**Vitamin & Mineral Supplementation for Nervous System Disorders**

**Anxiety**

According to Mayo Clinic, experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive, and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks).

These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood.

Examples of anxiety disorders include generalized anxiety disorder, social anxiety disorder (social phobia), specific phobias and separation anxiety disorder. You can have more than one anxiety disorder. Sometimes anxiety results from a medical condition that needs treatment.

* **Lithium**

Chickpeas, Tomatoes, Cucumbers, Mushrooms, Nuts, Grains, Vegetables

* **Magnesium**

Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds

* **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

**Brain Health**

According to Heart.org, When your brain is healthy, it has the blood flow required for peak performance. A healthy brain is essential for living a long and full life. When your brain is healthy, you are better able to pay attention, solve problems, communicate, and much more.

* **Bioflavonoids**

Green peppers, key limes, grapes, cherries, plums, onions, oregano, Ceylon cinnamon, blackberries, strawberries, raspberries, blueberries, peaches, apples, walnuts

* **Coenzyme Q10**

Walnuts, berries, black currants, sweet peppers, sesame seeds, chickpeas, amaranth, teff, quinoa

* **Lithium**

Chickpeas, Tomatoes, Cucumbers, Mushrooms, Nuts, Grains, Vegetables

* **Magnesium**

Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

**Sleep Aids**

According to Mayo Clinic, Over-the-counter sleep aids can be effective for an occasional sleepless night. There are a few caveats, however.

Most over-the-counter sleep aids contain antihistamines. Tolerance to the sedative effects of antihistamines can develop quickly — so the longer you take them, the less likely they are to make you sleepy.

In addition, some over-the-counter sleep aids can leave you feeling groggy and unwell the next day. This is the so-called hangover effect.

* **Chromium**

Tomatoes, apples, burros, grapes, mushrooms, green peppers, avocados, basil, onions, romaine lettuce

* **Magnesium**

Dried figs, avocado, swiss chard, leafy greens, squash, bananas, burros, cocoa, quinoa, wild rice, walnuts, hemp seeds, sesame seeds, okra, dill, basil, chives, brazil nuts, watermelon seeds

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Calcium**

Mushrooms, sunlight, okra, fennel, swish chard, squash, coconut meat, brazil nuts, dates, figs, apricots, prickly pears, kiwi, mulberries, onions, avocados, sapote, sesame seeds

* **Copper**

Dried apricots, mushrooms, cocoa, sesame seeds, chickpeas, avocados, walnuts, prunes, brazil nuts

* **Vitamin E**

Pears, quinoa, kiwi, swiss chard, mangoes, tomatoes, avocados, walnuts, apricots, bell peppers, cucumbers, squash

* **Vitamin B1**

Wild rice, mushrooms, romaine lettuce, quinoa, tahini, squash, watermelon, tomatoes, sesame seeds, apricots

* **Zinc**

Chickpeas, mushrooms, raspberries, prunes, dates, blackberries, avocados, dried figs, strawberries, cantaloupe, mangoes, watermelon seeds, coconuts, cocoa, sesame seeds, zucchini

**Stress**

According to Web M.D, we all deal with stress at some point in our lives. Maybe it is your job, a family illness, or money troubles. These are common triggers. According to a recent study, about half of all Americans say they are dealing with moderate stress.

But not all stress is bad. It can make you more aware of things around you and keep you more focused. In some cases, stress can give you strength and help you get more done.

What Causes Stress?

Stress is different for everyone. What stresses you out may not even bother your best friend and vice versa.

Still, your bodies react the same to stressors. That is because the stress response is your body’s way of dealing with tough or demanding situations. It causes hormonal, respiratory, cardiovascular, and nervous system changes. For example, stress can make your heartbeat faster, make you breathe rapidly, sweat, and tense up. It can also give you a burst of energy.

This is known as the body’s “fight-or-flight response.” It is this chemical reaction that prepares your body for a physical reaction because it thinks it is under attack. This type of stress helped our human ancestors survive in nature.

* **Chromium**

Tomatoes, apples, burros, grapes, mushrooms, green peppers, avocados, basil, onions, romaine lettuce

* **Vitamin B Complex**

Berries, cantaloupe, key limes, avocados, tomatoes, mushrooms, apples, cherries, peppers, ginger, onions, cucumbers

* **Vitamin C**

Papaya, bell peppers, strawberries, cantaloupe, tomatoes, blueberries, blackberries, honeydew, raspberries, swiss chard, kiwi, elderberries, mango, guava, gooseberries, onions, squash, key limes, apricots, nori, okra, watermelon, prickly pears

* **Multivitamin**