

Anxiety

Maybe something to investigate:

L-Theanine Reduces Symptoms of Anxiety....

<https://www.psychologytoday.com/us/blog/integrative-mental-health-care/201703/l-theanine-reduces-symptoms-anxiety>

Longer Exhalations Are an Easy Way to Hack Your Vagus Nerve....

<https://www.psychologytoday.com/intl/blog/the-athletes-way/201905/longer-exhalations-a-re-easy-way-hack-your-vagus-nerve>

Anti-Stress Maximum Relaxation Breathing Pacer... <https://www.grc.com/breathe.htm>

BTW at the 2019 LDN conference zinc was mentioned as a useful mineral in dealing with anxiety. May be good to test the current level first.

L-Theanine and Zinc are available at iHerb with the discount frequently posted in the group.

This is an excellent discussion -

Can LDN cause Anxiety and Depression?...

https://ldnresearchtrust.org/can-ldn-cause-anxiety-and-depression?fbclid=IwAR2T4ns3zndK2z9KdJ51Na_RFAyAeHQkcA1m9HMi6DiPA8lkziDxRxKc10M

Low-dose naltrexone reduced anxiety in persons with multiple sclerosis during the COVID-19 pandemic... <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9643313/>

High, low or changing Endorphin levels can initiate anxiety. Ask for info on this.

The Antianxiety Food Solution...

http://www.amazon.com/The-Antianxiety-Food-Solution-Cravings/dp/1572249250/ref=pbxgy_14_img_z

Depression-Free, Naturally: 7 Weeks to Eliminating Anxiety, Despair, Fatigue, and Anger from Your Life...

<http://www.amazon.com/Depression-Free-Naturally-Eliminating-Anxiety-Despair/dp/0345435176>

There is some speculation that LDN could increase histamine levels if it is battling pathogens. This article may relate:

GABA May Act as Chemical “Brake” Preventing Histamine Wakefulness from Being Too Intense...

Anxiety

<https://www.sleepreviewmag.com/sleep-health/sleep-whole-body/brain/gaba-may-act-chemical-brake-preventing-histamine-wakefulness-intense/?fbclid=IwAR1zTXwIFvD4bcU-kk4D2wvBbITIdOdcD78dsW67eUpylIWWR8lipOd-huCQ>

Anxiety LDN dosing poll ...

<https://www.facebook.com/groups/108424385861883/posts/4480248675346077/>

Brain Zaps Anxiety Symptoms...

<https://www.anxietycentre.com/anxiety-disorders/symptoms/brain-zaps/>

Tips for Coping with Morning Anxiety...

<https://counseling.online.wfu.edu/blog/morning-anxiety-tips/#:~:text=Morning%20anxiety%20has%20a%20biological,have%20trouble%20stopping%20the%20cycle>

Related file -

Depression and Psychiatric links ...

https://docs.google.com/document/d/1ljrfSGtst0jszho5sxF0OhC5ukgGck_94xFJlQo2Dnc/edit?usp=sharing

The Relationship between Iodine and Selenium Levels with Anxiety and Depression in Patients with Euthyroid Nodular Goiter...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7418102/>

To learn more about Iodine:

Iodine Protocols Group... <https://www.facebook.com/groups/IodineProtocols/>