



ANXIETY

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The first book specifically written for healthcare professionals as a guide to the orthomolecular diagnosis and safe, natural treatments of anxiety disorders. It includes: a synthesis of old and new information; guides the reader through the orthomolecular approach, including nutrient deficiencies and dependencies, cerebral allergies, and hypoglycemia; full descriptions of other orthomolecular treatment strategies, including niacinamide (nicotinamide), vitamin B-12, other B vitamins, inositol, minerals, amino acids, and essential fatty acids; case descriptions, prescribing information, and side-effects. Anxiety disorders are the most common and debilitating psychiatric disorders in North America and patients struggling with anxiety have greater chances of developing other medical illnesses, such as chronic obstructive pulmonary disease, diabetes, and hypertension.

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