



RENNET WONG-GATES

PSYCHOTHERAPY AND SOCIAL WORK SERVICES





Vitamins

All of these supplements can be purchased at Nature's Emporium which is located at 16655 Yonge St, Newmarket, ON L3X 1V6
For further reading about the benefits of vitamins and proper diet consult, Brain Based Therapy for Anxiety

Daily Vitamins

VITAMIN	WHEN TO TAKE THEM	RECOMMENDED BRAND	BENEFITS
B Complex 	Morning	SiSU	B vitamins influence the production of specific neurotransmitters. Lacking in B-vitamins can cause decreased alertness, trembling, nervousness, mental sluggishness, memory problems, fatigue, sluggishness, irritability, confusion, emotional instability, tension, depression, psychosis, decreased reaction, muscle weakness, stammering, eye problems, stress, muscle tingling, headaches, and limb weakness.
Omega-3 (with D3) 	Morning	Sealicious	Omega-3 fatty acids are crucial to maintaining healthy cells in the body. However, the body does not produce these essential fatty acids on its own; omega 3-fatty acids come through diet and supplements. It is crucial to the health of your brain and the rest of your body.
Vitamin D 	Morning	SiSU	Vitamin D is produced in your skin in response to sunlight and because of the harsh winters as well as busy schedules in Canada many people are not able to absorb this vitamin naturally. Vitamin D is essential to facilitating normal immune system function. Research shows that vitamin D plays an important role in regulating mood.
Magnesium 	Should be taken with dinner	Naka	Low magnesium levels lead to low serotonin levels, which can contribute to the development of depression. Enable faster, more efficient absorption and more usable magnesium for your body's needs. Important in the prevention of tension. It relaxes a tense and distraught nervous system. Magnesium helps to combat anxiety, nervousness, muscular spasm and tics. Helps to maintain proper muscle function. Helps in the development and maintenance of bones and teeth. Helps in tissue formation and helps the body to metabolize carbohydrates, fast and protein.
Probiotics 	Recommended to take at lunch time. Please read the recommended daily dose on packaging.	Progressive Genuine Health	Many health studies are now showing a link between gut health and mental health. Probiotics can help improve anxiety, depression, autism, obsessive-compulsive disorder (OCD) and memory.

Other Recommendations

<p>Vitamin C</p> 	<p>Morning</p>	<p>SiSU</p>	<p>Vitamin C improves the immune system and promotes health from infection, disease, and injury, It also supports adrenal glands which when properly functioning help to cope with stress.</p>
<p>Melatonin</p>	<p>Evening, a few hours before bed</p>	<p>Any Brand</p>	<p>Helps to improve sleep conditions by raising the body's natural melatonin levels and regulating the body's internal clock.</p>
<p>Astragalus</p>	<p>Take with 4 oil of oregano capsules when you start to feel like you are catching a bug</p>	<p>Any Brand</p>	<p>Helps to soothe the body's reaction to stress. Has antiviral effects and fights against common cold and flu by strengthening the immune system.</p>
<p>Adrenal Pro</p> 	<p>Take 2 capsules in the morning and 2 in the evening with food or as directed by a healthcare practitioner.</p>	<p>CanPrev</p>	<p>The adrenal cortex, or outer part of the gland, produces cortisol which helps regulate metabolism and your body's response to stress, and aldosterone which helps regulate blood pressure. The adrenal medulla or inner part produces adrenaline, which is responsible for triggering the "fight or flight" response in your body in times of stress.</p>
<p>Oil Of Oregano Capsules with 80% Carvacrol</p> 	<p>Take 4 capsules with Astragalus Root when you start to feel like you are catching a bug</p>	<p>Natural Factor</p>	<p>Has an anti-viral benefit, helps to fight against cough and flu symptoms. The carvacrol helps to inactivate nausea and vomiting.</p>
<p>Fatigue- Stress</p> 	<p>Take 10 ml (2 teaspoons), 3 times daily before meals.</p>	<p>Bio-Strath</p>	<p>Helps to promote well-being by decreasing fatigue and support the body during periods of physical and mental stress. Source of antioxidants.</p>