

THESE ARE THE MOST POWERFUL FORMULAS I RECOMMEND FOR

ANXIETY, DEPRESSION AND MOOD SWINGS.

There are many ways to help anxiety, depression and mood swings. Here are some great formulas that can help. Daily meditation, exercise and therapy can be effective tools. Sometimes a low carb diet helps a lot too. Definitely get some acupuncture! Doses listed are for 120lb adults, so adjust as necessary.



**BE PREPARED THE
NATURAL WAY**

You can get them on my site, or make your own with your favorites. If you lose this list, you may access them directly at [Fullscript](#) under recommendations/Protocols/Anxiety, Depression and Mood Swings when you create your account. You may also get them wherever chinese herbs are sold. Where ever you get them, it's best to have them on hand!

You do not have to get ALL of these formulas.

Please see which applies to your symptoms and chose accordingly.

FREE AND EASY WANDERER



- **Treats irritability, mood swings, depression and PMS. It also helps headaches, menstrual disorders, indigestion, abdominal pain, ulcers, chronic gastrointestinal tension, Irritable Bowel Syndrome, chronic gastritis, peptic ulcers, gall stones, nausea and hypochondriac pain. It also helps fibrocystic breast disease and mastitis.**
- Take 1-3 tablets, 1-4 times a day.
- Safe for pregnancy, breastfeeding & kids.

EASE PLUS

- **Treats nervousness, mild anxiety, mood swings, headache and insomnia. Very helpful for withdrawal from tobacco, drugs, medications and other addictive substances.**
- 2-4 tablets, 2-4 times a day.

SCHIZANDRA DREAMS

- **While this is a sleep formula, it can also be used during the day for anxiety, muscle spasms and panic attacks and substance withdrawal. Take 1 tablet as needed. Treats insomnia and lessens nightmares and sleep apnea.**
- For sleep, 2-3 tablets 1 hour before sleep. May also take a dose in the night. Highly sensitive people should start with 1. Dosages are for 120 lb adults, adjust dose based on weight, crush in food if necessary.
- Safe for pregnancy, breastfeeding & Kids.

CALM SPIRIT

- **Treats anxiety, depression, anger and other stress related symptoms. Helps insomnia, restlessness, dizziness, constipation due to stress, dry mouth and poor memory. Add Quiet Digestion if loose stools occur, or try an alternate formula.**
- Take 1-3 tablets, 1-4 times a day.
- Safe for pregnancy, breastfeeding & kids.

THREE IMMORTALS

- **For menopause symptoms of depression, anxiety and irritability. Also helps with hot flashes, night sweats, headaches/migraines, palpitations, vertigo, tinnitus, low back pain, hot hands and feet, especially at night, constipation, bleeding gums, low sexual drive.** For severe hot flashes, add Coptis Purge Fire.
- Take 1-3 tablets, 2-3 times a day.
- Pregnant, breastfeeding moms and kids shouldn't need this one!