

# **A New Paradigm: Integrative Approaches for Mental Health and Mood**

# MENTAL HEALTH CRISIS



**“According to the World Health Organization (WHO), by 2012 [Major Depressive Disorder] will be the second leading cause of disability throughout the world.”**

**An Interview with Clinical Psychologist, Dr. Adrian Lopresti of Murdoch University,  
Australia**

**“Deaths from Alzheimer’s have increased 66 percent between 2000 and 2008, while deaths from other major diseases, including the number one cause of death, heart disease, have decreased.”**

**Source: The American Alzheimer’s Association. Based on preliminary 2008 mortality data.**

**“According to the National Institute of Mental Health, 18.1% of US Adults have an anxiety disorder, of these, 22.8% are classified as severe.”**

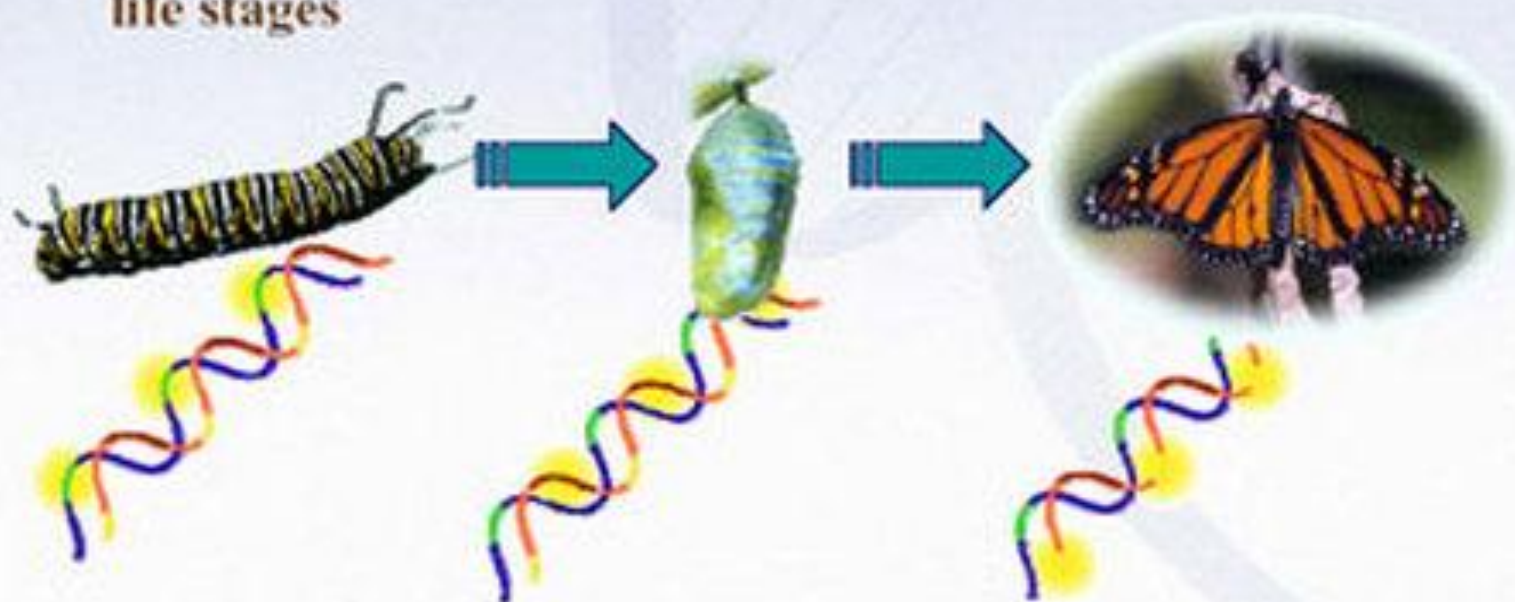
**Magtein Whitepaper. An Introduction to Magtein: A Novel Approach to Cognitive Health.**

**“According to the National Institute of Health, more than 70 million people in the US are affected by sleep troubles. The prescription sleep aid market is now over \$2.0 billion.**

**Magtein Whitepaper. An Introduction to Magtein: A Novel Approach to Cognitive Health.**

# Epigenetics

**Epigenetics Regulation:** the same set of genes but with expressions (structures) of those genes during different life stages



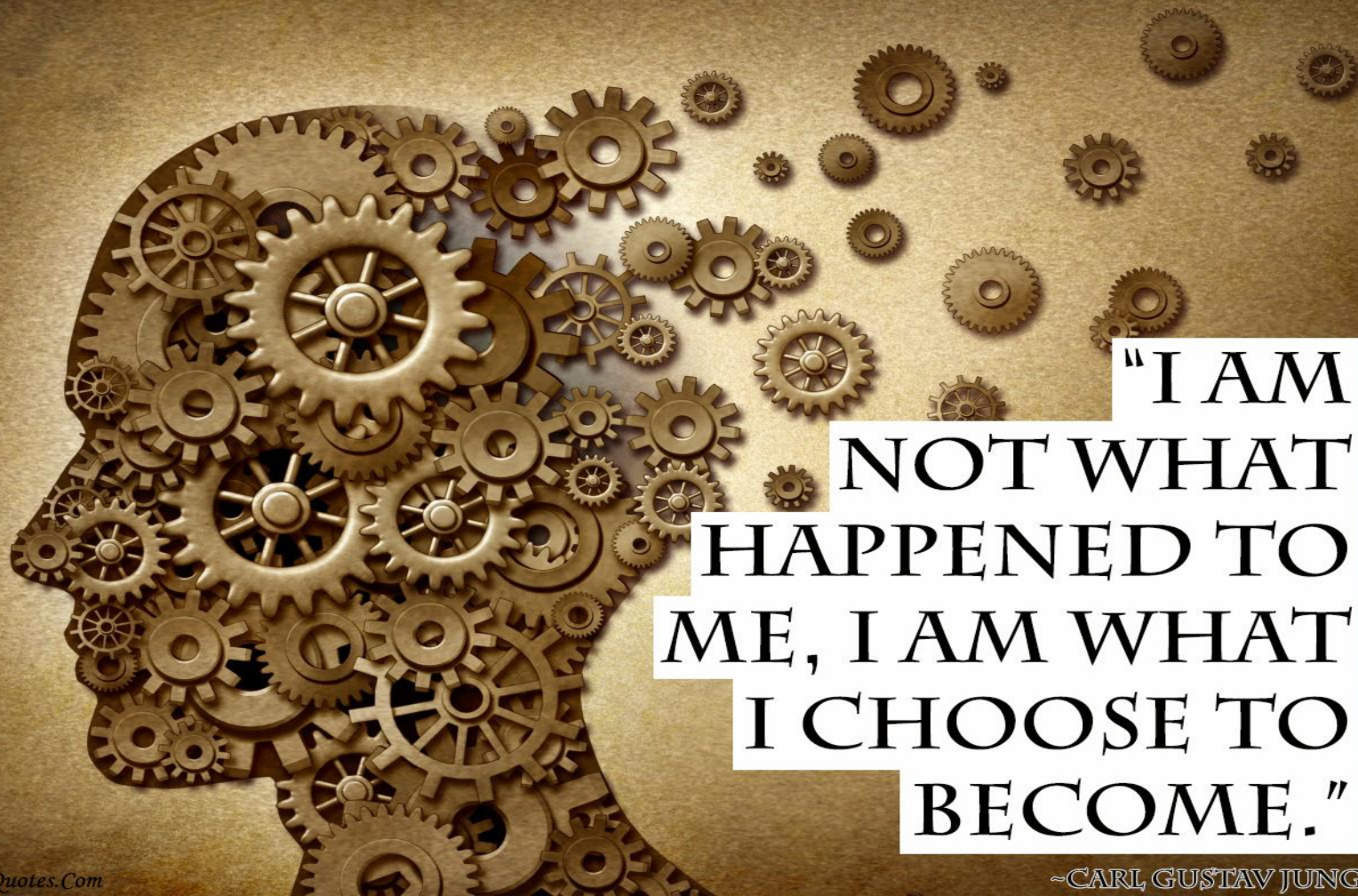


“

**NEUROPLASTICITY PROVIDES US WITH  
A BRAIN THAT CAN ADAPT NOT ONLY  
TO CHANGES INFLICTED BY DAMAGE,  
BUT ALLOWS ADAPTATION TO ANY AND  
ALL EXPERIENCES AND CHANGES WE  
MAY ENCOUNTER...**



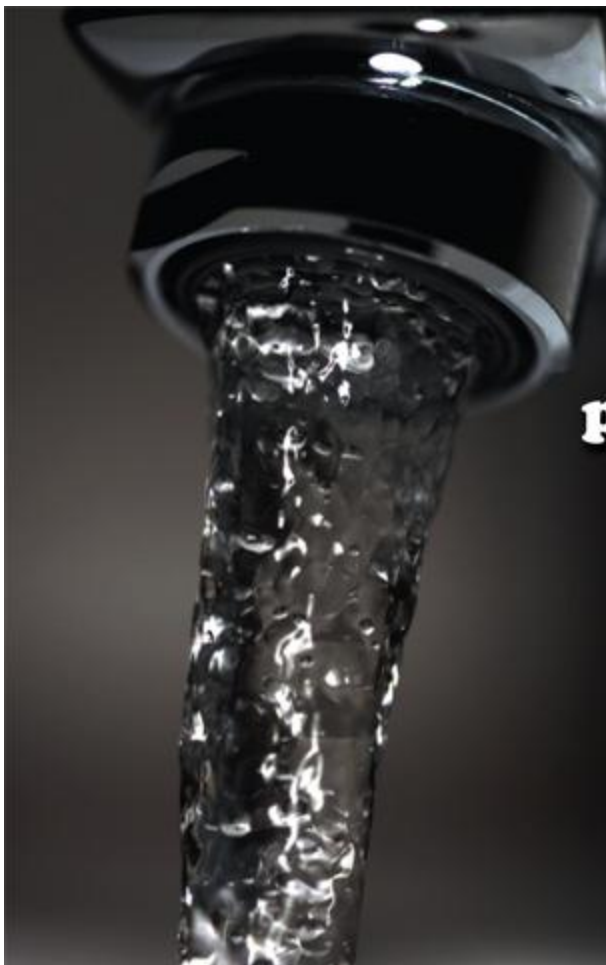




"I AM  
NOT WHAT  
HAPPENED TO  
ME, I AM WHAT  
I CHOOSE TO  
BECOME."

# CONTRIBUTING FACTORS

- Fluoride
- Stress (Financial, Dietary, Relationships, Work-Related)
- Pharmaceutical Drugs
- Excitotoxins in Food
- Inflammation
- Nutritional Deficiencies(Mg, Iodine, B-Complex, EFAs, Vitamin D)
- Mycotoxins and Bowel Health
- Dehydration
- Environmental Causes (EMFs, Geopathic Stress, other Heavy Metals)
- Low Blood Sugar (Reactive Hypoglycaemia)
- Inadequate Sleep



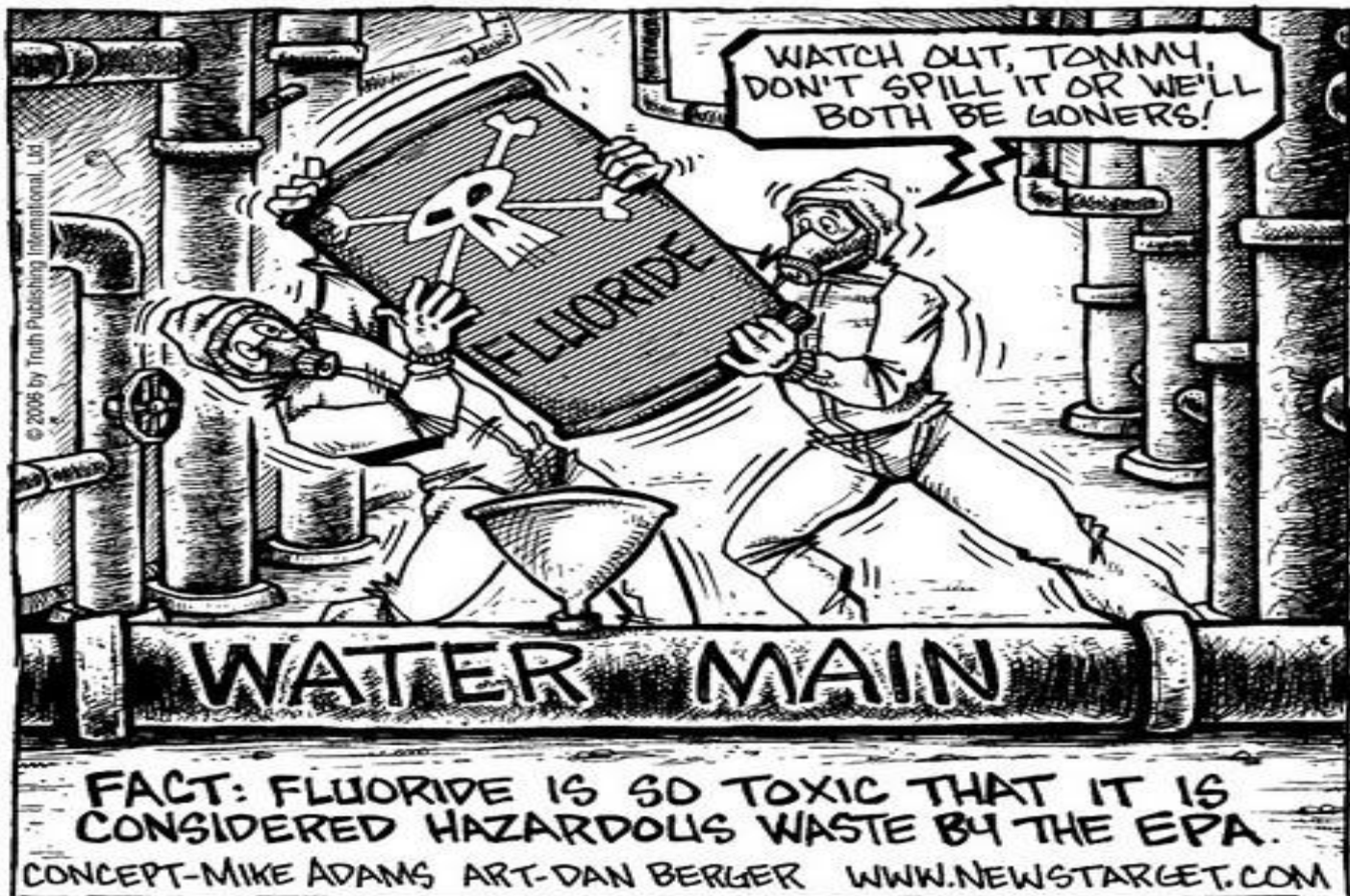
"I am appalled at the prospect of using water as a vehicle for drugs. **Fluoride** is a corrosive **poison** that will produce serious effects on a long range basis. Any attempt to use water this way is deplorable."

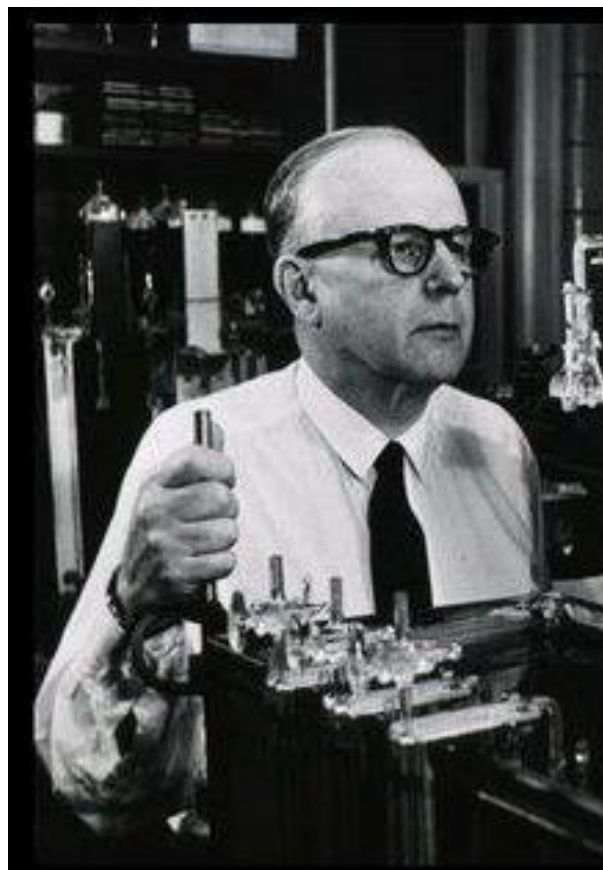
- Dr. Charles Gordon Heyd,  
Past President of the American Medical Association



**Natural News**.com  
Natural Health, Natural Living, Natural News

# COUNTERTHINK






"In point of fact, fluoride causes more human cancer death, and causes it faster than any other chemical."

Dr. Dean Burk PHD  
(34 years at the national cancer institute)

**Sodium Fluoride Contributes to Thyroid Issues and Low Thyroid Function creates Depression, Brain Fog & Confusion as part of its Symptomatology**

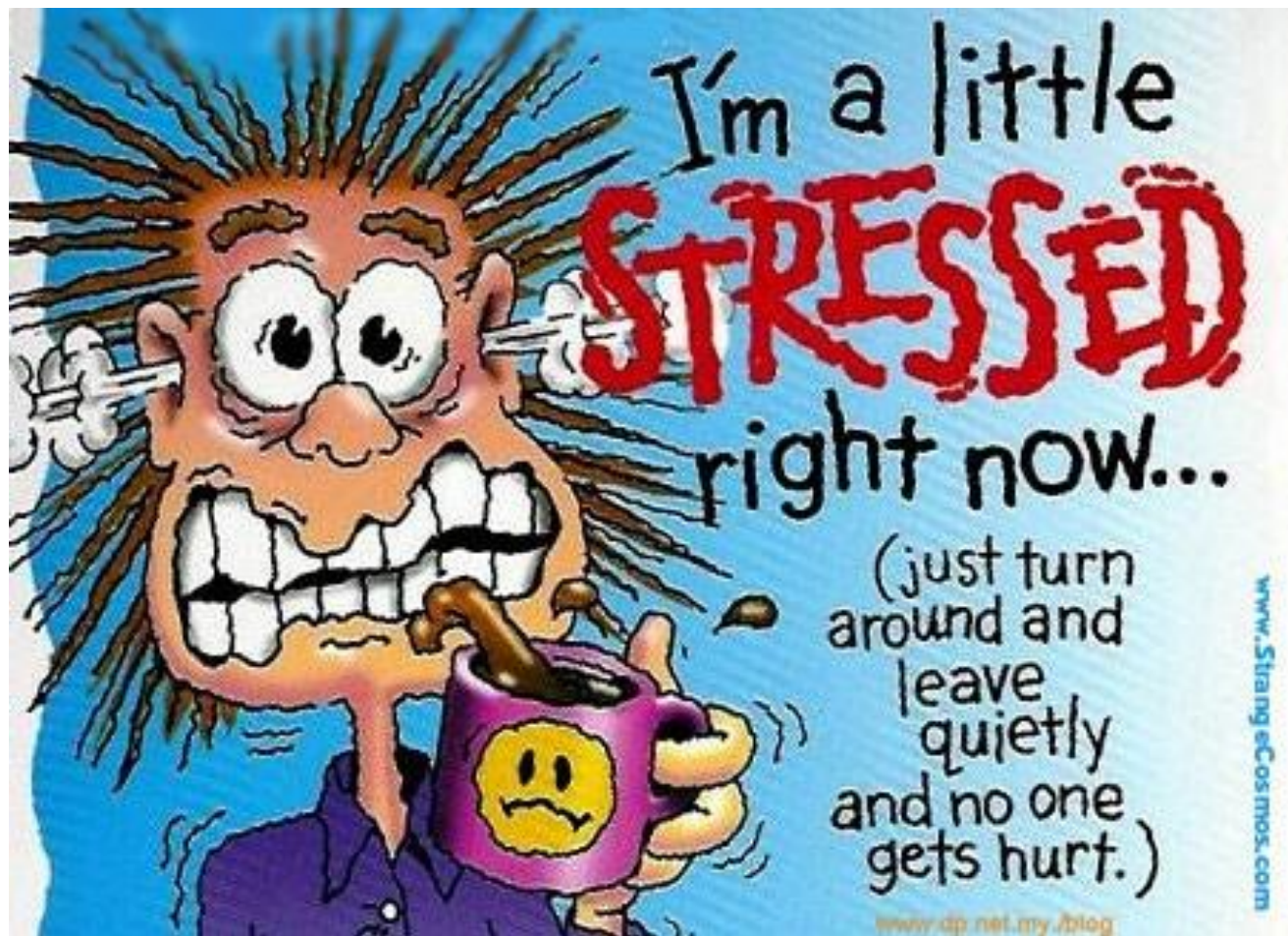
**It also calcifies the pineal gland interfering with the sleep hormone melatonin which can also make you feel anxious, confused and depressed by interfering with proper sleep**



- Minimize your exposure by buying a **RO Filter or a Distiller**, replacing conventional toothpastes with **fluoride-free** ones (toothpaste uses stannous fluoride, another toxic form) and opting out of fluoride treatments at your dental visits.
- Take **Iodine** to Improve Thyroid Function

# STRESS

**The not so Silent Killer**



I'm a little  
**STRESSED**  
right now...

(just turn  
around and  
leave  
quietly  
and no one  
gets hurt.)

[www.StrangecCosmos.com](http://www.StrangecCosmos.com)

[www.dp.net.my/blog](http://www.dp.net.my/blog)

**Neuroscientists in Germany have research, published in *Nature*, showing that living in a city stresses you out and makes you more anxious and prone to depression. These same researchers also found a correlation between city dwelling and the incidence of Schizophrenia.**

**Source: City living and urban upbringing affect neural social stress processing in humans,  
<http://www.nature.com/articles/nature10190>.**

**“A state of depression is said to exist when the brain, in confronting a stressful emotional problem, finds it difficult to cope with other attention-demanding actions at the same time. This phenomenon can become so all-absorbing as to incapacitate the person. In the long run, such a stressful **drain on brain activity** can produce different manifestations that are labeled according to the person’s outward behavior.”**

**Dr. F. Batmanjali MD, You’re Not Sick; You’re Thirsty.  
Don’t Treat Thirst with Medication.**

**Cortisol interferes with the function of neurotransmitters, the chemicals that brain cells use to communicate with one another.**

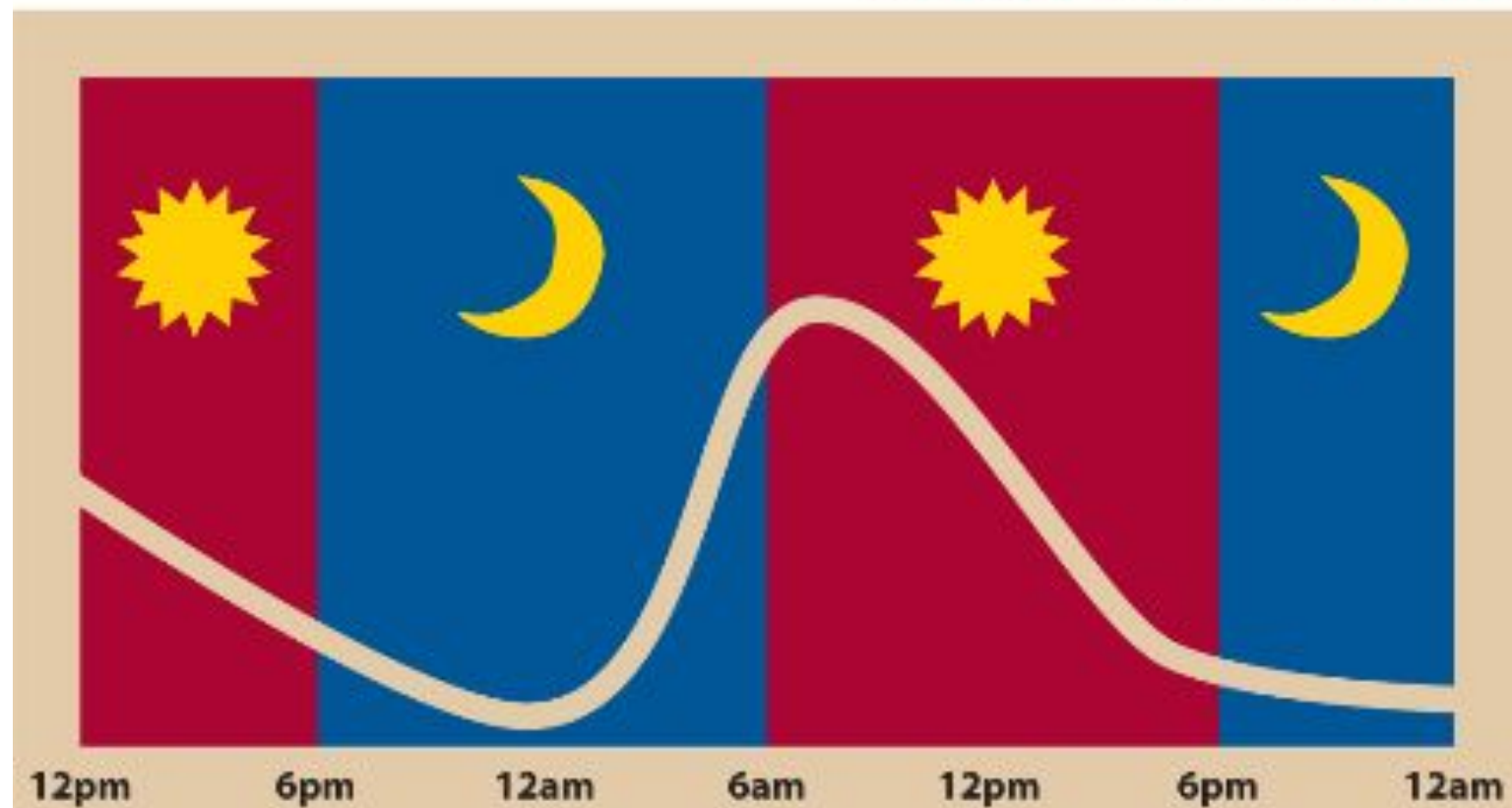
**Of those who are clinically depressed, about one-half will have an excess of the stress hormone cortisol.**

**Source: [http://www.allaboutdepression.com/cau\\_02.html](http://www.allaboutdepression.com/cau_02.html)**

Research indicates that those with depression have their circadian rhythms imbalanced which leads them to have either a consistent level of cortisol at all times, or have the highest amounts in the middle of the night. This is the opposite of what is seen in those without depression who have a normal circadian rhythm and thus a normal cycling of cortisol.

**Source:** [http://www.allaboutdepression.com/cau\\_02.html](http://www.allaboutdepression.com/cau_02.html)

**Figure 1**  
Circadian Release of Cortisol



According to Hans Selye, the Canadian doctor famous for his work on stress in the 1960s, **magnesium is depleted** when the body shifts from a short-term fight-or-flight reaction to a **chronic stress** reaction. This **magnesium deficiency can lead to a list of 100 possible symptoms** including hyperemotuality, apathy, anxious behavior, insomnia, nervous tick, rapid pulse, palpitations and more.

**Dr. Carolyn Dean MD, The Magnesium Miracle, pp.50**

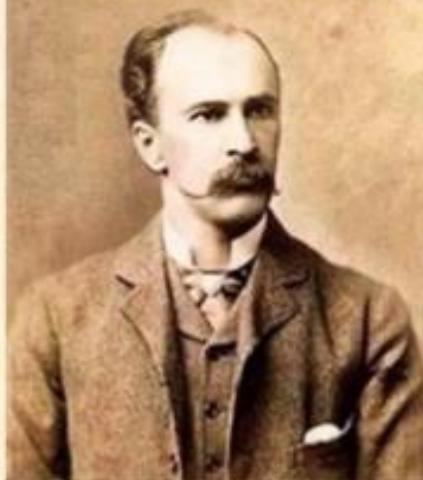
**In addition to Magnesium other nutrients essential for brain and nervous system function are depleted during times of stress including:**

- **B-Complex Vitamins**
- **Vitamin C Complex**

# PHARMACEUTICAL DRUGS

**Limitations, Cautions, and Risks**

One of the first duties  
of the physician  
is to educate the masses  
not to take medicine



- William Osler -  
(1849 - 1919)

Described as the Father  
of Modern Medicine

## Antidepressants

- Pharmaceutical drugs that hyperstimulate the serotonin concentrations to create neuronal destruction from an **excess of serotonin**, which then becomes oxidized.
- In this oxidized form, the serotonin is neurotoxic.
- A **healthy serotonergic system acts like a neurochemical anti-stress system**, maintaining balance, resilience, inner strength, and a sense of well-being.

**Dr. Gabriel Cousens, Spiritual Nutrition**

## Medicating our Feelings

“[A] whole generation of antidepressant users has resulted from young people growing up on **Ritalin**. Medicating youth and modifying their emotions must have some impact on how they learn to deal with their feelings. They learn to equate coping with drugs and not their inner resources. As adults, these medicated youth reach for **alcohol, drugs, or even street drugs to cope.**”

**Dr. Carolyn Dean MD, Death by Modern Medicine, pp.329**

**“According to the Journal of the American Medical Association, “Ritalin acts much like cocaine. Today’s marketing of mood-modifying drugs, such as Prozac or Zoloft, makes them not only socially acceptable but almost a necessity in today’s stressful world.”**

**Dr. Carolyn Dean MD, Death by Modern Medicine, pp.329–330**

In addition to training ourselves to respond to emotional events with suppression, drugs also deplete the nutrients we rely upon to get us through stress and its effects on the brain and nervous system. For example, Dr. Carolyn Dean cites the **drug Inderal** which is used for **performance anxiety** but also depletes magnesium and other nutrients that we need to mitigate against stress, anxiety and depression.

**Dr. Carolyn Dean MD, The Magnesium Miracle, pp.53**

# EXCITOTOXINS

**The Taste that Kills**



For the first time in the history of the world, every human being is now subjected to contact with dangerous chemicals, from the moment of conception until death.

(Rachel Carson)

**“Excitotoxins are a special group of amino acids that are the building blocks of proteins that we call glutamate, aspartate, and cysteine. The food manufacturers add tons of these excitotoxic amino acids to foods of all kinds, including baby foods.”**

**Suzanne Somers, Breakthrough: 8 Steps to Wellness, pp.189**

## **Excitotoxins Include:**

- **Aspartame**
- **MSG (autolysed yeast extract)**
- **Mercury destroys brain cells by triggering excitotoxicity**
- **Pesticides Trigger Excitotoxicity**

**Suzanne Somers, Breakthrough: 8 Steps to Wellness, pp.189**

# INFLAMMATION

**Brain on Fire**



**C-Reactive Protein is a protein found in the blood and whose levels are raised in response to inflammation. It is synthesized by the liver as the plasma concentration of IL-6 is raised.**

**C-Reactive Protein is used mainly as a marker of chronic inflammation**

**Chronic Inflammation & Mental Health Disorders like Dementia & Depression are Linked**

**Source: “C-Reactive protein: a critical update.”  
[www.jci.org/articles/view/18921/files/pdf?disposition=attachment](http://www.jci.org/articles/view/18921/files/pdf?disposition=attachment).**

According to Dr. Prudence Hall, graduate of USC Medical School and co-founder of the Hall Center in Santa Monica, **inflammation is responsible for dementia**. For her, addressing inflammation is foundational to the prevention of all diseases.

**Source: Suzanne Somers, Breakthrough: Eight Steps to Wellness, pp.269**

A study published in 2010 using whole blood-derived genomic DNA from a subset of participants in the **Detroit Neighborhood Health Study (DNHS)**, applied methylation microarrays to assess the genome-wide methylation profiles for over 14,000 genes in 33 persons who reported a lifetime history of depression and 67 non-depressed adults. Inflammatory biomarkers [interleukin (IL)-6 and C-reactive protein (CRP)] were measured to investigate the possible functional significance of the methylation profiles observed. Among other things the study **found that IL-6 and CRP levels were elevated among those with lifetime depression** and, among those with depression only, IL-6 methylation showed an inverse correlation with circulating IL-6 and CRP.

**Source:** Epigenetic and inflammatory marker profiles associated with depression in a community-based epidemiologic sample,  
<https://www.ncbi.nlm.nih.gov/pubmed/20836906>

According to Retired Board Certified Neurosurgeon Dr. Russell Blaylock, the **excitotoxicity**, that comes from ingesting chemical additives and damages the brain and nervous system, is significantly **magnified by inflammation**.

**Source: Suzanne Somers, Breakthrough: Eight Steps to  
Wellness, pp.198**

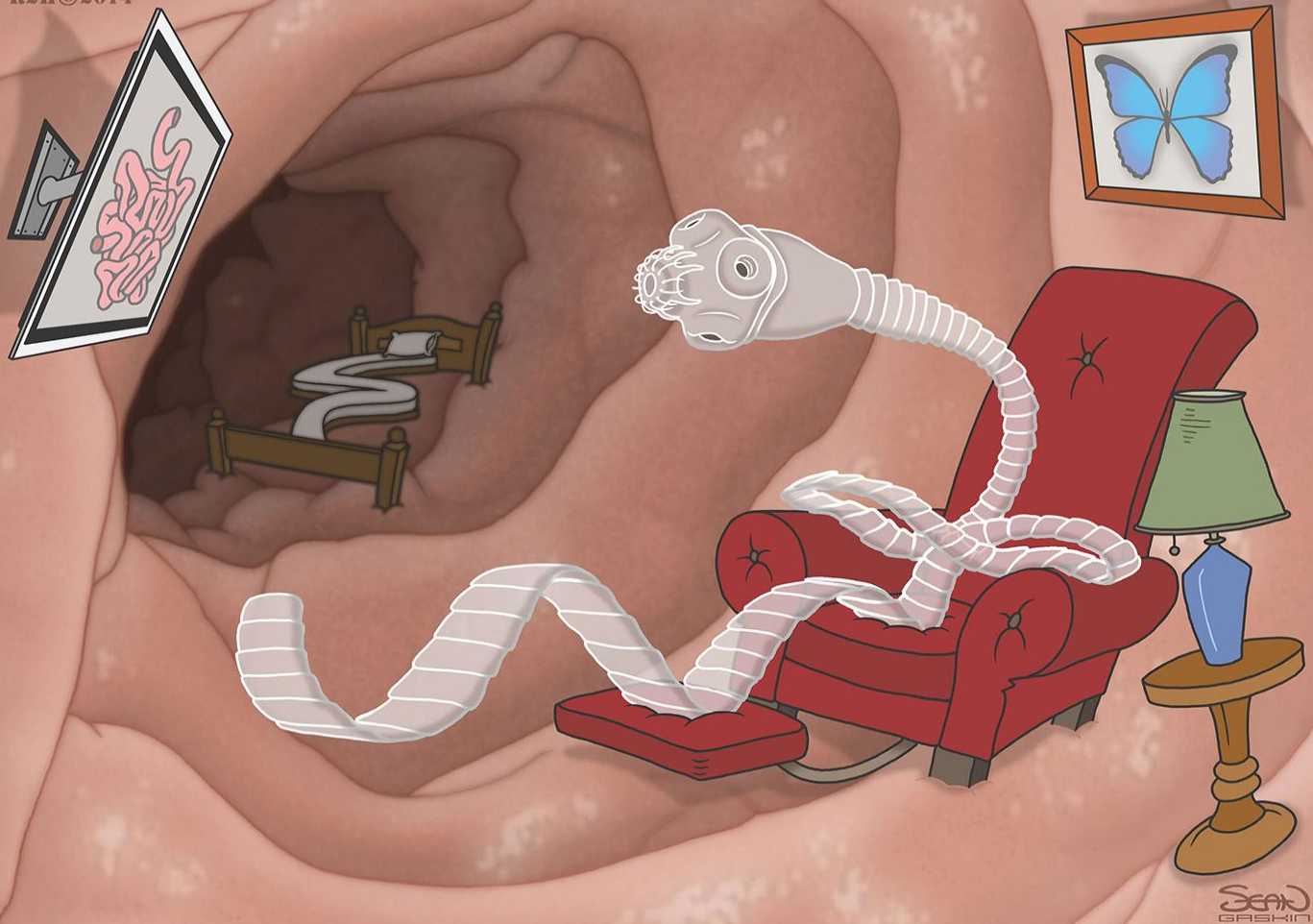
**Recommended Test: High-Sensitivity C-Reactive Protein Test (Blood Test that gauges the amount of inflammation)**

**Source: Suzanne Somers, Breakthrough: Eight Steps to Wellness, pp.325**

# BOWEL TOXINS

**Crazy or Mycotoxic?**

R2H©2014



**TAPEWORM SETS UP HOME IN SMALL INTESTINE!**

**Mycotoxins are neurotoxins produced by pathogens in the bowel.**

**They pass through the blood-brain barrier**

**These neurotoxins can produce a wide spectrum of behavioral and cognitive changes and in severe cases can even cause ataxia and convulsions.**

**Dr. Paul Yanick Jr. PhD, Mycotoxicosis: A New Emerging CoFactor in Alzheimer's, Environmental Illness, and Treatment-resistant Syndromes, Townsend Letter for Doctors & Patients--July 2002**

## **Myco-toxin**

**A toxin produced by a fungus**

**In addition to being neurotoxic (**destroy neurotransmitters**), mycotoxins are also carcinogenic, nephrotoxic, and hepatotoxic.**

**Dr. Paul Yanick Jr. PhD, Mycotoxicosis: A New Emerging CoFactor in Alzheimer's, Environmental Illness, and Treatment-resistant Syndromes, Townsend Letter for Doctors & Patients--July 2002**

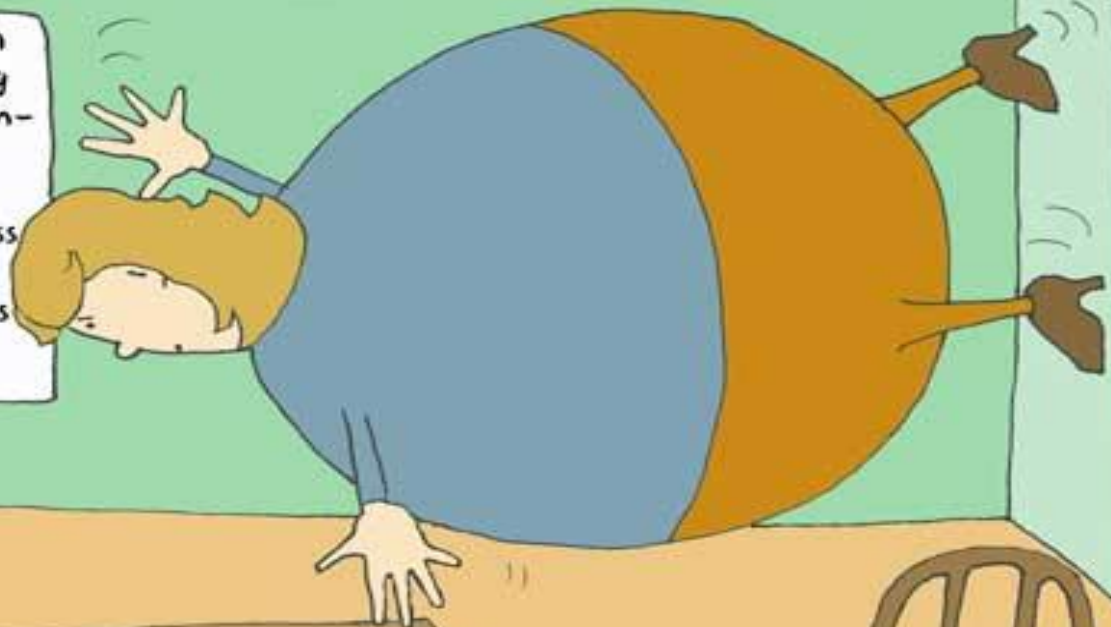
According to the *World Health Organization*, **Alzheimer's**, multiple sclerosis, atherosclerosis, and cancer can be caused by mycotoxicosis.

**Dr. Paul Yanick Jr. PhD, Mycotoxicosis: A New Emerging CoFactor in Alzheimer's, Environmental Illness, and Treatment-resistant Syndromes, Townsend Letter for Doctors & Patients--July 2002**

In one particular study, Dr. Iris R. Bell MD from the University of Arizona Health Sciences Center and other researchers were able to trigger abnormal brain wave activity when a patient was exposed to an immunologically-active mycotoxin or other toxins. Abnormalities on EEGs and other objective neurophysiologic modalities registered within fifteen seconds of an exposure.

**Dr. Paul Yanick Jr. PhD, Mycotoxicosis: A New Emerging CoFactor in Alzheimer's, Environmental Illness, and Treatment-resistant Syndromes, Townsend Letter for Doctors & Patients--July 2002**

This has nothing to do with "Candida" or foods creating yeast overgrowth and fermentation in the gut. Your sense of feeling bloated up like a balloon is purely stress related. Just accept that you'll be on antidepressants for the rest of your life and you'll be fine.



Emma Klavik 2006

**Mycotoxins from the yeast candida albicans is known to create the following symptoms related to mental health:**

- **Foggy, unclear thinking**
- **Depression**
- **Mood swings**
- **Anxiety**

**Dr. Gabriel Cousens MD, Spiritual Nutrition, pp.403**

# DEHYDRATION

**“You’re not Sick You’re Thirsty”—Dr.B.**



**Dr. Batmanghelidj MD, found that depression can result from water deficiency affecting the brain tissue.**

**Dr. F. Batmanghelidj MD, You're Not Sick; You're Thirsty, Don't  
Treat Thirst with Medication**

**“The brain uses electrical energy that is generated by the water drive of the energy-generating pumps. With dehydration, the level of energy generation in the brain is decreased.”**

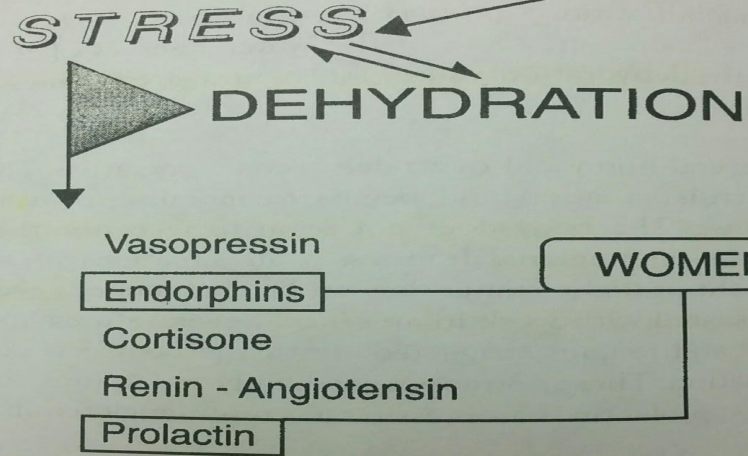
**Dr. F. Batmanghelidj MD, You're Not Sick; You're Thirsty, Don't  
Treat Thirst with Medication, pp. 58**

“[The] depressive state caused by dehydration can lead to *chronic fatigue syndrome*. This condition is a label put on a series of advanced physiological problems that are associated with stress.”

**Dr. F. Batmanghelidj MD, You're Not Sick; You're Thirsty, Don't  
Treat Thirst with Medication, pp. 58**

## DEHYDRATION: THE MAIN DESTRUCTIVE FACTOR IN STRESS

The vicious circle and spiral



**Figure 9:** A schematic presentation of hormonal secretions during continued 'spiral' of stress or chronic dehydration.

# ENVIRONMENTAL

**EMFs, Geopathic Stress, Social Stressors, Radiation,  
etc.**

**BUT I'M IN KETOSIS  
AND DRINK NON  
FLUORIDATED WATER**

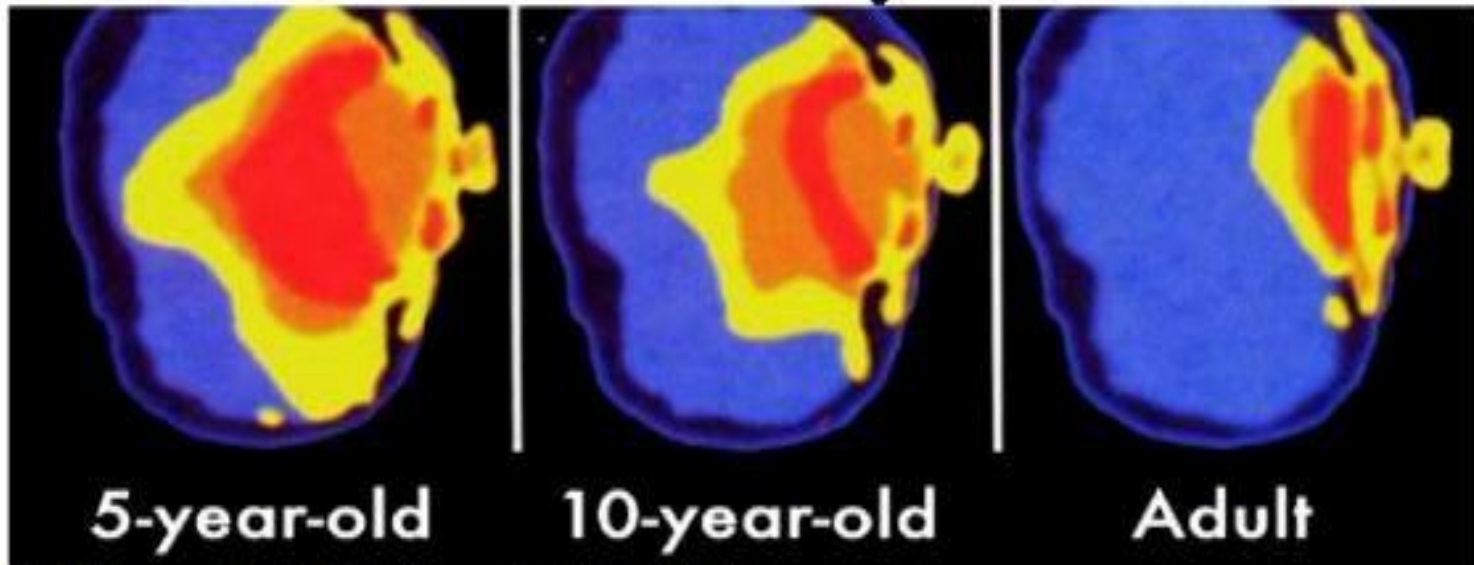
**IT'S THE EMF!**



**Electromagnetic Radiation coming from cell phones, radio towers, computers, television sets, satellites, all emit a frequency which is irritating to the cells of the body.**



## How Smart Phones Destroy Children's Brain



Cell Phone Radiation Penetrating Skull  
Study by Gandhi et al. University of Utah, 1996|

## Mercury Makes it Worse

According to Dr. Michael Galitzer a former ER Doctor who now runs a practice in Santa Monica, California, a person with **mercury fillings** in their teeth generates electrical currents in the mouth due to the presence of saliva. This makes them more susceptible to EMF Radiation and the stress they cause.

**Source: Suzanne Somers, Breakthrough: Eight Steps to  
Wellness, pp.325**

***“It's like sticking your head in the microwave oven in terms of potential damage.”--Dr. Michael Galitzer***

**Source: Suzanne Somers, Breakthrough: Eight Steps to  
Wellness, pp.325**

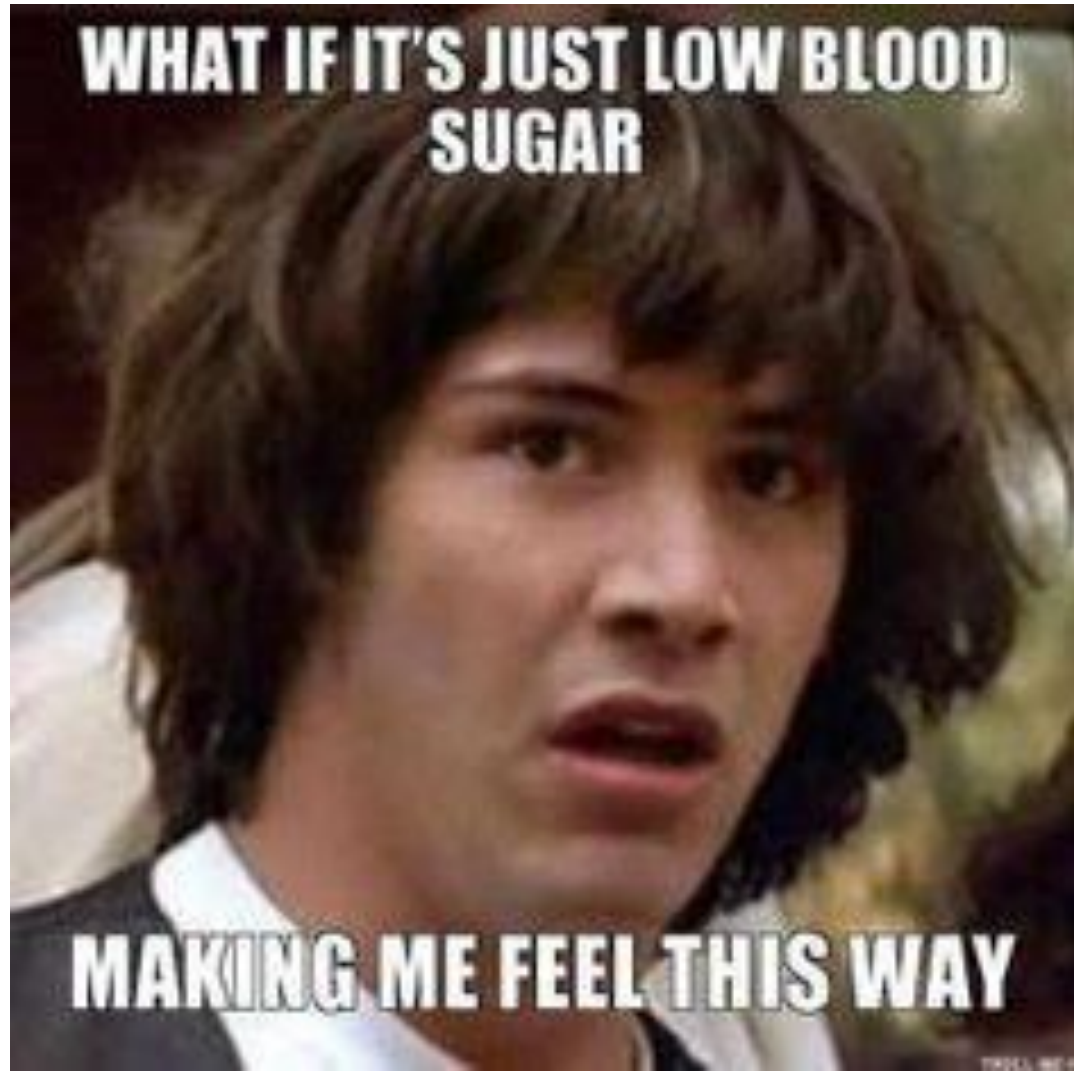
The 60 cycle frequencies and other anti-coherent energies emitted by man-made electronic devices create electromagnetic stress that throws off the circadian rhythms of the body and the neurotransmitters required to feel good.

**Source: Dr. Paul Yanick Jr. PhD, Townsend Letter for Doctors & Patients June 2000**

# REACTIVE HYPOGLYCAEMIA

**When you get 'Hangry'**

**WHAT IF IT'S JUST LOW BLOOD  
SUGAR**



**MAKING ME FEEL THIS WAY**

## **Causes of Low Blood Sugar Include:**

- **Mineral Deficiencies (including Magnesium)**
- **Endocrine Imbalance (Including High Cortisol Production)**
- **Dehydration**
- **Excess Refined Sugars**
- **Excess Caffeine consumption (pop, coffee, energy drinks)**
- **Stress (Adrenals secrete glucocorticosteroids)**
- **Genetic Predisposition to a Sensitivity to drops in Glucose**

- **Low Blood Sugar leads to Mood Imbalances, Rage, Depression, Unexplained Mood-Swings.**
- **Studies show most juvenile delinquents, when given a diet that creates a balanced blood sugar, decreases acts of violence and increases cooperative behavior.**

**“ Dr. Buckley, a psychiatrist and clinical researcher, has found that there are glucose-sensitive receptors in the hypothalamic brain center; these act as a feedback system for a specific anxiety center in the brain called the locus coeruleus. When blood sugar drops below a certain point, the glucose receptor center cannot properly control the anxiety center in the locus coeruleus. This results in anxiety symptoms typified by mental and physical agitation, fear, increased heart rate, and irritability.”**

**Dr. Gabriel Cousens MD, Spiritual Nutrition, pp.406**

**According to Dr. Carolyn Dean, magnesium is a requirement for proper blood sugar control and a deficiency can lead to the blood sugar dropping, causing an adrenaline release that mimics a panic attack.**

**Dr. Carolyn Dean MD, The Magnesium Miracle, pp.48**

SLEEP



SIPRESS

*"I can't sleep. I think I'll get up and  
solve all my problems."*

- Recent research shows that **without sufficient sleep, people have significantly less serotonin in their nervous system<sup>2</sup>.**
- Serotonin creates a neuroendocrine safety net against stress<sup>2</sup>.
- Going to bed early and getting up early can help regulate the sleep-wake cycle (Circadian Rhythm) and improve serotonin levels.
- In the United States more than 100 million people suffer from sleep deprivation<sup>1</sup>.

<sup>1</sup> Maas, James B. *Power Sleep*. New York, NY: Perennial Currents, 1999

<sup>2</sup> Dr. Gabriel Cousens MD, *Spiritual Nutrition*, pp.376

Research done at Pennsylvania State University College of Medicine by Dr. Alexandros N. Vgontzas showed stress can affect proper sleep. This is due to increased sensitivity to the stimulating effects of corticotropin-releasing hormone (CRH) and cortisol. He also found that people who don't get enough “slow-wave” sleep (the 3 stages of deep sleep) may be more prone to depression.

**Source: Dr. Alexandros N. Vgontzas, Pennsylvania State University College of Medicine**

In another study done by the same university, Vgontzas and colleagues found that insomniacs with the **highest degree of sleep disturbance secreted the highest amount of cortisol**. Again, this is important because of the powerful link between stress and depression.

**Source: Dr. Alexandros N. Vgontzas, Pennsylvania State University College of Medicine**

# DIETARY SOLUTIONS

**Combating Key Nutritional Deficiencies**

# VITAMEATAVEGAMIN SOLD HERE



*"Spoon Your Way To Health"*



*"And it's so tasty too!"*

**JOIN THE THOUSANDS OF HAPPY, PEPPY PEOPLE NOW!**



## **To Maintain Balanced Blood Sugar:**

- **Eat at 2 hour intervals**
- **Eat 6 small meals per day**
- **Avoid Refined Sugars and Starches (Anything white)**
- **Reduce Caffeine intake**
- **Increase Hydration**
- **Restore Mineral Balance**
- **Decrease yeast like candida in the bowel**

# Nutritional Supplement Solutions

- **Magnesium Deficiency in the Brain**
- **B-Complex Vitamins (B3, B12, Niacin)**
- **Iodine (Thyroid Protection)**
- **Tumeric (Specifically Bio-Enhanced Curcumin Extract)**
- **High Dose, Wide Spectrum Probiotics with L-Glutamine**
- **EFA's, Vitamin D (& Natural Sunlight)**

# MAGNESIUM L-THREONATE

**Patented Magtein™**

Not only is my short-term  
memory horrible, but so  
is my short-term  
memory.



- **Magnesium is the Anti-Stress, Anti-Anxiety Mineral.**
- **Magnesium deficiency is one of the most widespread mineral deficiencies**
- **Studies show that over 2/3rds of Americans are magnesium deficient, with some studies placing that number as high as 80%<sup>1</sup>.**
- **Magnesium is required for more than 300 reactions in the body**
- **Magnesium is the 4th most abundant mineral in the human body<sup>1</sup>.**
- **Most supplemental magnesium forms have negligible impact upon the brain due to their challenge in crossing the blood-brain barrier**

<sup>1</sup> **Magtein Brochure, [www.magtein.com](http://www.magtein.com)**

**Magnesium deficiency has been linked to over 100 symptoms including:**

- **Alzheimer's Disease**
- **Confusion**
- **Fatigue**
- **Irritability**
- **Poor Memory**
- **Reduced Ability to Learn**
- **Dementia**
- **Depression**
- **Neurotic behavior: anxiety, excessive emotionality, insomnia, nervous fits**

**Source: Dr. Carolyn Dean MD, The Magnesium Miracle**

**According to several studies documented by Dr. Carolyn Dean MD,  
Dementia may also be caused by magnesium depletion alone.**

**Dr. Carolyn Dean MD, The Magnesium Miracle, pp.205**

**A study of almost 500 depressed people by Drs. Cox and Shealy found that the majority of sufferers were magnesium-deficient.**

**Dr. Carolyn Dean MD, The Magnesium Miracle, pp.46**

**An important study in 1995 showed that even marginal magnesium deficiency could induce the brain to become hyperexcitable, as shown by EEG measurements. It took six weeks of 315 mg of daily magnesium supplementation to show significant improvement in brain function and decreased excitability.**

**Dr. Carolyn Dean MD, The Magnesium Miracle, pp.49**

**“Several studies show that severe neurological syndromes can result when conditions cause extremely low levels of brain magnesium, such as with the chronic use of diuretics, which millions of people take to control high blood pressure. These neurological conditions can present as seizures, delirium, coma, or psychosis, which are quickly reversed by administering large doses of intravenous magnesium.”**

**Dr. Carolyn Dean MD, The Magnesium Miracle, pp.205**



**Magtein™ is a unique compound discovered by a group of scientists from MIT, including a Nobel Prize laureate. This was a breakthrough discovery.  
The Brain loves Magnesium bound to L-Threonate.**

**Magtein Whitepaper. An Introduction to Magtein: A Novel Approach to Cognitive Health.**

**Magtein™ is the only form of Magnesium Proven to Penetrate the Blood-Brain Barrier and Concentrate in the Brain and Spinal Fluid**

**Magtein™ is the most bioavailable brain magnesium available.**

**Source: Magtein™ Structure & Function Claims**

**Magtein™ is clinically proven in the following areas:**

- **Depression**
- **PTSD**
- **Alzheimer's**
- **Dementia**
- **Anxiety Relief**
- **Enhancement of Short & Long Term Memory**
- **Enhanced Cognitive ability during aging**
- **Improved ability to respond to Stressful Events.**

**Source: Magtein™ Structure & Function Claims**

## **Mechanisms of Action:**

- **Regenerates the Hippocampus and Prefrontal Cortex areas of the Brain enhancing learning, memory and mood.**
- **Extinguishes Fear Memories in the Amygdala (Survival Centre) of the Primal Brain.**
- **Increases Synaptic Density of the Prefrontal Cortex.**

**Source: Magtein™ Structure & Function Claims**

## **Proof of Neuroplasticity**

**“Brain synapses were evaluated before Magtein was administered, during use of Magtein and after Magtein was no longer administered. The brain neuron density was noted with significance when Magtein had been administered. Brain synapse density increased when Magtein was on board. Ceasing use of Magtein decreased brain synapse density.”**

**Source: Magtein Brochure: Magtein Research Review, [www.magtein.com](http://www.magtein.com)**

**Magtein™ was independently studied by a team of researchers at Wallace University. The purpose of the study was to examine the ability of Magtein™ to affect the extinction and spontaneous recovery (SR) on conditioned taste aversion (CTA). Researchers created an aversive memory that caused the rats to refuse the conditioned stimulus (CS) of saccharin. This aversion memory was then slowly extinguished by repeated exposure to saccharin alone. Magtein treated rats exhibited a faster rate of fear extinction than the control group. Fear memory control and memory enhancement functions are controlled by the same pathways of the brain and Magtein appears to enhance these functions by supporting these pathways.**

**Magtein Whitepaper. An Introduction to Magtein: A Novel Approach to Cognitive Health.**

# THE B-COMPLEX VITAMINS

**The Anti-Stress, Happy Vitamin Family**



**Dr. Abram Hoffer is the co-developer, with Linus Pauling, of Orthomolecular Medicine. He was the editor of The Journal of Orthomolecular Medicine and the author of almost 20 books and over 500 research papers on natural medicine.**

**Dr. Carolyn Dean MD ND, Death by Modern Medicine, pp.14**

## **The B-Complex Vitamins:**

- **Vitamin B3 is a natural antidepressant**
- **Dr. Hoffer discovered Niacin can reverse a case of Chronic Alcoholism**
- **Vitamin B12 is required to produce Serotonin**
- **All the B-Complex Vitamins are required for energy production in the brain and nervous system.**
- **Because they are water soluble, they need to be taken on a daily, regular basis and if you have any type of low feeling, low energy, or stress, then it is recommended you take them in supplemental form.**
- **There are many great dietary sources of the B-Complex Vitamins and they include red beets, bee pollen, royal jelly, nutritional yeast, oats, avocado, brazil nuts.**

## **Choosing a B-Complex Vitamin Formula**

- **Choose a B-Complex that is in its active form**
- **The active form is also known as the coenzyme form**
- **It is in a ready-made format easily recognized by the body and uptaken by the body cells**
- **Look for 100 mg or more of the key B vitamins in your B-Complex Formula**
- **Take your B-Complex vitamins together because of their synergistic relationship with each other**
- **If you can find B-Complex with Adaptogens this is best**

# ASHWAGANDHA

**One of the Most Powerful Adaptogenic Herbs**



**KEEP  
CALM  
AND  
REST YOUR  
BRAIN**

- **Ashwagandha is one of Ayurveda's most powerful Tonic Herbs.**
- **Ayurveda is the 5000+ year old unbroken system of medicine from India that seeks to bring the body into balance and restore optimal health.**
- **Ashwagandha is considered one of Ayurveda's soma-producing herbs**
- **Ashwagandha is good for building ojas which is key for tonifying the nervous system**

**Source: Dr. Gabriel Cousens MD, Spiritual Nutrition, pp.375**

- **Ashwagandha is in the class of herbs known as the adaptogens**
- **Adaptogens help your body adapt to stress**
- **Ashwagandha is helpful for the thyroid and adrenal gland and assist these endocrine organs in maintaining and finding balance during periods of short term and long term stress**

- **Sensoril™ Ashwagandha is the most studied and clinically proven Ashwagandha herbal supplement on the market.**
- **Sensoril™ Ashwagandha is clinically proven to balance the stress hormone Cortisol**
- **Imbalanced Cortisol leads to low DHEA, low Testosterone, decreased resistance to stress, a weakened immune system, and an overtaxed HPA axis**
- **High cortisol, stress, and mood disorders like depression and anxiety are linked**

- You can take Sensoril™ Ashwagandha long term, on an ongoing, regular basis without side effects.
- Studies prove that Sensoril™ Ashwagandha has anxiolytic, GABA-ergic, and exerts a positive influence on Serotonin Levels for improved mood, decreased anxiety, and enhanced sleep.

**Source: [Sensoril.com](https://www.sensoril.com)**

**“Sensoril was evaluated in a 60 day, randomized, double-blind, placebo-controlled clinical trial involving 98 subjects. Subjects taking Sensoril at the recommended dose of 125mg once or twice daily experienced significant improvements (compared to placebo group) in their level of overall stress, anxiety, irritability, level of fatigue, concentration, memory, and sleeplessness. These subjects also showed improved biomarkers which support healthy cardiovascular function, healthy inflammation response, and blood sugar levels already within the normal range. Study subjects showed statistically significant decreases in cortisol and increases in DHEA.”**

**sensoril.com**

# LONGVIDA OPTIMIZED CURCUMIN

**Patented, Bioavailable, Free Curcumen**

Curcumin inhibits a dangerous inflammatory mediator called nuclear factor kappa beta (NFkB). Curcumin is one of the most effective ways to suppress the expression of this common inducer of chronic inflammation.

Source: Suzanne Somers, Breakthrough: Eight Steps to Wellness, pp.87

**Longvida Optimized Curcumin is the only Patented Curcumin known to  
pass the blood-brain barrier.**

**Source: Longvida Presentation, September 2016**

**Studies show that Longvida Optimized Curcumin is Clinically Proven to help  
alleviate symptoms of depression**

**Longvida has 16 published clinical studies with another 17 currently underway and awaiting publication**

**Source: Longvida Presentation, September 2016**

**While proven to control inflammation through a variety of mechanisms, Longvida, unlike Tumeric generally, standard curcumin 95 extract, and other curcumin patents, is also proven in the areas of Alzheimer's and has not 1 but multiple Depression studies.**

**Source: Longvida Presentation, September 2016**

**Longvida is proven to balance ALT Liver Enzymes, thus enhancing liver function and providing support to this key detoxification organ of the body. The result of a healthier liver is healthy hormone balance, improved ability to eliminate harmful toxins from the body, and enhanced bowel function through the release of bile necessary for elimination. All of which improve the mental state of the individual.**

**Source: Longvida Presentation, September 2016**

Longvida patented Curcumin is clinically proven to balance **C-Reactive Protein Levels in the Blood** therefore providing a benefit to those with depression, as well as for those with a range of inflammation-mediated conditions.

**Source: Longvida Presentation, September 2016**

OTHER SOLUTIONS TO EXPLORE



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POST-HOLIDAY energy BODIES

## **Suggestions:**

- **Acupuncture to open the meridian channels**
  - **Dr. Morter's B.E.S.T. Technique**
  - **Meditation**
- **Dr. Roger Callahan's TFT (Thought Field Therapy)**
  - **Emotional Freedom Technique (EFT)**
    - **Homeopathy**
    - **Get More Sleep**
- **Detoxification (Heavy Metal, Candida, Parasite, Full Body, Juicing, Liver/GB Flush)**
  - **LED Light Therapy**

- **Avoid Negativity in All Forms (people, environments, what you read in newspapers, magazines, literature, what you watch on television, your own thoughts and the feelings they induce)**
  - **Surround yourself with Positivity in All Forms**
- **Spend time nourishing your creativity (Dance, Paint, Cook, do something with your hands)**
- **Meditate (TCM, Vedanta, Vipassana, Holosync, Hemi-Sync)**
  - **Spend time in Nature**
    - **Go for walks**
  - **Get some Sunshine (Vitamin D)**
    - **Laugh**
- **Practice the Power of Positive Thinking (Dr. Norman Vincent Peale)**
  - **Learn a new skill (take a cooking class, language class, etc.)**
    - **LED Light Therapy**

**“Thought Field Therapy® is a method which provides treatment for emotional, physical and spiritual disturbances based on a code, revealed by Dr. Callahan’s causal diagnostic procedures.”**

**Joanne Callahan, Advanced Tapping Seminar**

**“EFT is technique that is clinically effective (over 80 percent) for trauma, abuse, stress, anxiety, fears, phobias, depression, grief, addictive cravings, and children’s problems. It can be learned by anyone at [www.emofree.com](http://www.emofree.com) but may require a practitioner to work on deeper problems.”**

**Dr. Carolyn Dean MD, Death by Modern Medicine, pp.309**

THANK YOU FOR YOUR  
ATTENTION

**Amanda Burke CNP, RRPr, ROHP, Life Extension Expert**