

Anxiety & Depression

Anxiety is characterised by a constant state of fight or flight. People experience commonly as varying degrees of a panic attack, where the senses are heightened, thinking is scattered and heart beat is irregular. It is a completely involuntary physiological response in which the body prepares itself to deal with an emergency situation. In this state the adrenals secrete excess adrenaline and body organs and tissues are under stress. Serious acute attacks are generally in response to a life threatening situation like a car crash or impending death, or an emotional situation like losing a loved one. Chronic anxiety is more mild, but no less damaging on the body. The sufferer feels a vague sense of anxiety all the time, constantly uneasy and startled quickly.

Depression is a whole body and mind illness, affecting thoughts, behaviour, nerves and moods. It interferes with a persons reaction to situations and the way they eat, breath and sleep. Symptoms may lasts for weeks to many years and include withdrawal from society, fatigue, sleep disturbances, changes in appetite, headaches, backaches, anger and feelings of worthlessness and inadequacy.

Healing foods for anxiety...

Foods rich in potassium, magnesium, calcium and phosphorus help rebuild a stressed body. This includes apricots, molasses, asparagus, avocados, broccoli, leafy green vegetables, brewers yeast, figs, fish, garlic and brown rice.

Avoid refined and processed foods and all refined sugars. Limit the intake of animal protein, alcohol, tobacco, coffee, black tea, cola, chocolate and soft drinks.

Other healing strategies...

Get plenty of exercise. A combat or boxing class is good to release pent up

Healing foods for depression...

A diet rich in fresh fruits and vegetables is essential. So to including nuts, seeds, whole grains, millet, brown rice and legumes.

Eat turkey and salmon to lift the spirits. Avoid wheat products, diet sodas, fatty foods, sugars, alcohol, caffeine and processed foods.

It may be necessary to investigate possible food allergies as theses foods may depress the body and minds functions. Hair analysis is an effective way to determine a chemical imbalance in the body. Long-term exposure to a toxic