

## Healing by Design

### Anxiety

#### 10 STEPS (Products highlighted)

1. Living Green Calcium Bentonite Clay. This will detox the body, but also provide critical electrolyte minerals. 1 teaspoon (liquid clay) in hot water before bed. Can increase up to 2oz daily, empty stomach. Watch for constipation. Increase water and fiber, herbs if necessary to prevent constipation. ***Liquid or Detox Powder by Living Clay.*** Also do bentonite clay detox baths, great for children.

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!

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. Get himalayan pink salt, celtic sea salt or other quality salt, NEVER table salt. 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.

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

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

7. ***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!