



FOOD AS MEDICINE

# 5 FOODS TO ELIMINATE STRESS & ANXIETY

Use nutrition to get rid of stress and anxiety, & start enjoying your life again!

DR. REHAN LAKHANI, ND



# Hi, I'm Dr. Rehan

Many of my patients struggle with chronic illnesses such as heart disease, autoimmune conditions, inflammatory bowel disease, irritable bowel syndrome, and many more.

As a Naturopathic Doctor, it's my job to discover the root cause of these conditions, and I recognized that the majority of these illnesses are either *directly caused* by or worsened by **chronic stress and anxiety**.

Using clinical nutrition, I've helped hundreds of patients eliminate their stress and anxiety for good, and completely heal from their chronic health conditions.

**THAT'S WHY I CREATED THIS E-BOOK. I've made it my mission to teach people how to use food as medicine to get rid of stress & anxiety, and start enjoying life again!**



**IT IS MY LIFE'S MISSION TO HELP OTHERS BEAT ANXIETY.  
HERE ARE SOME THINGS MY AMAZING PATIENTS HAVE SAID AFTER  
WORKING WITH ME:**



**Melissa Gaudet**

1 review



Highly Recommended!!!

I have been seeing Dr. Rehan Lakhani now for almost a year. As a nurse and shift worker, I developed increased insomnia and uncontrolled anxiety. He has been extremely instrumental in helping me manage my anxiety, depression and insomnia naturally. We developed a plan of care combining supplements with healthy exercise and a healthy, well balanced diet.

As I learned I was pregnant, I was very eager to ensure all my supplements were natural, and of the highest quality. I have no doubt that I am in great hands with Dr. Lakhani and look forward to his continued support, guidance and professionalism during this new chapter. If you are looking for a natural approach to better your health, this is a practice you can trust and have full confidence in!



**Sue Underhill**

2 reviews



Rehan delivers! He is concise, compassionate and smart! And he gets results. If you value your health and want to improve it - you have NO REASON not to see him! 🙌



**Jennifer Murley**

4 reviews



Dr. Lakhani is the best! He introduced me to acupuncture and I've never felt better. I appreciate the time he takes to listen and to explain - he's professional, kind, and provides a comfortable environment for his patients. He's a practitioner but, to me, he's also a teacher. You can tell that he's passionate about what he does. Thank you!

**Denise Harcourt**

2 reviews



In 20 years of only using Naturopaths (at least 5 others) to help me with my health issues, Dr. Rehan Lakhani is the most knowledgeable and understanding practitioner I have had the pleasure of working with. I knew during my first consultation that he was the one to help me get to the root of my problems. Not only did he help me more physically than anyone else in my past, but his compassion, support and willingness to listen to my worries, also helped me make some lifestyle changes that also had a big impact on my progress.

In a nutshell: friendly, approachable, exceptionally knowledgeable, listens, doesn't overload you with changes or products, remembers everything, never makes you feel rushed. I'd give him more stars if they were available.

**Alex**

1 review



Rehan is personable, practical and knowledgeable. Appointments with him are always fun and worthwhile. He has helped me to grow into a better diet and feel more energetic throughout the day!

**Here are the top 5 foods I recommend to my patients for a stress and anxiety free life. Have these foods everyday, and watch how fast you can eliminate your stress and anxiety.**



## Lean Protein

One of the best foods you can consume on a regular basis for the elimination of stress and anxiety is different lean proteins. Proteins are made up of building blocks called amino acids, and these are important for the synthesis of neurotransmitters which are chemical messengers that affect our mood, and what our brain uses to communicate.

The amino acid tyrosine is used to make dopamine and norepinephrine. Another called tryptophan is used by our bodies to make serotonin and melatonin, and lastly, glycine is excellent at calming anxiety.

A low intake of complete proteins could worsen symptoms of anxiety, or be the actual cause of it.

Make sure to include a variety of protein in each meal from eggs, red meat and chicken, to protein powders, lentils, beans, nuts, and seeds.



## Fermented Foods

You may have heard of the popular term "gut health", but did you know that the health of your digestive system has a *massive* impact on your mental health? The bacteria in our gut influence the production of neurotransmitters, they help regulate our stress response, and regulate our sleep cycles.

There is a lot of new research being done in this area, but one thing we know for sure is that diets high in fruits and vegetables (which contain lots of fiber), feed the good bacteria within us.

To make sure you are getting the probiotics that you need, incorporate home made pickles, yogurt, kefir, sauerkraut, kimchi, and other fermented foods into your diet. Remember to also keep them alive and well by supplying them with their preferred food source - fresh fruits and vegetables.



## Fish

Fatty fish belong in a category of their own and for good reason - they are incredibly beneficial for the elimination of stress and anxiety. They contain powerful omega 3 fatty acids that literally restructure the cells within your body with compounds that help improve mental health.

Consider looking for one of the following fish:

- Salmon,
- Mackerel
- Anchovies
- Sardines
- Herring

Collectively they can be abbreviated as SMASH.

These fish contain high amounts of omega 3 fatty acids. If you are able to find them wild, even better. Make sure you get 3-4 servings every week to get the right amount of omega 3 fatty acids.



## Healthy Fat

While fatty fish do contain a specific type of healthy fat, we also need other types to keep our mental health strong. These fats help our bodies absorb vitamins from our food, heal the gut, and make up the outermost layer of our brain cells.

Diets high in healthy fat and low in trans and saturated fats have shown to decrease rates of anxiety and depression. Additionally, healthy fats also protect against chronic social stress.

To make sure you are getting the right types of fat, make sure you consume healthy fats like avocados, nuts, seeds, and olive oil in addition to the fatty fish you have 3-4 times per week.

Avoid foods with trans fats such as margarine, and almost any processed food, and limit your consumption of saturated fats.



## Complex Carbohydrates

Last but not least, the humble carbohydrate. Lately these foods have been given a poor reputation as many people think they lead to weight gain. This is simply not true. Having an appropriate serving of complex carbohydrates with each meal ensures we keep our blood sugar stable, nourish our bodies, and provide our gut microbiome with some fuel.

Simple carbohydrates such as bread break down very quickly in the body and are rapidly absorbed, which is not beneficial in the long run. Complex carbohydrates take time to break down, which slows their absorption. This is what we want.

Examples would be sweet potato, squash, turnips, beets, parsnips, lentils, beans, and so on.





# Putting It Together

## TO ELIMINATE STRESS AND ANXIETY

I truly hope this guide has shed some light on what types of foods you should be eating to eliminate your stress and anxiety. There is a lot of information packed into this ebook, but here are the key takeaways:

- Incorporate a variety of the foods mentioned above in every single meal.
- Consume 3-4 servings of fatty fish per week.
- Ensure you have balanced meals with complex carbohydrates, healthy fats, and lean protein.
- Consume a balanced meal every 3-4 hours.

Lastly, it's ok to ask for help! Go ahead and send me an email if you find yourself constantly struggling with stress and anxiety. I will personally mentor you to eliminate your symptoms for good.

Sincerely,

*Dr. Rehan*

Dr. Rehan Lakhani, ND



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