*Olonera Protocols*

# Anxiety protocol

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> *Experiencing occasional anxiety is a normal part of life. However, people with anxiety disorders frequently have intense, excessive and persistent worry and fear about everyday situations. Often, anxiety disorders involve repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). These feelings of anxiety and panic interfere with daily activities, are difficult to control, are out of proportion to the actual danger and can last a long time. You may avoid places or situations to prevent these feelings. Symptoms may start during childhood or the teen years and continue into adulthood. Examples of anxiety disorders include generalized anxiety disorder, social anxiety disorder (social phobia), specific phobias and separation anxiety disorder. You can have more than one anxiety disorder. Sometimes anxiety results from a medical condition that needs treatment. Whatever form of anxiety you have, treatment can help.*

## Supplements & Products

| Product | Description | Price |
|---|---|---|
| **Omega-3 (EPA/DHA)** | | $100 |
| **Vitamin D3 + K2** | | $100 |

## Educational Resources

- **Perimenopause and Anxiety**
- **Symptoms of menopause and perimenopause**