

Anxiety

More than 8 million people suffer from anxiety in the UK. It can present itself in different ways such as nervousness, worry, irritability, sleep disturbance, fear, apprehension, weight loss and many more.

We all suffer from anxiety at some stage in our lives but when it becomes long standing it can be a sign that something is out of balance in the body.

Many things can cause anxiety, lets take a look at some of the most common ones:

Leaky gut

Having leaky gut or intestinal permeability enables bacteria and undigested food proteins to leak into your bloodstream. The result is our own immune system reaction that causes inflammation and can leave you feeling anxious.

Too much caffeine

Caffeine is a powerful stimulant that increases your stress hormones and can leave you feeling anxious.

Eating too much sugar

This can cause a blood-sugar high and then a crash that can contribute to anxiety.

Food intolerances

Food intolerances can cause inflammation in your gut, leading to anxiety via the gut-brain axis.

Bacterial imbalance or dysbiosis

Our gut bacteria constantly talk to our brain, and can profoundly affect our mood if they are out of balance also known as dybiosis.

Hyperthyroidism

This is a condition in which you have too much thyroid hormone in your body. It can cause everything to speed up, making you feel anxious.