

# Treating Anxiety without drugs

Overcoming Anxiety is possible. The central therapeutic goal has to be re-wiring the brain to stop 'anxious brain circuits' dominating the mind

**Balance**  
Neurotransmitters to get enough stability to do the brain re-wiring exercises

Boost GABA and serotonin and reduce Glutamate with natural remedies to sedate anxious brain circuits

Improve the health of the brain and eliminate everything that gets in the way of neuroplasticity (the brains ability to re-wire itself)

Use supplements to increase BDNF and increase the growth of new connections

Eliminate neuro-inflammation

Leaky gut/blood brain barrier, allergies/sensitivities, SIBO candida, parasites

Over activity in the HPA-stress pathway (relaxation brain training)

Poor sleep and lack of exercise

Start generally re-wiring the brain with strengthening the frontal cortex and dampening over activity in the amygdala with a course of mindfulness brain training. Then specifically rewire amygdala or cortex based anxiety

**Amygdala based anxiety**

**Cortex based anxiety**

The amygdala only learns through direct experience of fearful events, by safely bringing up or exposing the amygdala to our experience of anxiety in therapy with the assistance of specific remedies we can re-program it with new information.

The cortex is where we construct our thinking, when anxiety originates from the cortex we can change it by digging into how we *construct* anxious thinking and explore alternate realities in psychotherapy, this restructures our thinning processes and also re-wires the cortex.