Contents

Acknowledgments *Introduction: Why Holistic Care for Anxiety and Depression?* ONE ARE HOLISTIC APPROACHES RIGHT FOR YOUR CLIENT? **TWO** ASSESSING CONTRIBUTING LIFESTYLE FACTORS **THREE** ASSESSING CONTRIBUTING INTERNAL FACTORS **FOUR** EFFECTIVE SUPPLEMENTS FOR ANXIETY AND DEPRESSION **FIVE** MIND-BODY MEDICINE SIX WORKING INTEGRATIVELY WITH MEDICATIONS **SEVEN** MAKING RECOMMENDATIONS AND DESIGNING TREATMENT PLANS APPENDIX ONE Top Seven CAM Recommendations You Can Offer Your Clients APPENDIX TWO **Blood Test Recommendations** APPENDIX THREE CAM Referrals and Resources APPENDIX FOUR Supplements for Anxiety and Depression APPENDIX FIVE Homeopathics Commonly Used for Depression and Anxiety APPENDIX SIX

References

Example Diet and Lifestyle Diary

Index