



# Choices Healthy Views

## *Doctors Choice*

*by Dr. Devin A. Mikles MD, MD(H), FACP*

### Treating Anxiety and Stress with an Integrative Medicine Approach

Ever since Hans Selye, the pioneering Austrian-Canadian endocrinologist conducted his important scientific work on the response of an organism to stressors, demonstrating the first clear scientific basis for the existence of biological stress in the 1950's, research scientists have been working to fully elucidate the physiological, neurological, psychological and immune system details of the stress response, and the related medical emotional and psychological disorders that include stress disorders, anxiety and panic. Much progress has been made in understanding not only what the psychoneuro-immunological facts are, but also how we might successfully employ a variety of conventional and unconventional treatments to effect improvements in these problems for the individual.

There is a high rate of coexistence of generalized anxiety disorders (GADs) with other diagnoses—such as panic disorder, depression, alcohol abuse, posttraumatic stress disorder, insomnia, and obsessive compulsive disorder—making it one of the most common diagnoses found in primary care, with women predominantly affected. It is estimated that 5.4%-7.6% of primary care visits are associated with GAD and in addition to impairments in emotional and mental health, there are subsequent impairments in pain, function, and activities of daily life, accelerating the need to reconsider the medical management of this disorder and move from the traditional medical model to a more holistic approach, focusing on self-care.

A variety of complementary and alternative treatments have been evaluated and found to be helpful in the treatment of GADs, including: acupuncture (treatments one time/week for six weeks), yogic breathing exercises, tai chi, qigong, self and/or partner assisted massage therapy using essential oils, aroma therapy, journaling, nutritional counseling, the emotional freedom technique, behavioral cognitive therapy and exercise.

Additionally, a test for neurotransmitter levels is available through Choices providers that can provide definitive indicators for what nutritional, herbal and immune supplements should be used based on this individualized approach. We have found that an integrative approach to treating these problems to be more effective than pharmacological treatments alone.

If you are having problems with stress or anxiety, make an appointment with a Choices provider to discuss options for further evaluation and treatment.



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# Recent Clinical Trials for Anxiety and Stress

by *Peggi Cross, PhD*

## Anti-oxidants

Oxidative stress from high blood sugar levels is thought to contribute to anxiety and stress in diabetic patients. In a randomized single-blind study, patients were given either 400IU per day Vitamin E, 100 mg/ day Vitamin C or a placebo for 6 weeks. Answers from the DASS-21 (Depression and Anxiety Stress Scales 21-item) showed a significant decrease in anxiety levels for the vitamin C group compared to the others (Mazloom et al., 2013).

When the levels of vitamin A, vitamin E and vitamin C were studied in patients with generalized anxiety disorder (GAD) it was found that patients with GAD and depression had significantly lower vitamin levels. After supplementation with vitamins for 6 weeks, there was a significant reduction in anxiety and depression and blood levels of antioxidants increased, except for vitamin E in the group of patients who had depression only (Gautam et al., 2012).

## Omeegas

A 3 week trial with fish-oil containing 60 mg/day eicosapentaenoic acid (EPA) and 252 mg/day docosahexaenoic acid (DHA) showed a decrease in stress/anxiety ratings that was accompanied by a reduction in cortisol levels (Barbadoro et al., 2013).

When medical students were studied under the stress conditions of exams, students who received omega 3 fatty acids (2.5 g/ day, 2085 mg eicosapentaenoic acid and 348 mg docosahexanoic acid) showed a 14% decrease in lipopolysaccharide (LPS) stimulated interleukin 6 (IL-6) production and a 20% reduction in anxiety symptoms, without significant change in depressive symptoms compared to controls. Compared to students receiving an omega 3 and omega 6 fatty acids, they showed even lower anxiety and reductions in IL-6 indicating that decreasing the ratio of omega 6:omega 3 is beneficial (Kiecolt-Glaser et al., 2011).

## Botanicals

A review of the literature for the anxiolytic efficacy of 53 plants, found sufficient evidence from clinical trials for the following: Piper methysticum (kava), Matricaria recutita (German chamomile), Ginkgo biloba, Scutellaria lateriflora (blue or mad dog skullcap), Silybum marianum (milk thistle), Passiflora incarnate (passionflower), Withania somniferum (Indian ginseng or ashwagandha), Galphimia glauca (gold shower), Salvia spp. (sage), Centella asiatica (gotu kola), Rhodiola rosea (golden root), Echinacea spp., Melissa officinalis (lemon balm), Citrus aurantium (bitter orange) and Echinium amoenum. Acute anxiolytic activity was found for gotu kola, passionflower, lemon balm, bitter orange and sage (Sarris et al., 2013).

Barbadoro P, Annino I, Ponzio E, Romanelli RM, D'Errico MM, Prospero E, Minelli A. Fish oil supplementation reduces cortisol basal levels and perceived stress: a randomized, placebo-controlled trial in abstinent alcoholics. *Mol Nutr Food Res*. 2013 Jun;57(6):1110-4. PubMed PMID: 23390041.

Gautam M, Agrawal M, Gautam M, Sharma P, Gautam AS, Gautam S. Role of antioxidants in generalised anxiety disorder and depression. *Indian J Psychiatry*. 2012 Jul;54(3):244-7. PubMed PMID: 23226848.

Kiecolt-Glaser JK, Belury MA, Andridge R, Malarkey WB, Glaser R. Omega-3 supplementation lowers inflammation and anxiety in medical students: a randomized controlled trial. *Brain Behav Immun*. 2011 Nov;25(8):1725-34. doi: 10.1016/j.bbi.2011.07.229. Epub 2011 Jul 19. PubMed PMID: 21784145.

Mazloom Z, Ekramzadeh M, Hejazi N. Efficacy of supplementary vitamins C and E on anxiety, depression and stress in type 2 diabetic patients: a randomized, single-blind, placebo-controlled trial. *Pak J Biol Sci*. 2013 Nov 15;16(22):1597-600. PubMed PMID: 24511708.

Sarris J, McIntyre E, Camfield DA. Plant-based medicines for anxiety disorders, part 2: a review of clinical studies with supporting preclinical evidence. *CNS Drugs*. 2013 Apr;27(4):301-19. doi: 10.1007/s40263-013-0059-9. Review. Erratum in: *CNS Drugs*. 2013 Aug;27(8):675. PubMed PMID: 23653088.



# Natural Medicine Store Favorites

by Brian Whitney \*

**Corti-cut by Prescribed Choice** is a novel product that combines vitamin C, chromium, Rhodiola rosea, Green tea extract, citrus aurantium, L-theanine, phosphatidylserine and magnolia extract. Not only are several of these ingredients helpful for anxiety but they help to lower elevated cortisol levels from stress helping to reduce the belly fat that accumulates during stressful periods.



**Rhodiola rosea** is a perennial flowering plant that has adipogenic, anxiolytic, neuroprotective, cardioprotective, anti-fatigue, anti-depressive properties (Panossian et al., 2010). It has been proven to improve “Burn out” in humans in a clinical trial (Olsson et al., 2009).



**Magnolia Bark Extracts** have been used for centuries in Chinese and Japanese medicines to treat anxiety, depression and seizures. (Alexeev et al., 2012). They have been shown to decrease cortisol levels in humans with moderate stress levels (Talbot et al., 2013).



## Neurotransmitter & Hormone Support\*, Promotes Stress Resiliency\*

**RelaxMax™** is an innovative powdered drink mix without flavoring components. It contains a blend of ingredients that supports the body’s natural synthesis of catecholamines, the inhibitory neurotransmitter GABA, hormonal balance, and healthy glucose metabolism. RelaxMax aims to promote a calm, relaxed, well-balanced emotional and physiological state. Contains di-magnesium malate, myo-Inositol, Taurine, GABA (gamma-aminobutyric acid) and L-Theanine.

- Alexeev, M, Grosenbaugh D K, Mott D D, and Fisher J L. 2012. "The natural products magnolol and honokiol are positive allosteric modulators of both synaptic and extra-synaptic GABA(A) receptors." *Neuropharmacology*. 62(8):2507-14.
- Olsson, E M, B von Schéele, and A G Panossian. 2009. "A randomised, double-blind, placebo-controlled, parallel-group study of the standardised extract shr-5 of the roots of Rhodiola rosea in the treatment of subjects with stress-related fatigue." *Planta Med*. 75(2):105-112.
- Panossian, A, G Wikman, and J Sarris. 2010. "Rosenroot (Rhodiola rosea): traditional use, chemical composition, pharmacology and clinical efficacy." *Phytomedicine*. 17(7):481-93.
- Talbot, S M, J A Talbot, and M Pugh. 2013. "Effect of Magnolia officinalis and Phellodendron amurense (Relora®) on cortisol and psychological mood state in moderately stressed subjects." *J Int Soc Sports Nutr*. 10(1):37.

**\* These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not meant to diagnose, treat or cure any disease or medical condition. Please consult your doctor before starting any exercise or nutritional supplement program or before using these or any product during pregnancy or if you have a serious medical condition.**

## Complementary Health Practices Available at Choices

- Acupuncture
- Botanical Medicine
- Chiropractic
- Cold Laser Therapy
- Homeopathy
- Intravenous Infusions
- Mind/Body Medicine
- Neural Therapy (NT)
- Neuromuscular Therapy
- Nutritional Therapy/  
Counseling
- Relaxation, Visualization
- Stress Management
- Traditional Chines Herbal  
Medicine
- Ultraviolet Blood Irradia-  
tions and Ozone Therapy



## What's new at Choices? Bio-well

**Choices is excited to announce that we now have a Bio-Well and can assess your energy levels!**

**Bio-Well** uses **photonic image sensing** to take a gas discharge image from the fingertips. Sophisticated software maps the organ systems of your body from the fingertips incorporating the **meridian system** to get an energy reading. The software also connects the area of the fingertips to the energetic signature of the energy centers to gather an energy reading and balance value for each center.

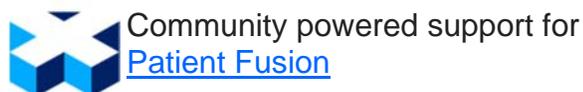
**The Bio-Well full reading gives the following information:**

1. Energy Balance
2. Energy distribution across  
organs and systems
3. Stress and Energy Balance levels
4. Organ energy levels
5. Energy Center Balance
6. Biorhythms
7. Capability of comparisons of energy states from one reading to the next
  - a. from one session to the next
  - b. during the same session, after exposure to substances of interest
  - c. during the same session, after physical exertion to expose weak areas

Call to schedule your appointment today!



*Don't forget to sign-up for our new portal!*



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