

Women and Anxiety

Anxiety is the most common mental disorder in the U.S., yet there still exists feelings of shame around the condition. Let's talk specifically about women... Many women may experience an underlying pressure to live up to some pretty unrealistic life expectations. Let's take a functional medicine approach to why and how this may be happening and what we can do to support the women in our lives.

Did you know that in her lifetime, a woman has a 31% chance of developing anxiety? Could there be a connection between anxiety and hormones? Young girls and women seem to experience anxiety after several significant hormonal shifts in their menarche, child-bearing years, lives: postpartum, perimenopause and menopause. This can be associated with changes in hormones, such as estrogen, progesterone, cortisol, thyroid and oxytocin. It is now clear that anxiety in women is physiological changes connected to throughout the life cycle.

Although anxiety was previously seen solely as a mental condition, when study-

ing it under the functional medicine microscope, we find a solid link between anxiety and the gut-brain axis. Gut-brain dysfunction can lead to increased inflammation in the body followed by inflammation in the brain. Understanding that humans have over 100 trillion bacteria in the intestinal tract and that these bacteria are associated with neuro-endocrine-immune pathways is key to understanding the relationship between mood and the gut. The health or general constitution of the intestinal microbiota is now understood to be determined by delivery at birth, genetics, age, nutrition, physical activity, environmental factors, stress, infections and antibiotic usage. Obviously, some of these factors are out of our immediate control, but many are within our reach to modify. Improving the general constitution of the intestinal microbiota with the use of a high-quality, multi-strain probiotic is a great place to start. Of course, proper nutrition including a wide variety of plants (prebiotics) helps to improve the diversity and function of the gut microbiome. The ultimate goal is a better functioning gut-brain axis.

Weight Loss Cents

IMPROVE YOUR HEALTH... IMPROVE YOUR LIFE!



Tricia Talerico, D.C., M.S., Nutr. Nutrition and Weight Loss Center of Ocean Dow Plaza • 1819 Highway 35 North Oakhurst, NJ 07755

732-609-3366

www.nutritionandweightlosscenter.com www.facebook.com/nutritionandweightlosscenterofocean www.instagram.com/nutritionandweightlosscenter