

Nutrition

Balance blood sugar levels to stabilise moods
3 meals, 3 snacks throughout day

Good Foods - wholemeal bread, oats, pasta, good quality protein (eggs, fish cheese, lean meat, beans nuts and seeds), Omega 3 fats (oily fish - salmon mackerel, sardines, fresh tuna) and plenty of fresh vegetables for minerals and vitamins.

Supplements

A good multi-mineral and multi-vitamin or:
Vitamin B Complex for stress;
Vitamin C;
Vitamin E for nervous system;
Minerals- Calcium, magnesium (morning and night if can't sleep) and zinc;
Omega 3.

**Massage
Aromatherapy
Oils**

Massage every night will help reduce stress, tension and relax the mind and body;
For panic - inhale drops of basil/clary sage;
Lavender and sandalwood;
Tension - marjoram and camomile;
Relax - frankincense and Patchouli;
Insecure - ylang-ylang;
Raise spirits - Melissa.

**Bach Flower
Remedies**

Acute attack - Rescue remedy;
Anxious thoughts - white chestnut;
With indecision - sclerantus;
Troubled - agrimony.



Tissue Salts

Herbs and teas
Juices

General - three doses of two tablets of Kali phos daily for one month. A dose every half hour on the day of a test or event can be helpful.

Camomile tea, valerian and lime flower, hawthorn and Rosemary.

Raw carrot and lettuce juice strengthens nervous system.

Is a worry

Acknowledge

Anxiety is worrying about what **MIGHT** happen. Since anything might happen it can be frightening to be anxious.

Take it seriously.

Do not dismiss a fear as 'silly' yet keep it in perspective.

Personal story

A personal story can help; you can change the details to suit your child. It is the essential truth of the story that counts; how your worry about something got you really scared, but the funny thing was it turned out OK on the day. Afterwards you almost told yourself you had been silly, but then you realised how well you had behaved at the time.

Worst thing

Nowadays you can stop worry happening by asking yourself "what is the worst thing that can happen?" and working out how you could best deal with it, if it ever happened. But it never does.



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The Clover House Solution

339F – Suzi, Aged 14



Anxiety Fits – Adoption – Parental Separation

The Problem

Suzi had been suffering from anxiety attacks for over 5 months; they had started shortly after her adopted parents had divorced. Her birth parents had severely neglected her.

The Results

Creative Imagery: We used several techniques to help Suzi overcome her problems. A 'rewind' of an unpleasant incident helped her learn to control her feelings about it; a 'blow out' helped her deal with the negative feelings about her birth parents; Russian dolls helped her 'rewind' and reflect on her life story, giving her control over it; and we taught her how to deal with bad memories and to increase good memories using images.

Aromatherapy: We taught Mum a massage technique using lavender oil to help Suzi to relax and to reduce stress. It also helped Suzi and Mum to bond, giving Suzi an increased sense of love and security.

Nutrition: We advised Suzi to eat more fruit at lunch time and to eat more vegetables at dinner. Suzi was also told to eat a more substantial breakfast, which helped build up her blood sugar levels and decrease the risk of fits. Supplements, such as magnesium and essential oils and vitamins, were prescribed to build up her immune system.

The Results

Mum saw the results immediately after Suzi's first visit; she rang us in tears to say Suzi had **"woken up a different person."**

By her third session, Suzi said she no longer felt worried by the things that had previously troubled her; she even had trouble recalling what they were! **She had more confidence and less anxiety after visiting Clover House.**

The Clover House Solution – Natural Healing for Children

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