

— Action steps & Resources —

- **Follow up with your doctor or healthcare provider about:**
 - Possible pertinent bloodwork - Vitamin D, Vitamin B12, Folate, full thyroid panel, iron studies, fasting blood sugar & hemoglobin A1C, sex hormones.
 - Possible pertinent supplementation:
 - Anxiety: L-theanine, Taurine, Magnesium glycinate, GABA
 - Depression: 5-HTP, Tryptophan, Vitamin B6 (P5P), Vitamin B9 (Methylfolate)
 - Need for pharmacotherapy/prescription medication
 - Herbal supplements - Ashwagandha, passionflower (not with SSRI use), chamomile tea, tulsi tea, valerian root (not with SSRI use)
- **Consider lifestyle modifications:**
 - Reduction or removal of caffeine & alcohol from the diet
 - Focus on diet of whole-foods & removing highly-processed and refined foods
 - Consider elimination of possible food sensitivities (100% gluten or dairy or MSG/processed sugar elimination)
 - Supporting the microbiome with increasing fermented foods and/or temporarily supplementing with a probiotic
 - Increase anti-inflammatory & antioxidant foods in your diet: ginger, garlic, onions, black pepper, curcumin, turmeric, bone broth, pigmented/colorful vegetables.

- Routine exercise or movement
- Mindful breathing or box breathing
- Routine social engagement and community that makes you feel inspired
- Connections to activities that bring you joy (nature, hobbies, time with pets)
- Avoid known toxin exposures: RoundUp/fertilizers, food dyes, many cosmetics products, non-stick cookware, most cleaning products, BPA (in plastic), etc.

- **Further reading & Resources:**

- “The Anatomy of Anxiety” by Dr. Ellen Vora (for Anxiety)
- “Hormone Intelligence” by Dr. Aviva Romm (for women’s health/hormone balance)
- “How to be Well” by Dr. Frank Lipman (for a brief, generalizable, holistic approach)
- “Change Your Brain, Change Your Life” by Dr. Daniel Amen
- “Tapping In” by Dr. Laurel Parnell
- “The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma” by Bessel A. van der Kolk (for understanding impact of Trauma)
- EWG.org (Evidence-based website to assist with decrease toxin exposure)