

From the desk of Dr. Stephen Green MS DC, Nutritionist "Stress Tips"
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Stress Vitamins, Minerals and Herbs

The basics

When caught in stress and have become overwhelmed, it is necessary to replace important nutrients that are used heavily during the stress response. There are also some herbs which can be of some value to ease the process toward greater balance.

The following are suggestions but do not consist of a complete list of what is available to combat stress, nor should they be taken for long periods of time or in dosages higher than labeled, without professional supervision. Good quality, standardized, hypoallergenic formulations are a necessity.

The use of herbs can interact with some allopathic medications and should be individualised for your specific needs and generally requires some professional support to find what is best for you. The following is not a prescription but offers basic guidelines.

Vitamin B complex— Essential to the nervous system and energy

Thiamin, Riboflavin, Niacinamide, Pantothenic acid, and B6 should be taken at levels approaching 25 mg three times a day. They should be accompanied by B12, folic acid, choline and inositol, PABA and biotin.

Vitamin C: Essential antioxidant, anti-allergy, and immune system booster

1-3 Grams per day in high stress, minimum 500 mg per day

Vitamin E and Selenium: Essential to detoxification, immunity and the heart and brain. 400-800 IU Vitamin E per day and 200 mcg Selenium per day

Calcium 1200mg/day, **Magnesium**, 600 mg/day **Potassium** 500mg/day

Note: A good quality multiple can supply the above needs for moderate stress.

Melatonin Useful for insomnia and jet lag 3mg- 1-3Xday

Herbs: (Note herbs are medicine and can interact with medication)

Ginseng (Siberian or Korean) an important adaptogen and tonic helps with energy and immune system 2-3X day alternate weeks (supervision)

St. John's Wort Useful for depression (.3% Hypericin 1mg)(supervision) relatively slow acting may take weeks.

Kava Kava Useful for anxiety (30% Kavalactones 75 mg) fairly quick

Valerian & Hops & Passion Flower aid in sleep and relaxation
90 mg, 45 mg, and 90mg, respectively before bed

Rescue Remedy valuable Bach flower remedy for panic and anxiety
3- 4 drops (will not interact with any other medicine or herb)
carry it with you, can be used any time.

Essential Lavender Oil Useful in baths and as aroma for relaxation

Homeopathic Insomnia formulas and other stress formulas can also be useful.

REMEMBER: Listen to your body, if it doesn't feel right, don't continue taking an herb.