

GENERALISED ANXIETY DISORDER · FUNCTIONAL MANAGEMENT

We help you regulate your system. *Not suppress symptoms.*

Nervous system regulation. Lifestyle-based. Clinically guided.

- 16-Week Protocol
- Nervous System Regulation
- Functional Stability**

PATIENT OVERVIEW		
PATIENT	AGE	GENDER
Aditi Kapoor	29 Years	Female
LOCATION	DIAGNOSIS	COMORBIDITIES
New Delhi	Generalised Anxiety Disorder (1.5 years)	Mild IBS Symptoms · Vitamin D Deficiency

Medication History: Intermittent anti-anxiety medication (as needed) · Avoided long-term pharmacological treatment

— CHIEF COMPLAINTS

Why She Came to Us

- Overthinking & Restlessness**
Persistent, difficult to switch off
- Physical Anxiety Symptoms**
Episodes of palpitations + chest tightness
- Impaired Focus**
Difficulty concentrating at work
- Sleep Difficulty**
Sleep latency >45–60 minutes nightly
- Morning Anxiety**
Low appetite + dread at day start

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— BASELINE CLINICAL OBSERVATIONS

Where She Started

CLINICAL OBSERVATIONS

- Elevated perceived stress — daily
- Irregular sleep-wake cycle
- Shallow, chest-dominant breathing pattern
- Gut discomfort linked to anxiety spikes
- Vitamin D deficient (prior testing)

IDENTIFIED TRIGGERS

- Work stress and deadline pressure
- Irregular and inconsistent sleep cycle
- Excess caffeine intake
- Screen exposure late at night

— HOLISTIC TREATMENT PROTOCOL

The Integrative Approach

01



Lifestyle Modifications

- Fixed sleep-wake timing — consistent daily
- Digital sunset: no screens 60 mins before bed
- Structured daily routine to reduce unpredictability
- Gradual caffeine reduction to ≤ 1 cup/day

02



Nervous System Regulation

- Diaphragmatic breathwork 10–15 mins/day
- Gentle yoga + body-based stretching
- Morning light exposure for circadian reset
- Daily relaxation / guided mindfulness practice

03



Nutrition & Gut Support

- Avoid: excess caffeine, processed foods
- Balanced meals: protein + complex carbs
- Magnesium-rich: nuts, seeds, leafy greens
- Gut-supportive: curd (if tolerated), fibre-rich

04



Mind-Body & Monitoring

- Journaling to reduce cognitive overload
- Gradual exposure to stress triggers
- Weekly anxiety severity self-assessment
- Sleep quality + trigger journaling

16-WEEK FOLLOW-UP PROGRESS

Aditi's Journey — Milestone by Milestone



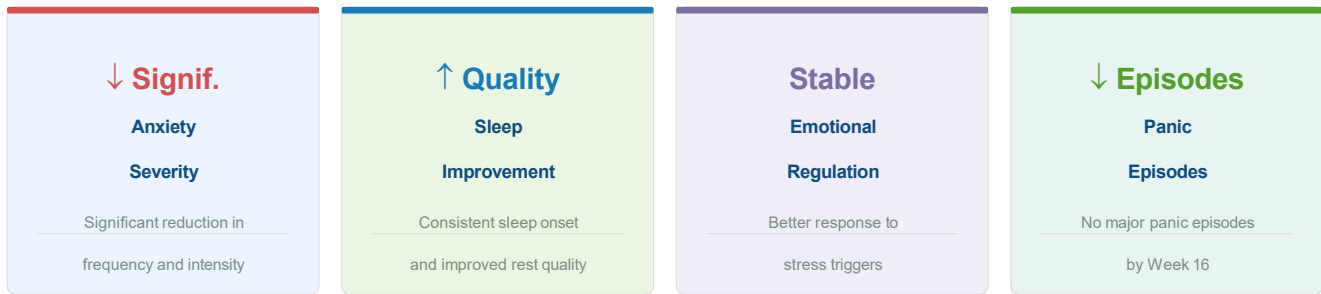
KEY CLINICAL INSIGHT

Improvement is gradual and non-linear — consistency is the intervention.

Aditi's anxiety severity reduced significantly over 16 weeks without long-term medication.

16-WEEK CLINICAL OUTCOMES

What Changed — Functionally



CLINICAL OUTCOME
Improved anxiety management and functional stability — sustained over 16 weeks.

KEY CLINICAL INSIGHTS

What This Case Teaches Us

- +** **Anxiety is Nervous System Dysregulation**

GAD is not purely psychological. It reflects a dysregulated nervous system — driven by sleep, gut health, lifestyle load, and biochemistry.
- **Sleep is the Anchor Intervention**

Circadian rhythm correction was the most impactful single change. Sleep drives cortisol, mood, and nervous system tone simultaneously.
- **The Gut-Brain Axis is Real and Clinically Relevant**

IBS-like symptoms and anxiety spikes were co-occurring. Gut support — nutrition and fibre — contributed meaningfully to symptom reduction.
- **Regulation — Not Suppression — is the Goal**

The aim is not to eliminate anxiety but to build nervous system resilience. Patients learn to respond, not react, to stress triggers.

IMPORTANT DISCLAIMER
Anxiety disorders require individualised care. Severe cases may require psychiatric evaluation and medication. This case reflects one patient's response and should not be interpreted as a universal outcome. Always consult a qualified clinician.

L&B CLINICS · GET IN TOUCH

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