

Anxiety Cheat Sheet

First thing first .. take a deep breath!! Actually!! HUGE inhale for 4 whole second, hold it on for 4 whole seconds then exhale it for 4 whole seconds!! ok now lets get to it.

1) You gotta run a Hair Tissue Mineral Analysis if you wanna know if you have heavy metals and so you know what minerals are depleted. This was a game changer for me. Its super easy and wealth of information on what is actually going on in your body right now.

[HTMA INFO](#) its also on sale right now! \$50 off!!

2) You need to replenish your vitamin and mineral levels with methylated supplements

[ALL IN ONE SHAKE THAT CHANGED THE GAME](#)

3) Start Supplementing with vitamin D or have you levels tested. Your doctor can run this lab but if they won't or if you don't have one then you can run it at home (this is an important step)

[Vitamin D supplement](#)

[Vitamin D at home lab Test](#)

4) Ask yourself am I giving my brain the fuel it requires to work optimally?? Change your thinking to food is medicine and fuel and if you don't feed it good quality nutrients it won't be able to work optimally.

Want a EAT HEALTHY CHEAT SHEET? email me "EAT HEALTHY CHEAT SHEET" and Ill send it your way. Fraser@fraserbridgeman.com

5) Do you eat fish 4x a week? IT's uncommon to hear someone say yes which means most people are deficient in Omega 3... the best anti inflammatory for the body and brain. So start

eating fatty fish to calm the brain down or you should add in an omega 3 supplement while we rebalance your body.

[OMEGA 3 because I love my brain](#) these work better if you take them with food! Also dinner is best because they will help calm down your nervous system so you can sleep better.

5) Does your anxiety affect your sleep?? Mine sure did!!

IF you want the **Insomnia Cheat Sheet ... you know what to do.** email me!! or DM on any social media platform of course!!

6) Do you suffer from gut issues?? So many of our feel good neurotransmitters are made in the gut. Most people who have had anxiety for a long time also complain of gut issues like bloating, upset stomach, nausea, constipation or loose stools. If this is you then I highly recommend the Organic Acid Lab. Can't recommend it enough!!

[GUT LAB THAT CHANGES EVERYTHING](#) read up on it and shoot me all the questions you have

Lastly Anxiety sucks so let's talk about it one on one. Book a free chat [HERE](#)

Yours in health,

Frase Bridgeman

Integrative Health Practitioner