Healing by Design

ANXIETY (STRESS/ADRENALS)

10 STEP PROTOCOL TO PARTNERING WITH GOD'S DESIGN

1. Take adaptogenic tonic herbs. These are amazing for long-term stability and results with balancing your hormones, specifically the adrenals. The Great Adaptor by Jing Herbs is a great formula. Maca has wonderful effects on hormones for both men and women. Maca powder can be added to smoothies or taken as a tincture under the tongue or in water.

2. Magnesium Chloride Oil by Health and Wisdom or CALM by Peter Gillham. Magnesium oil foot baths are live changing for many with anxiety. All magnesium is NOT created equal, and magnesium chloride works much better than epsom salts. Get a small foot bath, add warm water to cover toes, add 2oz (1/2 cup) of magnesium oil and soak 15-20 minutes before bed. As your feet soak; stress, anxiety melt away and you will sleep better! For CALM, take 1 teaspoon morning and before bed in water.

2. All electrolyte minerals are important for stress and anxiety. Add a good sea salt to your water (critical for adrenals also which is linked to anxiety). 1 teaspoon per gallon or a pinch per glass. For best results use Himalayan Salt Stones by NHI and do the SOLE method. Get himalayan pink salt, celtic sea salt or other quality salt, NEVER table salt (man-made). Also use ENDURE or Electrolyte Stamina Tablets by Trace Minerals Research.

3. Get daily sunshine. Connect to God through nature. Get your bare feet on the earth, go camping, and just be outside. It is almost impossible to be stressed sitting on the beach or in the woods. Get an Earthing Sheet to connect to the ground in your home. These have been well studied and researched to heal the adrenals, and reduce stress/anxiety.

4. Listen to the recording about the ADRENALS. This is important information for understanding anxiety. This is found on the website under education center and free audio recordings.

5. Get enough rest, ideally in bed just after sunset (this is how we went to sleep throughout all of human history until recently). Try to be in bed by 10pm at the latest, but the earlier the better. Early to bed, early to rise... you know the rest. Turn off the electronics before bed!

6. Holy Basil is awesome! Holy Basil by Cedar Bear or LA Naturals is my favorite herb for stress.

7. Blue Ocean minerals by VitaBlue and Inner Vitality plant minerals by Morningstar. 2-4 ounces daily.

8. Pure Radiance C by Synergy. Vitamin C is important for adrenal function.

9. Anxiety Free by Ridgecrest works wonders. If you have panic attacks, are scared of flying, etc. you can completely relax the nervous system with CHILL by Herbally Grounded.

10. Avoid anti-depressants and sedative drugs. They don’t solve the problem and they cause further diseases in the body. Connect to God through nature, take minerals and use herbs! PRAY against the spirit of fear!