

ANXIETY (STRESS)

Anxiety disorders are characterized by chronic, excessive worry or stress. These are often accompanied by insomnia, restlessness, muscle tension, and concentration problems.

Homeopathics

- Aconite**- single homeopathic remedy indicated for fear, especially arising from an intense shock.**
- Adrenapar™**- glandular homeopathic for adrenal support, indicated for relief of nervous exhaustion, fatigue, and forgetfulness.**
- * **Anxiety HP™**- high potency formula for relief of anxiety and nervousness.**
- * **Anxiety Spray**- may temporarily relieve fearfulness, restlessness, and fear of death and dying.**
- Argentum Nitricum**- single homeopathic remedy indicated for nervousness and restlessness, especially when anticipating a social event.**
- Ars Alb**- single homeopathic remedy indicated for restlessness, anxiety, and oversensitivity.**
- * **Crisis Comfort™**- flower based homeopathic blend for temporary relief of fear, panic, or stress from trauma, and inability to cope with crises.**
- Dopamine Phenolic**- homeopathic cord of this neurotransmitter that may help counteract anxiety.**
- Gaba Phenolic**- homeopathic cord made from this calming neurotransmitter.**
- L-Dopa Phenolic**- homeopathic cord of this amino acid that may improve chronic anxiety.**
- Limbex™**- homeopathic blend to support the limbic system, indicated for fear, melancholy, and poor memory.**
- Liquid B**- homeopathic combination to aid absorption of B vitamins, indicated for irritability and nervousness, itchy eczema, and hands going to sleep easily.**
- Linden Flower Tincture 1X**- single homeopathic remedy that may temporarily relieve irritability, restlessness, and sleeplessness.**
- Lithium Carb**- single homeopathic remedy indicated for anxiety and moodiness.**
- Multi-Flower™**- this homeopathic combination of all of the traditional English flower essences is indicated for emotional conflicts.**
- Relaxatone™**- tonifier to balance the nervous system, indicated for anxiety and stress.**
- Rescue 5™**- flower based homeopathic blend that may temporarily relieve trauma, terror, panic, tension, fear, and the effects of startling experiences.**

Herbals

- Adrenacom™**- fortifier for the adrenal glands, indicated for adrenal fatigue.
- Anacom A.M.™ or Anacom P.M.™**- pain relievers and fortifiers for the central nervous system.
- Ashwagandha**- single herb to fortify the adrenals, also known for its calming properties.
- * **Calming Formula**- Amazon Rainforest calming formula used to soothe nerves and break insomnia cycle.

**Denotes primary remedies*



THERAPEUTIC GUIDE

ANXIETY (STRESS) (CONTINUED)

- Gingercom™**- fortifier for the pancreas, liver, and adrenals, indicated for adrenal fatigue.
- * **Kava Kava**- single herb indicated for anxiety and nervousness.
- Lemon Balm**- single herb used for anxiety, nervousness, and stress.
- Licrocom™**- fortifier for the adrenal glands, indicated for adrenal fatigue.
- Passionflower**- single herb noted for its calming, nerve soothing benefits.
- * **Stress Formula**- Amazon Rainforest formula for easing tension and combatting emotional fatigue, designed to maintain balance at high-stress moments.

Nutritionals

- B Complex**- important nutrients for proper functioning of the nervous system.
- * **Enervimin™ Stress Focus**- full spectrum vitamin and mineral supplement high in B Vitamins.
- GABA**- an amino acid that is essential for proper brain function and may help prevent anxiety.
- * **Intact Adrenal**- freeze-dried adrenal concentrate for optimal adrenal nourishment and support.
- Magnesium Chelate**- magnesium deficiency is associated with anxiety, insomnia, irritability, and muscle spasms.
- Selenium Plus E 400**- important antioxidant nutrients, dietary selenium intake correlates with improved mood and decreased anxiety.

Additional Considerations

Physical activity can clear one's mind, keeping stress under control. Meditation, deep breathing, and yoga are also beneficial. Breaking from one's routine by taking a vacation, involvement in hobbies, or doing something one enjoys can alleviate the symptoms of stress. Eating correctly also reduces stress by fortifying the nervous system and strengthening the immune system.

**Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*Denotes primary remedies