



EMBRACE *New Life*

Love, Marriage & Life COUNSELING

Anxiety & Depression

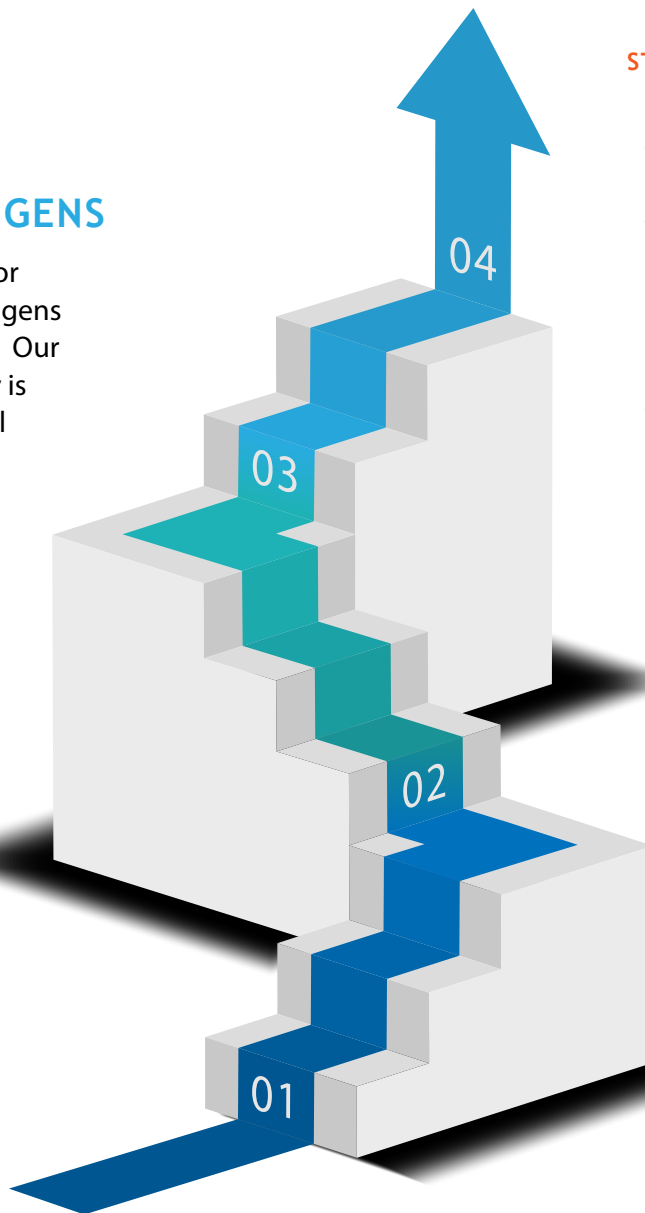
We believe that nature is God's Pharmacy, and when appropriate, natural supplements can be powerful agents in healing the body's response to emotional stress. These recommendations are submitted to clients of Embrace New Life for the purpose of discussion with client's primary care physician. These recommendations do not substitute for required medical evaluation and consultation. Embrace New Life encourages coordinating care with your physicians to heal stress-related anxiety & depression. Our preferred formulary is **Gaia Herbs**' 'Adrenal Health' or 'Stress Response'. Our clients report great results.

STEP 3 :: ADAPTOGENS

Talk to your doctor about using adaptogens to restore the body. Our preferred formulary is GAIA Herb's Adrenal Health.

STEP 1 :: CHECKUp

If it's been more than 6 months since your last complete checkup, please schedule one with your physician as we begin psychological treatment.



STEP 4 :: TECHNIQUES

Work with your ENL therapist to develop usable stress reduction tools at your first visit. We offer breathing, mindfulness, muscle relaxation, self hypnosis, and other evidence-based techniques.

STEP 2 :: EXERCISE

Anxiety and depression can cause excess stress hormones. Talk to your doctor about an approved exercise plan that will allow you to place a metabolic demand to return them to healthy levels. We recommend treadmilling 3 miles per day, 6 days a week while working with your ENL therapist.

Talk to your doctor today about the use of Adaptogens and daily metabolic exercise to stabilize
Anxiety & Depression.