

ANXIETY AND PANIC ATTACKS - NUTRITION



Certain vitamins and minerals become depleted when the body is placed under constant stress. The most important of these are magnesium and the B group vitamins. As a general rule, the following can be taken for 12 weeks if you are experiencing anxiety, to rectify any deficiency, then diet can maintain your levels.

Multi B

The best dose to start with is 50 mg per day. B 1235 and 6 need to be in the same proportion. Do not take after the evening meal, as it can keep you awake. The dose of Multi B is different for each person and varies with your stress levels. Your particular level has been reached when you experience “vivid visual imagery” – very bright technicolour dreams. It is normal for your urine to be bright yellow about 2 hours after taking a supplement.

Best food sources for Multi B:

- Bananas
- Molasses and treacle
- Eggs
- Meat
- Potatoes
- Rockmelon
- Avocado
- Walnuts
- Pears, and
- Fish



Magnesium

This is lacking in soils in WA and is therefore is not in high quantities in the foods that do containing magnesium. The best form of Magnesium is chelate, as oxide and hydroxide are very poorly absorbed. It is best taken with food as it requires good levels of stomach acid to be absorbed. If you are low in this mineral, you may experience the following:

- Insomnia
- Facial tics
- Sensitivity to noise
- Balance problems
- Constipation
- Palpitations
- Muscle cramps
- Lack of energy

Best food sources for Magnesium:

- Cocoa
- Chicken
- Nuts – especially walnuts
- Oats
- Dark green leafy vegetables

Vitamin C

Vitamin C has been shown to dampen down the adrenalin response by returning it to normal more quickly. When the body is under stress of any kind, large amounts are used. Cravings for sweet foods often indicate you need more C. It is best taken in divided doses during the day and not after the evening meal as it will keep you awake.



Best food sources for Vitamin C:

- Fruits
- Vegetables

It is best to avoid fruit juices as they are high in sugar, particularly grape and prune juice.

Zinc

Because of the constant release of adrenalin (and therefore glucose from the liver) during anxiety, zinc may become depleted. Always take this with food or it will make you feel nauseated. Signs of zinc deficiency include:

- Low blood sugar
- White spots on the fingernails
- Biting fingernails
- Lack of a sense of taste
- No appetite – “forgetting to eat”

Best sources:

- Red meat
- Seafood, especially oysters

Recommended Doses

- ✓ Multi B 50 to 100mg per day
- ✓ Vitamin C 1 to 3Gm per day
- ✓ Magnesium 300mg plus per day
- ✓ Zinc 15mg per day



Avoid the following if you are experiencing anxiety:

- ✗ Caffeine – in coffee, soft drinks
- ✗ Glucose and sugar
- ✗ MSG and aspartame – these are neurotoxic.

Things to remember

- !! You need to eat every three hours and you **MUST** eat breakfast.
- !! Because anxiety can cause lack of appetite, eat small snacks during the day.
- !! If nausea is a problem, having ginger can help this: You can either chewing crystallized ginger or making tea with 1 tsp fresh minced ginger.



For more information on this subject or any other **women's health** or **mental health issue** please contact us on (08) 9227 8122, or toll free on 1800 998 399

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