

# 20 Supplements That Could Help with Anxiety



Anxiety can be a difficult thing to overcome. But, as we discuss in the [Defeating Anxiety Naturally eCourse](#), anxiety may be one way of your body telling you something is amiss!

As you're pursuing what could be the issue, you may want to consider digging deeper in regards to testing.

Once I went in for regular bloodwork, and the lady who collected my blood sample struck up a conversation with me.

"Oh, I see you're here from Dr. M!" she said. "So many people coming in for him today. I see him too!"

“Really?!” I said. “He is such a great doctor. How did he help you?”

“I was on about 7 different medications, and we found several things wrong in my bloodwork that my other doctors weren’t testing for. He weened me off all but 2 medications! I feel so much better, and I’m not having to deal with many of the side effects those medications were causing.”

This may or may not be your situation, but I invite you to consider in-depth health testing and working with a doctor who knows how to interpret those tests. Note that you may have to pay out of pocket for a doctor who does more in-depth testing. Check ratings for any doctor you are considering at [HealthGrades](#).

These are the blood tests our doctor does, but this is not an exhaustive list:

- Vitamin D 25-OH, B12 and Folate levels (Also can check Homocysteine and Methylmalonic acid to measure metabolic effectiveness of B12 and Folate)
- Cholesterol (The ratio of LDL/HDL at 2 or less is ideal)
- Blood sugar and Insulin levels (Using the HOMA model – The Homeostasis Model Assessment (HOMA) estimates steady state beta cell function (%B) and insulin sensitivity (%S), as percentages of a normal reference population. – you can estimate your degree of insulin resistance, which is a major contributor to aging. If you use the calculator on your own the desired range is less than 1.
- Homocysteine
- C-Reactive Protein (To measure background inflammation in your body – less than 1 is ideal)
- Thyroid levels:
  - TSH
  - Free T4
  - Free T3
  - Reverse T3
  - Thyroid peroxidase
  - Antithyroglobulin antibodies

- Estradiol, Progesterone, Testosterone, DHEA, Cortisol
  - (Aging is closely linked to loss of hormone levels, so many choose to supplement with natural bio-identical hormones and restore them to a more youthful level.)
- Hemoglobin A1C
- Ferritin
- Insulin
- Glucose tolerance test
- Insulin

### **Other general health tests:**

- Annual checkup with your physician.
- MMG (mammogram) or MRI or Thermography (though not recognized as a standard-of-care test, it can be used as a supplement) for breast cancer screening beginning at age 40 to 50 depending upon your family and personal risk factors for women
- PAP test regularly for women.
- Eye exam by an Ophthalmologist every 2 to 5 years.
- Dental visits every 6 months. (Preferably with a reputable biologic dentist. Watch the documentary *Root Cause* for more info.)
- Annual dermatologist checks or more frequently if at risk.
- Cardiologist: Echocardiogram and stress test at age 50 for screening or earlier if having symptoms. There is no radiation exposure with Echo and Stress Testing.
- Colonoscopy at age 50 for screening or earlier if there is a family history of colon cancer.
- Bone Density using DEXA scanning to assess for bone loss.
- AMAS blood testing, which measures an antibody in the blood that can indicate the presence of numerous types of cancers. For more info see [www.oncolabinc.com](http://www.oncolabinc.com).
- Know your BMI.
- Genetic testing if you are at risk for certain diseases based upon family and environmental history
- Toxicity and Nutritional testing per specific needs.

Now that we've discussed testing, here are some supplements that can help you "bridge the gap" while you're investigating if there are any underlying causes for your anxiety. Click the links below and research fully/discuss with your doctor.

1. [Passion Flower](#) - I took this at the first sign of anxiety. I also drank passion flower tea!
2. [Choline/inositol](#) - This was in my top 3 as I was going through my battle with anxiety.
3. [True Hope Empower Plus](#) - This supplement is a bit more pricy because the company has staff on hand to talk through using their products and making sure you know when/how to take related to any other supplements or medications. They are extremely helpful!
4. [L-Theanine](#) - Used for stress, anxiety, calm and better mood.
5. [Holy Basil](#) - People say this herb helps them to rest at night and helps with stress.
6. [Citicoline](#) - Can improve memory, focus, and could even help with glaucoma. Some people take it to correct genetic acetylcholine deficiency, and some take it as an alternative to ADHD medication.
7. [Vitamin B6/P5P](#) - Can help with anxiety, and some say it helps with trigger finger. Also could help with inflammation and pain.
8. [Lithium Orotate](#) - People report reduced stress and anxiety taking this supplement. Could also support strong bones and help with memory issues.
9. [Taurine](#) - Increases the GAD enzyme and consequently GABA levels.
10. [Omega-3](#) - A review of 19 clinical trials found that fish oil may reduce anxiety.
11. [Co-Q10](#) - Though Co-Q10 is typically taken for cardiovascular support, it can also help with anxiety and depression. (Note that this may cause some people insomnia.)
12. [Valerian](#) - This is taken as a sleep aid, and some people say it works better than melatonin. Many note that it has an off-putting smell, however.
13. [PQQ](#) - Some people take for high blood pressure and mental clarity. It may also help blood sugar control.
14. [Bacopa](#) - Can help with anxiety, stress, focus, memory and energy.

15. [Magnesium L-threonate](#) - Used for relaxation, clarity, restless legs, headaches, nerves and sleep.
16. [DOA enzyme](#) - If you discover that high histamine is causing you to feel anxious, this can help to digest histamine in the gut.
17. [Ashwagandha](#) - Can help with stress relief and mood swings.
18. [Plum Flower Chinese Tea, Free and Easy Wanderer](#) - This can help with stress relief and women's health. Could also help with TMJ.
19. [Rhodiola](#) - Could help with energy, focus, anxiety and even psoriasis.
20. [Turmeric](#) - Turmeric is an anti-inflammatory that can help with many things! The trouble with turmeric is its absorption. [This turmeric](#) is up to 277 time more absorbable and can help with inflammation, pain, insomnia, anxiety, and many other things.

When I was going through my journey with anxiety, it was helpful to try one thing at a time to see what worked for me, or scratch something off my list that didn't.

As you go along your journey, you may find that one thing works better than another, but there are supplements with combinations of things that may be helpful.

Some examples include this [Joy-Filled Mood Support](#) by Happy Healthy Hippie, [Integrative Therapeutics Cortisol Manager](#), (if you know you have high cortisol, [PS100](#) can also block cortisol), and [LifeSeasons Anxie-T](#). I am partial to [LifeVantage's Protandim](#) for anxiety and activating NRF2 for other health benefits.

[\*\*For more help with anxiety, check out our Defeating Anxiety Naturally eCourse!\*\*](#)

(c) 2023 [ItCouldHelp.com](#)

*These statements are not intended to treat, diagnose cure or prevent any disease, or recommend any medical advice. Consult your doctor before altering or changing anything in regards to medical prescriptions, diagnosed conditions or supplementation.*