

ADVANCED Psych Care

Brain Foods and Non-medication Alternatives

<p>Anxiety and Fear Finding Nature's Valium</p> <p>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 Stabilizing Blood Sugar Levels</p> <ul style="list-style-type: none">• 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, some whole grain carbohydrates are OK• Eliminate sugars and simple carbs• Caffeine may help in the short run, but too much will reduce blood flow to the brain and make attention worse. <p>Supplements: Tyrosine (500-1500 mg BID, TID) OPC (oligomeric procyanidius), Grape seed or pine bark, gingko biloba (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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Worry and Obsessiveness

(increase Serotonin levels)

Diet: High carbohydrates (pastas, potatoes, bread, pastries, pretzels, popcorn)

High tryptophan foods: chicken, turkey, salmon, beef, peanut butter, eggs, green peas, potatoes, milk

Supplements:

L-tryptophan 1000-3000mg at bedtime by prescription

Inositol 12-20 mg (B vitamin family)

Write out your options and evaluate them rationally

Exercise

Temper/Temporal Lobe

Diet: Avoid high sugar loads

Eliminate Caffeine

Eliminate Alcohol

If accompanied by obsessiveness or depression, then High Protein, Low Carbohydrate diet (Attention diet)

If accompanied by ruminations, moodiness, and depression, then balanced proteins and carbohydrates (Worry and Obsessiveness diet)

Create a library of wonderful experiences

Sing, hum when you can

Listen to Classical Music

Learn to play a Musical Instrument

Move in Rhythm

Get enough sleep

EEG Biofeedback