

ADVANCED Psych Care

Non Medication Alternatives

<p>Anxiety, Worry and Fear Relaxation: meditation, guided imagery</p> <p>Diaphragmatic Breathing</p> <p>Diet: Don't go hungry; High Protein, Low Carbohydrate Diet (like Atkins) Eliminate Caffeine. Reduce or eliminate alcohol.</p> <p>Herbal: Kava Kava Valerian Root B Complex Vitamins, Vitamin B6 100-400 mg</p>	<p>Attention Diet: High protein, low carbohydrate (like Atkins), relatively low fat. Breakfast: Eggs and bacon, or an omelet Sources of Protein: lean meats, eggs, low-fat cheeses, nuts, legumes (mixed with healthy portions of vegetables) Lunch: Tuna, chicken, fresh fish salad with mixed vegetables. Dinner: Lean meat with veggies, come whole grain carbs are OK Eliminate sugars and simple carbs</p> <p>Supplements: Tyrosine (500-1500 mg BID, TID) OPC (oligomeric procyanidius), grape seed or pine bark, ginko bilboa (60-120 mg BID) Work on organization EEG Biofeedback, Play Attention Set Life Goals and remind yourself of them Music, Mozart</p>
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<p>Worry and Obsessiveness Diet: High carbohydrates (pastas, potatoes, bread, pastries, pretzels, popcorn) High tryptophan foods: chicken, turkey, salmon, beef, peanut butter, eggs, green peas, potatoes, milk</p> <p>Supplements: L-tryptophan 1000-3000mg at bedtime by prescription Inositol 12-20 mg (B vitamin family)</p> <p>Write out your options</p> <p>Exercise</p>	<p>Temper/Temporal Lobe Diet: avoid high sugar loads Eliminate Caffeine Eliminate Alcohol</p> <p>If accompanied by obsessiveness or depression, then High Protein, Low Carbohydrate diet</p> <p>If accompanied by ruminations, moodiness, and depression, then balanced proteins and carbs</p> <p>Sing, hum when you can</p> <p>Listen to Classical Music</p> <p>Learn to play a Musical Instrument</p> <p>Move in Rhythm</p> <p>Get enough sleep</p> <p>EEG Biofeedback</p>
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