

DR. KYLE ANDERSON'S RECOMMENDATIONS FOR STRESS & ANXIETY

KEY SUPPLEMENTS

Omega-3 EPA/DHA (essential fatty acids "fish oil")

- 1,500mg-2,000mg/day
- Look for molecularly distilled, third party tested for purity in pharmaceutical grade facility.
- Buy the best you can afford as I think this is the #1 most important supplement for overall wellness, but cheap ones can do more harm than good.
- <https://drjockers.com/omega-3/>

Vitamin D³+K²

- 3,000-5,000 IU/day
- Important thing is the addition of Vitamin K² to your Vitamin D³, helps prevent hardening of your arteries and draw calcium into your bones
- <https://drjockers.com/sunlight-vitamin-d3-brain-health>

Probiotics (good bacteria)

- >10 billion CFUs/day (Bifidobacterium best for anxiety but look for 8-10 strains & refrigerated)
- <https://drjockers.com/probiotics-benefits-categories-and-protocols/>

Magnesium L-threonate

- -1,000mg 2x day (one should be 1hr before bed)
- Could take 6,000-8,000mg/day initially if have significant anxiety then taper to
- 2,000mg/day
- <https://drjockers.com/magnesium-stress-anxiety/>

Ashwagandha (adaptogenic herb)

- -300mg or more 2x day
- https://www.standardprocess.com/Products/MediHerb/Adrenal-Tonic-Phytosynergist%C2%AE#.Xh_N2INMEwB
- <https://articles.mercola.com/sites/articles/archive/2019/06/13/ashwagandha-for-stressand-anxiety.aspx>

***While generally safe and well-tolerated, ashwagandha is contraindicated for, and should not be used by pregnant women, breastfeeding women or people taking sedatives or thyroid medications.*

Vitamin B Complex

HELPFUL RESOURCES

- Danielplan.com
The Daniel Plan by Rick Warren

These sites below have great info on physical and mental wellness. Search a topic in each individual site (ie. Anxiety, sleep, gut health, anti-inflammatory diet) and sign up for their free e-newsletters.

- Mercola.com
[Fat for Fuel](#) by Dr. Joseph Mercola
- DrJockers.com
- DrAxe.com
- Marksdailyapple.com
[The Primal Blueprint](#) by Mark Sisson
- <https://drjockers.com/14-ways-reduce-anxiety-naturally/>
An example of good info with Biblical insights