

JUST JESS on HEALTH:

"If it's out of your hands, it deserves freedom from our mind too."



Anxiety

Generalized anxiety involves persistent worry or fear about everyday tasks/situations. The stress hormones adrenaline and cortisol are helpful in everyday situations, however, when suffering with anxiety these hormones are released continuously and this can lead to physiological dysfunction. This can affect the cardiovascular system, digestive system, immune system, respiratory system, cause muscular pain and tension, as well as result in insomnia. Experiencing these symptoms on a day to day basis can lead to self-isolation as you continue to find daily life overwhelming.

A South African Stress and Health study determined that a third of South Africans suffer with mental health disorders. According to the study 30.3% of individuals will suffer from a mental disorder in their lifetime (SASH, 2009).

Symptoms of Anxiety:

- Palpitations
- Perspiration
- Tummy troubles
- Poor immune response
- Restlessness
- Tight chest
- Muscle tension
- Irritability
- Fatigue
- Poor concentration
- Insomnia

Each person experiences anxiety differently, therefore, a personalised approach is necessary with each patient. An important part of addressing anxiety in my practice is talking, identifying triggers and the physical and emotional symptoms experienced. This allows the correct prescription of homeopathic medicines, supplements (if necessary) and a protocol to assist you. An integrative approach is always important to me for my patients.

A simple place to start:

- A healthy diet (this is specific to each patient). Remember hormones like serotonin, GABA and dopamine are produced in the gut, therefore, a healthy gut = a healthy mind.
- Reduce or completely cut out alcohol. Remember relying on these substances causes damage to organs like the liver, kidneys and eventually the brain. It's a palliative approach to a deeper emotional cause, which needs to be dealt with.
- Reduce caffeine intake.
- Cut-out smoking.
- Regular exercise.
- Time-out to allow for reflection/reading/exercise/meditation/art. Practising mindfulness has shown to significantly reduce anxiety.
- Be gentle with yourself.
- Counselling.

If you would like to book your appointment please don't hesitate to pop me an email/message. I am available for online and face-to-face consultations during this time.

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Kind regards
Dr Jess



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Herman, A. A., Stein, D. J., Seedat, S., Heeringa, S. G., Moomal, H., & Williams, D. R. (2009). The South African Stress and Health (SASH) study: 12-month and lifetime prevalence of common mental disorders. *South African medical journal = Suid-Afrikaanse tydskrif vir geneeskunde*, 99(5 Pt 2), 339–344.