



DEPRESSION/ANXIETY

The feeling of depression is an emotion that most human beings experience at some time in their life. In this capacity of “feeling depressed”, I am discussing **Neuroses** (*patient knows they are not coping but it is not evident to everyone around them*). I am excluding depression due to organic reasons i.e. brain damage, nutritional imbalances or **psychosis** (*patient doesn't acknowledge they have a problem but everyone else knows they do – some examples are bipolar, schizophrenia, personality disorders*).

From our research and findings at Integrated Health Care **Depression is: your mental mind is over-reactive i.e. your think too much which in turn depresses your emotional mind and your physical body.** You feel depressed uninterested, disinterested, non-passionate. You experience diminished interest in usual activities, helplessness, hopelessness and recurrent negative feelings about yourself, difficulty with getting off to sleep or staying asleep, anxiety, plus you have recurrent uncontrolled thoughts, words/or songs, that continually run through your head making it difficult to concentrate.

Depression is not a word most people want to be associated with as it suggests a stigma of weakness or inadequacy, however, **depression/anxiety** occurs in people who are **by nature intelligent and tend to ‘over think’**.

Basically this condition is expressed as “**Denial and Underachievement of our purpose in life**”. We want to feel we are ‘of service’, ‘make a difference’, and ‘are of purpose’. In other words – Why do you do what you do? **Is it for yourself in personal achievement, for what you can learn, contribute and value or is it for what you feel and think others will value and praise you for?** Therefore Anxiety Depression is seen in people who tend to ‘over please’.

Often patients think they are “**normal**” when in fact they have Brain/Body Chemical Imbalances. Depressive symptoms appear at or after a major crisis in life. **Observation** shows that there is a strong hereditary history of Depression/Anxiety in certain families which is often unrecognized, undiagnosed and untreated.

Anxiety/Depression. This is perhaps the most common depression that we see in our practice. These patients are chronic worriers, stressers, panickers and anxiety creators. This way of being, is created by a combination of brain/body chemistry, family/hereditary emotion and learned family behaviour – the combinations are numerous and variable. These patients have difficulty in coping with life, they feel down and frequently anxious. They have trouble sleeping and/or getting off to sleep, experience low libido (sex drive), repetitive music, words or sayings in their head, heart flutters, gut upsets, headaches, back pain, neck pain and are chronically tired and exhausted.

Some causes that trigger depression/anxiety are:

- A) **Chemical** – Hormonal imbalances in both men and women. We hear about post natal depression and menopausal depression which are associated with women but men do experience problems too from age 35 years on. If this goes undiagnosed and untreated we end up with grumpy, frustrated, ill-tempered men who we assume are just ageing quickly. Very often they are testosterone deficient which can be effectively treated, without medication.

B) **Toxicity** – Many insecticides, agricultural chemicals, adhesives and industrial chemicals along with toxic metals like lead, mercury, cadmium, nickel and aluminium can have a negative influence on the Immune, Nervous and Hormonal systems. The patient suffers long term physical depression which eventually can flow over to affect the mind as well.

Certain medications and nutrition supplements can cause toxicity in the body leading to symptoms and eventual depression.

C) **Stress & Exhaustion**, with family, at home, at work and personal relationships perhaps are the most common causes of Anxiety/Depression. However poor nutrition, poor hygiene, smoking, drinking alcohol, recreational drugs etc. are major contributing factors.

Chronic depression is usually a result of multiple mental challenges to which the patient has responded by making unhealthy choices. This has resulted in the patient making up stories, explanations, excuses to keep functioning and “**looking good**”. Eventually the mental, emotional, physical systems become overloaded with compensations.

As previously mentioned there is a strong hereditary component to Depression/Anxiety. We therefore suggest that parents have their children checked before puberty as observation shows that hormonal changes often activate the onset of symptoms.

Most parents can spot **early signs of imbalance** but do not know where to look for help or correction which often leads to the whole family being affected.

At Integrated Health we are able to test our patients for the various levels of organ function, body and brain chemistry, physical, emotional, mental, spiritual balance etc. We are also able to test varying medications, nutritional products and therapies that will help/assist the body to balance and heal.

Mind Therapies such as counselling, psychotherapy etc. are great healing and supportive mediums but often patients keep going over the same issues without resolution as other factors have not been investigated and treated. Often G.P.'s, Counselors/Therapists and Doctors at Integrated Health can work together to better assist the patient's recovery.

As Natural Health Practitioners we promote Nutritional/Herbal based formulas to balance body and brain chemistry. **We also promote various anti-depressant medications as there is nothing in the 'Natural Health' line that is equivalent to these medications. Through our testing we can help identify what medication will work best and if needed neutralize side effects.**

While a patient is taking medication /or natural remedy (usually 6-18 months) we suggest 2 monthly treatments to balance their system and often **challenge their beliefs, choices, attitudes and values**. We see this as being a comprehensive approach to 'functional problems of the mind'.

From observations using the Hale Technique 80% of patients respond well without Anti-depressant medication.



Contact **Integrated Health Care**
For more information or book an appointment