

Natural Support to Calm your Reactive Mind

By Jacque Nelson Walburn – the ‘leaky gut girl’ RealHealthSolns.com

I remember when I first started my journey to control my reactive mind to improve my life and gain control of my present and future by completing my past. It took some time and I needed some support so I turned to natural remedies to support my journey. Here I will describe some of the things you can do to support your journey.

1. Review diet:

- No caffeine/sugar/salt - can all increase stress response.
- May be deficient in Magnesium, the calming, relating mineral. Need this in a 1:1 or 2:1 ratio with Calcium. Potassium, Zinc, Phosphorus also play a role in stress response and have a calming, stabilizing affect.

2. The Adaptogens

Adaptogenic herbs support the body’s ability to adapt to stress by creating balance, harmony, reducing inflammation, increased state of calmness and wellbeing, and balancing hormones. The best are Maca, rhodiola, and ashwagandha.

- **Maca:** is very good for hormone balancing. We adapt to stress by calling on our adrenals to produce cortisol, estrogen, progesterone, and testosterone. For women, you may notice less PMS and improved skin. For men, it is known for libido plus improves sleep. Easiest way to incorporate is adding it to smoothies
- **Ashwagandha/Withania:** most well-known for its restorative benefits. It helps protect the immune system, treats stress, fatigue, chronic disease, improves memory, blood sugar, cortisol levels, blood fats, anxiety, depression. improve thyroid and adrenal function and reduces brain degeneration.
- **Rhodiola rosea – (AKA Kingly herb):** is an anti-oxidant that increases energy production and reduces stressors from toxins, **radiation**, oxidative damage, and more as it regenerates brain function, brain cell metabolism, repairs DNA and mitochondria, helps recovery from chemo, anti-depressant, and helps with estrogen replacement therapy all without risks. Works well when combined with **Schizandra chinensis & Siberian Ginseng** (Eleutherococcus senticosus)

3. Other botanicals

- **Valerian root:** has a sedative affect by increasing your brain’s GABA level. This makes it good for insomnia or improved length and quality of sleep vital for regeneration, calms anxiety, and naturally lowers blood pressure for deeper relaxation and improved heart health. Available in caps or as tea.
- **Pharma-GABA/Picamilon** (niacin + GABA): is an amino acid that acts as a neurotransmitter in the central nervous system. As a cerebro-vasil dilator, it inhibits nerve transmissions in the brain, calming nervous activity, helps with mild anxiety, sleep, depression, and improves blood flow to brain.
- **Kava kava:** a Hawaiian root known to calm anxiety, stress, restlessness, and treat insomnia, ADHD symptoms, epilepsy, psychosis, depression, migraines and other headaches, chronic fatigue syndrome, common cold and other respiratory tract infections,



tuberculosis, muscle pain, and cancer prevention. Available in caps or tea. Best if used only occasionally and never more than 30 consecutive days as can cause liver problems.

- **Kratom**: is similar to Kava in feelings of relaxation and reduced stress, but kratom is known more for boosting energy or calming the mind.

4. **Top Essential Oils for Anxiety**

Here are some of the best essentials oils for anxiety:

- **Lavender** (*Lavandula angustifolia*): Considered the most common essential oil having a calming, relaxing effect. It's considered a nervous system restorative and helps with inner peace, sleep, restlessness, irritability, panic attacks, nervous stomach and general nervous tension. Best method – aromatherapy inhalation or diffusion, added to warm bath, dab 1 drop on skin like perfume & check for reaction.
- **Rose** (*Rosa damascena*): it's very settling to the emotional heart, relieves anxiety and depression, helping with panic attacks, grieving and shock. Inhalation, diffusion, add to the skin.
- **Vetiver** (*Vetiveria zizanioides*): has a tranquil, grounding, and reassuring energy, often used in trauma helping with self-awareness, calmness and stabilization. A nervous system tonic, it decreases jitteriness and hypersensitivity and is also useful in panic attacks and shock.
- **Ylang Ylang** (*Cananga odorata*): is effective for anxiety and depression for its calming and uplifting effects as helps with cheerfulness, courage, optimism, and soothes fearfulness. It may also calm heart agitation and nervous palpitations. It's a moderately strong sedative, which can help with insomnia. Mixing it with bergamot and lavender oils, once a day for four weeks reduced "psychological stress responses and serum cortisol levels, as well as the blood pressure of those with hypertension. It can be sensitizing or irritating to the skin; avoid using in conditions of low blood pressure.
- **Bergamot** (*Citrus bergamia*): found in Earl Grey tea and is calming and often used to treat depression by providing energy, help with insomnia to produce relaxation, reduce agitation, reduced blood pressure, and helps in treating depression or anxiety when mixed with lavender oil. Avoid sun exposure.
- **Chamomile** (*Chamaemelum nobile*): A peaceful, calming scent, producing a sense of inner harmony and decreases irritability, overthinking, anxiety and worry. It is generally safe, except for a small risk of allergy, especially with anyone who has an allergy to ragweed.
- **Frankincense** (*Boswellia carteri* or *boswellia sacra*): Great for treating depression and anxiety because it provides a calming and tranquil energy as well as spiritual grounding. In aromatherapy, it helps deepen meditation and quiet the mind. Mixed with bergamot and lavender oils in a 1:1 ratio.

In conclusion, I wish you well on your journey and hope you found this information helpful and inspiring. The journey is well worth it and your future self will thank you for everything you did to get yourself there empowering you to grow.

Jacquie Nelson Walburn

'Empowering you to take back your health'

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Bio

I empower people to take charge of their health naturally. "Love yourself from the outside in with food so that your body will love you back". I am a 'Food Is Medicine' advocate. By using food, botanicals or herbals, and nutritional supplements, we can re-balance the body back to a healthy state. I have been on my own journey to heal myself for over 40 yrs. Even with a BS Nutrition, I was not educated in the complexities of food until my own declining health issues motivated me to delve into the current research to discover the truths about our food system, the information in food and botanicals to provide our bodies with what it needs, causes of auto-immunity, inflammation, and pain, and to love my body with food so that my body loves me back. My focus has been the leaky gut and it's link to the microbiome within us that is responsible for so much of our health. Feeding these friendly bugs what they need to take care of us as they actually interact with our genes turning them on and off.

Disclaimer: This is for informational purposes only. Always discuss any protocols or botanical including oils with a healthcare professional. Never ingest any essential oils or apply undiluted to the skin without proper training or medical supervision. It is critical to understand how best to use them. Always consult a specialist and test the area, proceeding with caution as they may react differently to different individuals, especially children and pregnant women.

Resources:

<http://www.chopra.com/>

<https://draxe.com/>