



Integrated Management of Anxiety: A Synergistic Model Based on Systemic Approaches and Cybernetic Feedback

Claudio Lombardo *

Department of Medicine and Surgery, Saint Camillus International University of Health and Medical Sciences, Rome, Italy

ABSTRACT

Anxiety is a complex condition involving a close interaction between psychological and physiological factors. Traditional approaches to managing anxiety often focus on single interventions, such as the use of anxiolytic medications or psychotherapy, primarily aiming to control symptoms without addressing the underlying causes. However, for a more effective and lasting treatment, an integrated approach that considers the entire adaptive system of the individual is essential. This article explores an innovative model that utilizes the synergy of various therapeutic strategies, including the use of supplements such as magnesium, tryptophan and *Passiflora*, combined with low-dose anxiolytic medication like bromazepam, bio-neurofeedback, light therapy and techniques for regulating circadian rhythms. The proposed approach aims to achieve a synergistic effect that reduces dependence on medication while simultaneously improving patient's quality of life through multidisciplinary psychophysiological support.

Keywords: Anxiety; Bromazepam; Magnesium; Tryptophan; *Passiflora*

INTRODUCTION

Chronic anxiety is one of the leading causes of disability worldwide, negatively affecting the quality of life for millions of people [1]. According to the World Health Organization (WHO), anxiety disorders are among the most common psychological conditions, with a significant impact on both mental and physical well-being [2]. Traditional interventions for managing anxiety often rely on the use of anxiolytic drugs like Bromazepam, which works by enhancing the activity of the neurotransmitter GABA in the central nervous system. Although these medications are effective in reducing anxiety symptoms, prolonged use is associated with risks of dependence, tolerance and various side effects [3].

In recent years, there has been growing interest in integrated therapeutic approaches that not only treat symptoms but also aim to restore the psychophysiological balance of the individual. Adopting a multidisciplinary strategy can not only

improve treatment efficacy but also reduce the need for high doses of anxiolytic drugs.

This article proposes a synergistic approach that combines the use of magnesium, tryptophan and *Passiflora*, known for their beneficial effects on the nervous system, with low-dose Bromazepam. Additionally, integrating bio-neurofeedback, light therapy and interventions for regulating circadian rhythms offers a comprehensive solution to managing anxiety. These interventions not only enhance the overall therapeutic response but also reduce the risk of medication dependence, promoting long-term well-being.

The proposed approach is based on the principles of cybernetics and feedback, wherein a well-balanced system can self-regulate and adapt to stress. In this context, the combined use of supplements and non-pharmacological techniques, supported by targeted use of anxiolytics, represents a potential strategy for integrated anxiety treatment.

Correspondence to: Claudio Lombardo, Department of Medicine and Surgery, Saint Camillus International University of Health and Medical Sciences, Rome, Italy, E-mail: dr.claudiolombardo@gmail.com

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LITERATURE REVIEW

Cybernetic feedback mechanisms

Cybernetic feedback mechanisms involve monitoring and adjusting system outputs to maintain balance. In anxiety, these mechanisms optimize responses by utilizing real-time data to regulate physiological and psychological states effectively.

Feedback in anxiety control: Cybernetics, as developed by Norbert Wiener, focuses on self-regulation and control within complex systems [3]. In the context of anxiety, feedback mechanisms can be used to modulate physiological and psychological responses. The use of bio-neurofeedback allows for real-time detection and correction of alterations in brain signals associated with anxious states [4].

Negative feedback: Reduces hyperactivation signals, promoting relaxation states.

Positive feedback: Enhances resilience through interventions that increase neuroplasticity.

Multidisciplinary interventions for anxiety management

Low-dose bromazepam use: Bromazepam is an anxiolytic of the benzodiazepine class, which works by enhancing the effect of the neurotransmitter GABA in the central nervous system. However, prolonged use of benzodiazepines can lead to tolerance and dependence. To minimize the risk of side effects, we propose using Bromazepam at a low dose, in combination with other interventions.

Synergy with magnesium, tryptophan and *Passiflora*: Magnesium is an essential mineral that plays an important role in maintaining nervous system health. It acts as a natural neurotransmitter modulator, facilitating the regulation of Gamma-Aminobutyric Acid (GABA), the brain's main inhibitory neurotransmitter [5]. Magnesium is known to reduce cortisol levels, the stress hormone, thus improving sleep quality and relaxation [6]. A deficiency in magnesium has been linked to symptoms of anxiety, insomnia and muscle tension, while supplementation can significantly alleviate these symptoms [7].

Tryptophan, on the other hand, is an essential amino acid that serves as a precursor for the synthesis of serotonin, a neurotransmitter involved in regulating mood, appetite and sleep. Adequate serotonin levels are important for preventing anxiety and depression. Clinical studies have shown that tryptophan supplementation can increase serotonin levels in the brain, thereby improving mood and reducing anxiety [8]. Furthermore, combining tryptophan with Bromazepam can enhance the anxiolytic effect of the latter, allowing for lower doses of the drug and reducing the risk of side effects and dependence.

The efficacy of *Passiflora* (*Passiflora incarnata*): *Passiflora*, also known as the passion flower, is a widely used herbal remedy for treating anxiety and insomnia. Its active components, such as flavonoids and alkaloids, modulate the GABAergic system, similar to the action of anxiolytic drugs but without the associated side effects.

Passiflora has been the subject of numerous studies demonstrating its effectiveness in improving sleep quality and reducing anxiety symptoms without causing excessive sedation. A clinical study showed that *Passiflora* extract was as effective as Oxazepam, a benzodiazepine anxiolytic, but with less impact on psychomotor function [9].

Synergistic interaction between magnesium, tryptophan, *Passiflora* and bromazepam: The combined use of magnesium, tryptophan and *Passiflora* can enhance the effectiveness of Bromazepam, reducing the need for high doses of the drug. This integrated approach leverages the complementary mechanisms of each component:

- Magnesium promotes muscle relaxation and reduces sympathetic nervous system activity, thereby lowering cortisol levels [10].
- Tryptophan increases serotonin production, helping to improve mood and stabilize anxiety levels [11].
- *Passiflora* acts as a natural modulator of GABA, reducing anxiety symptoms without causing dependency [12].

Studies suggest that the combined intake of these supplements with Bromazepam not only enhances anxiolytic effects but also reduces the risk of tolerance and dependence associated with prolonged benzodiazepine use [13]. A synergistic treatment of this type can be particularly beneficial for patients with chronic anxiety, improving quality of life without the side effects associated with exclusive pharmacological interventions.

Bio-neurofeedback therapy

Bio-neurofeedback is an advanced technique that enables patients to self-regulate their brain waves, thereby improving control over anxiety states and promoting psychophysiological well-being. It is a non-invasive methodology that uses sensors applied to the scalp to monitor the brain's electrical activity. This activity is then translated into visual or auditory signals that provide real-time feedback to the patient, allowing them to gain awareness of their mental states and actively intervene to modify them.

Distinguishing neurofeedback from biofeedback: Before delving into the details of bio-neurofeedback, it is important to distinguish between neurofeedback and biofeedback, as these terms are often used interchangeably but have distinct meanings:

Neurofeedback: Focuses specifically on brain activity, using Electroencephalography (EEG) to monitor brain waves (Alpha, Beta, Theta and Gamma). This technique helps patients improve the regulation of mental states, such as relaxation, concentration and anxiety reduction. It is particularly useful for neurological conditions such as Attention Deficit Hyperactivity Disorder (ADHD), epilepsy and sleep disorders.

Biofeedback: Refers to a broader range of techniques that monitor various physiological parameters such as heart rate, respiration, Galvanic Skin Response (GSR) and muscle tension Electromyography (EMG). Biofeedback helps regulate the responses of the autonomic nervous system, making it useful for

conditions such as hypertension, digestive disorders and stress management.

Bio-neurofeedback combines both approaches, focusing on both brain activity and other physiological signals, allowing for integrated regulation of psychophysiological responses.

Bio-neurofeedback intervention in anxiety

Bio-neurofeedback is particularly effective in treating generalized anxiety, panic disorders and other stress-related conditions. Studies indicate that anxiety is often associated with an imbalance in brain wave activity, characterized by an excess of beta waves (linked to hyperactivation and anxiety) and a reduction in alpha waves (associated with relaxation) [14]. By using bio-neurofeedback, patients can learn to reduce beta wave activity and enhance alpha wave activity, leading to a greater state of calm and relaxation.

How bio-neurofeedback works:

Bio-neurofeedback promote self-awareness by highlighting real-time brainwave patterns. This non-invasive technique empowers individuals to reduce anxiety, enhance focus, and improve emotional regulation through consistent practice and neural adaptation.

Initial assessment: The treatment begins with an evaluation session to identify the patient's brainwave patterns. An EEG map is used to determine which areas of the brain display abnormal activity.

Training sessions: During these sessions, the patient is connected to EEG sensors that monitor real-time brain activity. Through a computer interface, feedback is provided in the form of sounds, images, or videos that reflect the current state of brainwaves.

Self-regulation: Over time, the patient learns to consciously modify their brain activity to achieve a state of greater relaxation and emotional control. This self-learning process is based on the principles of neuroplasticity, allowing the brain to adapt and develop new neural connections [15].

Long-term effects of bio-neurofeedback therapy: Numerous clinical studies have demonstrated that bio-neurofeedback can significantly reduce anxiety levels after 10-12 sessions, with effects that last over time [16]. Research published in Applied Psychophysiology and Biofeedback found that patients who completed a cycle of bio-neurofeedback showed up to a 50% reduction in anxiety compared to a control group [17]. This is particularly important as the treatment not only alleviates symptoms but also helps to modify the underlying brain patterns responsible for the anxious state.

Synergy with other interventions

The use of bio-neurofeedback in combination with Bromazepam, magnesium and tryptophan can amplify therapeutic effects by reducing the required dosage of anxiolytic medications [18]. Bromazepam, a benzodiazepine-class anxiolytic, acts quickly to reduce anxiety by stimulating GABA receptors in the brain. However, prolonged use of benzodiazepines can lead to tolerance and dependence.

Integrating Bromazepam with bio-neurofeedback can allow for dosage reduction, thereby minimizing the risks of dependency.

Magnesium and tryptophan play critical roles in supporting nervous system function. Magnesium acts as a cofactor for over 300 enzymatic reactions, including the synthesis of neurotransmitters like serotonin, which regulates mood. Tryptophan, a precursor of serotonin, can enhance the effectiveness of Bromazepam, reducing anxiety in a more natural way [19].

Combined protocols for greater efficacy

An integrated protocol combining bio-neurofeedback, controlled use of Bromazepam and supplementation with magnesium and tryptophan can yield better results than using a single therapy alone. This combination works on multiple levels of the nervous system:

- Rapid symptom reduction with Bromazepam.
- Long-term improvement in mood stability and psychological resilience with magnesium and tryptophan.
- Reprogramming of dysfunctional brainwaves through bio-neurofeedback.

This integrated approach leverages cybernetic feedback to achieve a synergistic effect, enhancing the patient's ability to autonomously manage anxiety levels while reducing reliance on medications.

Regulation of circadian rhythms and light therapy

Exposure to natural light and the regulation of circadian rhythms play a fundamental role in improving mood and reducing anxiety. Light therapy is particularly effective during the winter months to counteract symptoms of Seasonal Affective Disorder (SAD) [20].

Circadian rhythms: A well-regulated sleep-wake cycle improves melatonin production and reduces cortisol levels [21].

Cold showers in the morning and warm showers in the evening: These simple interventions can enhance thermal regulation and promote relaxation.

Reducing environmental stimuli and enhancing sleep quality

Sleep quality is strongly influenced by various environmental factors that can disrupt circadian rhythms, contributing to chronic anxiety and stress. Reducing exposure to blue light emitted by electronic devices (such as smartphones, tablets and computers) in the evening is important for improving melatonin production, the hormone that regulates the sleep-wake cycle. Studies have shown that exposure to blue light before bedtime significantly suppresses melatonin secretion, leading to delayed sleep onset and poorer sleep quality [22]. This effect is especially pronounced in individuals who use electronic devices late into the night, which can increase the risk of insomnia and exacerbate anxiety symptoms [23].

Adopting warm lights (with color temperatures below 3000 K) in the evening, as well as using blue light-blocking glasses, can help

reduce the negative impact of artificial lighting on melatonin production [24]. Additionally, exposure to dim lighting and reducing ambient brightness in the evening promotes a state of relaxation, promoting a smoother transition to sleep.

Beyond adjusting lighting, creating a relaxing bedroom environment is equally important for improving sleep quality. The use of essential oils, such as lavender, has been shown to effectively promote relaxation and lower cortisol levels, the stress hormone. In a clinical study, inhalation of lavender essential oil led to a significant reduction in anxiety and improved sleep quality in patients with sleep disorders. Another study found that lavender aromatherapy enhances deep sleep, reducing the frequency of nighttime awakenings and increasing the feeling of restfulness upon waking [25].

The ambient temperature of the room also plays an important role in sleep quality. Studies suggest that keeping the bedroom temperature around 18°C-20°C promotes deeper and more restorative sleep. A combination of a warm shower before bedtime, followed by rapid cooling of the body, can enhance the process of falling asleep by stimulating the natural drop in body temperature that occurs at night.

Finally, the use of white noise or relaxing sounds can help mask disturbing noises and create a more favorable acoustic environment for sleep [26]. Exposure to calming sounds, such as ocean waves or rainfall, has been associated with a reduction in heart rate and improved sleep quality, especially in individuals experiencing high levels of stress.

Diet and anxiety: The importance of a balanced diet based on scientific evidence

A balanced diet can directly influence the functioning of the nervous system and contribute to mood regulation, thus aiding in anxiety management. Recent studies have shown that poor nutrition can exacerbate anxiety symptoms, while a diet rich in specific nutrients can improve mental health.

Omega-3 and essential fatty acids: Omega-3 fatty acids, found in foods like fatty fish (salmon, sardines), flaxseeds and walnuts, are known for their anti-inflammatory and neuroprotective properties. Scientific research has demonstrated that regular intake of omega-3s can reduce anxiety levels by modulating neurotransmitters like serotonin. One study found that omega-3 supplementation led to a significant reduction in anxiety symptoms in healthy subjects [27].

Magnesium: Magnesium is an essential mineral that plays an important role in regulating the nervous system and modulating the stress response. A deficiency in magnesium has been associated with increased anxiety symptoms [3]. Foods rich in magnesium include leafy greens, pumpkin seeds, almonds and avocados. Supplementing magnesium in the diet can help reduce cortisol levels and promote muscle relaxation [28].

Tryptophan and protein-rich foods: Tryptophan is an essential amino acid that acts as a precursor to serotonin, a neurotransmitter that regulates mood and well-being [29]. Foods rich in tryptophan, such as turkey, chicken, eggs, tofu and pumpkin seeds, can enhance serotonin synthesis and improve

mood. Studies have shown that a higher intake of tryptophan is correlated with reduced anxiety [30].

Complex carbohydrates: Complex carbohydrates (such as those found in whole grains, oats, quinoa and sweet potatoes) help stabilize blood sugar levels and increase the availability of serotonin in the brain, contributing to a more stable mood and reduced irritability. Avoiding refined sugars is essential, as rapid fluctuations in blood glucose levels can worsen anxiety symptoms.

Antioxidants and B vitamins: Antioxidants found in berries, citrus fruits, spinach and nuts protect the brain from oxidative stress, which can contribute to anxiety. Additionally, B vitamins (such as B6, B9 and B12) are essential for the synthesis of neurotransmitters like dopamine and serotonin, which regulate mood and the stress response [31]. Foods rich in B vitamins include legumes, whole grains, eggs and leafy green vegetables. A deficiency in these vitamins has been linked to increased symptoms of anxiety and depression.

Probiotics and gut health: The gut-brain axis plays an important role in mental health and research suggests that probiotics can reduce anxiety by improving the composition of the gut microbiota [32]. Fermented foods such as yogurt, kefir, kimchi, sauerkraut and miso are rich in probiotics and can help enhance mood and reduce anxiety levels. Clinical studies have shown that an eight-week intake of probiotics resulted in a significant reduction in anxiety symptoms.

Proper hydration: Even mild dehydration can negatively affect mood and increase anxiety levels [33]. Ensuring adequate water intake is essential for optimal brain function and to prevent nervousness and mental fatigue.

Gentle physical activity and joint mobility

Moderate physical activity, such as yoga and Pilates, not only improves physical health but also has a significant impact on reducing anxiety symptoms. Special attention is given to thoracic mobility, which promotes deeper and more relaxed breathing, thereby reducing sympathetic nervous system activation [34].

DISCUSSION

The integrated approach to anxiety management described in this article represents a significant shift from traditional models that focus exclusively on the use of anxiolytic medications.

Pharmacological therapies, such as the use of Bromazepam, have proven effective in quickly reducing anxiety symptoms; however, prolonged use is often associated with a range of side effects, including tolerance, dependence and difficulties in discontinuing treatment. Therefore, it is important to explore strategies that can reduce the need for high doses of medication, thereby minimizing long-term risks for patients.

The integrated approach proposed in this article is based on the principles of cybernetic feedback and utilizes a combination of techniques that act on multiple levels of the human system. This multidisciplinary approach aims to establish a more sustainable and lasting balance over time, addressing not only the symptoms

but also the underlying causes of anxiety. By adopting a synergistic strategy that combines the use of low-dose medications with natural and behavioral interventions, a multiplier effect is achieved that amplifies therapeutic benefits, significantly improving patients' quality of life.

One of the strengths of this model is the use of natural supplements, such as magnesium, tryptophan and *Passiflora*, which not only enhance nervous system function but also serve as adjuvants in boosting the efficacy of anxiolytics like Bromazepam. Scientific studies have shown that magnesium can reduce cortisol levels, improving sleep quality and contributing to greater muscle relaxation. Similarly, tryptophan, a precursor of serotonin, can promote mood enhancement, stabilizing anxiety levels. The synergistic use of these supplements with Bromazepam allows for lower doses of the drug, thus reducing the risk of tolerance and dependence [3].

Bio-neurofeedback is another important component of this integrated approach. This non-invasive technique allows patients to gain greater control over their mental states through self-regulation of brainwaves. Using sensors that monitor brain activity, bio-neurofeedback provides real-time feedback, enabling patients to recognize and modify dysfunctional patterns associated with anxiety. Clinical studies have demonstrated that bio-neurofeedback can significantly reduce anxiety symptoms after just a few sessions, with effects that last over time [35]. Additionally, when combined with supplements and low-dose anxiolytics, bio-neurofeedback can further enhance treatment efficacy, improving the resilience of the nervous system and reducing the need for medication.

Another key area of intervention is the regulation of circadian rhythms and light therapy. The circadian rhythm directly influences the production of hormones like melatonin and cortisol, which are closely linked to mood and sleep quality [36]. The use of light therapy and reducing exposure to blue light before bedtime can greatly improve sleep quality, thereby reducing anxiety and stress levels. Additionally, simple techniques such as cold showers in the morning and warm showers in the evening help improve thermal regulation, promoting deeper relaxation [37].

Diet also plays an essential role in managing anxiety. A diet rich in omega-3 fatty acids, magnesium, B vitamins and probiotics can improve mental health by positively influencing nervous system function and the stress response [38]. Combining a balanced diet with integrated interventions such as bio-neurofeedback and low-dose pharmacological support offers a more comprehensive and sustainable treatment plan that can address both physiological and psychological aspects.

Adopting an integrated approach that includes moderate physical activity, environmental regulation to enhance sleep and the use of natural supplements can significantly reduce chronic anxiety levels, improving psychophysical well-being without the side effects associated with purely pharmacological treatments. Moreover, combining techniques based on cybernetic feedback principles with natural interventions optimizes the body's self-regulation processes, promoting long-term balance.

CONCLUSION

In conclusion, the integrated model proposed in this article represents a potential strategy for treating anxiety that goes beyond merely managing symptoms. By utilizing a multi-disciplinary approach that combines medications, supplements, biofeedback techniques, circadian rhythm regulation and dietary interventions, it is possible to reduce drug dependency and significantly improve patients' quality of life. This comprehensive approach not only alleviates symptoms in the short term but also promotes long-term well-being, encouraging the balance of the psychophysiological system and reducing the risk of relapse.

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