

# Protocol—Anxiety

Assessment		
Health History	<input type="checkbox"/> Personal and/or family history <input type="checkbox"/> Trauma <input type="checkbox"/> Illness <input type="checkbox"/> Hormones <input type="checkbox"/> Drug use or misuse (prescription and recreational)	
Symptoms	<input type="checkbox"/> Avoidance behaviors <input type="checkbox"/> Excessive, unrealistic worry <input type="checkbox"/> Sleep disturbances <input type="checkbox"/> Shortness of breath <input type="checkbox"/> Heart palpitations <input type="checkbox"/> Dizziness, lightheaded	<input type="checkbox"/> Nausea <input type="checkbox"/> Digestive complaints <input type="checkbox"/> Changes in mood <input type="checkbox"/> Muscle tension <input type="checkbox"/> Fatigue <input type="checkbox"/> Chest pain or tightness
Physical Signs	<input type="checkbox"/> Trembling or shaking <input type="checkbox"/> Perspiration, especially sweaty palms <input type="checkbox"/> Tachycardia <input type="checkbox"/> Tachypnea	
Labs	<input type="checkbox"/> Electrolyte levels <input type="checkbox"/> Serum: fasting glucose and insulin or 2-hour glucose challenge test <input type="checkbox"/> Hemoglobin A1c <input type="checkbox"/> CBC <input type="checkbox"/> Lyme disease (EIA, Western Blot) <input type="checkbox"/> Formiminoglutamic acid (FIGLU) and methylmalonic acid (MMA) <input type="checkbox"/> RBC magnesium <input type="checkbox"/> 25-Hydroxyvitamin D <input type="checkbox"/> Organic Acids Test (to assess vitamin and mineral levels, oxidative stress, neurotransmitter levels, oxalates, and dysbiosis)	<input type="checkbox"/> DUTCH (sex hormones, DHEA, 4 pt cortisol) <input type="checkbox"/> LFTs (ALT/GGT) <input type="checkbox"/> Thyroid panel <input type="checkbox"/> Omega-3 index <input type="checkbox"/> Total antioxidant capacity <input type="checkbox"/> Oxidative stress markers (GSH, GSSG, SOD, lipid peroxidation) <input type="checkbox"/> Lipid panel (TC, TG, LDL, HDL) <input type="checkbox"/> ECG, chest x-ray
Other Assessments	<input type="checkbox"/> Mental Status Exam (MSE) <input type="checkbox"/> Primary Care Evaluation of Mental Disorders (PRIME-MD) <input type="checkbox"/> The Mobility Inventory for Agoraphobia (MIA) <input type="checkbox"/> Agoraphobia Cognitions Questionnaire (ACA) <input type="checkbox"/> Body Sensations Questionnaire (BSQ)	

## Assessment cont.

<b>Rx/OTC Directions</b>	<input type="checkbox"/> Antidepressants (SSRI, SNRI) <input type="checkbox"/> Buspirone <input type="checkbox"/> Hydroxyzine <input type="checkbox"/> Beta blockers <input type="checkbox"/> Benzodiazepines <input type="checkbox"/> Sleep aids
<b>Other Considerations</b>	<p>Anxiety disorders are frequently comorbid with other psychological complaints, including depression</p> <p>Several classes of medications may cause anxiety as a side effect (asthma medications, corticosteroids, seizure medications, medications with caffeine, ADHD drugs)</p> <p>Anxiety may be a symptom of an underlying condition; examples include: thyroid disorder, Lyme disease, celiac disease, brain injury, drug withdrawal, and hormone imbalances</p>
<b>Notes:</b>	

## Recommendations

Focus	Nutritional & Lifestyle Recommendations	Notes
<b>Nutrition</b>	<input type="checkbox"/> Improve dietary quality and quantity <input type="checkbox"/> Focus on low GI, high fiber <input type="checkbox"/> Adequate protein <input type="checkbox"/> Fermented foods <input type="checkbox"/> Emphasize omega-3 fatty acid (FA) intake <input type="checkbox"/> Phytonutrient/antioxidant rich <input type="checkbox"/> Proper hydration	
<b>Lifestyle</b>	<input type="checkbox"/> Cognitive behavioral therapy (CBT) <input type="checkbox"/> Stress management techniques (breathing, mindfulness, meditation) <input type="checkbox"/> Sleep hygiene <input type="checkbox"/> Reduce caffeine, alcohol, and nicotine consumption <input type="checkbox"/> Physical activity	
<b>Foundational Nutrients and Nutritional Bioactives</b>	<input type="checkbox"/> Omega-3 FA <sup>1–13</sup> <input type="checkbox"/> Probiotics <sup>14–19, 55</sup> <input type="checkbox"/> L-5-hydroxytryptophan <sup>20–24</sup> <input type="checkbox"/> L-theanine <sup>25–28</sup> <input type="checkbox"/> Multivitamin <sup>29–31</sup> <input type="checkbox"/> B vitamins, including folate <sup>32–36</sup> <input type="checkbox"/> Magnesium <sup>36–43</sup> <input type="checkbox"/> Melatonin <sup>43–50</sup> <input type="checkbox"/> Vitamin D <sub>3</sub> <sup>51–55</sup> <input type="checkbox"/> Inositol <sup>56–58</sup> <input type="checkbox"/> Curcumin <sup>59–61</sup> <input type="checkbox"/> <i>Lavandula officinalis</i> <sup>62–68</sup> <input type="checkbox"/> <i>Matricaria recutita</i> <sup>69–71</sup> <input type="checkbox"/> <i>Melissa officinalis</i> <sup>72–74</sup> <input type="checkbox"/> <i>Passiflora incarnate</i> <sup>75–80</sup> <input type="checkbox"/> <i>Rhodiola rosea</i> <sup>81–83</sup> <input type="checkbox"/> <i>Withania somnifera</i> <sup>84,85</sup> <input type="checkbox"/> <i>Rheum rhaponticum</i> <sup>86–88</sup> <input type="checkbox"/> <i>Cimicifuga racemosa</i> <sup>89,90</sup>	

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