Anxiety Support Protocol

Clinical Protocol to Support Occasional Anxiety*

designs for health®

The Pathophysiology of Anxiety

Supporting mental health and healthy stress responses is critical to patient care. Physical, environmental, and psychological stressors on the individual may result in excess worry, nervousness, fear, apprehension, and feelings of anxiety.*

Examples of anxiety disorders include panic attacks, obsessive-compulsive disorder, post-traumatic stress disorder, and generalized anxiety disorder.[1] Pathophysiological factors associated with anxiety include lack of inhibitory neurotransmitter synthesis/activity, elevated amygdala activity, excessive excitatory catecholamine activity, and elevated cytokine activity.[1]

An integrated approach to promoting mental health and healthy stress responses considers diet, nutrient deficiencies, sleep habits, interpersonal relationships, and psychological stressors. Together, addressing all of these factors can provide a more comprehensive care model than many conventional mono therapies.

This clinical protocol is designed to support mental health, healthy stress responses, and occasional anxiety through diet, lifestyle, and nutritional applications.*

Diagnostic Biomarkers and Clinical Indicators of Anxiety

- Designs for Health Metabolomics Spotlight™ - Neurotransmitter Metabolites
  - Homovanillate (HVA)
  - Vanilmandelate (VMA)
  - Kynurenate
  - Quinolinate
  - GABA
  - Tryptophan
  - Tyrosine
  - 5-HIAA
- Comprehensive Thyroid Panel
  - TSH
  - Free and total T3, T4
  - Reverse T3
  - Tg
  - Thyroid Autoantibodies (TPOAb, TgAb and TRAb)
- Genomic Spotlight
  - 5-hydroxytryptamine receptor 1A (5-HT1A)
  - Monoamine oxidase A (MAOA)
  - Catechol-O-methyltransferase (COMT)
- Validated Surveys
  - State-Trait Anxiety Inventory-Trait Anxiety Scale (STAI-T)
  - Anxiety Symptoms Questionnaire (ASQ)
  - Generalized Anxiety Disorder Questionnaire-IV (GAD-Q-IV)

Therapeutic Diet and Nutritional Considerations

- Ensure adequate magnesium intake (310-420 mg/day based on age & gender)[2,3] through rich sources such as kale, spinach, Swiss chard, pumpkin seeds, almonds, cashews, black beans, and dark chocolate or supplementation
- Ensure adequate zinc intake (8-11 mg/day based on age & gender)[4] through rich sources such as oysters, liver, beef, pork, crab, lobster, baked beans, and egg yolks
- Recommend an amino-acid rich diet with emphasis on foods high in tyrosine and tryptophan such as turkey, beef, chicken, salmon, and cheese
- Recommend consumption of probiotic-rich foods like sauerkraut, kefir, kimchi, kombucha, pickled vegetables; intake of fermented foods has been associated with reduced anxiety scores[5]
- Anxiety is thought to be correlated with a lowered total antioxidant state.[6,7] Encourage intake of antioxidant-rich foods and spices (e.g., turmeric, ginger, garlic, berries, dark leafy greens, cruciferous vegetables)

Lifestyle Interventions

- Guide patients in diaphragmatic deep breathing exercises
- Encourage patients to adopt practices in meditation, progressive relaxation, guided-imagery, or emotional freedom technique therapy
- Promote regular exercise to support balanced moods and stress response; e.g., Tai Chi or yoga
- Educate patients on calming techniques, such as aromatherapy, massage, or music therapy, and ways to optimize sleep hygiene
- Recommend patients use the Well World® Condition Tracker to monitor their stress response and anxious feelings

Supplement Protocol

Primary Support:

NeuroCalm™

Dose	2 capsules per day
Duration	Ongoing
Formula Highlights	NeuroCalm™ is designed to promote the activity of gamma-aminobutyric acid (GABA) and serotonin, which may help support healthy moods, cravings, and feelings of calm, satiety, and satisfaction.* NeuroCalm™ contains PharmaGABA®, a form of GABA naturally manufactured through a fermentation process, which is considered more effective than chemically produced synthetic forms. Support for the production of calming neurotransmitters is also provided by L-theanine and taurine.*

CannabOmega™

Dose	1 softgel twice per day
Duration	Ongoing
Formula Highlights	CannabOmega™ is a unique omega-3 formulation, combining a 1:1 ratio of EPA and DHA, along with standardized full-spectrum phytocannabinoids found in hemp oil. The omega-3s and cannabinoids work synergistically to support neurological health, including healthy mood and cognition.* Omega-3 metabolites have been shown to activate cannabinoid receptors. Contains <0.3% THC.

PharmaGABA®

Dose	2 capsules per day
Duration	Ongoing
Formula Highlights	PharmaGABA® is naturally-sourced, bioidentical GABA (gamma-aminobutyric acid). It is made via a process where the amino acid glutamate is fermented using *Lactobacillus hilgardii*, the beneficial bacteria also used to ferment many foods including the vegetables in kimchi, the famous Korean dish. PharmaGABA® provides 200 mg of GABA per two-tablet serving. Its chewable tablet delivery allows for rapid and efficient absorption and assimilation.

Secondary Support:

Magnesium Glycinate Powder

Dose	1 scoop in 8 ounces of water per day
Duration	Ongoing as needed
Formula Highlights	Magnesium Glycinate Powder contains 300 mg of highly absorbable chelated magnesium bisglycinate per serving to support healthy magnesium status.* This pleasant-tasting powder has no added flavor and is sweetened only with stevia leaf and mixes easily in water or any other beverage. Magnesium plays a crucial role in regulating neurotransmitters, such as serotonin and GABA, which contribute to mood stability and relaxation.*

For a list of references cited in this document, please visit:
https://www.designsforhealth.com/api/library-assets/literature-reference---anxiety-protocol-references

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies.* St. Louis, MO: Mosby-Elsevier; 2008.

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**