

Chapter 43



What is the cure for Mental Health Disorders?

First of all, we must look at the many possible causes of treatable mental health disorders, e.g., inflammation, mercury in fish, fillings and in vaccinations, aspartame, lack of exercise, radiation, stress, fear, food additives, contamination, chemical imbalances, lead, improper diet, addictions, hypoglycemia, compromised immune systems, infections, infestations, etc. The Author believes our modern lifestyle greatly effects us. So, who and/or what is responsible for "dumbing" us down and/or making us ill?



Remember the expression: "Mad as a Hatter"? - Mercury was used in the making of hats and was known to have affected the nervous systems of hatters, causing them to tremble and appear insane. Mercury exposure can cause aggressiveness, mood swings, and anti-social behavior. If only one chemical can cause all these symptoms - what do you think thousands of toxic chemical exposures can do to your mental and physical health? There is an interesting URL article for you to read at <http://vigilantcitizen.com/?p=4051> to help you begin to understand what is entering your body." A one-time exposure or entry into your body of a few toxins will probably not cause an immediate and noticeable effect. But, after many years of being daily exposed to thousands of virtually untested toxic substances, one becomes intoxicated and one's thoughts become increasingly clouded and foggy. The ability to concentrate becomes hindered and judgment becomes impaired. A once sharp mind becomes dull and confused - often emotions flare. What happens when a population is heavily sedated and poisoned on a daily basis? It becomes numb, zombie-like and docile. Instead of asking important questions and seeking the truth, the dumbed-down masses simply submit to doing their daily tasks and absorbing whatever propaganda the "officials" and/or the media tells them. **Do you really want to become one of these sick "sheeple"? If not, many of the negative effects of the toxic substances described in the above URL article and the Author's book are reversible. See Chapters 40 and 41 on how to detox.**

It is well known that low doses of radiation can damage a person's DNA. Research has also shown how x-rays can damage the developing brains of unborn babies as well as young children. In fact, recent research has also shown that exposure of the brain to ionizing (x-ray) radiation early in childhood (before 5 years of age) is associated with an increased risk of schizophrenia later in life. This may be of particular relevance for families that have a history of schizophrenia or other psychiatric disorders. In the year 2000, Christoph Schmitz at the University of Aachen, Germany and his colleagues showed for the first time that mice exposed to low doses of radiation in the womb develop lasting changes in the brain that don't appear until early adulthood. The researchers think the study may provide important clues to the development of adult-onset mental diseases such as schizophrenia. Unborn babies can be exposed to relatively high levels of X-rays when a pregnant woman travels by way of intercontinental airplane flights, or is exposed to medical and dental x-rays. The following is a quote from the article in New Scientist magazine: "The researchers think their findings may provide important clues to the development of mental illnesses such as schizophrenia that appear in adulthood. They note recent reports that children who were born within nine months of the Chernobyl disaster have abnormal hippocampuses. They are also more likely to have behavioral problems and are considered to be at high risk of schizophrenia." **Tell your physician and dentist you would like to pass on any more radiation exposure(s).**



Exposure to pesticides can have behavioral and psychiatric consequences. Why use these POISONS? Use the Author's many safe and far more effective alternatives in the rest of this free book. New research shows that exposure to pesticides used on foods e.g., strawberries and celery may increase the risk of Attention Deficit Hyperactivity Disorder (ADHD) in children. Studies show household and field pesticides and pet and head lice shampoos are linked to autism. **This should not come as a great surprise to those who have read the Author's free book and know the fact that every year 220,000 people worldwide are killed by exposure to pesticide poisons.** <http://ehp.niehs.nih.gov/docs/1998/106p347-353guillette/abstract.html>



Lead Poisoning and the Brain - Cognitive Deficits and Mental Illness — Lead exposure has also been linked to behavioral problems. In his landmark study, Needleman (1979) measured dentine Pb levels in 312 first- and second-grade students (mean age 7.3 years), and administered neuro-behavioral tests. The results showed that behavioral and performance problems in primary school children were more prevalent with increasing dentine (teeth) lead levels. These behavioral problems included hyperactivity, distractibility, impulsivity, disorganization, non-persistence, inability to follow simple instructions and overall poor functioning.

Chemicals in plastics and common household goods have been associated with serious developmental problems, while a long inventory of other hazards are contributing to rising rates of modern ills: heart disease, obesity, diabetes, autism. The list of causes of mental health disorders continues to grow.

But the Food and Drug Administration (FDA or USFDA), the United States Department of Agriculture (DOA or USDA), the U.S. Environmental Protection Agency (EPA) and the United States Department of Health and Human Services (USDHHS) are still allowing many dangerous dispersants, drugs, artificial sweeteners, food preservatives, cleaners, cosmetics, pesticides, genetically modified food and other toxic chemicals to be approved for use and misuse in the USA without considering or even knowing all of their individual negative impacts on human health. **No one knows what all the various combined/synergistic health and environmental effects are!** It is monstrous beyond belief what is being allowed by "our" politicians, corporations and authorities to contaminate and pollute "we the people" and especially our children.

Drugs taken for pain, infection, high cholesterol, asthma, epilepsy, mental illness and heart problems contaminate drinking water supplies of at least 41 million Americans, according to a report by the Associated Press National Investigation Team. http://hosted.ap.org/specials/interactives/pharmawater_site/day1_01.html These findings confirm a 2002 report by the U.S. Geological Survey that was the first nationwide study of pharmaceutical pollution in the nation's rivers and streams. Of the 62 major tap water providers contacted by Associated Press' National Investigative Team, the drinking water for only 28 was tested. Among the 34 that haven't: Houston, Chicago, Miami, Baltimore, Phoenix, Boston and New York City's Department of Environmental Protection, which delivers water to 9 million people. In addition to all the drugs, fluoride and chlorine are routinely added to our "drinking" water. Fluoride IS a POISON! The 1984 issue of Clinical Toxicology of Commercial Products lists fluoride as more poisonous than lead and just slightly less poisonous than arsenic. Grand Rapids, Michigan was the first city to add fluoride to its drinking water. Fluoride has been used as a pesticide for mice, rats and other small pests. A 10# infant could be killed by 1/100 of an ounce and a 100# adult could be killed by 1/10 of an ounce of fluoride <http://www.wholywater.com/fluoride.html>. The addition of chlorine to our drinking water began in the late 1800s and became the standard in water treatment by 1904. For the most part, it remains the standard today. We do not use chlorine because it is the safest or even the most effective means of disinfection, we use it because it is the cheapest. In spite of all our technological advances, we essentially still pour bleach in our water before we drink it. The long-term effects of chlorinated drinking water are just now being recognized. According to the U.S. Council Of Environmental Quality, "Cancer risk among people drinking chlorinated water is 93% higher than among those whose water does not contain chlorine." **Simply stated, chlorine is just another pesticide**, as defined by the USEPA, whose sole purpose is to kill living organisms. **Thirsty?**



In 2006, four Canadian politicians volunteered to be tested for toxins that might be found in their bodies. The tests were carried out by Environmental Defence. According to the study, "Many of the chemicals detected in the politicians are associated with adverse health effects. In total, 54 carcinogens, 37 hormone disrupters, 16 respiratory toxins, 54 reproductive/developmental toxins and 33 neurotoxins were detected in the study volunteers." http://environmentalism.suite101.com/article.cfm/homes_are_full_of_toxins#ixzz0uQ6ndYhi

In the course of a normal morning's bathing routine the average woman will apply 126 chemicals from 12 different products to her face, body, and hair. In an interview with Globe and Mail writer Zosia Bielski (May 21, 2009) Rick Smith recounted: "Just through the use of a few well-known, brand-name shampoos, aftershaves, and shaving gels, I was able to raise my phthalate levels by 22 times. Just eating out of plastic warmed up in the microwave, I raised my bisphenol A [BPA] by almost eight times." Meanwhile, Bruce Lourie, who ate tuna seven times in the three-day period, saw the mercury level in his body triple. In the United Kingdom, the Royal Commission on Environmental Pollution (RCEP) issued a warning. In its 2003 report, "Chemicals in Products", it said about 30,000 chemicals used in the European Union have never been comprehensively tested for any risks to people and ecosystems. The head of RCEP is Professor Sir Tom Blundell. On 26 June, 2003 he told BBC News: "Given our understanding of the way chemicals interact with the environment, you could say we are running a gigantic experiment with humans and all other living things as the subject." <http://www.rcep.org.uk/reports/index.htm>



In addition, to all this world-wide toxic pollution "our" politicians and corporations have now created global-warming, preemptive wars, trillions of dollars of debt, an ongoing recession/depression and ever increasing fear and stress to burden our lives. **No wonder we all feel bad!**

Remember, YOU are the one who ultimately decides to clean or to continue to contaminate your body. Your body is a temple. Will you allow it to be desecrated daily? Who will you turn to - to help clean your body and clear your mind? A psychiatrist?

"Unhinged: The Trouble with Psychiatry--A Doctor's Revelations about a Profession in Crisis," is an important book. The author, psychiatrist, Daniel Carlat, MD, who trained at Harvard Medical School, is currently on the faculty of Tufts University, and has been a practicing psychiatrist for 15 years. The book is important because the author's acknowledgment of psychiatry's shortcomings is likely to be persuasive to a wide general audience:

"Few lay people realize how little we actually know about the underpinnings of [psychiatric] disorders....In virtually all of the psychiatric disorders--including depression, schizophrenia, bipolar disorder, and anxiety disorders--the shadow of our ignorance overwhelm the few dim lights of our knowledge."

"Our diagnostic process is shallow and is based on an elaborate checklist of symptoms, leading us sometimes to over diagnose patients with disorders of questionable validity, or, conversely, to miss the underlying problems in our rush to come up with a discrete diagnostic label that will be reimbursed by the insurance company. We tend to treat all psychological problems the same way--with a pill and a few words of encouragement. Because of this rote approach to treatment, patients are often misdiagnosed and medications are overprescribed. In the end, we mis-serve our patients, failing to offer them psychotherapies that are sometimes more effective than drugs"

"The resulting frenzy of psychiatric diagnoses has damaged the credibility of everyone in the field."

"We like to see ourselves as neuroscientists, rationally manipulating levels of neurotransmitters like serotonin in order to get patients better. But the fact is that we have no clear evidence that chemical imbalances are at the root of any mental disorder....we don't know if changing levels of serotonin [by prescribing Zoloft or Celexa, or any other drug] is the actual curative mechanism. Nonetheless, we give patients elaborate explanations of how the drugs work chemically. It makes us feel more scientific, and gives patients a feeling of confidence in us, but it's little more than made up neuro-babble."

"The fact is that psycho pharmacology is primarily trial and error, a kind of muddling through different candidate medications...." depending upon which company's sales rep or which academic "Hired Gun" recently made a pitch for one or another drug. Indeed, "when our most esteemed colleagues have essentially joined the marketing teams, it makes it that much harder for us to practice our craft responsibly."

Dr. Carlat is one of a small but growing number of mainstream psychiatrists in academia who are raising their voice against their profession for promoting profitable delusions about mental illness and its unsubstantiated chemical cures. What's missing in this, and most books authored by psychiatrists, is the acknowledgment of a body of evidence demonstrating serious harm to patients that psychiatry's industry-driven ministrations produce.

For an in-depth examination of that evidence, readers must turn to another book: **"Anatomy of an Epidemic: Magic Bullets, Psychiatric Drugs, and the Astonishing Rise of Mental Illness in America"** by Robert Whitaker, which documents a drug-induced epidemic of chronic mental illness.

<http://www.ahrp.org/cms/content/view/705/94/>

Natural Healing or Chemical "Treatments" for Mental Health Disorders?

"The best prescription is knowledge." C. Everett Koop, Former US Surgeon General

Mental health disorders are health conditions characterized by behavioral, emotional, and/or cognitive problems. According to the National Institute of Mental Health, approximately 30 percent of all Americans suffer from some form of mental health disorder significant enough to require professional medical care. Conventional psychiatric care for people with mental health disorders has, since the 1950s, increasingly been prescribed by the pharmaceutical industry. As a result, today the primary form of treatment for mental health disorders is drug-based. **Such psycho therapeutic drugs, however, carry a high risk of negative side effects, including suicide,**

homicide, and other acts of violence, as well as cognition problems, moodiness, and impotence, loss of libido, and other types of sexual dysfunction. Moreover, increasing evidence suggests that such drugs most often do not cure the patient. **Similarly, the other traditional treatment for mental health disorders—“talk” therapy—has been shown to provide long-term results in only about five percent of patients,** even after they spend decades speaking with their psychiatrists and psychologists as frequently as one to three times per week. Spending on prescription drugs to treat depression, anxiety, pain, schizophrenia and other conditions climbed from \$7.9 billion in 1997 to \$20 billion in 2004 - over a 150 percent increase.

By contrast, practitioners of holistic medicine recognize that there are many factors commonly ignored by conventional practitioners that are at the heart of many cases of mental health disorders. Such factors include biochemical imbalances, toxins, allergies, food sensitivities, and other environmental causes. By addressing those factors they are often able to safely provide effective long-term solutions for their patients, without the need for dangerous drugs and fruitless, expensive and ongoing follow-up care. They use alternative natural cures that restore the biochemical balance of the body, and there are dietary and lifestyle changes designed to improve general health.



The title of the 1948 film entitled “The Snake Pit” refers to the medieval practice of throwing the mentally ill, literally, into a pit of vipers. The argument being that such an occurrence, which would drive a well person mad, should surely jolt the insane back into sanity.

Modern psychoanalysis (Freudian psychology) which is primarily devoted to the study of human psychological functioning and behavior, although it can also be applied to societies. Psychoanalysis has three applications: first, a method of investigation of the mind and the way one thinks; second, a systematized set of theories about human behavior; and third, a method of treatment of psychological or emotional illness. Before modern psychoanalysis - a third of all mental patients got worse, a third got better and a third remained as sick as they were.

Recently, the Author heard a MD say that today with modern psychoanalysis and drug therapy we now cure a third of the patients, a third stay the same and a third get worse. When the Author was a young man he had a Psychiatrist say that modern therapy cures about the same number of people that the snake pits used to do. **So, what really has changed?**

We know that mental illnesses are among the most common conditions affecting health today: One in five American adults suffers a diagnosable mental illness in any six month period. Psychiatrists and other physicians treating mental illnesses have a wide variety of alternative treatments to the snake pits of yesterday available today to try to help their patients. Usually a psychiatrist will construct a treatment plan that includes both psychotherapy (individual psychotherapy, group therapy, behavioral therapy or self-help groups) and psychiatric medication(s). **Note: the psychotherapeutic medications do not cure mental illness, but they can relieve some symptoms in some people.**

America has witnessed during the last decades a staggering rise of drugs being prescribed to treat all kinds of problems. Children are particularly affected by this phenomenon. Since the 1990s, an ever-rising proportion of American children are being diagnosed with “illnesses” such as Attention Deficit Disorder (ADD) and are prescribed mind-altering drugs e.g., prescriptions for methylphenidate have increased by 500 percent, while prescriptions for amphetamine for the same purpose have increased 400 percent. Today, children who show too much energy, character or strength are being willfully sedated with powerful drugs which directly affect the way their brains function. New reports released by the Food and Drug Administration reveal the possible increased risks of Ritalin dangers in adults and children including heart attacks, strokes, high blood pressure, death, and other cardiovascular problems. The FDA report revealed 51 U.S. deaths in 2004 in patients who were taking ADHD medications.

The FDA announced in February 2006 that evidence linking ADHD drugs to the fatalities was not yet strong enough to prove the drugs were responsible. However, the FDA urged drug regulators to monitor for cardiovascular problems including high blood pressure, heart attacks, and other possible ADHD drug and Ritalin dangers. **Ritalin, made by Novartis AG, is the most frequently prescribed attention hyperactivity deficit disorder (ADHD) medication in the U.S.** Ritalin is used to relieve ADHD symptoms, which include poor concentration, hyperactivity, and compulsiveness. Ritalin is also used to treat narcolepsy (uncontrollable attacks of deep sleep

bouts) in adults. In light of the new reports, this popular drug poses the risks of serious Ritalin dangers to millions of children and adults.

Ritalin is often referred to as “Kiddie Cocaine” due to the similarities in brain development of cocaine users. Studies have found that Ritalin dangers can be long-term and may be responsible for changes in brain function. These Ritalin dangers are made worse by this drug's high potential for abuse and its addictive properties. <http://www.onlinelawyersource.com/ritalin/ritalin-danger.html>

Other serious Ritalin dangers include:

- heart attacks
- sudden death
- stroke
- increased blood pressure
- weight loss and decreased growth
- psychosis: increased symptoms of psychological disorders (i.e., **depression**)
- dependence (leading to serious withdrawal symptoms upon termination of Ritalin)
- visual problems (in rare cases)
- and more.

Psychiatric researchers believe that people suffering from many mental illnesses have imbalances in the way their brain metabolizes certain chemicals, called neurotransmitters. Because neurotransmitters are the messengers the nerve cells use to communicate with one another, these imbalances may result in the emotional, physical and intellectual problems that mentally ill people suffer.

Depression, which afflicts 9.4 million Americans in any six-month period, is the most common form of mental illness. Far different from the normal mood shifts everyone feels on occasion, depression causes a profound and unremitting sense of sadness, hopelessness, helplessness, guilt and fatigue. People suffering from depression find no happiness or joy in activities once enjoyed or in being with family and friends. They may be irritable and develop sleeping and eating problems. Unrecognized and untreated, depression can kill, as its victims are at high risk for suicide. But the price of using psychiatric drugs can also be very high, the risk of coronary heart disease and a cluster of conditions known as metabolic syndrome increases soon after otherwise healthy, but depressed people are started on psychiatric drugs, putting them at risk for an early death.

A recent study, conducted by Tami L. Mark, Ph.D. at Thomson Reuters and published in the journal CNS Drugs analyzed data from the 2005 National Disease and Therapeutic Index, a nationally representative survey of about 4,000 U.S. office-based physicians conducted by IMS Health. The study found that antipsychotic drugs were prescribed for psychiatric conditions 99 percent of the time, including mood disorders (39 percent), schizophrenia or other psychotic disorders (35 percent), cognitive disorders such as dementia (7.4 percent), anxiety (6 percent), and attention-deficit/conduct-disruptive behavior disorders (6 percent). In terms of antidepressant drugs, the study found that 93 percent of prescriptions were for psychiatric conditions, primarily mood disorders (65 percent), anxiety (16 percent), schizophrenia, and other psychotic disorders (2.6 percent). Other non-psychiatric diagnoses for which antidepressants were prescribed included headaches (1.1 percent), connective tissue disease (e.g., fibromyalgia) (1 percent), and back problems (0.7 percent). Although the study found that the majority of prescriptions written for anti-anxiety medication were used to treat psychiatric conditions (72 percent), a significant percentage (28 percent) were used for non-psychiatric diagnoses including anxiety related to medical interventions (6 percent), allergic reactions (4 percent), and back problems (2.5 percent).



Antipsychotic drugs comment — Jim Gottstein is taking on psychiatry in Alaska for over-prescribing medicine to children. Gottstein was the attorney who forced Eli Lilly to pay more than \$1 billion in settlements over the anti-psychotic drug Zyprexa. He also heads up a group called the Law Project for Psychiatric Rights, which filed the lawsuit. The group claims over-prescribing is disabling children for life. A growing number of children are prescribed psychiatric drugs, and a growing number of mental health advocates say we should be alarmed, because those drugs are often unnecessary. **"They're really a chemical lobotomy, because that's what they do to the brain," Gottstein said.** <http://psychrights.org>

Antidepressant drugs comments: The types of drugs used in the treatment of depression are selective serotonin re uptake inhibitors (SSRIs), “atypical” antidepressants, and the older tricyclic antidepressants, and monoamine oxidase inhibitors (MAOIs). **Side effects are common in all antidepressants and for many people, the side effects are serious enough to make them stop taking the medication.**

http://helpguide.org/mental/medications_depression.htm .

In 2003 and 2004, U.S. and European regulators issued public health warnings about a possible association between antidepressants and suicidal thinking and behavior. The Author has had several friends and an in-law commit suicide while on antidepressant drugs. <http://www.drugawareness.org/>

Antidepressants don't work. What's even more depressing is that the pharmaceutical industry and Food and Drug Administration (FDA) have deliberately deceived us into believing that they DO work. **Depression is among the most common problems seen in primary-care medicine and soon will be the second leading cause of disability in this country.** Most patients taking antidepressants either don't respond or have only partial response and 86 percent have one or more side effects, including sexual dysfunction, fatigue, insomnia, loss of mental abilities, nausea, and weight gain. The real cure lies in rebalancing the underlying systems in your body that are the root of all health and illness. Food allergies cause inflammation, and studies now show inflammation in the brains of depressed people. Eliminate the food allergies and you eliminate the inflammation and accompanying depression

7 Steps to Treat Depression without Drugs

1. **Try an anti-inflammatory elimination diet** that gets rid of common food allergens. .
2. **Check for hypothyroidism.** This unrecognized epidemic is a leading cause of depression. Make sure to have thorough thyroid exam if you are depressed.
3. **Take vitamin D.** Deficiency in this essential vitamin can lead to depression. Supplement with at least 2,000 to 5,000 IU of vitamin D3 a day.
4. **Take omega-3 fats.** Your brain is made of up this fat, and deficiency can lead to a host of problems. Supplement with 1,000 to 2,000 mg of purified fish oil a day.
5. **Take adequate B12** (1,000 micrograms, or mcg, a day), **B6** (25 mg) and **folic acid** (800 mcg). These vitamins are critical for metabolizing homocysteine, which can play a factor in depression.
6. **Get checked for mercury.** Heavy metal toxicity has been correlated with depression and other mood and neurological problems.
7. **Exercise vigorously five times a week for 30 minutes.** This increases levels of BDNF, a natural antidepressant in your brain.

<http://drhyman.com/why-antidepressants-dont-work-for-treating-depression-497/>

What is Cortisol?

Cortisol , also known as hydrocortisone, is a corticosteroid hormone or glucocorticoid produced by the zona fasciculata of the adrenal cortex, which is one of the two parts of the adrenal gland. It is released in response to stress, or to a low level of blood glucocorticoids. Its primary functions are to increase blood sugar through gluconeogenesis, suppress the immune system, and aid in fat, protein and carbohydrate metabolism. It also decreases bone formation. **Cortisol is an important hormone in the body and involved in the following functions and more:** Proper glucose metabolism - Regulation of blood pressure - Insulin release for blood sugar maintenance - Immune function - Inflammatory response.

Normally, it's present in the body at higher levels in the morning, and at its lowest at night. Although stress isn't the only reason that cortisol is secreted into the bloodstream, it has been termed “the stress hormone” because it's also secreted in higher levels during the body's “fight or flight” response to stress, and is responsible for several stress-related changes in the body.

While cortisol is an important and helpful part of the body's response to stress, it's important that the body's relaxation response to be activated so the body's functions can return to normal following a stressful event. Unfortunately, in our current high-stress culture, the body's stress response is activated so often that the body

doesn't always have a chance to return to normal, resulting in a state of chronic stress.

Higher and more prolonged levels of cortisol in the bloodstream (like those associated with chronic stress) have been shown to have negative effects, such as: Impaired cognitive performance - Suppressed thyroid function - Blood sugar imbalances such as hyperglycemia - Decreased bone density - Decrease in muscle tissue - Higher blood pressure - Lowered immunity and inflammatory responses in the body, slowed wound healing, and other health consequences - Increased abdominal fat, which is associated with a greater amount of health problems than fat deposited in other areas of the body. Some of the health problems associated with increased stomach fat are heart attacks, strokes, the development of metabolic syndrome, higher levels of "bad" cholesterol (LDL) and lower levels of "good" cholesterol (HDL), which can lead to other health problems!

To keep cortisol levels healthy and under control, the body's relaxation response should be activated after the fight or flight response occurs. You can learn to relax your body with various stress management techniques, and you can make lifestyle changes in order to keep your body from reacting to stress in the first place. The following have been found by many to be very helpful in relaxing the body and mind, aiding the body in maintaining healthy cortisol levels: Guided Imagery - Journaling - Self-Hypnosis - Exercise - Yoga - Listening to Music - Breathing Exercises - Meditation - Sex - Other Techniques.

Cortisol secretion varies among individuals. People are biologically 'wired' to react differently to stress. One person may secrete higher levels of cortisol than another in the same situation. Studies have also shown that people who secrete higher levels of cortisol in response to stress also tend to eat more food, and food that is higher in carbohydrates than people who secrete less cortisol. **If you're more sensitive to stress, it's especially important for you to learn stress management techniques and maintain a low-stress lifestyle.**

Anti-anxiety medication comments: Many different types of medications are used in the treatment of anxiety disorders, including traditional anti-anxiety drugs such as benzodiazepines, and newer options like antidepressants and beta-blockers. These medications can be very effective, but they shouldn't be thought of as a cure. Anxiety medication can provide temporary relief, but it doesn't treat the underlying cause of the anxiety disorder. Once you stop taking the drug, the anxiety symptoms often return in full force. It's important to be aware of the risks of anxiety medication, too. Anxiety medication can cause a wide range of unpleasant and sometimes dangerous side effects. Many medications for anxiety are also habit forming and physically addictive, making it difficult to stop taking them once you've started. **The bottom line is that anxiety medications can be helpful, but they're not right for everyone and they're not the only answer.**

General psychiatric drugs comments: Psychiatric Medication Awareness Group (PMAG) is a small group of British Columbia citizens concerned about the increasing use of psychiatric drugs. PMAG provides information to psychiatric medication users and their families about the potential risks of psychiatric drugs (including dependence, addiction and the potential for long-term — and in some cases permanent — side-effects), about withdrawing safely from psychiatric medications (including benzodiazepines, sleeping pills and SSRIs) and about recovery. PMAG advocates for a comprehensive strategy to address the problems associated with benzodiazepine and other psychiatric drug prescribing and use. This strategy consists of education, research and treatment elements. <http://www.psychmedaware.org/>

Psychiatric drugs are documented by international drug regulatory agencies to cause suicidal and homicidal ideation, mania, psychosis, worsening depression and a host of violence inducing side effects. Numerous school shooters were under the influence of these drugs when they went on shooting rampages including Columbine shooter Eric Harris (Dylan Kleebold's autopsy reports were never made public), Kip Kinkel, the Red Lake Minnesota school shooter, Jeff Weise, and others. Yet there has never been a federal investigation into the link between psychiatric drugs and random senseless acts of violence. <http://www.cchrint.org/videos/drugs/psychiatrys-prescription-for-violence-trailer/> .

The real extent of psychiatric drug dangers may never be accurately known. Taking psychiatric drugs is in many ways society-wide experimentation, with patients as guinea pigs. • Combining with alcohol or other drugs can dramatically increase these inherent dangers.

Do all of the modern drugs and therapy help the psychiatrists? Current estimates are that 150,000 women have been sexually abused by their psychiatrists in the United States alone. Another 16,000 ended up hospitalized because of the harm caused from this violation by their psychiatrist. The further toll on these women? 1500

have committed suicide. Another 21,000 have tried to commit suicide. Psychiatrists have the highest suicide rate of any profession, a rate twice the average of medical professionals. An estimated twenty five percent commit sexual crimes. Of 800 psychiatrists convicted of a crime, forty three percent were convicted of fraud, theft and embezzlement. **At least the snakes did not rape you.** <http://www.psych-crimes.com/dangers.htm>

Many other causes, e.g., abuse, bullying, passive smoking, abortions, foreclosures, prescriptions, addictions, accidents, lack of affection, usage of un-prescribed drugs and diseases such as malaria and typhoid, can also cause mental illness if not treated well. **When a child's behavior changes suddenly, it could be a sign of abuse.**

Here are some natural and herbal remedies and protocols for mental problems:

1) St. John's Wort

The herb St. John's wort (*Hypericum perforatum*) has long been used in folk medicine for sadness, worry, nervousness and poor sleep. Today, the results of over 20 clinical trials suggest that St. John's wort works better than a placebo and is as effective as antidepressants for mild to moderate depression, with fewer side effects. (You may wish to supplement with valerian root and ginseng.) **Studies suggest that St. John's wort is not effective for major depression.** It's available at health food stores, drug stores, and online in the form of capsules, tablets, liquid extracts, or tea. St. John's wort may take 4 to 6 weeks to notice the full effects. Side effects may include dizziness, dry mouth, indigestion, and fatigue. St. John's wort increases photosensitivity, so extra caution should be taken to protect skin and eyes from sunlight. Although St. John's wort appears to be reasonably safe when taken alone, it can interfere with the effectiveness of prescription and over-the-counter drugs, such as antidepressants, drugs to treat HIV infections and AIDs, drugs to prevent organ rejection for transplant patients, and oral contraceptives. **St. John's wort is not recommended for pregnant or nursing women, children, or people with bipolar disorder, liver or kidney disease. Side effects include gastrointestinal complaints, fatigue and over sensitivity to light.**

2) Omega-3 fatty acids

Omega-3 fatty acids are a type of good fat needed for normal brain function. Our bodies can't make omega-3s on their own, so we must obtain them through our diet.

Studies have linked depression with low dietary intake of omega-3 fatty acids. In countries with higher fish consumption, such as Japan and Taiwan, the depression rate is 10 times lower than in North America. Postpartum depression is also less common. Studies suggest that omega-3s together with antidepressants may be more effective than antidepressants alone.

Cold water fish such as salmon, sardines, and anchovies are the richest food source of omega-3 fatty acids. But instead of eating more fish which contain mercury, PCBs, and other chemicals, fish oil capsules are considered a cleaner source of omega-3 fatty acids. Many companies filter their fish oil so that these chemicals are removed.

Fish oil capsules are sold in health food stores, drug stores, and online. Most brands should be stored in the fridge to prevent the oil from going rancid. When comparing brands, the key active components for depression are EPA and DHA. Fish oil capsules may interact with blood-thinning drugs such as warfarin and aspirin. Side effects may include indigestion and bleeding. Fish oil should not be taken 2 weeks before or after surgery. Fish oil can also cause a fishy aftertaste. To prevent this, try taking the fish oil just before meals.

3) SAM-e

SAM-e, pronounced "sammy", is short for S-adenosyl-L-methionine. It's a chemical that's found naturally in the human body and is believed to increase levels of neurotransmitters serotonin and dopamine. Several studies have found SAM-e is more effective than placebo. In North America, SAM-e is available as an over-the-counter supplement in health food stores, drug stores, and online. It should be enteric-coated for maximum absorption. Although it's one of the more expensive supplements, it remains popular as a remedy for depression and osteoarthritis. Side effects can include nausea and constipation.

4) Folic Acid

Folic acid, also called folate, is a B vitamin that is often deficient in people who are depressed. Folate is found in green leafy vegetables, other vegetables, fruit, beans, and fortified grains. It's one of the most common vitamin

deficiencies because of poor diet but also because chronic conditions and various medications such as aspirin and birth control pills can also lead to deficiency. Besides food, folic acid is also available as a supplement or as part of a B-complex vitamin. Researchers at Harvard University have found that depressed people with low folate levels don't respond as well to antidepressants, and taking folic acid in supplement form can improve the effectiveness of antidepressants.

B Vitamins. Research shows that B vitamins improve memory by creating a protective shield for the neurons in the brain. B vitamins break down homocysteine, which is an amino acid that is a toxic poison to nerve cells. These vitamins also aid in the production of red blood cells, which carry oxygen, an important brain nutrient. Studies show that correcting a deficiency of the B vitamin folic acid can increase brain chemical transmitters and can assist with forgetfulness, depression and irritability. As we get older, our absorption of the B-vitamins decreases, making supplementation even more important.

5) 5-HTP

5-HTP is short for 5-hydroxytryptophan. It's produced naturally in the body and is used to make the neurotransmitter serotonin. Although taking 5-HTP in supplement form may theoretically boost the body's serotonin levels, many experts feel there is not enough evidence to determine the safety of 5-HTP. It should not be combined with antidepressants.

6) Rhodiola (*Rhodiola rosea*), sometimes called Arctic root or golden root, is an adaptogenic herb, meaning that it acts in non-specific ways to increase resistance without disturbing normal biological functions. The herb grows at high altitudes in the arctic areas of Europe and Asia, and its root has been used in traditional medicine in Russia and the Scandinavian countries for centuries. Studies of its medicinal applications have appeared in the scientific literature of Sweden, Norway, France, Germany, the Soviet Union and Iceland. Today in Russia, rhodiola is used as a tonic and remedy for fatigue, poor attention span, and decreased memory; it is also believed to make workers more productive. In Sweden and other Scandinavian countries it is used to increase the capacity for mental work and as a general strengthener. A 2002 review in *Herbalgram*, the Journal of the American Botanical Council, reported that over the years, numerous studies of rhodiola in humans and animals have shown that it helps prevent fatigue, stress and the damaging effects of oxygen deprivation. Evidence also suggests that it has an antioxidant effect, enhances immune system function and can increase sexual energy. A study published in 2007 in the *Nordic Journal of Psychiatry* showed that patients with mild-to-moderate depression who took a rhodiola extract reported fewer symptoms than those who took a placebo.

7) Chocamine® is a cocoa plant extract that embodies the health benefits of dark chocolate but without the sugar or fat. It contains beneficial antioxidants, increases energy, suppresses appetite, promotes fat burning, improves mood, improves concentration, increases alertness, and improves physical performance. Chocamine® is standardized for several important ingredients. These include proven, safe and natural non-ephedra thermogenic compounds, as well as mood and performance enhancing substances. The beneficial effects of chocolate come from more than one component and Chocamine™ provides several in a unique and synergistic blend. Specifically, Chocamine™ contains methyl-xanthine alkaloids (with a high concentration of theobromine in relationship to caffeine, and theophylline), adrenergic amines, dietary minerals and important amino acids. These are not only thermogenic but promote lipolysis and the building of lean muscle mass, and improve physical performance and energy (Hedrei and Gougeon, 1997).

Suggested Use: 100 mg daily. Do not exceed the recommended dosage. Do not use if you have high blood pressure, heart, liver or kidney conditions, taking any prescription medication or could develop any medical condition. Always consult your doctor before using any supplement and cease usage if any adverse reactions occur.

8) The Chinese L-Theanine is an amino acid derived from green tea leaf. It has been shown to reduce mental and physical stress, produce feelings of relaxation, and improve cognition and mood. Research into L-theanine derived from the contradictory observation that green tea, with its high caffeine content, produces a very calming effect. Current areas of ongoing research include using L-theanine as an alternative to Ritalin in children and adults, as a treatment for PMS, in controlling certain conditions of high blood pressure, in sharpening mental acuity and concentration, and as an anti-cancer agent alone and in synergy with other cancer-fighting agents. L-theanine may find another area of application for its use as a supplement in reducing the negative side effects of caffeine brought on by the over-consumption of coffee, soft drinks, or other caffeine-containing

substances. L-theanine is extremely safe. There are no dietary limits on L-theanine intake by the Japan Food Additive Association. In 1964, the Japanese Ministry of Health and Welfare approved L-theanine for unlimited use in all foods, with the exception of infant foods. The intended use of L-theanine is that of a mental and physical relaxant that does not induce drowsiness. Although there is no set schedule for taking L-theanine, it may generally be taken at the first signs of stress.

9) Antioxidants

Antioxidants are also important vitamins for memory. Antioxidants protect brain tissue by breaking down free radicals, which are toxic forms of the oxygen molecule naturally found in the bloodstream. Antioxidant vitamins and memory are linked because the damage free radicals do can impair the functioning of the neurons in your brain.

10) Bacopa Plant Extract

Referred to as *Bacopa monnieri*, it has been used in the Ayurvedic system of medicine for centuries. Traditionally, it was used as a brain tonic to enhance memory development, learning, and concentration. Recent research has focused primarily on Bacopa's cognitive-enhancing effects, specifically memory, learning, and concentration, and results support the traditional Ayurvedic claims.

11) Alpha-Lipoic Acid.

A fatty acid found naturally inside every cell in the body alpha-lipoic acid converts glucose into energy and is needed by the body to produce the energy for our body's normal functions. Alpha-lipoic acid can cross the blood-brain barrier, a wall of tiny vessels and structural cells, and pass easily into the brain. An antioxidant alpha-lipoic acid is thought to protect brain and nerve tissue by preventing free radical damage and appears to be able to recycle other antioxidants such as vitamin C and glutathione after they have been used up.

12) Ginkgo Biloba

Ginkgo has been used medicinally for thousands of years. Today, Ginkgo is used for the treatment of numerous conditions, many of which are under scientific investigation. Available evidence demonstrates ginkgo's efficacy in the management of intermittent claudication, Alzheimer's/multi-infarct dementia, and "cerebral insufficiency" (a syndrome thought to be secondary to atherosclerotic disease, characterized by impaired concentration, confusion, decreased physical performance, fatigue, headache, dizziness, depression, and anxiety).

Although not definitive, there is promising early evidence favoring the use of ginkgo for memory enhancement in healthy subjects, altitude (mountain) sickness, symptoms of premenstrual syndrome (PMS), and reduction of chemotherapy-induced end-organ vascular damage. Although still controversial, a recent large trial has shifted the evidence against the use of ginkgo for tinnitus. The herb is generally well tolerated, but due to multiple case reports of bleeding, should be used cautiously in patients on anticoagulant therapy, with known coagulopathy, or prior to some surgical or dental procedures

13) Rosemary Leaf

Rosemary, or the 'herb of remembrance' has a long history of use as a memory-enhancing herb. It contains dozens of powerful antioxidants and several compounds that are reported to prevent the breakdown of acetylcholine in the brain. Rosemary has traditionally been known to increase concentration and memory, and to relieve stress.

14) Diet and Nutrition

Adjusting both diet and nutrition may help relieve symptoms and promote recovery.

- **Reduce your intake of sweets**Sweets temporarily make you feel good as blood sugar levels soar, but may worsen mood later on when they plummet.

- **Eliminate milk and wheat products**

Eliminating wheat and milk products can reduce symptoms in some people who have schizophrenia and some children with autism.

- **Avoid caffeine and alcohol**

Caffeine and alcohol both dampen moods. Alcohol temporarily relaxes us and caffeine boosts energy, but the effects of both are short-lived. Both can worsen mood swings, anxiety, depression, and insomnia. If you imbibe take L-theanine. The Author noticed that whenever he drank large amounts of caffeine - he felt like the world was ending. Simply stopping the use of caffeine eliminated his depression.

- **Vitamin B6**

Vitamin B6 is needed to produce the mood-enhancing neurotransmitters serotonin and dopamine. Although

deficiency of vitamin B6 is rare, a borderline deficiency may occur in people taking oral contraceptives, hormone replacement therapy, and drugs for tuberculosis.

- **Magnesium**

Most people do not get enough magnesium in their diets. Like vitamin B6, magnesium is needed for serotonin production. Stress depletes magnesium. Take as a mineral supplement - if you take too much - you will get diarrhea - cut back for a little while. Most heart attacks should have the cause of death written as magnesium depletion.

- **Herbal supplements, B-complex vitamins, Riboflavin and Thiamine**

Some Naturopaths also use herbal supplements, B-complex vitamins, riboflavin and thiamine to help treat anxiety, autism, depression, drug-induced psychoses and hyperactivity.

- **Detox**

See Chapters 40 and 41. Detox daily or die.

15) Exercise creates endorphins.

Regular exercise is one of the most effective and inexpensive ways to improve mood.

Exercise, particularly aerobic exercise, releases mood-elevating chemicals in the brain and can decrease stress hormones. In addition to decreased feelings of pain, secretion of endorphins leads to feelings of euphoria, modulation of appetite, release of sex hormones, and enhancement of the immune response. With high endorphin levels, we feel less pain and fewer negative effects of stress

One of the best options to bust the blues is taking a brisk walk outside each morning for at least 30 minutes five days a week. But what's important is that you choose something you enjoy and will stick with, whether it's going to the gym, signing up for dance classes, playing tennis, or gardening.

16) Light Therapy

Getting enough sunlight has been shown to be effective for seasonal mood changes that happen in the darker winter months. Exposure to light in the morning helps the body's sleep/wake cycle work properly. Production of serotonin, a brain chemical that key in influencing our mood, is turned on in the morning upon exposure to light. During the winter when there is less sunlight, serotonin levels can drop, making us feel tired and prone to seasonal affective disorder (SAD).

One of the most simple ways to increase your exposure to light is to walk outdoors in the morning. Just be sure to use sunscreen to protect your skin from ultraviolet light. Another option is to use special lights that simulate natural daylight. Studies have found they are effective. These lights can be found online. There are different types available, from light boxes to visors, that are typically used for 20-30 minutes a day. Look for lights with a minimum of 3,000 lux. many experts suggest 10,000 lux. Although they are rather expensive, ranging from \$150 to \$500, they may be covered by insurance.

17) Flower Essences

Often people suffering from depression and mental anxiety will look for some sort of assistance to help them cope and/or recover. They might try psychiatric medicines, a new car or toy, a holiday or some such other pleasant experience to give themselves a "boost". Others chose to numb the pain, by turning to drink, drugs, overwork, sex, etc. to try and deaden the painful feelings.

A wholistic approach more people are becoming aware of and adopting is that of flower essence therapy. For those not familiar with flower essences, these are natural remedies made from flowers, with their healing properties derived from the life force, vibration of the flowers. Flower essences address negative emotions/states (and sometimes physical ailments.) By thus dissolving and alleviating negative emotions, one's overall health and well being is strengthened and enhanced.

There are available today a great many flower essences that can be used for depression, sadness and also grief. Bach flower remedies were developed by Dr. Edward Bach (1886-1936) and are a form of alternative medicine inspired by homeopathic traditions. Bach flower essences are produced via a method called "potentization" which enhances the "energetic signature" of the flower from which the user derives the described psychological or health benefit. One of the most popular and most widely available is Borage (*Borago officinalis*) It instills courage and helps one overcome grief, sadness, depression and discouragement*. Another very popular essence is Zinnia

(*Zinnia elegans*) which promotes cheer, laughter and joy. Bach's Gorse (*Ulex europaeus*) is also a favorite for sufferers of depression. It stimulates vitality, enthusiasm and motivation.

Gentian (*Gentiana amarella*) can help those who are easily discouraged, get depressed and disheartened. It's suitable for when one experiences doubt and lack of faith, melancholy, skepticism and disappointment.

At times, the cause of one's sadness or depressed state may not be obvious (or immediately obvious.) Mustard (*Sinapis arvensis*) can be of assistance at such times. It is for depression gloom or melancholy that comes for no apparent reason

Some people also can become disheartened by world events and their relationship to them e.g. the effect these may have on them. To deal with the pessimism or despair that arises, Scotch Broom (*Cytisus scoparius*) can be taken as it instills the tenacity, optimism and perseverance to help one cope with such feelings.

Daisy Fleabane (*Erigeron divergens*) is recommended for those who suffer from deep depression and negative thought patterns. It uplifts and brings clarity, lightness, openness, cheerfulness, and a positive desire toward change. Desert Sunflower (*Geraea canescens*) is also an uplifting remedy, as is African Daisy (*Osteospermum species*) which draws one to the core of one's emotional - mental state and helps one make a positive choice as to how they want to be and feel. Wild Cherry (*Prunus avium*) is another important flower essence to help one create a serene and optimistic view of life, hence is ideal for those who are pessimistic and gloomy, seeing only the negative side of things.

Some other essences which may be beneficial for individuals include: Daffodil (*Narcissus pseudonarcissus*), suitable for those experiencing depression, self-criticism, self-hatred, frustration; Felicia (*Felicia aethiopica*), for feelings of unhappiness, disconnectedness, insignificance; Flowering Quince (*Chaenomeles japonica*) for despair, hopelessness, depressed anger, pain; and Cucumber (*Cucurbita sativus*) which addresses pessimism, defeatism, feelings of not belonging resulting in withdrawal. Also associated with the issue of withdrawal, Mimosa (*Acacia dealbata*), is an essence recommended for timid, introverted, independent people who close off from others and consequently can suffer from feelings of depression.

In many situations, grief is often experienced alongside depression. Both are often felt, for example, following the break up of a relationship or the loss of a loved one through death. In such difficult, painful situations, Hawthorn-May / English Hawthorne (*Crataegus oxyacantha*) can bring support- it softens the pain of separation and grief and helps relieve sorrow. Wild Rose (*Rosa arizonace*) helps restore a vital sense of living and assists one to face the deepest pains especially associated with "heartaches. It is recommended for those who show indifference, lack of interest, unresponsiveness, unconcern, and / or have little or no emotion and seem "spiritless". Wild Onion (*Allium stellatum*) is an essence that connects us to the root cause of grief and offers protection.

It is also helpful to recognize that at times depression (or sadness or grief) may be "masking" other deeper emotions. For example, someone with melancholy may on a deep level still be experiencing shock from an old trauma. Such a person would also benefit from essences (or other forms of assistance) to deal with the shock and trauma, i.e., the cause of the depression. One such essence is Peach (*Prunus persica*), ideal for deep-seated melancholy, for the effects of past trauma or grief which continue to affect the present. Importantly, on a different level, depression can at times also be a symptom of a physical illness and if this is so, the illness of course needs to be addressed, medically. Alongside the appropriate medical treatment, for any depression accompanying lingering illness's, Wild Rose (*Rosa canina*) can be used. Furthermore, for those suffering from apathy and who are often ill or ailing due to repressed emotions, Bell Gardenia (*Rothmannia globosa*) can often help bring emotional issues into consciousness and restore vitality

There are several methods one can use to select which essences to use: reading flower essence descriptions and deciding which is/are appropriate, muscle testing (kinesiology), dowsing, intuition etc. Directions for using the essences can usually be found on the label or accompanying literature.

One of the beauties of flower essences is that flower essences do not have side effects due to their ingredients (unless one is allergic to the flower or the preservative, e.g., alcohol). Generally flower essence therapy is a helpful and healing experience, and one that does not "interrupt" one's lifestyle as they work subtly. However, sometimes when one uses essences, the emotion being addressed, e.g., grief, can

become more obvious for a while, i.e., symptoms strengthen before they ease. When significant, this is called a "healing crisis" and it indicates the remedy is working. **If a healing crisis should occur, stop taking the essences and talk to your essence supplier regarding possibly continuing on an adjusted dose.**



Flower remedies are very easy to use — simply take them straight from the bottle, place a dose in a cup of water, place several drops in the bath or purchase them either in spitzer form and spray them around the room, or in cream form and apply as directed! Please see: http://www.fesflowers.com/FES_Quintessentials.htm

18) Other Natural Remedies. There are many alternatives to antidepressants. You can try removing the inflammation, detoxing, counseling, prayer, positive thinking, animal assisted therapies, yoga, meditation, acupuncture, expressive therapies, etc. but always remember that "The best prescription is knowledge." So, study! Then study some more! **Please do not forget to detox daily and to laugh often.**

FINALLY, PLEASE REPEAT AFTER ME: "EVERY DAY IN EVERY WAY - I AM GETTING BETTER AND BETTER!"

19) The Author prefers a spiritual program based on G-d's many healing promises.

"O lord my G-d, I cried unto thee, and thou hast healed me." Psalm 30:2

"There shall no evil befall thee, neither shall any plague come nigh thy dwelling. For he shall give his angels charge over thee, to keep thee in all thy ways." Psalm 91: 10,11

"I will never forget your commandments, for you have used them to restore my joy and health." Psalm 119:93

"When thou liest down, thou shalt not be afraid: yea, thou shalt lie down, and thy sleep shall be sweet." Proverbs 3:24

"Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee." Isaiah 26:3

"Surely he took up our infirmities and carried our sorrows, yet we considered him stricken by G-d, smitten by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was upon him, and by his wounds we are healed." Isaiah 53:4-5

"Fear not; for thou shalt not be ashamed: neither be thou confounded;" Isaiah 54:4a

"No weapon that is formed against thee shall prosper; and every tongue (that) shall rise against thee in judgement thou shalt condemn. This (is) the heritage of the servants of the Lord, and their righteousness (is) of me, saith the Lord." Isaiah 54:17

"I will heal my people and will let them enjoy abundant peace and security." Jeremiah 33:6

"Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Philippians 4:8

If you want to see more of G-d's personal promises to you take your Bible and underline or highlight all of the applicable verses on healing. Then meditate on them rather than on your problem(s).

A properly designed diet and an organic nutritional program will provide you with a brain-boosting combination of vitamins, minerals, antioxidants and specialized nutrients which can help enhance your memory, improve your ability to concentrate, help your brain process information more quickly, help you detox, reduce inflammation and mental fatigue. In addition to these natural supplements, there are a number of steps you can take to keep your minds functioning as effectively as possible, for as long as possible:

- **Exercise your mind.** The brain is like a muscle – if you continue to exercise it, it will continue to stay strong;

if you don't, it will grow weaker. Continue to challenge yourself mentally and intellectually to keep your brain strong. Activities that keep you involved with others or even a pet are also very helpful.

- **Exercise your body.** Activity promotes blood flow to the brain, and physically active older people have higher cognitive test scores and better reaction time. It also lowers stress and releases endorphins that can improve your mood.

- **Eat “brain foods”.** Certain foods contain high levels of antioxidants and brain healthy oils. These foods include fish, nuts, grapes, blueberries/blackberries, black and green teas, peppers, and carotene-rich vegetables.

- **Sleep.** Failing to get enough sleep – especially REM, or dream, sleep – can impair cognitive function.

- **Reduce stress.** Studies have shown that chronic stress alters the structure of the brain and interferes with normal brain functions. Stress reduction techniques include physical activity, listening to relaxing spiritual music, meditation, relaxation time and prayer.

Always remember that G-d did not create garbage — In Psalm 139:14 David declares, “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” The context of this verse is the incredible nature of our physical bodies. The human body is the most complex and unique organism in the world, and that complexity and uniqueness speaks volumes about the mind of its Creator. Every aspect of the body, down to the tiniest microscopic cell, reveals that it is fearfully and wonderfully made.

G-d did not create garbage!

G-d, grant us the Serenity to accept things we cannot change,
Courage to change the things we can, and the
Wisdom to know the difference.
Patience for the things that take time.
Appreciation for all that we have, and
Tolerance for those with different struggles.
Freedom to live beyond the limitations of our past ways, the
Ability to feel your love for us and our love for each other and the
Strength to get up and try again even when we feel it is hopeless.
— Reinhold Niebuhr

Note: A shortened version of this prayer is used at AA and other substance abuse meetings to help people (whether they believe in G-d or not) to find balance/peace/healing in their troubled lives. **The Author's fervent prayer is that you, the Reader, find healing/peace/balance in your life. Psalm 19:14.**

