



DEPRESSION & ANXIETY SECRETS

Solutions for **Anxiety & Depression**

Finally find the freedom to break
the cycle of mental health issues

E-BOOK

SOLUTIONS FOR DEPRESSION & ANXIETY

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INTRODUCTION

Depression and anxiety disorders are different, but people with depression often experience symptoms similar to those of an anxiety disorder, such as nervousness, irritability, and problems sleeping and concentrating. But each disorder has its own causes and its own emotional and behavioral symptoms.



Medications can have profound and life-altering side effects, and yet many people are told medications are the only option for these conditions. But in the research we want to share with you, you will see that there are alternatives and that chronic depression and anxiety can actually be totally reversed, often without these potentially harmful medications.

Many people have been able to reverse their depression and anxiety with the tools that we will be sharing with you in this report. In addition, we should also take time to realize that we really need to understand what is going on in the minds of those suffering from these conditions. What is their experience? They need our understanding and care in order to be able to reach out and seek help. It is important that we, as a society, take the time to better comprehend mental illness and the struggles that go on in the minds of many Americans.

TODAY'S MENTAL HEALTH STATS

According to Dr. Daniel Binus, founder of Beautiful Minds Medical, in recent years, there's been an explosion of mental illness in our society and culture. Studies were done among young people around World War II to assess how many mental health problems people had. Recent follow up studies found that there's been a 500% increase, meaning five times more diagnosable mental health problems among young people of high school and college age today.

That should raise a red flag that what we're doing is incorrect—the diagnosis, the treatment, the whole experience as a patient.

Every year about a quarter of the United States adult population deals with diagnosable mental health problems. Approximately 20% are on some kind of psychiatric medication, mostly antidepressant medication. But in recent years, there have also been a lot of antipsychotics, which, of course, come with big risks associated, so mental health in America is not getting any better.

Anxiety and depression have long been associated with older patients who suffer from neurodegenerative diseases due to the onset of cognitive deterioration. Statistically, the rise in teen mental illnesses has been shocking to many, but another group that was rarely associated with depression and anxiety was middle-aged adults, 45 to 64. Yet, in recent years, this group has become increasingly more likely to suffer from depression and anxiety than any other group. That means, no matter our age, we are all susceptible to these conditions.

Too often we are told that mental illness is simply a hormonal imbalance and we are just genetically

predisposed toward a particular mental health problem. However, science is discovering that, while genetics certainly plays a role in all this, we are not doomed by our genetics. The environment we live in and the choices we make can alter our genetic expression. This is called epigenetics. So don't fall for the lie that you were born with an imbalance and you may have to be on medication for life because of your depression, anxiety, or other mental illness.

These statistics may seem staggering, but there is hope. Many people have been able to reverse their depression and anxiety with the tools that we will be sharing with you in this report. However, we should also take time to realize that we really need to understand what is going on in the minds of those suffering from these conditions. What is their experience? They need our understanding and care in order to be able to reach out and seek help. It is important that we, as a society, take the time to better comprehend mental illness and the struggles that go on in the minds of many Americans.



WHAT IS DEPRESSION AND ANXIETY?

Depression is predicted to be the number one cause of disability through 2030. It is a global epidemic and a public health crisis. But what is depression?

Believe it or not, there is no measure of depression, like there is with diabetes or high blood pressure. There is a list of symptoms, but it cannot be measured. A psychologist, psychotherapist or psychiatrist makes a diagnosis with a patient by getting a list of symptoms and signs the patient is experiencing.

Depression symptoms include feelings of guilt, desperation, sadness, worthlessness, poor concentration, brain fog, poor memory, changes in appetite and sleep patterns, inability to experience pleasure, lack of energy, fatigue, and motor retardation.

A common sign of depression is continually ruminating on past events. A depressed person may feel as though they don't connect with those in the present because they're still living in the past. They feel different or distant from all those around them and often feel like no one can understand. So even when loved ones do express care for them, they hold back from sharing their deep struggles. This causes further isolation, which amplifies the feelings that no one can ever understand or really care for them. Someone with depression, may feel like they're stuck in a whirlpool that is sucking them down. Every once in awhile, they are able to get to the surface and get just enough air to stay alive, but they're still in a constant struggle to not be sucked down to the bottom.

Alternatively, someone who is constantly focusing on the future and trying to determine the outcome may be diagnosed with anxiety. Because their

minds have limited information, they tend to fill in the gaps based on their experiences from the past. If they've had failures or bad experiences, like trauma or abuse, their mind will fill in those gaps with that information, and if those gaps get filled in with ideas of failure or bad experiences, then it creates an overwhelming fight or flight reflex. Cortisol kicks in, and the feeling of anxiety rushes over them. If this fight or flight reaction escalates too much, it can develop into a full-blown panic attack, and they feel they are going to die and there is no way out.

Some of the symptoms include shortness of breath, heart palpitations, weakness in legs, stomach upset, nervous stomach, nausea, dizziness, chest pain, headaches, fear of impending doom, feeling like they're going crazy, and sleep problems.

There are over 100 anxiety symptoms and signs for anxiety, anxiety attacks (panic attacks), and other anxiety disorders, including Generalized Anxiety Disorder (GAD), Social Anxiety Disorder (SAD), Obsessive Compulsive Disorder (OCD), Post-Traumatic Stress Disorder (PTSD), and phobias.¹

In the physical world, when there is a threat to our safety, such as being chased by a dog for example, there is something real, something physical, to react to. We may fight or take flight. But when a threat is triggered by thoughts in the mind, where can we go? How can we fight? The fear is there, but we can't quite pinpoint where it is coming from. And if we don't understand what is happening, it can be very difficult to diffuse the situation.

¹ <https://www.anxietycentre.com/anxiety-symptoms.shtml>

WHAT ARE THE CAUSES OF DEPRESSION AND ANXIETY?

Known factors that cause and contribute to depression and anxiety include mental/mind/emotional stressors, leaky gut or intestinal permeability, environmental stressors, and genetics.

While genetics may make an individual more prone to these diseases, it generally takes one or more of the other factors to trigger the expression of the genomes that results in the disease. Without a triggering factor, the genomes can lie dormant and the inherited genetic potential for a disease may never develop.

So what do these factors include?

1. Mental/mind/emotional stressors include Adverse Childhood Experiences (ACE's), physical and emotional traumas such as abuse, brain injury or infection, life-threatening experiences, and multiple life stressors such as death, divorce, serious disease, accident, etc.²

² Qureshi et al. Greater prevalence and incidence of dementia in



2. Dietary food choices can cause inflammation, a weakened immune system, food sensitivities, allergies, microbiome imbalances, hormone imbalances, and nutrient deficiencies from lack of nutrients and/or inability to absorb nutrients.¹
3. Environmental stressors may include heavy metal toxicity, mold, parasites, and Lyme disease and its coinfections. These can cause a weakened immune system, inflammation, and even nutrient deficiencies.²

4. Leaky gut or intestinal permeability is a condition in which the junctions in the gut are open bigger than they should be, letting things into areas where they shouldn't be. And when things get in that shouldn't be there, like big, undenatured proteins or any type of pathogen, the body starts attacking it.

Then autoimmunity and neurodegeneration starts getting triggered because the body can't tell the difference between

older veterans with PTSD. J Am Geriatr Soc 2010; 58: 1627-1633., <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3582641>

1 <https://www.alz.org/alzheimers-dementia/what-is-dementia>

2 <https://www.dementia.org/causes>

the large foreign particles and the normal particles of the body. So then the body attacks its own particles, such as in specific organs like the thyroid, adrenals, joints, nerves, and even the brain.³

THE PROS AND CONS OF ANTIDEPRESSANTS AND SSRIS

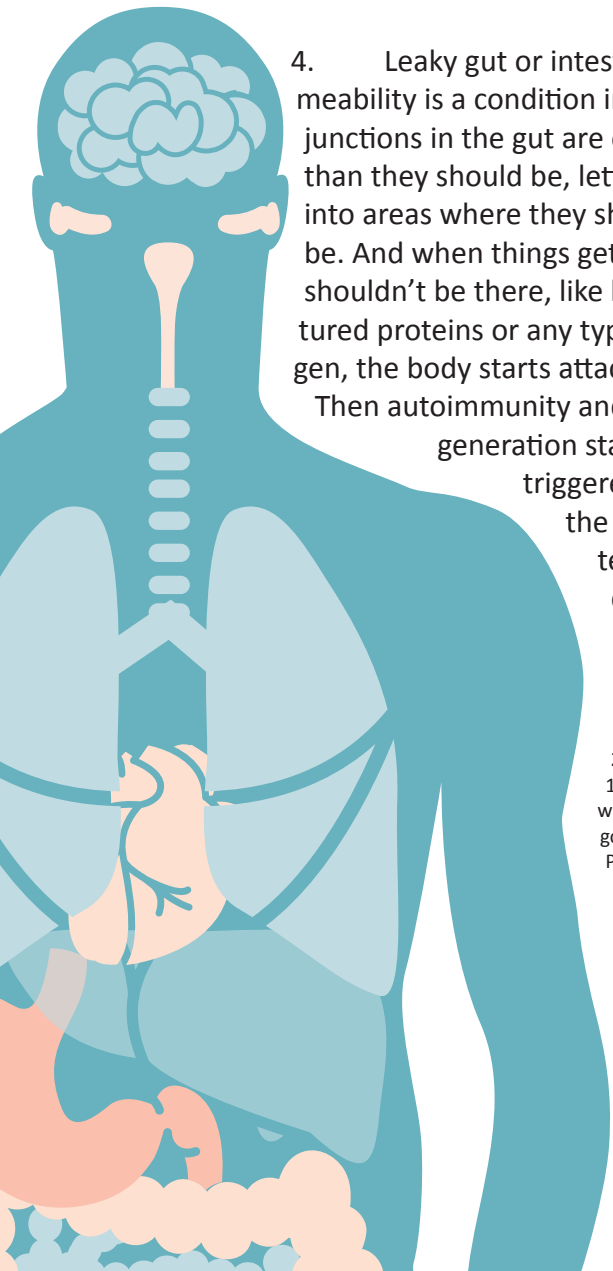
Medications have their place, but they never heal illness. While they may sometimes be needed, ideally their use will only be for the short term because they only help to suppress symptoms, but then the brain actually pushes back.

The goal should be to help people discover what the underlying issues are that are triggering their mental illness so they can address those and actually get well instead of just masking symptoms through medication management. Then they truly become free instead of feeling like they're chained to medication for the rest of their life. Medication is just a tool that should be used only as a bridge to helping people address those underlying issues and then get well instead of just saying, "Well, this is the rest of your life on medication."

When someone is on these medications long-term, it's very difficult for them to get off. In addition, they start missing out on the joy of life, and say things like, "You know, I'm not really even in touch with who I am anymore or my feelings. I'm not depressed, but I'm also not happy. I'm not really fulfilled."

In other words, a medication for anxiety, such as Xanax or Valium, helps to decrease the amount of neuronal activity in the brain, so that slows every-

³ <https://functionalhealthminute.com/2017/08/how-a-leaky-brain-raises-your-risk-of-dementia/>



thing down. It makes the person feel calmer. But then in time, the brain pushes back and actually upregulates the amount of excitability in the brain to counterbalance that. Soon, if the underlying issue is not being dealt with, there will be just as much anxiety, but now the person has become tolerant of and dependent on the medication, and as the symptoms continue to worsen, they also have the side effects of the medication. The result is that anxiety medications can create long-term chronic anxiety.

Benzodiazepines like Xanax and Valium also affect the frontal lobe of the brain, so the most dangerous side effects may be impulsiveness and poor decision making. This means the person affected may make decisions that they normally wouldn't make. They may make poor driving decisions, for example, and get in a car accident, or they may make very poor relationship decisions.

Antidepressant medications can create long-term chronic refractory depression. They will generally decrease the reuptake of serotonin so there's more serotonin in the synaptic cleft between the nerve cells. What that means is that the nerve cells are being exposed to more serotonin, and so they will actually start down regulating their serotonin receptors. Over time, the brain actually loses some of that sensitivity to serotonin, and people will start becoming less responsive to the medications.

Sometimes some of those serotonin nerve cells will start dying off, and people will no longer be responsive to the medication. They get more and more depressed, and then the medication has to be switched or increased in dosage. They start getting to the point where they are refractory to treatment. Instead of getting better, the disease

actually gets worse over time.

A major side effect of antidepressants like Prozac and others is that they can increase suicidal thoughts and sometimes actions. Some people that have started these medications actually did things to harm themselves or other people, too.

Antipsychotic medications make the brain super sensitive to dopamine, which means they'll tend to have more chronic episodes of psychosis. Then they start to develop movement disorders, like tardive dyskinesia, and people can actually develop refractory psychotic symptoms. They get worse and worse over time.

Another problem with antipsychotics is that it blocks the release and stimulation of dopamine into the frontal lobes, and that can cause problems with cognition. They can start having difficulty with thinking clearly, being motivated, getting things done, with attention. Some researchers have started calling that tardive dementia.



In addition, both antidepressants and antipsychotics cause problems with mental processing, with memory, and starts impairing frontal lobe function, which is important for logic, self-control, and moral reasoning. And they make the person apathetic, meaning they don't really care about things anymore.

These medications are not benign, and we have to be very careful in understanding that they're potent drugs. If they're not used correctly, they can do more harm than good.

There are cases where people have done things that are completely out of character for them because their brain was altered with medication or because they lose that fear of the consequences of doing something very violent to somebody or even to themselves.



When a violent act occurs in a household or public place, and medications are considered, benzodiazepines are of greatest concern. They have the biggest effect on the frontal lobe, especially when combined with alcohol. It's a very lethal combination in

a lot of ways.

And now with the opioid epidemic, the combination of opiates with benzodiazepines can often be very lethal, even putting people to sleep at night. They'll just fall asleep and never wake up.

So now you can understand how these medications, even though they might help the symptoms short-term, in the long-term can actually cause more harm.

HISTORY OF MENTAL HEALTH MEDICATIONS

If the use of these medications can potentially cause so much harm, why are they so prevalently prescribed today? Was there a conspiracy by pharmaceutical companies to spread propaganda to convince the public that there was a chemical imbalance in the brain that had a drug as its natural solution, in order to sell more drugs? Did that happen?

History shows that in the 1950s, clinically, people stumbled upon the fact that some of the drugs they were using for other purposes, such as for nausea, also had the effect of decreasing psychotic symptoms in some patients. Since these drugs helped block dopamine, they concluded that too much dopamine was why people became psychotic. So they started creating dopamine blocking drugs, and Thorazine came on the market. Soon different medications, like Elavil and some other antidepressants, came on the market with the idea that with the right balance of norepinephrine and dopamine, depression and anxiety would get better.

When that didn't work as well as they wanted, then serotonin regulation was considered, and Prozac came on the scene, resulting in a Prozac revolution.

All of these drugs were part of what was called the monoamine hypothesis. Monoamines are those chemical messengers in the brain that nerve cells send to each other to communicate. Researchers thought that getting the right balance of those in the brain would help improve people's mood states or decrease their psychotic symptoms. We have since learned that the brain is much more complex than that.

As a result of these medication developments, the psychosocial approach in mental health care began to change to a more medical or medication approach. And this was a wonderful opportunity for the pharmaceutical industry to say, "Yes, now we finally have drugs to actually treat mental illness."

Then the National Institute of Mental Health started funneling all of their resources away from exploring more holistic approaches for truly treating mental health to finding drugs to cure mental health disorders. That may have been driven largely by trying to make profits on treating people's mental illness.

Unfortunately, that did two things. One, it didn't solve the underlying issue with mental disorders, and two, it kept researchers from continuing to find things that would actually be effective.

This may have set back mental health care at least 40 years from where it should have been by now because a lot of valuable time has been lost that could have been spent really looking for things to address the underlying causes of mental illness instead of just masking symptoms, which is all that medications really do.

HOW CONVENTIONAL MEDICINE IS FAILING US

According to an article published by Business Insider, the facts about the exorbitant pricing in the healthcare industry are incredibly alarming. For example, medical bills are the underlying cause of over 60 percent of personal bankruptcies in America. The sad reality behind this fact is that these bills are not even close to what actual costs should be. Because our lives and well-being are often at stake when we visit a medical facility, we feel we don't have the power to question these prices. The supply-and-demand dynamic works differently because there isn't really anywhere else to go as far as most Americans are concerned. Also, when your quality of life is at stake, it's easy to feel that you are willing



to pay whatever it takes to get well. It's almost as if you have no choice.

Because of this dynamic, medical facilities are known to take advantage of their upper hand. In fact, according to the Business Insider article, "it is estimated that hospitals overcharge Americans by about 10 billion dollars every year." Can you imagine if any other industry attempted this?

Medical billing advocates are well aware of this, and one woman estimates "that over 90 percent of the medical bills that she has audited contain 'gross overcharges.'" With people racking up large medical bills worth tens of thousands of dollars in just a few days, many Americans can find themselves going from financially stable to suddenly being in severe debt almost overnight. Even among those who are insured, the same problems persist.

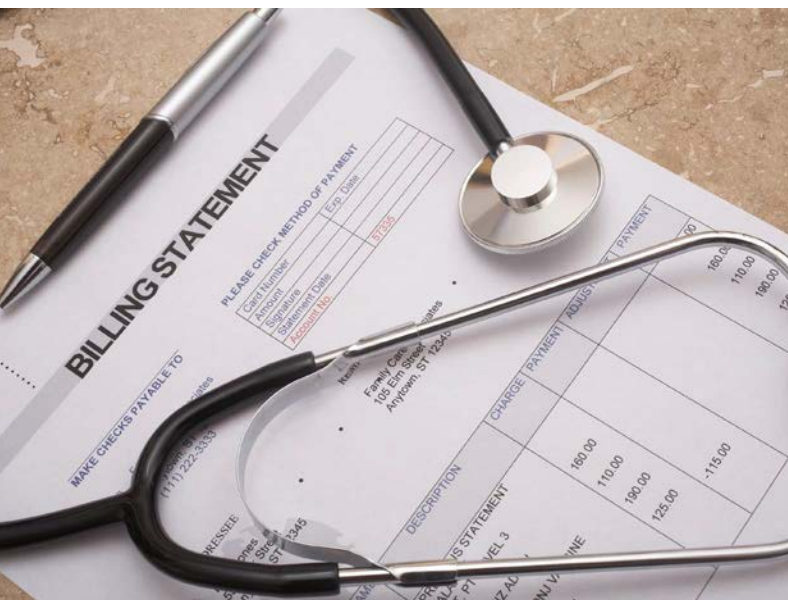
Considering what we've learned about high stress contributing to chronic illness, we have to wonder if the stress from medical bills might even be a caus-

ative factor in chronic illness at times. We can clearly see the medical industry is not in the business of patient protection and wellbeing.

So, the question is, how did it get like this? Why is the medical industry more concerned with profit than with the patients' wellbeing?

The real shift in this industry actually came from the insurance companies, which have facilitated the ability of the medical industry to charge exorbitant prices. Health insurance originally began as a non-profit industry, often run by religious organizations, which were truly concerned with aiding the patients with the cost of sudden and unexpected medical expenses. However, after World War II, when the National War Labor Board put a freeze on salaries, many companies were finding that they couldn't attract enough employees, so they began offering health insurance in order to draw more workers. This strategy was effective, and over time, employees began to expect health insurance from their employers.

The number of Americans with health insurance exploded from 10% to 60% during the 1940s and '50s. With the high demand for insurance, business-minded investors began to see the potential for profit. Originally, in the non-profit model, everyone could be insured and at the same rate, no matter your age, physical condition, or need. However, as the insurance industry shifted to a for-profit model, they imposed guidelines on who could be insured based on the factors we now know today. This was intentional so they could make a profit off of healthy individuals who really didn't need the insurance. However, this left many who were sick with no means of paying their medical bills because they couldn't be insured, or, if they could get insurance, they had to pay high premiums.



With insurance companies footing a large part of the bills, and medical technologies advancing and costs increasing, the industry began to be less about patients and more about shareholders. Hospitals also realized that they could increase their prices in order to keep up with the profits of the insurance companies. And so the medical industry machine was created. In fact, many people today go into the medical field because they are looking to earn a high, stable income. It doesn't mean there aren't people there who want to help others, but the high incomes are very motivating.

To further the greed in this industry, we also have the pharmaceutical companies that have stepped in and offer financial incentives for their drugs to be sold. In fact, in an article published by Stanford Medicine, it discussed how a particular hospital held the patent on Remicade, a medication used for Crohn's disease, and the hospital stood to benefit if it could have its doctors prescribe it to enough patients. Thus, the hospital itself and all the staff working there had a financial incentive to prescribe this drug to as many patients as possible. It's easy

to see the conflict of interest here and how this could easily and quickly corrupt the values of medical professionals working in this debauched system.

THE BEST APPROACH IS A HOLISTIC APPROACH

It is because of this high-profit model that we need the natural healthcare industry. Most natural healthcare providers are not collecting from any insurances or pharmaceutical companies. They are not part of this distorted system, and therefore, they are working for the benefit of the patient. They truly want to help patients in ways that are synchronistic with their body's natural ability to heal itself. Rather than simply making a quick buck on a patient who is brainwashed by media to believe they need prescription drugs, these doctors are seeking to find the true causes of disease and help prevent them. The Western medical system really has no drive to prevent the diseases that are taking over America.

The nice thing about the human brain is that it can change, and when we find out the causes of the problems, they're actually much more simply solved than we might think. As we use a comprehensive approach, the brain can become as effective as it was meant to be.

As the old sayings go, "A stitch in time saves nine" or "The best defense is a good offense." And so it is with our brain and nerve health.

While there are some factors that we cannot/could not control—childhood abuse, deaths, accidents, etc.—the sooner we begin a lifestyle that reduces the factors that cause illness and increase the factors that cause health, the more likely we'll be able



to turn around any illnesses we may already have, including depression and anxiety, or at least prevent or slow their advancement.

We should not look at chronic physical and mental illnesses as diseases to be treated, but instead, should determine how to stop or delay indefinitely their progression. Then the changes that we drive in the body and the brain will lead to substantial increases in quality of life and longevity.

Not only can anxiety and depression affect us mentally, but it can lead to other chronic illnesses as well. Both depression and anxiety lead to prolonged cortisol exposure. Cortisol is our stress hormone that causes that fight or flight reflex that we talked about earlier. Considering that prolonged cortisol exposure can lead to chronic illnesses this is alarming. So, the thought that “everything bad always happens to me” might end up being a self-fulfilling prophecy, in the sense that chronic negative thoughts can lead to chronic physical ailments.

In a study published in *Biological Psychiatry* in 2004,

it was found that the elevated cortisol levels (referred to as Cushing’s syndrome) caused by depression was associated with nervous system illnesses, cognitive impairment, hippocampal atrophy, and weight gain. Other possible associations were bone loss, hypertension, diabetes, and peptic ulcers.

Another study on the role of stress in chronic illness, published in the *Journal of Medicine* in 1994, strongly suggested that elevated stress disorders, called uncoping stress disorder, was the underlying cause of chronic illnesses such as Crohn’s disease, multiple sclerosis, systemic lupus and rheumatoid arthritis. This information was also backed by another study which connected Irritable Bowel Syndrome (IBS), depression, and Th1 autoimmune diseases.

Because stress can be mitigated through lifestyle changes, people may finally gain some control over these devastating, and feared, illnesses.

This information may seem overwhelming at first, but it’s good to take a step back and think of it in



the context of understanding the connection between the systems in your body. When you know that your body works as a whole system, just like the engine of a car, you can see why, when one part of the system is failing to work efficiently, it will affect other parts of the system as well.



CHAPTER 2: Nutrition and Diet

Many people in the United States see the experience of eating to be a pleasurable experience. They feel that to have to restrict their diet or leave things out that they enjoy would be depriving them of a full and happy life. The thought of having to limit that enjoyment of eating the foods they love feels extreme and severe. It's like a punishment. It's this mentality that stops many Americans from finding the benefits of enjoying a truly full and happy life.

Perhaps you've tried vegetarian alternatives and thought they were just terrible. Perhaps you've tried to cut things out of your diet and felt miserable. But the thing that few people realize is that it is possible to have the full benefits of a healthy diet and still have delicious food. In fact, when people really commit to it, they find that they actually enjoy varieties of foods that they had never even tried

before. They find that not only do they enjoy their food, but they feel and experience amazing benefits from healthier foods that they had never imagined.

While eating is enjoyable, there are many other activities in life that can really bring joy and fulfillment that are missed out on because the diet is lacking in nutrients that the body needs to run optimally. So, while you may enjoy the experience of eating bacon or a steak, you may be missing out on experiences which could bring even more contentment to your life.

It's so easy to give in to the momentary impulse to eat that sugary treat or that processed meal. But, if we are able to really think more deeply about how each bite will alter the entire course and experience of our lives, can we really eat these things without feeling that we're actually missing out? With that type of food, we are taking away from every single area of our lives that we could be enjoying.

ANTI-INFLAMMATORY DIETS

One area that is critical to understand is inflammation. While acute inflammation is an essential part of the immune system's ability to defend the body from infection, chronic inflammation can have dire results. In a study published in the *Journal of Neuroinflammation* in 2013, scientists established that the evidence supports a strong correlation between brain inflammation and psychiatric illness. In this same study, the connection between these conditions and autoimmune disease was also established. This helps us to understand that brain inflammation is a major factor in both chronic diseases and in psychiatric illness like depression and anxiety. This is why it is so essential for us to understand how we can reduce the inflammation in our bodies with

diet. By making some simple changes and adding in the nutrients we are lacking, we can see a vast improvement in our entire system. Not only that, but our immune system will run more efficiently overall. This helps to combat any future pathogens or problems that may arise.

PLANT-BASED

Research regarding diet and dietary intervention with depression and anxiety indicates there's only one diet that has been shown to improve depression and anxiety significantly, and it starts to do it in as little as two weeks. That's a plant-based diet.

A plant-based diet is needed for several reasons. Animal products, sugars, and refined carbs are very harmful for the body because they increase inflammation in the brain. One of the pro-inflammatory mediators for that is arachidonic acid from animal products, which tips the balance towards inflammation, and inflammation has been very clearly linked in recent years to mental health problems like depression. Oxidized cholesterol, which occurs from eating animal products, is also pro-inflammatory, so oxidized cholesterol is reduced by eliminating animal products. Plants don't

have cholesterol.

Animal products can actually increase aggression in people because inflammation, which is triggered by eating animal products, will increase the activity in the limbic system—the emotional part of the brain—and that in turn will increase the potential for violence and loss of self control. Animal products also have hormones, and if the balance of hormones in the body is incorrect, that affects the brain in a big way, and could potentially lead to impulsivity and violent acts if someone is prone to more violence.

Decreasing inflammation will decrease the overactivity in the emotional part of the brain and enhance the frontal lobe, which balances the brain so the person can think more clearly, make better decisions, have better self control, and not make stupid errors and decisions.

Sugar can also increase inflammation, and it decreases BDNF, brain derived neurotrophic factor. That means the ability for the brain to have neuroplasticity or change in a healthy way is minimized by sugar. When we think about sugar, we usually just think about sweet stuff, but even refined carbs are a form of sugar. White flour, for example, and the typical snacks on the shelf of the grocery store, when processed by the body, lead to unhealthy effects, both on the body and in the brain. It causes the brain to not function as well and not be able to have the neuroplasticity needed to have optimal function.

Depression clears up much better with an optimal diet of fresh fruits and greens loaded with polyphenols and antioxidants. We've only scratched the surface on understanding what they all do for the body and the brain, but some of the most well known ones, like resveratrol,



omega 3 fatty acids, and curcumin, have been shown to have amazing effects on the brain. But if these products are isolated from their original sources—the whole foods—they often don't have the same effect. It's really the whole food that has the most optimal effect on the body and brain.

Research shows that ketones help to turn on neuroplasticity, and a health ketogenic diet along with intermittent fasting really helps to generate the ketones. Some ketogenic diets require high meat with no carbs or low carbs, but that's not sustainable long-term. A healthy ketogenic diet is very sustainable, even over the course of a lifetime, and it really helps with brain chemistry.

Take the Challenge

Those who have depression and/or anxiety, also suffer from insomnia or some sort of sleep disorder. They're all connected, and dairy, grains, and meat have to be cut out to reduce inflammation.

If this is where you're at, and if you want to change, take this challenge: Go on a plant-based diet for the next one week. See what it's like with just fruits and vegetables and nuts. Just experience it. And let your body tell you what you should be doing at the end of the week. You could then slowly incorporate good healthy greens back into your diet, but you're probably not going to want to eat meat much more, other than maybe some good high quality fish, which has good fish oils with the omegas for the brain. Meat digestion creates a great burden on the body, and it's very highly inflammatory. Dairy is also not good. It causes a lot of inflammation and mucus. You'll find that your body will respond very well to this lifestyle.

For the brothers and sisters in Christ or anyone else of any religion that fasts, do this as a fast, as a spiritual endeavor. Choosing to do this as a spiritual endeavor can be very motivating. Give it a try.

Drink lots of water and limit caffeine, coffee especially. Cut out coffee. If you need a little caffeine boost, get some Matcha green tea or whatever it is you like other than coffee. Coffee can cause a lot of anxiousness and also messes with the neurotransmitters and serotonin.

SUGAR & PROCESSED FOODS

A major factor in reducing inflammation in the body and combatting deteriorating health issues is learning to cut out processed foods. You may feel that this is a major obstacle for you. It has become quick and easy today to just have a to-go meal that doesn't take long to prepare, or a snack that can satisfy our hunger. Many factors have created this mindset in our society.

Our work-driven society tells us that working is more important than taking the time to eat properly prepared meals. While some more affluent citizens may thrive on specially prepared meals, most of the working class of America rely on fast food, microwave meals, or other processed snacks to get through that lunch hour as quickly as possible.

When arriving home from an exhausting work day, we often don't feel like preparing a meal. That's why processed foods seem like such a life-saver to us. We are in over our heads and just struggling to stay afloat. It seems there is never

enough time, and we feel tired and want to relax.

This is where the food industry sees their ability to take advantage of the American public and capitalize on their stress-filled lives. The food industry uses this condition of most overworked Americans, to market unhealthy foods through media. By creating commercials that appeal to our limbic system, the part of our brain that processes feeling, they manipulate our minds to feel that we need their products in order to survive. How many commercials have we seen of the mom offering some hungry boys some type of convenient, microwaved meal and then she's done. There's an underlying message behind the food industry advertisements that tells us that they are helping us by making our lives easier and more enjoyable.



There's also the message that that processed food is better tasting than any other type of option we could choose. But is it? This profit-hungry industry has not only manipulated our minds with their commercial persuasion, but they also manipulate our body's chemical reac-

tions. Through much research, the food industry has determined what they call "the bliss point," which is the point at which the body reacts to a food with the most pleasure before that food becomes too over-sweetened. So they aim to get the perfect amounts of sugar or flavor into foods to create a euphoric effect. By tapping into this bliss-point, a chemical reaction happens in the body which releases the neurotransmitter dopamine. This creates an addictive behavior associated with any given food. Add to that the fact that they also engineer their food to interfere with our body's ability to tell when it's full. By shutting down the receptors in our stomachs which give the feeling of satiation, these foods are not only addictive, but you rarely feel "full" while eating them. That's why you can down a whole bag a chips in one sitting and still be craving more when you are done.

These factors have contributed to many health problems in America, and we, the public, are suffering the negative effects of these major companies exploiting us for profit. They are not there to help us have an easier, more care-free life as is portrayed in their commercials. They are instead betting on our inability to say no to their addictive, mind-altering products. You can see now why we have an obesity epidemic in America. Why we are rampant with chronic diseases... And why we have so many people affected by psychiatric illnesses. These products are leaving us deficient of nutrients. Though they say they are "enriched," they were first stripped of many nutrients and then "enriched" by putting a few back in, plus the added vitamins and nutrients are often not in a bioavailable form, and our bodies are not able to use them. When foods come to us naturally from nature, they are in the perfect package—the perfect combination of vitamins and nutrients that can be readily absorbed and

utilized by our bodies.

SPECIAL MENTION FOODS

Turmeric is one of the most powerful anti-inflammatory foods we have. It's not commonly used in the US, but Indian food has a lot of turmeric with all the curry. The extract from turmeric, called curcumin, is one of the most powerful anti-inflammatory foods available.

The thing to remember with turmeric is to have oil with it to help your body absorb it well. Taking the powder without oil will not do as much good. When using turmeric in cooking, be sure to use a little oil also to make it more absorbable.

When taking it as a supplement, it can be taken with **bromelain**. Bromelain is a pineapple enzyme that helps to increase absorption of curcumin or turmeric. And bromelain is anti-inflammatory in itself, so those two are really good together.

As a note, there's more Bromelain in the core of the pineapple, which is usually thrown away, than in the fruit itself. So when preparing pineapple, don't throw the core away. Chop it up and eat that, too. You'll be getting a lot of good anti-inflammatory effects just from the core of the pineapple.

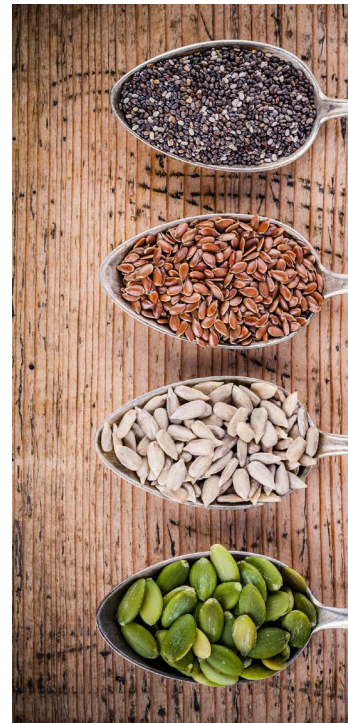


Herbs for depression and anxiety include St. John's Wort, the mints, and camomile tea, which help calm down and uplift the spirits.

Ginger is loaded with antioxidants and potent anti-inflammatory properties, and is believed to play an important role in the health of the brain. A 2012 study found that ginger extract helped improve cognitive function and attention in middle-aged women.¹

Pumpkin Seeds are highly essential for the functioning of the nervous system. They help to produce GABA, an anti-stress neurochemical in the brain, nervous irritability and other mental conditions. Pumpkin seed oil exhibits anti-inflammatory effects.²

Flaxseeds are high in those all-important omega-3 fatty acids that are essential for brain development and function. Flax contains alpha-linolenic (ALA), a type of omega-3 fatty acid that boosts the cerebral cortex, an area of the brain that processes sensory information.³



Walnuts & Almonds contain a number of neuroprotective compounds, including vitamin E, folate, melatonin, omega-3 fats, and antioxidants. They may support brain health, cognition, and memory.

1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3253463/>
2 <https://www.healthbeckon.com/benefits-of-pumpkin-seed/>

3 <http://www.organicauthority.com/health/5-foods-to-boost-memory-and-focus.html>

Avocados are “full of heart-healthy monounsaturated fats that promote healthy blood flow in the brain, along with several of the brain’s most valued nutrients, including folate, vitamin C, vitamin E, and copper. The B vitamins in avocados relieve stress and keep nerves and brain cells healthy. Its high amount of potassium helps lower blood pressure. And the monounsaturated fats also help support information-carrying nerves in your brain, according to research from the Federation of American Societies of Experimental Biology.”¹

HOW TO GET STARTED

First of all, put it out of your mind that you are going on a diet. Diets don’t work because they’re not sustainable. If you go on a diet, chances are, you’ll go off a diet, and then you have all those feelings of shame and guilt and anger and humiliation, all those toxic emotions that really are bad for you.

So the best way to get started is to recognize that food is just food and that some foods are healthier than others, and the same goes for beverages. Therefore, every bite of food you eat or beverage you drink will either contribute to your health or diminish your health. The choices are entirely up to you. The healthier your choices, the healthier your body and mind will become.

Does that mean you should always deny yourself that sugary cookie or that one slice of pie? Of course not. What matters most is your overall way of eating and living. So if you indulge yourself one day, it doesn’t mean you cheated or you failed. Just eat healthier the next. And if you don’t have time to

exercise one day, do a little more the next day. If you don’t have time to be with your friends and family one day, spend a little more time with them the next day. Then you can’t fail. It’s a much more compassionate approach because if there’s no diet to get on, there’s no diet to get off. Your level of health becomes the result of your level of choices.

Another thing that often brings meaning to people when they change their diet is to realize that it’s not just helping you, but that what’s good for you is also good for the planet. What’s personally sustainable is globally sustainable. More global warming is caused by eating livestock than all forms of transportation combined. And it takes 10 to 14 times more resources to make a pound of meat-based protein than plant-based protein.

So maybe you’re not ready to go completely plant-based yet, but maybe you could choose to have one meatless meal a day because it’s going to help you and it’s going to help the planet.

Start slowly and then as you begin to do it for others, it brings meaning, which makes it sustainable because these biological mechanisms are so dynamic. You’re going to feel so much better when you have that one meal a day that’s plant based and you’ll say, “Well, maybe I’ll have two meals,” and then it comes out of your own experience and that ultimately is what makes it sustainable.



¹ <https://www.mensjournal.com/food-drink/10-best-foods-brain-health/blueberries-3/>

MORE INFORMATION

There are many natural ways to combat devastating depression and anxiety - and when they are used together, the results can be astounding.

While we cannot expound on all the methods here in this Ebook, they will be covered in the cutting-edge and informative 8-part docuseries, ***Depression & Anxiety Secrets***.

DEPRESSION & ANXIETY SECRETS

Some of these topics and protocols include:

Nutrition and Diet

Gut Repair

Exercise

Supplementation & Herbal Remedies

*Toxic Exposure & Detoxification
Techniques*

Belonging & Community

Cognitive Behavioural Therapy

*Spiritual Practice & Stress Reduction
Techniques, such as Prayer, Meditation
& Yoga*

Don't be in the dark any longer.

Discover the truth about mental health in ***Depression & Anxiety Secrets***.

Featuring over 60 doctors, scientists, researchers and survivors of depression and anxiety, this documentary will show you the answers you've been searching for.



Watch the series at www.depressionanxietyseries.com