



» STRESS & ANXIETY

BACKGROUND & AETIOLOGY – UNDERSTANDING THE CLIENT

Hans Selye defined the term “stress” as a “non-specific response of the body to any demand for change.” When the body is unable to adapt to the stressful situation it can create a feeling of being over-whelmed and wear the body down.

When exposed to a stressful situation the sympathetic nervous system drives a “fight or flight” survival response to prepare the body for a possible threat. The action suppresses

immunity and digestion, and prepares the body to break down glycogen, proteins and fats for immediate energy. The HPA axis controls the stress response, and with continual activation it can contribute to ongoing stress and anxiety problems. With chronic stress serotonin receptors eventually become desensitized, which increases adrenaline and cortisol.

CONTRIBUTORY FACTORS FOR STRESS AND ANXIETY INCLUDE

- » **Blood sugar fluctuations** increase the release of adrenaline and cortisol which can contribute and exacerbate stress and anxiety.
- » **A compromised gut function** including food intolerances and allergies, intestinal permeability, and inflammation.
- » **Hormonal disturbances** in oestrogen, progesterone, testosterone, and the thyroid hormones.
- » **The functioning of the central nervous system (CNS)** is dependent on the balance of Gaba-aminobutyric acid (GABA), a calming neurotransmitter, and glutamate, an excitatory neurotransmitter released during a stress response. Elevated glutamate may contribute to anxiety, poor concentration, hyperactivity and night-time waking.

Low GABA is also associated with anxiety, depression and poor sleep quality.

- » **Nutrient deficiencies** such as low tyrosine, B vitamins, zinc and magnesium may also contribute to increased irritability, stress and anxiety.
- » **Poor methylation** can affect the production of neurotransmitters and disturb homocysteine metabolism which can promote neuroexcitotoxicity, induce oxidative stress and inflammation.
- » **Other factors to consider include** childhood trauma, loneliness, poor sleeping habits, exposure to environmental toxins, poor dietary choices, pain and injury and excessive exercise or inactivity.

STAGES & PROTOCOLS FOR STRESS & ANXIETY

When creating a protocol it is important to understand the stage of stress of the client in order to fully address their needs.

Stage 1: Acute Stress Protocol - Stress may be experienced over a shorter time frame. The individual may feel anxious, experience heart palpitations, sleep disturbances, ‘adrenaline’ surges and feels shaky. See ‘STAGE 1 AROUSAL - Acute Stress Protocol’. Here the individual needs deep nervine support from Zen Plus, which includes adaptogenic herbs, L-theanine and a B-complex to restore and calm the nervous system and support the adrenal glands. They need revitalizing also with Peace Greens which provides support for digestion, detoxification and immunity. This can be used interchangeably with Multi Nutri Max which is a high-quality multi-nutrient complex with immune and antioxidant support. Lavender is also included if the individual’s sleep is affected.

Stage 2: High-Anxiety State Protocol - The individual may be experiencing medium to long term stress with energy crashing in the afternoon. Their body remains on red alert and they may experience panic attacks and/or feel ‘out of control’. See STAGE 2 ADAPTATION - High-Anxiety State

Protocol for supplement recommendations. At this stage the individual may also have hormonal imbalances (thyroid and sex hormones may be impaired), skin break-outs and signs of toxicity may be evident. In this case see STAGE 2 ADAPTATION - High-Anxiety with Hormonal Imbalances Protocol.

Stage 3: Burn Out, Adrenal Exhaustion Protocol - The individual is likely to have experienced longer-term or chronic stress that continues beyond their body’s capacity. They are depleted and have no resources to overcome it. They feel run-down, are frequently ill and become susceptible to chronic diseases. See STAGE 3 EXHAUSTION - Burn Out, Adrenal Exhaustion Protocol.

At both stages 2 and 3 the individual will need deep nervine support from the product Zen Plus, revitalizing with Peace Greens, and nutritional and antioxidant support from Multi Nutri Max. They may or may not need the hormonal and liver support, but they are likely to need deep restorative support for the immune system with Resilience Mushroom Blend. Other support supplements have also been included for the reasons listed in the indications table.

ADDRESSING INDICATIONS WITH STRESS & ANXIETY FORMULAS

Stress & Anxiety Formulas	Zen Plus	Peace Greens	Multi-Nutri Max	Lavender Oil (softgel)	Resilience Mushroom	Menopeace	Liver	Metal Detox Protector	Wild Omega-3
Poor sleep/ disturbances	●			●	●				
Nervous system support	●	●	●	●	●			●	●
Stressed, nervous, irritable, anxious, depressed	●	●	●	●	●	●	●	●	●
Mental fatigue	●	●	●	●	●		●	●	●
Low energy, resistance	●	●	●	●	●	●	●	●	●
HPA axis dysfunction	●	●	●		●	●	●	●	●
Low immunity	●	●	●		●	●		●	●
Poor digestion		●			●				
High toxicity/ compromised detoxification		●	●			●	●	●	
Oxidative stress	●	●	●	●	●	●	●	●	●
Compromised methylation	●	●	●						
Inflammation		●	●		●		●	●	●
Hormonal imbalances	●	●	●			●	●		
Blood sugar imbalance		●	●		●				●

STAGE 1 AROUSAL – Acute Stress Protocol

Symptoms: anxious, experiencing palpitations, sleep disturbances, 'adrenaline' surges, short-term stress, feels shaky. Arousal/ alarm response, rapid ↑catecholamines, slower increases in stress steroids. ↑cortisol, normal/ high DHEA (returns to baseline).

Stress & Anxiety Formulas	Zen Plus	Peace Greens	Multi-Nutri Max	Lavender Oil	Resilience Mushroom	Menopeace	Liver	Metal Detox Protector	Wild Omega-3
Phase 1: for 3 week	2 caps AM	6 caps PM							
Phase 2: for 4 weeks	2 caps AM		2 caps AM	1 cap PM					

STAGE 2 ADAPTATION – High-Anxiety State Protocol

Symptoms: adrenal exhaustion stage 2, energy crashing in the afternoon. Long-term stress, affecting sleep pattern. Panic attacks occurring, feels 'out of control'. ↑catecholamines & corticosteroids. ↑cortisol ↓DHEA.

Stress & Anxiety Formulas	Zen Plus	Peace Greens	Multi-Nutri Max	Lavender Oil	Resilience Mushroom	Menopeace	Liver	Metal Detox Protector	Wild Omega-3
Phase 1: for 3 weeks	2 caps AM	6 caps PM		1 cap PM	2 caps AM 1 cap PM				
Phase 2: for 4 weeks	2 caps AM		2 caps AM	1 cap PM	1 cap AM 2 caps PM				

STAGE 3 ADAPTATION – High-Anxiety and Hormonal Imbalances Protocol

Symptoms: anxious client with hormonal imbalances, possibly menopausal or depressed. Symptoms worse around menses. Possibly central weight gain, skin break-outs and signs of toxicity. Altered glucose tolerance, blood pressure, thyroid and sex hormones.

Stress & Anxiety Formulas	Zen Plus	Peace Greens	Multi-Nutri Max	Lavender Oil	Resilience Mushroom	Menopeace	Liver	Metal Detox Protector	Wild Omega-3
Phase 1: for 4 weeks	2 caps AM		2 caps AM			2 caps PM	2 caps PM		
Phase 2: for 4 weeks	2 caps AM					2 caps PM		2 caps AM	2 caps PM

STAGE 4 EXHAUSTION – Burn Out, Adrenal Exhaustion Protocol

Symptoms: adrenal exhaustion stage 3, ↓DHEA ↓Cortisol, feeling run-down, frequent illness and no resources to overcome it. Chronic stress turned to depletion.

Stress & Anxiety Formulas	Zen Plus	Peace Greens	Multi-Nutri Max	Lavender Oil	Resilience Mushroom	Menopeace	Liver	Metal Detox Protector	Wild Omega-3
Phase 1: for 3 weeks	2 caps AM	6 caps PM	2 caps AM		2 caps AM 1 cap PM			2 caps PM	
Phase 2: for 4 weeks	2 caps AM		2 caps AM		2 caps AM 1 cap PM		2 caps PM		2 caps PM

AM: mornings PM: afternoon/evening

» ZEN PLUS

Ideal for those stressed, over-loaded, nervous, irritable or anxious. The formula works on a deep level to restore and calm the nervous system and support the adrenal glands, whilst also increasing focus, concentration and productivity to meet the demands of the day.

Vitamins: B1, B2, B3, B5, B6, Biotin, Folate, Inositol

Amino acids: L-Theanine, Choline, PABA,

Herbs: Ashwagandha, Rhodiola, Holy basil, Passionflower, Oat, Astragalus, Phellodendron, Red jujube, Magnolia.

» PEACE GREENS

A complete vital energy and support formula for those struggling to maintain mental clarity and energy to get through the day.

Nutraceuticals: 11 probiotic strains, Inulin and AOS, Plant digestive enzymes, Rice bran, Acerola juice, Green tea, Beetroot, Broccoli extract, Chlorella, Barley grass, Alfalfa, Spirulina, Dulce, Bee pollen, Lecithin, D-Ribose, Apple pectin, Grapeseed, S.O.D.

Herbs: Liquorice, Milk thistle, Siberian ginseng, Ginkgo biloba, Bilberry.

» LAVENDER ESSENTIAL OIL (softgel)

Taken internally, Lavender essential oil supports the activity of GABA, to regulate and relax brain activity. Different studies have shown that Lavender can be of help for: restlessness, mental stress, anxiety, PTSD, chronic fatigue and insomnia; contributing to relaxation and healthy sleep.

Herbs: Lavender essential oil

Vitamin: Vitamin E (D-*alpha*-tocopherol).

» MENOPEACE

Menopause is a formula that can balance hormones for both menstruating and menopausal women because of the amphoteric (normal) action of the herbs. The Triterpine glycosides can help with nervousness, irritability, anxiety and depression.

Herbs: Dong quai, Agnus castus, Dandelion root, Red clover, Black cohosh, Wild yam.

» LIVER

8 ingredients to help maintain the health of the liver; providing a tonic effect on the spleen, pancreas, liver and kidneys. Aids intestinal comfort, reduces inflammation and oxidative stress. Beneficial for those experiencing stress or anxiety and are perhaps relying on poor food choices, cigarettes, drugs or alcohol to keep going.

Herbs: Milk thistle, Oriental radish, Beetroot Dandelion root, Curcumin, Schizandra, Artichoke.

Nutraceutical: DL-*alpha*-Lipoic acid

» MULTI NUTRI MAX

A complete multi-vitamin formula with antioxidants and immune support. Imperative for those who have experienced stress for long periods of time and are depleted. Combines well with Zen Plus and Menopause for those requiring additional support.

Vitamins: D, E, C, B1, B2, B3, B6, Folate, B12, Biotin, B5.

Amino Acids: Proline, Cysteine.

Minerals: Magnesium, Zinc, Manganese, Copper, Boron, Iodine, Chromium, Selenium, Calcium, Potassium, Inositol.

Nutraceuticals: DMG, Green tea, Citrus bioflavonoids, Bee pollen, D-Ribose, ALA, Chlorella, Spirulina, TMG, Lecithin, PABA, CoQ10, Rutin, Choline, Hesperidin, Quercetin, Tomato, Piperine.

» RESILIENCE MUSHROOM BLEND

The Resilience Mushroom blend is a combination of 6 highly concentrated medicinal mushrooms at an 8:1 extract, to act in synergy on the different components of the immune system. Beneficial for those who are stressed, exhausted and burnt out and need deep restorative support. Also combines well with Zen Plus, Peace Greens and Multi Nutri Max.

Mushrooms: Reishi, Maitake, Shiitake, Chaga, Cordyceps, Lion's Mane.

» METAL DETOX PROTECTOR

A multi-antioxidant formula that contributes to normal immune system function and energy metabolism, and helps decrease tiredness and fatigue. It is a vital component for adrenal support.

Nutraceuticals: DL-*alpha* Lipoic acid, N-acetyl-L-cysteine, Vitamin C, L-Glutathione

» WILD OMEGA-3

A high quality Omega-3 oil obtained from wild sardines and anchovies. Ideal for clients who are stressed, anxious or depressed and are not getting enough essential fats in their diet. The higher ratio of EPA to DHA has proven beneficial for mental health, immune function and inflammatory conditions.

Wild fish oil providing 660 mg of EPA and 330 mg of DHA per softgel.





New Roots Herbal is a GMP compliant, Health Canada–licensed Canadian manufacturer of natural health products with over 32 years of experience. The company’s mission is to produce the most therapeutic nutraceutical formulas designed for the prevention and cure of disease.

We blend traditional formula remedies with the latest scientific advances in probiotics, vitamins, minerals, amino acids, botanicals, nutraceuticals, special extracts, vegetable and fish oils, and isolates. Our products are designed to strengthen the synergy between each of their components.

With one of the most advanced laboratories in Canada (ISO 17025 accredited), we are able to test over 800 raw materials using the latest in analytical equipment, employing a very wide spectrum of specialized and often specific methods. We test every single raw material lot that comes in, without exception, three times over for identity, contaminants such as mycotoxins (aflatoxins), PCBs, over 80 different pesticides, heavy metals, microbiology (bacteria), mould, and fungus. Most importantly, we validate the potency.

Raw and finished product analytical testing is only one layer of quality assurance at New Roots Herbal. To ensure products’ adherence to all relevant Health Canada guidelines as well as labelling requirements, we employ numerous specialists dedicated to total quality assurance. They help ensure that what is on the label is what goes into the bottle. In addition, they ensure that all products meet all standards for safety and efficacy. Quality control is intimately linked to the production of every bottle at New Roots Herbal.



Helen Edwards, our Certified Nutritional Therapist for the UK and Ireland, is here to support your needs and would be happy to answer any questions you have.

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