



Supplements & Nutrition for Stress & Anxiety

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**Do you suffer from stress or anxiety?
Or a combination of both?**

Most people experience stress and anxiety at some point in their lives, which can have a significant impact on a person's life.

Stress vs. Anxiety

While stress and anxiety are linked, it's essential to understand the difference between the two.

Stress is usually a response to external factors. It could be a high-pressure job or a stressful family situation. These situations add pressure to our lives and cause a stress response in the body, resulting in various symptoms like irritability, anxiety, loss of appetite, or sleeplessness.

When we resolve these external situations, usually we reduce or altogether remove the stress.

As you see above, anxiety can be a symptom of stress. However, an anxiety disorder is when the anxiety continues even when external stressful situations resolve. In this case, it becomes more internal, and regardless of what is happening outside, you're constantly overwhelmed by a feeling of dread. This can lead to a variety of disorders, like panic attacks.

So you can see that the two are different, but they are also very closely linked.



Reducing Stress and Anxiety Through Diet and Lifestyle

High levels of stress and anxiety are major concerns because of how they affect the body and people's lives. It can put a lot of strain on the body and mind, and it can drastically impact a person's quality of life.

For this reason, if you suffer from stress and anxiety, it's essential to look at your diet and lifestyle and consider what changes you can make to create a healthier and more peaceful way of life.

Here are suggestions to help you create a healthier, more balanced, and soothing lifestyle:

- get more quality sleep
- spend time relaxing in nature
- exercise to release tension and increase endorphins (happy hormones)
- spend time with people that lift your spirits
- create a healthier work-life-balance
- eat a wholesome diet that helps create balance in the body

While there are many aspects to consider when reducing stress and anxiety in your life, in this article, we're focusing on how nutrition and supplements can help you.

How Nutrition Influences Stress & Anxiety in the Body

Food influences everything. Food is the raw material that is the very foundation of our body, and what you take in impacts your body in a multitude of ways.

When you think about it, the body is like a biological computer, and it has many complex systems running simultaneously. And the food you eat helps fuel your body and all the necessary processes to maintain optimal health.

Eat whole natural foods to create a balance in the body.

Keeping it simple, if you suffer from stress or anxiety, you want to be eating a healthy diet made up of whole foods, like fresh fruit, vegetables, nuts, seeds, and whole grains. This gives your body a good variety of essential

nutrients that can support your body's functioning and maintaining balance. Eating a wholesome diet can also positively influence your mood by bridging nutrient deficiencies that can cause anxiety.

On the other hand, highly processed and sugary foods cause an imbalance in the body and can negatively impact you in many ways. These foods can lead to inflammation and result in a lowered immune system and digestive problems. They can also cause blood sugar spikes, resulting in cravings, bad eating habits, fatigue, mood swings, and irritability. While these foods may temporarily elevate your mood, the crash that follows with a rise in anxiety cripples you. This usually results in a vicious cycle that further

begins impacting other organs, causing lifestyle disorders over an extended period of time.

The way food influences both stress and anxiety is a complex topic. To keep it simple, you can just remember that you create a healthy balance in the body when you eat whole foods. And when your body is functioning optimally, it can manage and even reduce the symptoms of stress and anxiety in the body.

While there are many nutritional strategies and foods to help you, we're focusing on Ashwagandha, Ginseng, and Chamomile in this article.



1. Ashwagandha

An ancient herb to relax the body and mind

Withania somnifera, commonly known as Ashwagandha, is a plant that is native to India. This plant has been used in traditional Indian medicine for centuries, most commonly using extracts or powder from the plant's root.

The main reason why Ashwagandha is considered helpful in treating stress and anxiety is because it is an adaptogen.

In herbal medicine, an adaptogen is a natural substance that helps the body adapt to stress. It helps stabilize the physiological processes and promotes balance in the body.

Ashwagandha is an essential Ayurvedic adaptogenic herb that is commonly used to calm the mind. It has been shown to have multiple health benefits, including helping to reduce anxiety and nervousness, assisting the body cope with stress, and fight depression.

In Latin, somnifera (from the plant name Withania somnifera) means “sleep-inducing.” And this is a straightforward way to understand the benefits of Ashwagandha. It relaxes the body and mind.

In recent years, as ancient medicine has become popular, Ashwagandha has gained much interest. Increasingly, we see powders, teas, supplements, and other

products on the market with Ashwagandha.

Recommended daily dose:

While there is no specific recommended dosage, the generally safe and effective quantity consumed ranges from 100 mg to 500 mg per day. It is important, however, to consult your doctor if you are on any medications. This supplement is usually considered safe to consume without any side effects. However, when taken in doses above 1000 mg (or more than the dose recommended by the physician or that specified on the pack), it may cause stomach upset, diarrhea, or vomiting in some people.



How you can take Ashwagandha

- **Supplements** - One of the best ways to consume Ashwagandha is via a quality supplement, either as a capsule or tablet. You can take a maximum dose of 500 mg after meals. After dinner or before bed can work well, as it may initiate good sleep.
- **Powder** - You can mix Ashwagandha powder with ghee, butter, coconut oil, hot water, or warm milk and drink it.
- **Liquid Extract** - You can use concentrated liquid extracts and add the drops to your water, tea, or juice.
- **Tea** - There are also brands of Ashwagandha tea, or you make your own by boiling the root in hot water.

Ashwagandha Supplements

If you suffer from stress or anxiety, we highly recommend that you make the necessary diet and lifestyle changes mentioned above to support your health.

However, if you do need some extra support, taking an Ashwagandha supplement could be an option.

Based on our expertise in creating quality supplements, here are some tips to help you select an Ashwagandha product:

- Start with a dose of 200 mg and after a month, step it up to 500 mg post meals. The gradual increase in dose will help you understand how it is suiting your body type.
- Ideally, choose a root extract which by its natural composition, contains the best blend of actives.
- Take the supplement as prescribed by your doctor or as mentioned on the supplement pack to avoid any side effects. In case you do observe any gastric issues, stop the supplement and consult your doctor.





2. Ginseng

An ancient herb to create balance in the body.

Ginseng is the root of plants in the genus *Panax*. The word *Panax* means “all-healing” in Greek, and it has been used for centuries in traditional medicine, particularly in China. It is undoubtedly one of the most popular medicinal herbs in the world.

There are many varieties of Ginseng plants. Some of the most well-known include *Panax ginseng*, which is also called Korean ginseng; *Panax quinquefolius*, also known as American ginseng; and *Panax japonicus*, also known as Japanese ginseng.

Ginseng contains two important compounds, ginsenosides, and gintonin which each provide health benefits. It's important

to remember that the concentration of these compounds varies in American and Asian Ginseng.

“Ginseng effectively regulates the immune response and the hormonal changes due to stress, thus maintaining homeostasis. In addition to suppressing the occurrence of psychological diseases such as anxiety and depression, ginseng also prevents stress-associated physiological disorders.” Source

While Ginseng has been used for centuries in ancient medicine, particularly in China, it is becoming more popular in the West. Today there is a considerable variety of

Ginseng products out there, like concentrated liquids, supplements, and teas.

Recommended daily dose:

It is important to remember that there are different varieties of Ginseng, and each has its own composition, strength, and effect on the body. There is also no specific dosage, and it's important to consult your doctor first. However, the general advice is:

- You can start with 90 mg of the extract and go up to 400 mg per day if consumed as a capsule. One-fourth to a half teaspoon in powder and a small (half an inch) piece of the root boiled and consumed.



How you can take Ginseng

- **Supplements** - You can take a quality Ginseng supplement, either as a capsule or tablet.
- **Ginseng Root** - You can eat the root raw or lightly steamed. You can also boil it in water to make homemade tea.
- **Powder** - You can mix Ginseng powder with hot water or warm milk and drink it.
- **Liquid Extract** - You can use concentrated liquid extracts and add the drops to your water, tea, or juice.
- **Tea** - There are also brands of Ginseng tea, or you make your own by boiling the root in hot water.

Ginseng Extract	Active component	Dose
American ginseng (Panax quinquefolius L.)	Ginsenoside content: 10%	90 to 400 mg per day
Panax ginseng (Syn; Korean Ginseng) extract - (obtained from 0.6 to 2.0 g of Ginseng root, (Panax ginseng. C A. Meyer, Araliaceae)	Ginsenoside content ranging from 3 - 10 % and adjusted to potency basis 3% total ginsenoside content	90 to 400 mg per day
Siberian ginseng obtained from 0.6 to 2.0 g of Ginseng root (Acanthopanax senticosus, belonging to Panax type, C A. Meyer, Araliaceae)	Eleutherosides content: 3 to 10%	100 to 450 mg per day

Ginseng Supplements

We always recommend looking at your diet and lifestyle first before depending on supplements.

However, we also understand that sometimes you need extra support, which is where natural supplements can help.

Based on our expertise in creating quality supplements, here are some tips to help you select a Ginseng product:

- 90 to 400 mg per day is usually safe to consume as per research
- A minimum of 3% total Ginsenosides would help benefit overall health
- While it is generally regarded as safe to consume, if you note changes in your blood pressure or feel dizzy or experience headaches, stop the supplement and consult your doctor.





3. *Camomile*

Nature's natural relaxant

Camomile is the common name for the daisy-like plants of the family Asteraceae. There are many varieties, but two are often used for traditional herbal medicine - the German Camomile and the Roman Camomile.

This plant has been used for thousands of years by different cultures, most commonly to soothe anxiety and settle the stomach. Today it is one of the most well-known medicinal plants, most widely consumed as camomile tea.

Camomile is rich in antioxidants, which help fight inflammation and promote general well-being. One of the antioxidants it contains is

called apigenin, which binds to specific receptors in the brain, encouraging sleepiness.

This makes Camomile a great plant to help reduce insomnia. But apart from insomnia, because it has a relaxing effect, this makes it useful for those who suffer from stress and anxiety.

Like with most herbal remedies, there has not been an extensive amount of research and studies done. However, Camomile has been shown to help reduce insomnia, anxiety, and depression.

Recommended daily dose:

There is no standard recommended dosage for Camomile. However, it ranges between 220 mg to 1,100 mg daily taken for up to 3 months when taking Camomile supplements. We recommend asking your doctor for advice before taking a supplement. When drinking Camomile tea, most people drink between 1 to 4 cups daily, depending on the strength of the tea.

How you can take Camomile

- **Tea** - You can choose from many Camomile tea brands. If you want a stronger taste, use loose tea instead of teabags. You can also make your own tea by brewing Camomile flowers in hot water.
- **Supplements** - You can take a quality Camomile supplement in capsule or tablet form.
- **Liquid Extract** - You can use concentrated liquid extracts and add the drops to your water, tea, or juice.

Camomile Supplements

Camomile is a very ancient medicinal herb. Camomile teas and oils have been used traditionally to treat insomnia and induce sedation which helps in the calming effect. This effect could be attributed to the flavonoid component of the herb. It is also used to treat anxiety.

As mentioned above, we don't recommend taking supplements in place of a healthy diet. We recommend that you make the necessary dietary and lifestyle changes to support your health and wellbeing first.

However, sometimes we need extra support, and Camomile can help relax the body and mind and help with stress and anxiety.

Based on our expertise in creating quality supplements, here are some tips to help you select a quality Camomile product:

- Oral doses up to 1 g to even 15 g are regarded as safe to consume.
- The most popularly used form is the extract of the flower.
- It is usually safe unless you have an allergy or hypersensitivity towards it.

Conclusion

Are you ready to use nutrition and supplements to help you reduce stress and anxiety?

You can take many steps to reduce the stress and anxiety in your life so that you can live a more joyful life. And while there are many steps you can take, focusing on your nutrition is a valuable first step.

Of course, you can keep it simple and focus on avoiding highly processed foods and eating more whole foods. Or you can take it a step further by understanding where your diet is falling short and start exploring some of the incredible natural ingredients that have been shown to have calming effects on the body, like Ashwagandha, Ginseng, and Chamomile. These are amazing ingredients worth exploring, and we hope we've inspired you to do so.

Use the healing power of mother nature to calm your mind, soothe your stress, and live a much happier and more peaceful life.

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Are you ready to nourish your brain with nutrition and supplements?

Your brain runs your entire operating system and needs to be taken care of. And while there are many ways to do that, food is a great place to start.

If you can make sure that you're getting adequate omega-3 fatty acids, B vitamins, and antioxidants, you're nourishing your brain in various ways that can help keep it strong.

And again, we never recommend replacing a balanced, wholesome diet with supplements. However, if you need support, a quality supplement can help you get the essential nutrients you need.

If you'd like to learn more about Nutrition and Supplements, visit our [Instagram page](#).

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