

Surprising

Top 10_↑ Nutrients

for Toxin Support

and

Anxiety Relief



By Trudy Scott, Nutritionist



Introduction

There are many nutrients and herbs that offer protection against toxins AND also provide anxiety relief. I've gathered what I consider the top 10 that have recent evidence-based research supporting their use and also offer clinical benefits. You may even find some of their benefits surprising!

- ✓ #1 Eases physical anxiety and tension, AND alleviates phthalate-induced anxiety
- ✓ #2 Eases mental anxiety, worry and ruminations, AND alleviates lead-induced anxiety/aggression
- ✓ #3 Improves mood, reduces anxiety and improves cognition, AND reverses the liver-toxic effects of acetaminophen
- ✓ #4 Is a precursor of glutathione and promotes detoxification, AND reduces compulsive hair pulling/trichotillomania
- ✓ #5 Improves sleep and reduces anxiety after traumatic brain injury, AND removes toxic proteins via the brain glymphatic system
- ✓ #6 Improves gut health and reduces noise-induced stress (and misophonia), AND may help prevent and reverse radiation-induced DNA and intestinal damage
- ✓ #7 Improves LPS-induced cognitive impairment and neurotoxicity, AND eases depression caused by chronic unpredictable stress
- ✓ #8 Shows benefits for stress, anxiety, depression and pain, AND is protective when it comes to electromagnetic fields (EMFs)
- ✓ #9 Is as effective for anxiety as the benzodiazepine lorazepam, AND reduces LPS-induced inflammation via HSP70
- ✓ # 10 Is liver-protective and enhances glutathione production, AND is as beneficial as an antidepressant for OCD

Each one of these top 10 are also discussed in more detail in one or more interviews on *The Anxiety Summit 6: Toxins/Meds/Infections*. If you're intrigued, I invite you to take a deeper dive and tune in and learn from the summit experts. I've listed the respective interviews with each nutrient.

Get inspired today and join us on the summit!

To your continued learning about anxiety and toxins and these powerful nutrients!

Trudy

Trudy Scott, Food Mood Expert, Nutritionist
Author of *The Antianxiety Food Solution*
Host of *The Anxiety Summit 6: Toxins/Meds/Infections*



ANXIETY: GABA supplementation eases physical anxiety and tension

Low levels of GABA (gamma aminobutyric acid), an inhibitory neurotransmitter in the body and brain, is well documented in anxiety disorders such as generalized anxiety, panic and post-traumatic stress disorder/PTSD.⁽⁴⁾

GABA is also an amino acid that is calming when used as a supplement. It eases anxiety, physical tension and worry, and induces relaxation. In one study it was reported to work effectively within 1 hour, also allowing better focus and concentration. It also enhanced immunity under stressful conditions such as when crossing a suspension bridge. A significant increase in salivary IgA (immunoglobulin A) was observed 90 minutes after GABA intake.⁽¹⁾ Clinically, I have found GABA to be most effective for easing anxiety when used sublingually.

TOXIN: GABA supplementation alleviates phthalate-induced anxiety

What may be surprising, is the role toxins such phthalates (a chemical that makes plastics soft) play in anxiety and how GABA may actually offer some protection.

Recent research shows that high levels of urinary phthalates have been found to be associated with an increase in anxiety, depression and stress in Chinese university students.⁽²³⁾

In a recent animal study, Di(2-ethylhexyl) phthalate/DEHP, one of the most widely used phthalate esters, was shown to cause anxiety. The study concludes that the anxiety effects caused by phthalates could be alleviated by GABA supplementation.⁽¹³⁾

Learn more about GABA for easing anxiety and protection against these and other toxins in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- GABA and Tryptophan: Anxiety-Toxin Connections - Trudy Scott
- Vagus Nerve Infection and Anxiety - Eva Detko
- SSRIs, Benzodiazepines, Alcohol and Amino Acids - Hyla Cass
- Fluoride: Neurotoxicity, Anxiety, Acne and Hypothyroidism - Melissa Gallico
- GABA and Serotonin: Anxiety, PMS, Meds and Infections - Trudy Scott



#2 Tryptophan / 5HTP

ANXIETY: Tryptophan eases mental anxiety, worry and ruminations

Low levels of serotonin are associated with anxiety, depression, insomnia, autism spectrum disorder, obesity (and cravings), cognitive issues, anorexia and bulimia nervosa. Serotonin also plays a significant role in the function of the brain-gut axis and immunology.⁽¹²⁾

Tryptophan is an amino acid supplement that is used to support low levels of serotonin and to ease the worry-in-head type of ruminating anxiety. Used in the luteal phase or second half of the cycle (i.e. after ovulation) for 3 consecutive cycles, tryptophan has been shown to ease premenstrual dysphoria (a state of unease or generalized dissatisfaction with life), mood swings, tension and anxiety, and irritability. These results suggest that increasing serotonin synthesis during the late luteal phase of the menstrual cycle offers these beneficial effects.⁽²⁶⁾ Tryptophan is best used mid-afternoon and evening away from protein. Clinically, many individuals find it to be more effective for easing anxiety and other low serotonin symptoms when used sublingually.

TOXINS: Tryptophan alleviates lead-induced anxiety/aggression

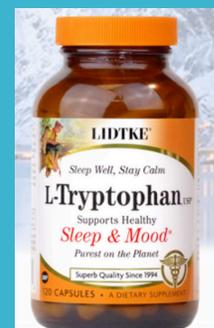
What may be surprising, is the role tryptophan plays in reversing the neurotoxic behavioral effects of lead.

Male rats exposed to lead only were found to have increased blood lead levels, decreased brain serotonin, increased oxidative stress and low levels of reduced glutathione. They exhibited signs of anxiety and aggression. The rats exposed to lead, ascorbic acid and tryptophan for four weeks showed a reversal of symptoms. The authors suggest the use of ascorbic acid and tryptophan as a compliment to chelating therapy in lead neurotoxicity.⁽⁵⁾

(Note: Both tryptophan and 5-HTP can be used to support low serotonin levels. Some folks do better with tryptophan and some do better with 5-HTP)

Learn more about tryptophan (and 5-HTP) for easing anxiety and offering protection against lead and other toxins in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- GABA and Tryptophan: Anxiety-Toxin Connections - Trudy Scott
- SSRIs, Benzodiazepines, Alcohol and Amino Acids - Hyla Cass
- 5-HTP: Anxiety, Depression, Insomnia and Liver Protection - Michael Murray
- GABA and Serotonin: Anxiety, PMS, Meds and Infections - Trudy Scott



ANXIETY: Psychobiotics improve mood, reduce anxiety and improve cognition

Psychobiotics are bacteria which confer mental health benefits. Lactobacillus and Bifidobacterium species have demonstrated the ability to improve mood, reduce anxiety and enhance cognitive function in both healthy populations and patient groups.⁽²⁾

TOXINS: Spore-based probiotic reverses the liver-toxic effects of acetaminophen

What may be surprising, is the role spore-based probiotics play in reversing the liver-toxic effects of acetaminophen, which is one of the most used medications for pain-relief and fever-reduction. It is also the main cause of acute liver toxicity in both the US and Europe.

MegaSporeBiotic, a spore-based probiotic containing Bacillus spores (B. licheniformis, B. indicus, B. subtilis, B. clausii, B. coagulans) has been shown to reverse the liver-toxic effects of acetaminophen in rats. The benefits were similar to the well-known liver-protective herb silymarin.⁽¹⁶⁾

Learn more about probiotics for easing anxiety and offering protection against acetaminophen (and other adverse effects of acetaminophen) in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- 5-HTP: Anxiety, Depression, Insomnia and Liver Protection - Michael Murray
- Acetaminophen, Spore-based Probiotics and the Liver - Kiran Krishan
- Drainage in Anxiety and Autism - Luminara Serdar
- GABA and Serotonin: Anxiety, PMS, Meds and Infections - Trudy Scott
- Vagus Nerve Infection and Anxiety - Eva Detko



TOXINS: NAC is a precursor of glutathione and promotes detoxification

N-acetyl cysteine (NAC) is an amino acid that promotes detoxification, and acts directly as a scavenger of free radicals. The antioxidant power of NAC is due to its role as a precursor of glutathione, which is one of the most important naturally occurring antioxidants. It has also been used for the treatment of acetaminophen toxicity.⁽¹⁵⁾

ANXIETY: NAC reduces compulsive hair pulling/trichotillomania

What may be surprising, is the role NAC plays in the treatment of trichotillomania, a compulsive behavior characterized by repetitive hair pulling that causes noticeable hair loss. Many individuals with trichotillomania also report that pulling worsens during periods of increased anxiety.⁽⁸⁾

In a twelve-week, double-blind, placebo-controlled trial, NAC reduced compulsive hair pulling via modulation of the glutamate system. NAC seems to restore the extracellular glutamate concentration in the nucleus accumbens.⁽⁷⁾

Learn more about NAC for detoxification, helping with compulsions and easing anxiety in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- Your Brain on Food: Anxiety, OCD and PTSD - Uma Naidoo
- GABA and Serotonin: Anxiety, PMS, Meds and Infections - Trudy Scott
- Loss of Chemical Tolerance and Glutathione Recycling - Datis Kharrazian
- Liver Function and Bile: Anxiety, Detox, the Gut and Hormones - Ameet Aggarwal



ANXIETY: Melatonin improves sleep and reduces anxiety after traumatic brain injury

Melatonin is a hormone that your brain produces in response to darkness, helping with the timing of your circadian rhythm and your sleep. According to an Australian randomized trial, melatonin used as a supplement both improved sleep quality and reduced anxiety after a TBI (traumatic brain injury). The study used a prolonged-release (also called timed-release) melatonin product. Each night 2 hours before bedtime, 2mg was taken by study participants.⁽⁹⁾

TOXINS: Melatonin removes toxic proteins via the brain glymphatic system

What may be surprising, is the role melatonin also plays in the removal of toxins. It is considered a cytoprotective molecule i.e. protecting cells from damage, and it also reverses the inflammatory damage seen in neurodegenerative disorders and aging. Melatonin also increases removal of toxic proteins via the brain glymphatic system. Animal studies indicate cytoprotective melatonin doses in the 40–100 mg/day range.⁽³⁾

Learn more about melatonin for sleep, anxiety and the glymphatic system in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- The Glymphatic System for Brain Detox - Christine Schaffner
- GABA and Serotonin: Anxiety, PMS, Meds and Infections - Trudy Scott
- Fluoride: Neurotoxicity, Anxiety, Acne and Hypothyroidism - Melissa Gallico
- Red Light Therapy: Anxiety, Toxins and Benzodiazepines - Ari Whitten



ANXIETY: Triphala improves gut health and reduces noise-induced stress

Triphala, a well-recognized Ayurvedic herbal combination of Amalaki, Bibhitaki and Haritaki, is typically used for improving digestive health.

What may be surprising is that Triphala may also improve mood and reduce anxiety via modulation of the gut microbiome. Research shows that polyphenols in Triphala promote the growth of beneficial Bifidobacteria and Lactobacillus - which are recognized to improve mood and reduce anxiety - while inhibiting the growth of undesirable gut microbes. Animal studies also show that Triphala protects against cold-induced stress and noise-induced stress.⁽¹⁸⁾

Misophonia could be considered a form of noise-induced stress. This condition is characterized by negative emotional reactions - anxiety, agitation, anger and annoyance - to everyday sounds like chewing, breathing, swallowing, a tapping foot and a clicking ballpoint pen etc. Conventional medicine has no cure or pharmaceutical agent for misophonia.⁽¹⁷⁾ However, clinically, I have seen both triphala and serotonin support (using tryptophan) ease the symptoms.

TOXINS: Triphala may help prevent and reverse radiation-induced DNA and intestinal damage

What may be surprising is that Triphala may also help prevent and reverse radiation-induced DNA and intestinal damage, even when used after exposure. High levels of phenolic compounds such as gallic acid in Triphala contribute to the antioxidant and free radical scavenging activity, offering a protective effect.⁽¹⁸⁾

Learn more about triphala for anxiety, gut health and misophonia in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- Liver Function and Bile: Anxiety, Detox, the Gut and Hormones - Ameet Aggarwal
- PANDAS/PANS: The Brain on Fire - Elisa Song
- Body Burden: Environmental Toxins, Tattoos and Wheat - Tom O'Bryan (noise pollution)
- GABA and Serotonin: Anxiety, PMS, Meds and Infections - Trudy Scott



TOXINS: TUDCA improves LPS-induced cognitive impairment and neurotoxicity

Tauroursodeoxycholic acid (TUDCA) is a bile acid and the taurine conjugate of ursodeoxycholic acid (UDCA). It is FDA-approved for the treatment of certain liver diseases where there is a decrease in bile flow.⁽²⁰⁾

Lipopolysaccharides (LPS) are the most potent cell wall-derived inflammatory toxins (“pathogenicity factors”) of Gram-negative and -positive bacteria.⁽¹⁰⁾ Animal research shows that TUDCA can improve cognitive impairment and neurotoxicity induced by lipopolysaccharides. TUDCA prevents neuroinflammation via inhibiting NF- κ B signaling, which is a proinflammatory signaling pathway.⁽²²⁾

ANXIETY: TUDCA eases depression caused by chronic unpredictable stress

What may be surprising is the role TUDCA plays in depression caused by long-term and unpredictable stress. Animal research shows that TUDCA eases depression caused by this type of chronic stress. The authors suggest that the antidepressant-like effect of TUDCA is due in part to the reduction of neuroinflammation, oxidative-nitrosative stress and endoplasmic reticulum stress.⁽¹⁰⁾

These results are not really that surprising given what we know about how bile facilitates the removal of toxins, and the role of toxins in anxiety and depression.

Learn more about TUDCA and taurine for depression/anxiety and bile production in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- Impact of Toxins on Lyme Disease and Infections - Jay Davidson (TUDCA)
- SSRIs, Benzodiazepines, Alcohol and Amino Acids - Hyla Cass (taurine)
- GABA and Tryptophan: Anxiety-Toxin Connections - Trudy Scott (taurine)
- Liver Function and Bile: Anxiety, Detox, the Gut and Hormones - Ameet Aggarwal (taurine)

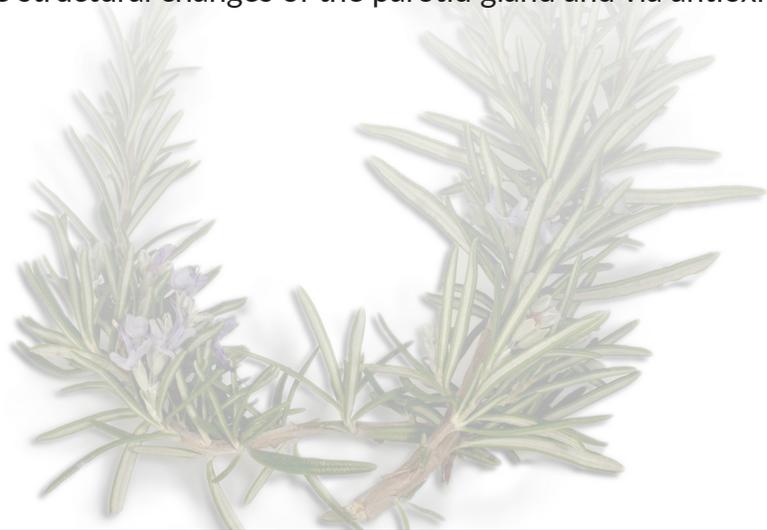


ANXIETY: Rosemary shows benefits for stress, anxiety, depression and pain

Rosmarinic acid, a polyphenol found in *Rosmarinus officinalis* (also called rosemary) has significant antinociceptive (blocks the reception of pain), neuroprotective, and neuroregenerative effects. It shows benefits for stress, anxiety, depression and pain and in a number of other nervous system disorders including Alzheimer's disease, Parkinson's disease and spinal cord injury.⁽¹⁹⁾ I like using rosemary as aromatherapy.

TOXINS: Rosemary is protective when it comes to electromagnetic fields (EMFs)

What may be surprising is the protective role rosemary plays when it comes to electromagnetic fields (EMFs). EMFs are a class of non-ionizing radiation (NIR) that is emitted from mobile phones and it may have hazardous effects on the parotid glands. An animal study finds that an extract of rosemary has a protective effect through improving the structural changes of the parotid gland and via antioxidant effects.⁽⁶⁾



Learn more about rosemary and EMFs in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- EMFs: Anxiety, Insomnia, ADHD and Headaches - Lloyd Burrell
- Lyme: a Herbal Approach for Pain, Anxiety and Brain Fog - Darin Ingels
- GABA and Tryptophan: Anxiety-Toxin Connections - Trudy Scott
- The Glymphatic System for Brain Detox - Christine Schaffner
- Mold Toxicity: Anxiety, Depression, Panic and Psychosis - Margaret Christensen



ANXIETY: Oral lavender is as effective for anxiety as the benzodiazepine lorazepam

Lavender essential oil is one of the most favorite and widely used essential oils in aromatherapy. Many studies have demonstrated its functions in calming, assisting sleep, reducing pain and muscular spasms and its antiseptic function.⁽¹¹⁾ A controlled clinical study also demonstrates that Silexan is as effective as the benzodiazepine lorazepam. Silexan is a capsule that contains lavender oil and was used orally for 6 weeks in the study. The authors conclude that Silexan appears to be an effective and well-tolerated alternative to benzodiazepines which are commonly prescribed for anxiety and have a high potential for tolerance and withdrawal issues.⁽²¹⁾

TOXINS: Lavender essential oil reduces LPS-induced inflammation via HSP70

What may be surprising is the role of lavender essential oil in lipopolysaccharide/LPS-induced inflammation. In a study looking at this in human monocyte THP-1 cells, lavender essential oil down-regulated both LPS-induced protein levels of phospho-NF- κ B and membrane Toll-like receptor 4. The authors suggest the mechanism of reduced inflammation may be associated with the expression of Heat Shock Protein 70 (HSP70).⁽¹¹⁾ HSP70 is a molecular chaperone that is expressed in response to stress and helps shape protein homeostasis.



Learn more about lavender, benzodiazepines and LPS in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- Psychiatric Medications in Children and Teens - Nicole Beurkens
- SSRIs, Benzodiazepines, Alcohol and Amino Acids - Hyla Cass
- Body Burden: Environmental Toxins, Tattoos and Wheat - Tom O'Bryan (NF- κ B and Toll-like receptor 4)
- Disconnection Syndrome, Immunity and Awe - David Perlmutter
- GABA and Tryptophan: Anxiety-Toxin Connections - Trudy Scott
- Benzodiazepines: Short-Term Benefits, Long-Term Harms - Catherine Pittman

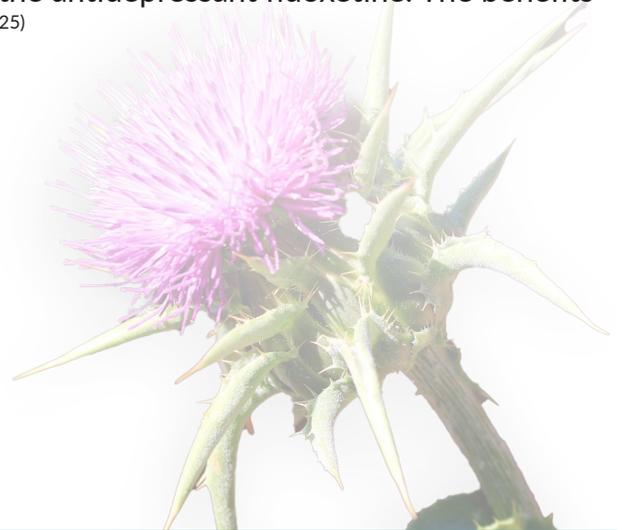


TOXINS: Milk thistle is liver-protective and enhances glutathione production

Silybum marianum (milk thistle) is a medicinal plant, which is grown in the Mediterranean region. It contains silymarin, a flavonoid complex, which has anti-inflammatory, antioxidant, and immune modulator effects.⁽²⁵⁾ The liver-protective and antioxidant activity of silymarin is caused by its ability to inhibit the free radicals that are produced from the metabolism of toxic substances such as ethanol, acetaminophen and carbon tetrachloride. Silymarin enhances glutathione production and may contribute to the antioxidant defense of the liver.⁽²⁴⁾

ANXIETY: Milk thistle is as beneficial as an antidepressant for OCD

What may be surprising is that milk thistle also has sedative and antidepressant effects. Results of a randomised controlled trial of milk thistle for OCD (obsessive compulsive disorder) treatment reveals that milk thistle dosed at 600mg/day has similar effects as the antidepressant fluoxetine. The benefits start in the fifth week and there are no severe side effects.⁽²⁵⁾



Learn more about milk thistle, glutathione, the liver, alcohol and acetaminophen in these interviews on The Anxiety Summit 6: Toxins/Meds/Infections

- SSRIs, Benzodiazepines, Alcohol and Amino Acids - Hyla Cass
- GABA and Tryptophan: Anxiety-Toxin Connections - Trudy Scott
- Liver Function and Bile: Anxiety, Detox, the Gut and Hormones - Ameet Aggarwal
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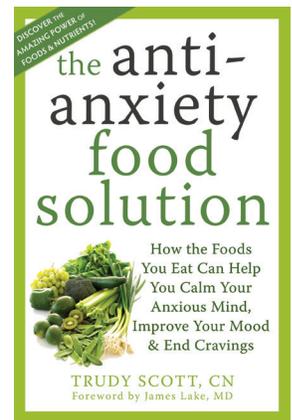
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About Trudy and Additional Resources



Food Mood Expert Trudy Scott is a certified nutritionist who educates anxious individuals about nutritional solutions for anxiety. She is known for her expertise in the use of targeted individual amino acids, nutritional solutions for the social anxiety condition called pyroluria, and the harmful effects of benzodiazepines.

Trudy is the author of *The Antianxiety Food Solution: How the Foods You Eat Can Help You Calm Your Anxious Mind, Improve Your Mood and End Cravings* and host of *The Anxiety Summit*, an online educational platform for both consumers and health professionals, and dubbed “a bouquet of hope”. Trudy also educates health professionals via the Anxiety Nutrition Institute, sharing research and practical how-to steps. Trudy is passionate about sharing the powerful food mood connection because she experienced the results first-hand, finding complete resolution of her anxiety and panic attacks.



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