

“UNLEASHING ANXIETY”

HOW TO GET STARTED

Consider these points or steps to help remove the anxiety in your body. Living in a perpetual state of anxiety can cause many metabolic diseases such as diabetes, or cancers, heart disease etc.

STEP ONE

Has there been trauma in your life that is unhealed? Then you need to focus on receiving that healing. When I was going through healing from my past sexual abuse, I will firmly say it was the Lord that brought complete healing to me regarding this issue.

STEP TWO

Food - Be cautious with the foods you are eating and the beverages you are drinking. You need to care for your microbiome – your gut.

Avoid

Caffeine
Sugar
Processed Foods
Meats with sodium nitrate and sodium sulfate
Artificial sweeteners
High Fructose Corn Syrup
MSG (E621, Yeast Extract or 50 other names)
Food Coloring
Foods with BHA/BHT
Potassium Bromate
Sodas (*especially diet*)
Processed breads
Farm Raised Fish
Candy
Alcohol
Hydrogenated Oils or Trans-fats
Canned Soups

Am I saying you cannot have a cup of caffeinated coffee again or a blueberry muffin? No. But for now, until you get your body in a more calming state, stay away from the foods that can excite you ... that are neurotoxins.

Eat These Foods Without Worry

Whole real foods in their natural form
Fresh vegetables (*especially leafy greens*)
Fresh fruit (especially oranges or other citrus fruits)
Meats that are non-antibiotic/hormone injected
Legumes
Rice
Nuts
Eggs
Whole Grain Breads
Wild Caught Salmon

Step Three

Sleep – be sure you are getting 7+ hours a night of sleep. This is critical. Your body needs to be in that relaxed state to replenish itself. Much healing occurs in your body when you are sleeping. Make this a must!! Diffuse Essential Oils at night to help you calm your mind and your body.

Step Four

Turn off the computer, iPad, tablet, cell phones and TV at least one hour before bed. The blue ray light from these electronics play havoc on your melatonin and makes your body think it's still early. Hence you don't easily fall asleep or sleep well. Are you one of those individuals that hit the pillow and are out like a light? Well, that's not necessarily good. It means your body is in exhaustion mode. You need to lie down and relax before you go into that sleeping state.

Step Five

Get yourself into some type of exercise program or activity. You don't have to join a gym, but you need to do something physical to get the stresses out of your body. This is one area that is really hard for me. I hate to exercise. Did I say hate? Yes, I hate to exercise. And even though I'm a Health and Wellness Coach and know the importance of this activity, I struggle.

Step Six

How's your job? Are you enjoying what you are doing or is it causing you anxiety? This is important to look at. We spend a great deal of time working. If we are anxious for those 8+ hours, we are really causing harm to the health of our body. Consider a new job if the one you are in is causing anxiety.

Step Seven

Where are you Spiritually? Do you have a spirit filled life? This is important. For me I'm a believer in Christ and if it wasn't for that belief and faith in Him, I know I'd be in a worse place emotionally. The trauma of my past, the trauma of my divorce, the stress of starting my own business, dealing with two elderly parents who were medically challenged would have put me under. Knowing He would help me get through each issue was so important to my life.

We all must have a belief in something greater than ourselves; someone stronger than us; someone more powerful than mankind. I've chosen Christ. If you have no spiritual life, it would be important to look at that.

Step Eight

Supplements can be helpful to aid in the release of anxiety. A few ideas such as:

- Vitamin D.
- Vitamin B complex.
- Magnesium.
- L-theanine.
- Multivitamins.
- Omega-3.
- Valerian root.
- Ashwagandha and Magnesium.
- Rhodiola
- Passion Flower
- Lemon Balm
- Licorice Root

Step Nine

This Podcast post would be incomplete if I didn't add ***Essential Oils*** to the mix. **Essential Oils** are such powerful oils to help aid in the release of anxiety.

What are some of those beneficial Essentials Oils:

Basil

Lavender

Roman Chamomile

Vetiver

Frankincense

Orange

Lemon

doTerra Focus Blend

doTerra Calming Blend

doTerra Joyful Blend
doTerra Grounding Blend
doTerra Respiratory Blend
do Terra Tension Blend

Sometimes you need to try them out and see which Essential Oil works best. What may work for me may not work for you. Experiment with the oils and see which one or ones brings relief.

My hope and prayer are that you will make yourself a priority and not allow the anxiety to continue to manifest in your body. I pray that you will realize you are important, you are special, you are loved, and you are worth living a life that is anxiety free.

If you would like to do an overall Health History to perhaps get a better picture of where you stand health wise, contact me. Right now, I'm running a special (*until February 28th*) and offering the review or consult of a your Health History free of charge. Email me at info@ReginaSanchez.com and in the subject put **"Health History"** and I will send it along to you.

I would love to guide you on this journey of freedom and have you grow in peace, love, joy and health.

Your Health, Wellness and Organizing Expert ... Believing in You!