

To all OGCA members:

Lesson # 3/ Nutrition for Anxiety Relief

Here are some tips on nutrition for anxiety:

1. Foods that are high in magnesium, such as organic salads with arugula, or organic lettuce as a base. Try to buy local as much as possible since long transportation tends to lessen the vitamin content. Some other foods high in magnesium are kelp, wheat bran, wheat germ, almonds, cashews, brazil nuts, molasses (bake with this or bread with molasses), pecans, rye, walnuts. This is a small list. However, bring these foods in your diet, since magnesium is so important for anxiety regulation.
2. Magnesium is depleted rapidly in the "fight and flight" mode which is happening today, almost everyday in our society and at work. We can cope and even be happy with the right minerals and vitamins.
3. If you are experiencing anxiety symptoms and panic symptoms because of any stressors combined in your life; it would be best to start taking magnesium glycinate or citrate at a dosage of 200 mg to start with and increase by 100 mg every two days till about 400 mg. Make sure you are on a multi/vitamin/mineral also. (always check with your naturopathic doctor or your MD if you are on hypertension medication or other medication for interactions). This is important.
4. Zinc is indicated to be very important since it is a calming mineral and gives a calming effect on the central nervous system. This was indicated in lesson #1.
5. Keep a food diary to detect any correlations between food and anxiety.
6. Try to stay away from stimulants such as too much caffeine. If you are blood type A, 1-2 cups of organic coffee is fine in the morning only; if you are blood type O, coffee is contraindicated and should be avoided since O blood type is already more acidic.
7. Avoid white sugar and consume only natural sugars, such as maple syrup, honey.
8. Make sure you exercise by walking. Do not overexercise since this does cause physical stress especially for Type A blood type. Walking is the most

calming and try to walk after lunch and after dinner. This helps with digestion and calms the brain and body.

9. Learn to deep breathe and breathe slowly. This can be done throughout the day.

10. Remember that the body is holistic and all connected. Start with these 10 tips and the tips from lesson # 1 and #2. You will improve over the next month.

Again, have a great week; call if you have a Question.

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