

# DEPRESSION & ANXIETY RELIEF CONDITION PROTOCOL

## Supplementation Regimen:

- Stress & Anxiety Relief Pak, 1 packet morning and 20 minutes before a stressful event that would normally spike anxiety, as needed
- Optimal Fruit & Veggie Plus, 1 serving daily
- Optimal 1 Digest-A-Meal, 2 capsules with each meal
- Opti-Adrenal, 1 capsule morning and 1 at night
- DAK1K2, 1 capsule morning and 1 at night



## Nutrition Regimen:

- Eat more raw foods as processed foods cause stress to the body and exacerbate anxiety
- Cut out processed foods
- Consume more mushrooms and high-nitrate foods such as beets and arugula

## Exercise Regimen:

- Aerobic High Intensity Interval Training (HIIT): 20-30 Rounds - 20 seconds full out, 40 seconds off, 3 times per week
- Full Body Strength Training: 30 minutes, 3 times per week