbalances in the brain. 5-HTP may increase serotonin syntheses in these cases.”

Several Clinical studies have demonstrated 5-HTP to promote and maintain sleep in normal subjects as well as those experiencing insomnia.

Dosage: 100-200mg daily 2-3 x per day

Source: Chapter Seven - Depression, Anxiety and the Stress Connection by Dr. Karen Jensen ND and Dr. Marita Schauch BSc ND, pg. 91, 120

Stress, Anxiety & Sleep Disturbances

Valerian: Sedative Herb without the side effects of sedative drugs

Dosage: 100mg daily 1 x per day

Stress, Anxiety & Sleep Disturbances

Passionflower: "Known as a 'calming' herb for anxiety or nervousness, insomnia, generalized anxiety disorder, and ADHD, as well as for palpitations. Recent studies found passionflower to be comparable to benzodiazepine drugs (ie. Ativan) in the treatment of anxiety and insomnia."

Dosage: 200-400mg daily

Source: Chapter Seven - Depression, Anxiety and the Stress Connection by Dr. Karen Jensen ND and Dr. Marita Schauch BSc ND, pg. 91

Stress, Anxiety & Sleep Disturbances

Melatonin “helps to maintain the body’s circadian rhythm, an internal 24-hour ‘clock’ that plays a critical role in when we fall asleep and when we wake up. The body produces more melatonin when it is dark and decreases when it is light. Being exposed to bright lights too late in the evening can disrupt melatonin production.”

Dosage: 1-6mg daily at bedtime

Source: Chapter Seven - Depression, Anxiety and the Stress Connection by Dr. Karen Jensen ND and Dr. Marita Schauch BSc ND, pg. 120

Essential Oils & their Anxiolytic Effects



Essential Oils and their Anxiolytic Effects

- According to a discussion paper entitled *A systematic review on the anxiolytic effects of aromatherapy in people with anxiety symptoms*, “**Aromatherapy is the most commonly used CAM [Complementary and Alternative Medicine] around the world.**”
- This same review concluded that, in each of the 16 human studies assessed, all subject participants received a positive result from the use of aromatherapy for their anxiety

Source: *A systematic review on the anxiolytic effects of aromatherapy in people with anxiety symptoms*, p. 106

Essential Oils and their Anxiolytic Effects

MECHANISMS OF ACTION

- Research has shown that some essential oils (e.g., lavender, etc) work similarly to diazepam, which activates **GABA**--one of the brain neurotransmitters which calms an overstimulated nervous system under tension and stress.
- Other research that an oral lavender oil capsules, silexan, is **as effective as lorazepam**, a commonly used benzodiazepine.
- Triggers Emotional Memory by stimulating the Olfactory Glands in the Brain associated with Dopamine and Serotonin release
- Release of Pleasant Memories triggered by particular scents associated with EOs

Source: *A systematic review on the anxiolytic effects of aromatherapy in people with anxiety symptoms*, p. 106

Essential Oils and their Anxiolytic Effects

Emotional Memory

“Essential oils delivered via inhalation route may exert psychologic effects, because the **olfactory bulb has limbic inputs in the amygdala and hippocampus** that are associated with emotion and memory. It is hypothesized that smell-triggered emotional memory may be the etiologic root of situational anxiety in some circumstances.”

Example: “This form of emotional memory is exemplified by state anxiety associated with the characteristic smell of the dentist's office, which has been reduced with LEO.”

Source: Essential oil of lavender in anxiety disorders: Ready for prime time? P. 148

Essential Oils and their Anxiolytic Effects

List of Essential Oils for the Nervous System, Stress, Anxiety, and Anxiety with Depression:

- Lavender
- The Citrus Scents: Lemongrass, Lemon, Orange, Tangerine
- Rosemary: Nervine Tonic and Brain Booster

Other EOs which promote wellbeing, relaxation, and a sense of mental Calm:

- Eucalyptus
- Peppermint
- Vetever: Grounding

Essential Oils and their Anxiolytic Effects

Research Article

Anxiolytic Effect of Citrus aurantium L. in Crack Users

Method: Simulated Public Speaking (SPS)

Measures: Trait-State Anxiety Inventory (IDATE) and the Analog Smoke Scale (HAS)

Administration: Nebulization

“It was concluded that individuals who are experiencing internal crack cocaine withdrawal present high anxiety traits and that nebulization of the EO of Citrus aurantium L. provided an acute anxiolytic effect in crack cocaine users.”



Essential Oils and their Anxiolytic Effects

LAVENDER

“In Germany, a standardized essential oil extract of *Lavandula agustifolia* (SLO) for oral administration has been approved for use in subsyndromal anxiety.”

Source: Essential oil of lavender in anxiety disorders: Ready for prime time? P. 148

Essential Oils and their Anxiolytic Effects

LAVENDER

“One study compared lavender to the antidepressant drug imipramine, and the results indicated that the lavender extract was just as effective as the drug, but the lavender was without side effects.”

Source: Chapter Seven - Depression, Anxiety and the Stress Connection by Dr. Karen Jensen ND and Dr. Marita Schauch BSc ND, pg. 92

Essential Oils and their Anxiolytic Effects

Advantages:

- Calming effect without sedation
- Lack of dependence, tolerance, or withdrawal
- Rapid onset of efficacy compared to current first-line agents
- Safe, Effective, Non-Invasive

Dosages

1-2 drops in a diffuser, or diluted in a carrier oil for topical application.

Look For:

Steam-Distilled

Solvent Free

GMO Free

100% Pure

Undiluted



Stress, Anxiety & Dealing with our Emotions

“The course of tuberculosis depends more on what the patient has in his head than what he has in his chest.”

- Sir William Osler

Stress, Anxiety & Dealing with our Emotions

Psychoneuroimmunology

“There is evidence that increased stresses associated with progressive civilization contribute to [modern diseases]. Not the stressors like smoking, air pollution, asbestos, radiation hazards, or other...concerns, but rather to **psychosocial stressors** that were evident long before these modern problems....**disease[s] of civilization.**”--Dr. Paul J. Rosche MD, President of The American Institute of Stress

Stress, Anxiety & Dealing with our Emotions

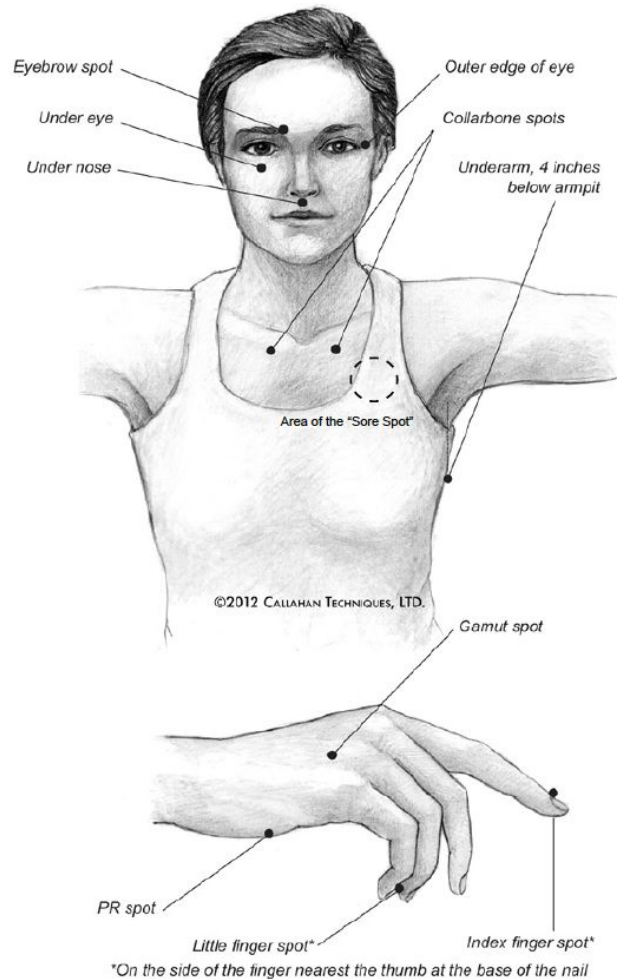
When we turn to a drug to suppress the way we feel, it does not resolve the emotion, it actually drives it deeper and deeper into the body each time.

These emotions become trapped within the physiology and are accessed every time we feel “triggered”

Overtime, trapped emotions, although you cannot physically see them, set the stage for illness and dis-ease mentally and physically

Stress, Anxiety & Dealing with our Emotions

- EFT
- Deep Tissue Work
- Yoga & Meditation
- Massage Therapy
- Dancing & Movement Therapy (Feldenkrais)
- Journalling



| | | |
|--|----|---|
| Abnormal clumsiness or awkwardness | 1 | CB² |
| Anger | 2 | tf - c |
| Complex Trauma / Rejection / Love Pain / Grief | 3 | eb - e - a - c |
| Complex Trauma with Anger | 4 | eb - e - a - c - tf - c |
| Complex Trauma with Guilt | 5 | eb - e - a - c - if - c |
| Complex Trauma with Anger and Guilt | 6 | eb - e - a - c - tf - c - if - c |
| Depression | 7 | g50 - c |
| Embarrassment | 8 | un |
| Environmental Toxin Correction | 9 | if-repeat PR corr. (side of hand 15x) |
| General Anxiety / Stress | 10 | e - a - c |
| Guilt | 11 | if - c |
| Physical Pain | 12 | g50 - c |
| Rage | 13 | oe - c |
| Reversal of concepts, words or behavior Self sabotage / Negativistic behavior | 14 | Correct for PR at appropriate level (PR / RPR / MPR / PR2 / CB2) |
| Simple Phobias / Fear | 15 | e - a - c |
| Simple Trauma / Rejection / Love Pain / Grief | 16 | eb - c |
| SUD report of 2 or less / Rapid Relaxation | 17 | Floor-to-Ceiling Eye Roll (er) |

*"Believe me, I have seen miracles using Dr. Callahan's techniques.
Isn't it time we stopped settling for anything less than miracles?"*

—JACK CANFIELD, *Chicken Soup for the Soul* series




TAPPING THE HEALER WITHIN

*Using Thought Field Therapy
to Instantly Conquer Your Fears, Anxieties,
and Emotional Distress*

ROGER J. CALLAHAN, PH.D.
WITH RICHARD TRUBO

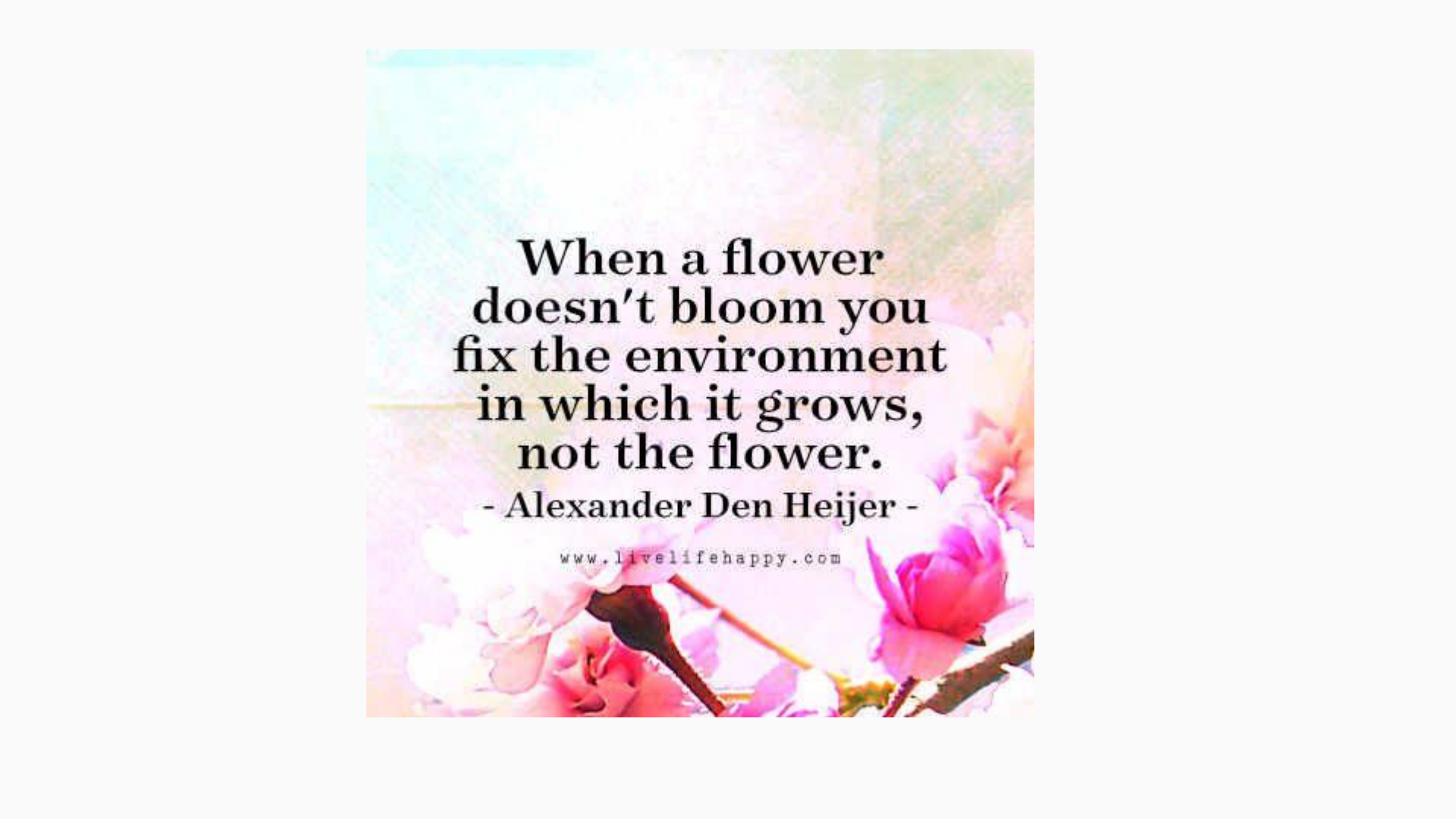


Foreword by Dr. Earl Mindell



Environment is stronger
than will power.

Paramahansa Yogananda



**When a flower
doesn't bloom you
fix the environment
in which it grows,
not the flower.**

- Alexander Den Heijer -

www.livelifehappy.com

Nutraceuticals & Herbs for Anxiety

Other Nutraceuticals and Natural Approaches to explore:

- Greens formulas
- Nervine Tonic Herbs: Skullcap, Vervain Blue, Rosemary
- Anxiolytic Herbs: Lemonbalm, Passionflower
- Adrenal Support: Liquorice Root and Adrenal Formulas
- Hormone Support: Vitex
- Detoxification
- Probiotics: Brain-Bowel Connection
- Bach Flower Remedies: Rescue Remedy
- GABA, 5-HTP, L-Theanine, SAMe, L-Tryptophan, DL-Phenylalanine, Lithium Orotate

Recommendations

Reduce Stress

Increase Hydration

Increase Nutrient Intake

Balance Blood Sugar

Detoxify

Clean up Diet (Excitotoxins: MSG, Aspartame, Refined Sugar)

Reduce or eliminate Caffeine (Try switching to Green Tea)

Look into the medications you're taking (Drugs + Nutrient Depletion)



32%

“We are a nation suffering a 32 percent incidents of anxiety, depression and drug problems.”--The Magnesium Miracle, Dr. Dean MN, p. 46

Body Mind & Spirit

We must address the whole
Person.



“The Brain is the chemist, change the picture and you change the chemistry.”

- Bruce Lipton

You can feel better
naturally.

Thank You!

Presentation brought to you by:
Naka Herbs & Vitamins Ltd.
Toronto, Ontario

Please find us at Booth 101 for a
Meet & Greet

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