

Sample Integrative Program for Anxiety

Overview:

- medication
- supplements/vitamins/plant-based medicine
- sleep
- therapy/CBT
- mind/body
- nutrition/diet
- exercise/activity
- lab work

Specifics:

Medications: SSRI, SNRI, mirtazapine, benzodiazepines, gabapentin, buspar , etc.

Supplements:

- l-theanine (suntheanine brand) 200mg BID
- inositol
- kava
- valerian root
- magnesium glycerinate 200-600
- melatonin
- NAC (obsessive features)
- 5-HTP
- CBD
- lithium orotate
- phenibut
- lavender (silexan), lemon balm, valerian, passionflower, chamomile

Sleep: sleep hygiene, no screens, no work at night, relaxing bedtime ritual, sleep herbs a few hours before bed, low lighting/avoid blue light

Therapy/CBT: address negative cognitions and avoidant behavior

Mind/Body:

- meditation/mindfulness
- HRV (heart rate variability) assessment

- CES (Cranial Electrical Stimulation) - i.e. Alpha Stim
- Yoga, Tai Chi
- Acupuncture, massage
- placebo effect

Diet/nutrition:

- eliminate caffeine
- reduce sugar/refined carbs
- low glycemic index foods
- anti-inflammatory food/Mediterranean diet

Lab work (ie functional medicine testing):

- thyroid: TSH, FT3, FT4
- adrenal: DHEA-S, salivary cortisol
- CBC
- vitamin B12/folic acid
- ferritin
- GI/dysbiosis
- vitamin D
- homocysteine
- high sens CRP
- MTHFR