



# LIFESOURCE INSTITUTE NEWS

Volume 1, Issue 11

April 1, 2021

## Dealing With High Anxiety

### Inside this issue:

ANXIETY	1
DEPRESSION	2
OVERWHELMING	3
THE BUILDING	4
ASK THE COACH?	

#### STAY ON TRACK

- \* **Central Nervous System** alcohol, sugar, and stress quickly help you deplete your level of B vitamins and because they are water-soluble, they do not store in your body, so they must be replenished daily without fail.
- \* **Omega-3 Fats** researchers have found that taking between 1000 and 2000 mg of a combined DHA and EPA daily shown improvement in the area of anxiety symptoms.
- \* **Herbs Like Rhodiola** has a very long history enhancing the body's resistance to negative effects of stress both mental and physical
- \* **Last** the COVID-19 pandemic has changed many things, yearly physicals, the amount of in house time, and most eating habits, some of these changes have not been for the best. Please consult health care professionals use tele medicine so not to let possible problems with your health linger and get worst.
- \* **Remember** during this time of COVID 19 we are all here for each other the coaches at LIFESOURCE INSTITUTE will help you to bridge the gap between **mind body and spirit**. Don't worry about cost if that is the only hold back, we can work with any budget. Blessings, and may you all remain safe.
- \* **Disclaimer:** As a service to our clients or readers, LIFESOURCE INSTITUTE provides access to our library of archived newsletters. None of the content on this site, regardless of date, should ever be used as the substitute for medical advice from a doctor or qualified clinician.

**Anxiety Disorders Affect** 40 Million Adults In The United States. We are an Anxiety-riddled Nation suffering from post-traumatic stress disorder (PTSD), a generalized anxiety disorder, obsessive-compulsive disorder, or last social Anxiety, and you are not alone in this fight with mental illness. Roughly about 20 percent of the population with people of color and millennials reporting the most Anxiety, and baby boomers are reporting the most substantial increases in Anxiety.

**Depression and Anxiety** only have 37 percent of those people receiving anxiety treatment, according to the Anxiety and Depression Association of America. Even though we have a

tremendous amount of awareness, there are far too many still suffering.

**Overwhelming Anxiety** can be hard to handle but can be easily controlled. Since we have numerous reasons for our Anxiety, severe disorders may require advanced medical treatment. Still, many of the symptoms can be helped with some simple lifestyle changes (meditation, exercise, dietary changes, etc.) Also, by supporting your brain and body with the best nutritional supplementation.

**The Building Blocks To A Lifetime Of Calm** with our 21st-century diets highly loaded processed foods deficient in saturated fats and very high in sugars,

leaving us all feeling undernourished yet overfed unbalanced mentally. We, in some cases, plague ourselves with insufficient optimal levels, usually rising to a multitude of deficiencies of vital vitamins and needed minerals, most of which are essential and highly crucial to our mental health. We can build optimal blood levels with these nutrients to start with Magnesium, known by most professionals and functional nutritionists as the calming mineral. Most American's in the U.S. consume very inadequate amounts of this vital nutrient. The following vitamin we will be covering is a quality B-complex as another building block that works synergistically with Magnesium and is essential for emotional and mental wellbeing. B vitamins maintain healthy neurotransmitter production and are necessary daily.

### MUST READ: THE BODY RESET DIET BY HARLEY PASTERNAK

#### ASK THE COACH?

**Q: COACH BERNARD: I AM CONSTANTLY COMBATING INJURIES CONNECTED TO RUNNING, THIS STARTED WHEN HIT MY SENIOR YEARS, I LOVE RUNNING AND WOULD LIKE TO CONTINUE, ANY SUGGESTIONS? SCOTT B. MA**

**A: GREAT QUESTION: SCOTT, THERE ARE A NUMEROUS AMOUNT OF INJURIES RELATED TO RUNNING. WITHOUT WRITING A BOOK, A FEW THINGS I FIND TO HAVE ISSUES WITH IS, MOST OF MY CLIENTS LACK OF STRETCHING BEFORE AND AFTER RUNNING. ALSO, ONCE A YEAR I WOULD ROTATE OLD RUNNING SHOES WITH NEW RUNNING SHOES. IF YOU WEAR ORTHOTICS YOU SHOULD GET FITTED FOR NEW ONES EVERY COUPLE OF YEARS. IF NONE OF THESE FIXES WORK FOR YOU, CONSULT A DOCTOR THAT SPECIALIZES IN FITNESS RELATED INJURIES. MOST OF ALL, IF YOUR PROBLEM BECOMES EXTREMELY PAINFUL, STOP RUNNING UNTIL YOU GET A PROFESSIONAL OPION ON YOUR INJURY.**

**PLEASE CONTACT BERNARD@LIFESOURCEINSTITUTE.COM IF YOU NEED FURTHER THANKS KEEP SENDING IN THE QUESTIONS ON THE SUBJECT OF MIND, BODY AND SPIRIT.**