



# Anxiety: Orthomolecular Diagnosis and Treatment

*Jonathan Prousky*

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# Anxiety: Orthomolecular Diagnosis and Treatment

*Jonathan Prousky*

**Anxiety: Orthomolecular Diagnosis and Treatment** Jonathan Prousky

This is the first book specifically written for healthcare professionals as a guide to the orthomolecular diagnosis and treatment of anxiety disorders. Orthomolecular diagnoses featured include nutrient deficiencies and dependencies, cerebral allergies, and hypoglycemia. Also featured are full descriptions of the many orthomolecular treatment strategies available that can significantly ameliorate anxiety.

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