

**Sunshine Sharing Hour**  
March 22, 2011

**Mood Disorders:  
A Holistic Approach**



**What is a Mood Disorder?**

A mood disorder is a feeling that persists and dominates our emotional landscape, such as chronic anxiety or depression

In actuality, the term "mood disorder" is probably a marketing ploy to turn emotional problems into reasons to take drugs

This does not mean, however, that emotions aren't important to our health and well-being



**A Few Statistics**



- About 15 million Americans suffer from clinical depression
- About 19 million suffer from anxiety disorders, such as panic, obsession, phobias and post traumatic stress disorder
- One in four Americans is thought to suffer from a diagnosable mood disorder
- Drugs that affect the brain and nervous system account for an estimated \$76 billion of the \$300 billion in world-wide drug sales
- One in ten Americans is on anti-depressants
- 80% of Americans prefer drugs to counseling for depression

**Which Comes First?**

Messenger chemicals (hormones and neurotransmitters) are involved in our mood

But is the mood the result of the chemicals or are the chemicals the result of the mood?

Modern medicine tends to see the chemicals as being responsible for the mood, therefore, they use drugs to alter the chemicals to "fix" the person's mood

I tend to see the chemicals as a way of communicating that there are mental, emotional and physical problems we need to address



**A Holistic Approach to a Better Mood**

- Healthier diet
- Physical activity and adequate rest
- Detoxification
- Counseling and emotional healing work
- Reprogramming dysfunctional thought patterns
- Learning to deal constructively with emotions



### Junk Food Brains

Most Americans are suffering from "junk food brains"

They aren't getting enough good nutrition to think straight

Poor nutrition contributes to juvenile delinquency, criminal behavior and mental illness

It's pretty obvious that food also affects our emotional "mood"



### Blood Sugar and Mood

A major contributing factor to mood swings, anxiety, irritability and melancholy is hypoglycemia

Low levels of blood sugar shut down higher brain function

High levels of sugar cause hyperactivity, excitability and nervousness

Many people's emotional "roller coaster" is due to fluctuations in blood sugar

Stabilizing blood sugar stabilizes mood

Licorice and Super Algae and helpful here



### Exercise and Mood

Exercise helps the release of endorphins and other "feel good" chemicals in the brain

Exercise has been shown to

- Lift depression
- Relieve anxiety
- Improve general mood

Working out at the gym is not required, something as simple as walking, riding a bike or swimming will work



### Dirty Minds

Environmental toxins affect brain and glandular function and affect our mood

Heavy metals such as mercury and lead interfere with normal brain function

Solvents (spot removers, gasoline, paint thinner, etc.) also damage nerves

Intestinal inflammation from allergens, food additives, chemicals, antibiotics and other drugs can also adversely affect our mood

Eliminating irritating substances and doing a cleanse will often "lighten" a person's mood



### Natural Fear

Fear is a natural physiological response to physical danger

When something threatens our survival, the brain sends messages that trigger the biological responses we call fear

Natural, "free flowing" fear, makes us alert and aware – it brings us to the present moment

Fear also primes the body for maximum action



### Fear, Excitement and Anxiety

When we see ourselves as capable of managing the "scary" situation we interpret the fear response as excitement

People can actually become "addicted" to the adrenal rush of fear, craving excitement, adventure and even "drama"

Denying one's fears can lead to a false sense of "bravado" which can result in self-destructive addictive and compulsive behaviors

Chronic fear leads to feelings of stress and anxiety



### Anxiety (Fear-Related) Disorders

- Generalized Anxiety Disorder
- Panic Attacks
- Phobias
- Obsessive-Compulsive Disorder
- Post Traumatic Stress Disorder



### Physical Health Issues and Fear

Traditional medicine associates fear with the kidneys

The following are physical health problems in which fear or anxiety may be a component

- Bedwetting
- Back pain
- Indigestion
- Muscle tension
- Kidney and bladder problems
- Asthma
- Infertility/loss of desire



### Nutritional Therapy for Anxiety Disorders

- Support the adrenal glands
  - Adrenal Support
  - Nervous Fatigue Formula
  - Eleuthero root and other adaptagens
- Balance blood sugar levels
- Avoid alcohol, sugar and caffeine
- Become physically active
- KB-C is helpful for developing more "backbone" to face one's fears



Siberian Ginseng by Stephen Foster

### Aromatherapy for Fear

#### Excess Fear

Clary Sage: helps to overcome nervousness, weakness and fear, diverts one from negative thoughts to positive ones

Frankincense: promotes calmness of mind and relieves agitation and worry, promotes insight and courage

Jasmine: calms anxiety and promotes confidence

Myrrh: helps people who feel emotionally stuck to move forward in their lives, relieves worry and promotes mental tranquility and a sense of peace

Sandalwood: helps with fear and stress, stills the mind

Ylang Ylang: calming and grounding, eases fear and anxiety

#### Suppressed Fear

Helichrysm: helps people who feel emotionally stuck to move forward in their lives, relieves worry and promotes mental tranquility and a sense of peace

Lavender: calms anxiety and promote confidence

Pink Grapefruit: promotes calmness of mind and relieves agitation and worry, promotes insight and courage

Rosemary: helps with fear and stress, stills the mind

Ylang Ylang: calming and grounding, eases fear and anxiety

### Courage and Fear

Courage is not the absence of fear but the ability to take actions in spite of your fears

When you make yourself do "scary things" (that don't actually threaten your survival, you exercise courage

Exercising courage helps you develop self-confidence

"I refuse to live my life in fear."



### Melancholy and Depression

It is natural to feel sad, discouraged and even depressed sometimes

These emotions often signal that we need to "take a break" and perhaps do things to take better care of ourselves

The idea that there is "something wrong" with us if we don't feel "happy" all the time is stupid

Sometimes, however people get "stuck" in these feelings and need help moving through them and beyond



### Physical Causes of Depression



- Low thyroid
- Toxic liver and colon
- Heavy metal poisoning
- Adrenal fatigue and constant stress
- Lack of sunlight and vitamin D3 deficiency
- Low levels of reproductive hormones (testosterone or estrogen)
- Low serotonin levels

### Emotional Causes of Depression

- Severe grief due to loss of income, loved ones or cherished possessions
- Suppressing anger, not standing up for oneself and allowing other people to abuse you
- Extreme setbacks in life such as chronic illness and failure to achieve dreams and goals
- Loneliness, helplessness and a loss of personal power



### Physical Remedies for Depression

- Thyroid Support
- Mood Elevator
- Tiao He Cleanse
- Adrenal Support
- Black Cohosh
- 5-HTP
- St. John's wort
- Damiana
- Men's X-Action
- Eat complex carbohydrates and avoid simple carbs



St. John's Wort by Stephen Foster

### Aromatherapy for Depression

#### Grief Related

- Bergamot: uplifts and refreshes the spirit, evokes joy and self-confidence
- Eucalyptus: dispels stagnant feelings, relieves feelings of emotional suffocation, promotes feelings of freedom
- Lemon Balm: helps lift depression caused by deep sadness and grief
- Pine: helps relieve feelings of helplessness and unworthiness, eases feelings of remorse and promotes self-acceptance
- Rose: a primary essential oil for healing grief, comforts the grieving heart, re-opens the heart to the experience of love, brings feelings of joy to the heart
- Rosemary: helps develop feelings of self-confidence and self-worth, renews enthusiasm, promotes mental clarity

#### Anger Related

- Bergamot: uplifts and refreshes the spirit
- Frankincense: enhances self-esteem and immunity, the ability to protect oneself
- Lemon: an immune-boosting remedy that uplifts, energizes and refreshes
- Lemon Balm: helps lift depression, energizing
- Mandarin: stimulating and refreshing, it promotes self-awareness and improved self-esteem
- Rosemary: helps develop self-worth, confidence and the ability

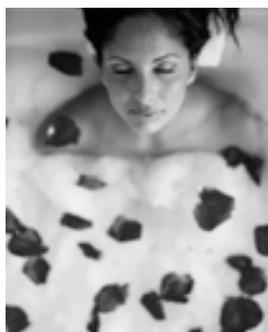
### Self-Care and Depression

Depression is a lack of "energy" on some level, which may be due to a loss of "will" or "will-power"

This means a person has lost hope or faith that they are capable of doing things that will make their life happy

Doing "small things" that a person enjoys and other activities that show "self-care" can be a powerful tool for overcoming depression

Identifying people or situations that are "defeating" you and resolving to change them can also be helpful



### Anger and Irritability



Anger is a natural response to abuse or injustice, it helps us stand up for what is right

Irritability and the tendency to be quick to anger isn't considered a "mood disorder" but it ought to be

Irritability, impatience, intolerance, being abusive to others and other forms of being chronically angry are a form of being emotionally stuck

These problems need just as much help as depression or anxiety

**Physical Causes of Irritability**

- Irritation and congestion in the liver
- Imbalances in reproductive hormones
- Environmental toxins irritating the nerves
- Blood sugar imbalances
- Chronic stress



**Emotional Causes of Irritability**

- Unresolved bitterness and resentment and the inability to forgive or let go of the past
- Betrayal, abuse or neglect that is not being dealt with constructively
- Feeling powerless
- Sexual frustration (feeling thwarted in romantic love)



**Physical Remedies for Irritability**

- Liver remedies**
  - Liver Balance
  - Tiao He Cleanse
- Avoid sugar and caffeine**
- Remedies to balance blood sugar**
  - Super Algae
  - Licorice Root
- Increase progesterone (women) or testosterone (men)**



**Aromatherapy for Irritability**

- Bergamot:** soothes anger and frustration by calming the nerves
- Chamomile:** same as chamomile flower essence, helps people who are grumpy, difficult to satisfy and discontent
- Rose:** opens the heart and helps one be more loving and sensitive to the needs of others
- Lavender:** Soothes agitation and nervousness
- Ylang Ylang:** grounding, sensual oil that reduces anxiety and increases feelings of care and contentment



Chamomile by Richard Katz and FES Services

**Mania**

- Mania is a state of exaggerated self-confidence and enthusiasm**
- Mania causes people to take on more than they can handle, to set unrealistic goals or standards**
- Mania alternates with depression in bipolar disorder**
- An excess of dopamine is believed to be involved in both mania and schizophrenia**



**Remedies for Mania**

- Chinese Stress Relief**
- Eating a breakfast with red meat or taking tyrosine supplements**
- Balancing blood sugar levels**
  - Licorice root
  - Super algae
- Meditation or yoga**
- Aromatherapy:**
  - Geranium
  - Ylang Ylang
  - Lavender



### **Mood Swings and Confusion**

Rapid changes in mood or mental confusion are usually signs of blood sugar problems

They may also be related to adrenal fatigue

Confusion may also be due to poor circulation to the brain



### **Remedies for Mood Swings and Confusion**

#### **Balance blood sugar**

- Super algae
- Licorice root

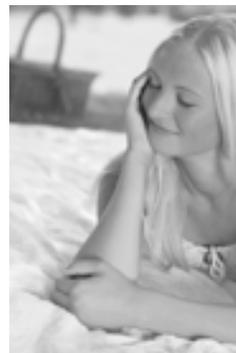
#### **Support adrenal function**

- Adrenal support
- Nervous Fatigue Formula
- Eleuthero and other adaptagens

#### **Ginkgo and Gotu Kola**

#### **Aromatherapy:**

- Peppermint
- Clary sage
- Ylang ylang



### **Comments, Questions and Answers**

Type your questions into the chat box

You can also "raise your hand" if you have a microphone on your computer and I can unmute you so you can ask your question or make a comment

