

# NATURAL SOLUTIONS FOR ANXIETY

Dr. Molly Brown, PhD, D.N.M has a health and wellness practice in Ketchum, Idaho. Molly opened GLOW, her plant-based organic café, in 2008 to provide a space for positive lifestyle and health to the community. She is a lover of all things plant-based and passionately holds space for limitless healing for our community.



In this fast-paced world, we are all looking for our centerpoint. With an overwhelming amount of stimulation on a daily basis, the constant stimuli and instant gratifications of phones, imagery, texts, and readily available access to everyone at any time creates an incredible amount of anxiety and lack of focus. On top of this, we add fear-based media, violent imagery, fake news, visual and situational trauma, corporate domination, and increasing feelings of an unstable world in chaos and transformation. As people, we feel completely disoriented. Most of us, foundationally, need peace and order to feel safe, to feel our best, and to achieve our creative potential. What are we as sensitive human beings to do?

The statistics are frightening, and often do not provide results-oriented solutions. More than one in five American adults took medications for psychiatric disorders such as anxiety and depression in 2010, according to new research by Medco Health Solutions,

Inc., America's State of Mind. This is a 20 percent increase in the past decade of the use of drugs for mental disorders. The research on these medications show that suicide, erratic behavior, and societal disconnect increase on these medications. According to research by Dr. Anil Nischal, some evidence suggests that medications may cause worsening of suicidal ideas. Medications can also cause unknown side effects in some cases. The side effects of powerful medications are often unknown. The statistics of the population with anxiety are increasing and represent an overall disconnect and lack of basic human trust and safety. If these medications were the only solution it would be one thing, but there are others out there.

There are ways to treat anxiety, sleeplessness, racing thoughts, depression, unstable nervous systems, and neurotransmitter imbalances with efficiency and resolution. Anxiety and depression manifest in physiological,

mental, and neurological imbalances in the body.

There are many ways I work with individuals who have both short- and long-term anxiety. The basic understanding is that these individuals do not feel safe in relationships, in their family life, socially, or perhaps in school or at work, or even from a past situation, event, or circumstance. They are overwhelmed with a disconnect with others and/or themselves, and often spiritually in their place in the world. Sometimes the anxiety is situational. Sometimes it is due to chronic illness and pain, and often it is hormonal or neurological, manifesting in neurotransmitter imbalance and racing thoughts. Sometimes anxiety is a result of toxic exposure or an inability to sleep. There are so many causes that can all be assessed and worked through in many cases.

With someone in shock, with an injury, accident, or extreme scare, I work first

physiologically to balance and ground the body with a fascial release to release the stomach and bladder, sternum, and more. These organs and glands can get “stuck” and cause unregulated emotions, constant reactivity, anxiety, and panic attacks. A release can begin to change this nearly immediately.

I also use PEMF therapy, pulse magnetic therapy, to help ground and stabilize an anxious person. With the PEMF machine that I use, I often use a setting that resonates with the earth’s magnetic field. This is an incredibly grounding setting, which can immediately clear headaches and anxiety, support sleep, and clear inflammation.

My go to therapy for anxiety is neurological balance called QNRT, quantum neurological rest therapy, by Dr. John Turner, and is comprehensive and holistic in its approach. It works by balancing the adrenals and nervous system to emotional stresses throughout one’s life. Sometimes it starts at the first imprints of life, and birth trauma. Sometimes it is more current stress in a relationship or job. QNRT is also amazingly effective in balancing sleep, hormones, and neurotransmitters, often in one session. This technique saves enormous amounts of time and money, creating efficient resolutions to lifelong anxiety and depression.

With anxiety related to chronic illness and pain, I go to autoimmune work, assessing which infection is the priority, the emotional stress underlying that condition, and work to clear it with natural approaches. Finding the priority infection is key. Oftentimes in functional medicine, diagnostics or blood work will present with many infections. Going after all of them with herbs or supplements often misses the point, overwhelms the bodies’ detoxification pathways and organs/glands, and leads to further depletion and sickness. Finding the priority

infection is usually all that it takes to begin to address the root cause, and begin healing. This in conjunction with the other work, will usually bring great hope to those who are suffering. Soon enough, there is a good day, then more good days, and soon a fully functional, energetic, and healthy person who has reclaimed their life.

Interestingly, in the QNRT work, each illness has its own correlating emotional stress that paves the pathway for infection to take hold. In thousands of cases, Lyme people will suffer from “unworthiness and feeling unloved,” Epstein-Barr cases, which commonly attack the thyroid and adrenals, commonly feel like they’re “dealing with bad decisions, perfectionists, hopelessness, or tired of dealing with the same thing over and over.” H. Pylori people tend to feel “anger or indigestible frustration,” and so on. By balancing the brain around the underlying emotions that create a vulnerability to that infection, the autoimmune work can speed up and become an efficient and hopeful process. And again, when the priority infection is found, the immune system strengthens enough to overcome the others without other work.

Anxiety is becoming very common with children. The underlying causes seem to be feeling overwhelmed, overstimulated, disconnected, and disoriented. There is a movement in education away from the frenzied pace of high achieving and accomplishment-oriented school systems, to ones that are co-creative, collaborative, project-oriented, outdoor-oriented, and inspired by relationships and respect for others. Our teachers, and especially ones who connect and see our children for who they are and pull out the best in them, are treasures of our society. There is also a movement towards simplifying life, and creating safety and structure in our schools and homes. Simple common sense approaches such

as “cell-free” homes, consistent routines, dinners, and connection can go a long way in creating safety and structure needed for well-being.

Nutrition plays a role in brain balance of course as well. Organic and nourishing foods that are fresh and rich in minerals will create a feeling of well-being and radiant health. Processed foods, chemical foods, and processed sugars will lead to erratic behavior and meltdowns immediately. Supplements to support adrenals and thyroid can often help mood and anxiety/depression as well. These supplements would be B vitamins, magnesium, minerals, and vitamin C for adrenals, and selenium and/or iodine and B vitamins for thyroid. The thyroid and adrenals are responsible for sustained energy throughout the day, stress responses, and brain balance.

We as human beings deserve to be connected spiritually, feel safe and protected as spiritual beings and in our bodies/minds, and protect and nourish both our bodies and minds well. We naturally would want to fuel ourselves with food that supports health, as we would naturally want to surround ourselves with positive relationships, jobs, creativity, and inspiration that achieve our higher goals and expressions of ourselves. Protecting both our bodies and our minds from overstimulation and inappropriate imagery, being present with ourselves and others, setting boundaries of screen usage, media, and negative people, will automatically lessen anxiety and disconnect. Oftentimes the actual nervous system needs to be down-regulated to calm the emotions and anxiety. The techniques above will positively accelerate this process.

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