

# ANXIETY & DEPRESSION PROTOCOL



CANDI FRAZIER, FNTP, BCHN  
THE FAMILY HOLISTIC

# WHAT IS THE ANXIETY & DEPRESSION PROTOCOL?

There are many things that can contribute to anxiety and depression and one of the biggest is inflammation and chemical imbalance in the brain. These four supplements were specifically combined to reduce inflammation and support chemical rebalancing in the brain. Each supplement plays a unique role. Alpha-Theta PM contains vitamin B6, 5-HTP, and a blend of herbs that support healthy levels of serotonin and dopamine. Alpha-Theta PM also induces high quality sleep, which is vital for repairing the brain. Optimal EFAs gives the brain a healthy dose of essential fatty acids. Essential fatty acids have anti-inflammatory properties and have been clinically proven to reduce symptoms of depression. Fields of Flowers aims to support the emotional side of anxiety & depression by reminding the body that it is not in danger by calming the fight or flight instinct. Ashwagandha Forte provides the body with a boost of energy as well as cognition and nervous system support.

## WHO SHOULD TAKE THIS PROTOCOL?

Many times conditions like these are easily solved with proper nutrition. I recommend this protocol to anyone who experiences the following symptoms; panic attacks, excessive worrying, changes in sleep patterns, anger and irritability, general feeling of anxiety, etc.

Alpha-Theta PM is not recommended for children, pregnant or lactating women and should not be mixed with alcohol, sedatives or stimulants.



## Protocol Details



### Alpha-Theta PM (2 before bed)

Alpha-Theta PM™ supplies key nutrients recognized to induce calming brainwave activity and to promote the onset and duration of high-quality sleep. The melatonin-free formula includes well-researched anxiolytic botanicals and nutrients such as L-theanine (Suntheanine®), Baikal Skullcap (*Scutellaria baicalensis*), Lemon Balm (*Melissa officinalis*) and Passionflower (*Passiflora caerulea*), 5-HTP and vitamin B6, which together help support GABA receptor function and healthy levels of serotonin and dopamine.



### Optimal EFAs (3 per day)

Optimal EFAs® Caps supplies a unique balance of omega-3, -6, and -9 fatty acids by using the highest quality fish, flaxseed, and borage oils. Each capsule provides optimal ratios of alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), gamma-linolenic acid (GLA) and oleic fatty acids. Optimal EFAs® Caps now contains EPA and DHA sourced from a strategically-placed facility in the far South Pacific Ocean off the coast of Chile, guaranteeing the freshest fish oil available with full traceability and unparalleled purity.



### Fields of Flowers (30 drops per day)

Fields of Flowers®, a homeopathic formula, is a unique combination of the 38 traditional flower essences with each one long associated with a key element of emotional concern. Many practitioners find that addressing the emotional state of the patient is an essential component of their healing strategy and of the patient's general well-being, making Fields of Flowers one of the most popular Energetix products.



### Ashwagandha Forte (2 per day)

Ashwagandha Forte is an herbal supplement that contains Ashwagandha root used traditionally as a rejuvenating tonic for stress, immune system and cognition support.



608-515-7030

[thefamilyholistic.com](http://thefamilyholistic.com)

313 E. Main Street

Wuanakee, WI 53528

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# ABOUT US

## THE WAY WE WORK

At The Family Holistic, our focus is on activating your body's innate intelligence. We give it the tools it needs to be well, both removing the blockages and providing new, better building blocks. Given the right tools, the body is capable of incredible transformation.

### We have the right tools.

We take a two-prong approach to your wellness; identify the problem and find the solution. We do both differently than mainstream medicine.

**Identify the Problem:** Using acupuncture and chiropractic concepts, we identify energy meridians that run throughout the body and palpate (apply pressure) to determine if those meridians need support. Those energy meridians are linked to specific organs and processes throughout the body.

We can find the bio-individual needs of each body within five to ten minutes by using those points as reference.

**Find the Solution:** We carry the highest quality professional supplements on the market (typically carried by functional medicine doctors). We use those supplements during our testing process leveraging neural lingual testing (energetic taste response) to determine which supplement(s) is right for you.

Our clients see results fast. Between the supplement recommendations and other lifestyle changes, clients typically see dramatic improvements within 30 days and often within two weeks.