



Mend Your Body and Improve Your Mood

A Holistic Approach to Anxiety, Depression and Other Mood-Disorders

About 15 million Americans suffer from clinical depression. Another 19 million suffer from anxiety disorders. All together, one in four Americans suffer from a diagnosable mood disorder ever year.

A mood disorder is an emotion or feeling that lasts a long time, such as chronic anxiety or depression. These disorders are usually treated with drugs that alter neurotransmitters in the brain and/or psychotherapy. Unfortunately, diet and lifestyle factors are rarely considered in working with these conditions.

This is unfortunate, because physical well-being affects mental and emotional well-being and thoughts and feelings, in turn, affect physical

health. So a holistic approach, which considers general health, including nutrition, exercise and sleep (as well as working directly with thoughts and feelings), is the best long-term solution to mood disorders, such as anxiety, depression, panic, obsession, post traumatic stress disorder, schizophrenia, phobias and personality disorders.

So, if you, or someone you love, has a mood disorder, join us for this month's Herbal Hour. We'll discuss how changes in diet, herbs and nutritional supplements, aromatherapy and other safe, natural tools can help you have a better mood without resorting to drug medications.

Date:

Time:

Place:

For information call:

Improve your life by lifting your mood with the knowledge you'll gain at this month's Herbal Hour

