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Nutritional Support for Anxiety and/or Stress

- 1) **Neuro-5-HTP Plus:** 1 capsule twice daily; may use every 3 to 4 hours for panic.
- 2) **PheniTropic:** 1 to 2 capsule(s) twice daily for calm, relaxed mental function.
- 3) **Ionic Elements:** ½ teaspoon in water or diluted juice once or twice daily.
- 4) **Revive-It-All:** 3 capsules once or twice daily.
- 5) **Better-B:** 3 capsules once or twice daily.
- 6) **Cogni-Zone:** 3 capsules once or twice daily.
- 7) **GABA-VAL:** 1 to 2 capsule(s) two to three times daily; may use every 3 to 4 hours for panic.
- 8) **New Mood:** 1 to 2 capsule(s) two to three times daily; may use every 3 to 4 hours for panic.
- 9) **Tyrosine 500 mg:** 1 capsule three times daily or 2 capsules twice daily between meals.
- 10) **5-HTP 100mg:** 1 to 2 capsule(s) three times daily with meals and 1 to 2 capsule(s) daily before bedtime with a small snack.
- 11) **Cortisol Manager:** 2 tablets daily before bedtime for effective stress management.
- 12) **Kava Kava Liquid Phyto-Caps (#KAVA60):** 1 to 2 capsule(s) 2, 3 or 4 times daily.
- 13) **Anxiety Soother (#HE4576):** 30 to 40 drops in water or juice every 3 to 4 hours as needed.
- 14) **Stabilium 200 mg:** 4 capsules once daily or 2 capsules twice daily for 2 weeks, then 2 to 4 capsules once daily or 1 to 2 capsule(s) twice daily for increased tolerance of stress.
- 15) **Lavela WS 1265 (#I06620):** 1 to 2 capsule(s) daily, best taken at bedtime.
- 16) **L-Theanine 200 mg (#THEA2):** 1 to 2 vegi-cap(s) once or twice daily.
- 17) **Daily Stress Formula (#DAI28):** 3 capsules once or twice daily.

Resources:

- ❖ Obtain above nutraceutical agents #1 and #2 from **Biotics Research** at (800) 524-5183, use #VA-1896 to order.
- ❖ Obtain above nutraceutical agents #3 and #4 from **Purium** at (888) 747-6733, use #54787 to open your own premier member account for the 30% monthly discount.
- ❖ Obtain above nutraceutical agents #5 through #10 from **PGL** at (800) 527-9512, use #7876 to order.
- ❖ Obtain above nutraceutical agents #11 through #17 from **Emerson Ecologics** at (800) 654-4432, state the Dr. Fleisher's name to order.

Additional Supportive Care:

- Use *Emotional Freedom Technique* (EFT) to help relieve anxiety and stress
- Use meditative breathing exercises and silent prayer to calm and relax the mind
- Recommend using breathing exercises in *Magic of the Breath* by Andy Caponigro
- Recommend reading *Journey to the Center-A Meditation Workbook* by Matthew Flickstein
- Get regular sessions of therapeutic massage therapy to relieve stress and tension in the body