

## Nutritional, Herbal and Natural Remedies For Grief, Stress and Anxiety

- ❑ **Calcium and Magnesium (osteocitrate):** not only are good for bone and muscle function but help significantly with relaxation and difficulty falling asleep.
- ❑ **SAM-e:** is very helpful in promoting healthy joints but has additional benefits of being very helpful in the treatment of depression and some mood disorders.
- ❑ **Multi-vitamin:** never underestimate the increased demands of vitamins, minerals and essential nutrients during high stress periods.
- ❑ **B-Complex:** all B-vitamins are necessary for proper function of the nervous system and health. B-vitamins are considered anti-stress.
- ❑ **St John's Wort (Hypericum):** an herb, very well researched and used for anxiety, depressed moods, and nervous unrest.
- ❑ **Valerian (Myocalm):** herb found in a popular formula which helps keep the nervous system from being over-whelmed. When taken at bedtime it is a powerful sleep aid and helps to ease stress related headaches.
- ❑ **Kava Kava:** an herb that relaxes the muscles the mind and entire body, but not to be used for depression or while pregnant or nursing. Sleep is incredibly important for recovery and rejuvenation.
- ❑ **Chamomile (herbal tea):** gentle relaxant and pleasant sleep aid while soothing the digestive tract however, avoid it if you are allergic to ragweed.
- ❑ **Passion Flower:** herb often found in tea formulas and is a potent anti-stress plant.

Avoid alcohol, tobacco, caffeine and mood altering drugs as they do nothing to really address the problem and the stress will be there the next day.

Consider this: While stress is often viewed as a mental or psychological problem, it has very real physical effects. The body responds to stress with a series of changes which include increased adrenaline, increased blood pressure, faster heart beat, greater muscle tension, digestion slows or stops, fats or sugars are released from stores in the body, cholesterol levels rise, the blood composition actually changes making it more prone to clotting and the immune response is decreased.

### Additional natural remedies:

- ❑ **Bach Flower Rescue Remedy:** (available at most health food stores) art and science unto itself, Bach Flower Remedies can help make subtle improvements for those easily brought to tears or are grieving.
- ❑ **Aromatherapy and Bath Oils:** many substances such as lavender have a relaxing effect and the warmth of a hot bath can be soothing and relaxing. Use candles for setting a mood of tranquility.
- ❑ **Homeopathic Remedies:** (available at most health food stores) most homeopathic remedies are chosen based on your individual needs and are symptom based treatment.
- ❑ **Exercise:** aerobic exercise is critically important for blowing off steam, decreasing muscle tension and has many other anti-stress effects such as improving cholesterol levels and strengthening the immune response.
- ❑ **Laughter and Entertainment:** critically important providing many health benefits, psychological and physical. Avoid watching dramas, scary movies, or listening to distressing music or sounds. The body can produce the same stressful biochemistry response to television and movies, which depict harsh effects just as a real life event.
- ❑ **Meditation and Prayer:** while meditation doesn't necessarily have a spiritual or religious component and focuses more on finding a relaxation point, individuals must choose for themselves what brings more solace. Even the "medical world" has studied the undeniable benefits of prayer and meditation.
- ❑ **Read:** empower your brain with as many self-help options as possible, which can be therapeutic treatment for despair. Learning and discovering are important aspects of healing and growing as an individual.

Pick and choose a few options and experiment on yourself to find your own best cure.