Anxiety , Depression & Sleep Issues

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Anxiety & Depression

1. EMP (trace minerals)

2. CALM (mg) or powdered magnesium in a warm glass of water

3. Fish oil: BD

4. Turmeric with black pepper

5. Vit D supplement

6. Hemp oil

7. Rescue remedy by Bach

8. Chamomile tea

9. EFT Tapping
   https://youtu.be/wgaM1gf1ulw

10. Ashwagandha

11. California poppy

12. Holy basil

13. AFA Algae
    https://healthyhabbits.myaquasource.net/en-NT-47602/?fbclid=IwAR2APcenP4MXla3Ur-TbaNZ2lboBfgQaqlkdEYbX0V7LhaxFJnLVGSxGlUY

14. Kava / Psilocybin
15. Bay leaf tea or burning a bay leaf
16. Valerian root
17. Tranquilene supplement (Amazon)
18. Ginseng
19. Lavender oil
20. Motherwort tincture
21. Skullcap tea
22. Kava kava combined with GABA and magnesium L-threonate
23. Lemon balm tea
24. Probiotics
25. Feco
26. Evening primrose oil
27. Kratom
28. Lugol's iodine (if associated with iodine deficiency)
29. Bergamot oil
30. Patchouli oil
31. L-theanine
32. Passion-flower herb by GAIA or Passion flower extract
33. Meditation/ yoga / exercise

34. St. John's wart

35. Valerian complex by Standard process

36. Sceletium

37. Zinc

38. Schweitzer formula

39. Organic Turmeric tea

40. Cumin tea

41. Saffron tea

42. Herbal supplement called chasteberry aka vitex to help balance hormones.

43. 1 tsp sesame oil

44. Lavender oil in navel before sleeping at night.

45. You can have a vitamin/mineral imbalance try to make a daily smoothie with superfoods for nutrition.

46. Acacia powder

47. Sauerkraut

48. Enzymes

49. The Emotion Code -- it's a book but also a free You-Tube video (psychosomatic)

50. Saffron tea

51. Red Chestnut, Aspen, Elm, White chestnut, Rescue Remedy. two drops of each in water bottle several times a day