

Anxiety – 4 necessary steps to eliminate it forever!

Anxiety. Wow. It seems almost everyone has some form of it, whether we are nervous in crowds, have math anxiety, or an anxiety disorder like OCD or ODD.

Yet simple things that everyone tells us to do don't work. We meditate and do yoga. We see the psychologist. We take drugs – prescription or street – to make us feel better. Yet the next day we still feel anxious.

This is because, as I see it, there is no silver bullet. Anxiety is so complex that it takes a village. I've identified 4 major components that are required to say good-bye to anxiety forever!!

1. Brain chemistry

The chemistry in the brain is out of balance. This is why, for some people, the drugs help. But did they make the anxiety stop? No. As soon as they get off the drugs, the anxiety is back. Why is there an imbalance? Because the anxiety causes a person to go into “fight or flight” – where hormones are coursing through the body, palms sweat, vision narrows, and most importantly, digestion shuts down. This happens repeatedly throughout the day, so that the food that the anxious person eats does not get well digested. Who cares? You do, because it is the nutrients in our food that create the neurotransmitters in our brains, like serotonin and dopamine, required to make us feel good and not anxious.

You may be interested in changing your brain chemistry naturally, so you would need to find out exactly what you are lacking by seeing a functional medicine doctor, who heals through diet and supplementation. If this is too expensive for you and you just want to see if this will help, do the following three things for two weeks: eliminate gluten (wheat and barley) from your diet completely, add in a stress-B vitamin that includes at least 1000% of B12 and B6, and finally take a source of amino acid supplement that you can find in your local health food store. Compare how you feel before and after the diet. Then go back to your old diet for 2 weeks and try it again. Keeping a diary of what you eat and how you feel each day helps, not only to remember how it went, but also for motivation. Knowing that you would have to write down that brownie you are about to eat may help you not eat it!

This helps but is not a cure. If you stop taking these supplements and go back to eating bread, your anxiety may still be there. So why is the digestive system off in the first place?

2. The digestive system probably never had a chance to mature in infancy, or trauma may have caused regression. Both of these have to do with the Moro Reflex. Do you remember when your baby was an infant and you blow in her face or startle her, causing her to through her hands up

and gasp? That is her displaying the Moro reflex. As she matures and her nervous system develops, that reflex starts to become integrated. If it does not get fully integrated she will display symptoms of an immature nervous system, including some or all of the following: anxiety, hypersensitivity to light and sound, hypoglycemia (immature digestive problem reacting to sugar), allergies (immature immune system), and visual problems including excessive blinking and being unable to hold eye contact.

The “fight or flight” response comes from the Moro reflex. It is needed for emergencies so that we can react to danger, but should not be displayed every time we have a little stress in our lives. Unfortunately, many of us have stress every day, the Moro reflex is displayed every day, and every day we show the fight or flight response - all causing our digestive system to slow down.

The Moro reflex is a primitive reflex from infancy, but anyone anytime in their life can integrate it by doing some simple exercises every day for about a month. See www.pyramidofpotential.com/shop/starfish-module for more information.

3. But what about those days when we still feel anxious before the Moro reflex is integrated? We can do any number of things that calm our nervous system: deep breathing, meditation, yoga, biofeedback, massage therapy, craniosacral therapy, energy medicine, progressive relaxation and aerobic exercise. After doing these, we feel calmer, and our nervous system is no longer on high alert status. Some type of relaxation method should be done daily, so our body is calmer and can integrate the Moro reflex faster and easier. If our body is rigid and constantly in fight or flight, the Moro reflex has a more difficult time getting integrated.
4. Finally, our memories and experiences can put us into fight or flight. We need to deal with those memories in a safe environment, with a professional who can help. This might be a social worker, psychologist, life coach or counselor. Without the other three steps, though, the counseling may take a very long time to resolve a lifetime of issues, especially if the counseling causes a stressed reaction due to recounting stressful events. Per Gerri Ratigan, life coach at <http://www.coachgerri.com/High-Anxiety.html>,

"Every human absorbs unconscious programming from childhood. Even the best of environments can cause unconscious programming that can be the forerunner for anxiety. Most of us don't know how to clear up this programming. Traditional talk therapy has limited value in curing anxiety. In fact, time does not heal all wounds. We must be proactive in healing anxiety. There are new tools available for this work and in order to be as highly functioning as possible, we must take full advantage by learning and applying these new healing tools."

There is no silver bullet. By following this approach, I have seen kids sleep in their own bed for the first time (10 years old), go to the bathroom alone in school for the first time (7 years old), and play in their own front yard for the first time (6 years old). In my late 40s when I did all four steps above, I saw myself

change so that I no longer get my stomach tied up in knots anticipating stressful situations. What a relief!

So, if you want to punch out the next person who tells you, “All you need to do is just relax”, take a deep breath and try this four-angled approach!

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