

Biochemical Issues of the Brain

Including Depression & Anxiety Issues and Suggestions

Jayne Hodgkins, RN, Wholistic Healing Specialist
Original Design Connections

My recommendation when dealing with any issue, and for mental health issues such as depression and anxiety is to approach it holistically. Oftentimes, depression and anxiety go together. I have compiled a plan that I recommend to clients struggling with either or both.

MIND

Feed the brain. Brain Integration affects the Processing and neuropathways of the brain. It does not effect neurochemistry but here are some natural supplements and tests that help that process if you are trying to stay off medication (or have your learner stay off medication). Genetics and brain chemistry will then need to be addressed.

SUPPLEMENTS

- (Natural Grocer is a great source for these and they take returns with receipt without question if you or your student do not like for any reason)
- Probiotics (refrigerated good brands are best. Finish one bottle and take a month or two off and then try another brand or repeat). Probiotics feed the gut and we now know that the gut is important for producing valuable neurotransmitters in the brain! Leaky gut causes issues such as yeast and decreased production of important neurochemicals.
- D3 Generally 1000-2000IUs are recommended (see child servings) but some counselors and doctors recommend up to 10,000-20,000 IUs per day. It is an easy and inexpensive blood draw yearly to monitor D3 levels and is a good idea to occasionally have levels checked as it D3 is stored in the fat and may build up. D3 is the sunshine vitamin that helps with mood, sleep, bones, nerves, muscles, immunity and more. We are supposed to get D3 naturally in the sun but with our altitude, lotions, frequent showers and sunscreens we do not get the D3 we need.
- Omega 3 (and 6 is ok if good natural source) to provide myelination of the nerves which improves neuropathways.
- Magnesium: 250-500 (see child servings) in pill or powder form. Calm Mg Powder is good. If you notice soft stools, you can back off on serving size for a day or so.
- Daily Electrolytes: To maintain the electrical environment in the brain and emotional grounding. I like sources with no dyes (which can cause behavioral and concentration issues)

- and no sugar such as ElectroMix by EmergenC (stevia sweetened lemon/lime flavor). OR for kids use Water with electrolytes and no sugar at Kings Soopers (can buy 24 for about \$4.50).
- Other items of importance: Maintain level blood sugar, drink water and exercise to produce calming neurotransmitters.

DIET CONSIDERATIONS

The big issues that affect behavior and concentration the most are :

1. Gluten, then
2. Dairy.
 - IF that doesn't make a difference try going off dyes (Red and Blue are the primary issues) and sometimes off sugar. I usually recommend going off one of these for at least 3 weeks and then "challenging" the system by taking in a large amount and noting changes. Then removing something else for 3 weeks to see the impact.

SAD

- Light Therapy

CBD

- See below for more education on how to feed your EndoCannabinoid system (ECS). Suggested serving is 50mg/day for adults and 36mg/day for children. Echoconnection.org will connect you with a non-profit organization with 23,000 clinical research studies on cannabinoids and many different ailments by diagnosis.

WATER

- Even a 2% dehydration can effect the brain's neurotransmitters and their concentration causing headaches, irritability and difficulty concentrating. Excitotoxins increase with less water and Neurochemicals that are excitatory such as NorEpinephrine increase in concentration with dehydration thereby interfering with our ability to have a calm mind.

BRAIN EXERCISES

- Daily Brain Exercises. Set a daily alarm on Phone to remind yourself to do them. Go to my YouTube Jaynee Hodgkins Brain Integration Therapy Video 4 or follow this link: <https://www.youtube.com/watch?v=UcKwaO2Rcww>. These can also be accessed from my site, www.jayneehodgkins.com

BIT

- Brain Integration helps with the processing and therefore increases the ability to self regulate and be grounded which, when utilized with supplements can have a multiplied effect.

HORMONES

- It is common for mental health issues to arise at the onset of puberty when Estrogen or Testosterone is surging and we see it reduce the effectiveness of Serotonin (so they do not get the “feel good” hormones they were once getting). There is also the major growth that happens during the adolescent brain development ages 9-28 that make students more susceptible to depression, anxiety and addiction. It is essential that you talk to your student about the use of drugs, alcohol and over use of technology, all of which will caused increased symptoms. Some young women will find that birth control will stabilize mood issues associated with hormone surges with PMS.

GENETIC AND NEUROTRANSMITTER TESTING

- Is there a generational component to the anxiety or depression? The biochemistry may need to be assessed.

IF SEEKING NATURAL METHOD WITHOUT MEDS IF POSSIBLE

- Gene Testing: <http://www.genomixnutrition.com> is a Cheek Swab. This test will give you genetic information on how you process vitamins (MTHFR and COMT for example). It will let you know allergies and sensitivities to foods. You can look online for a local provider. I have used Arianna Blaher at Healing Hands Chiropractic 720-733-9510. She can also do a Neutrogenomic test which checks if your genetics work with SSRI etc. She then provides natural alternatives to medications. She is NOT ABLE TO PRESCRIBE antidepressants and anti-anxiety medications. She is in Castle Rock and can provide Homeopathic supplements

and Neurotransmitters to avoid Pharmaceuticals and side effects. The tests are costly and out of pocket but helpful

NEEDING MEDICATION TO GET “TRACTION” WITH DEPRESSION/ANXIETY and GENETIC INFO REGARDING MEDICATIONS BEST FOR YOUR GENETIC MAKEUP

You can also use Nurse Practitioners who specialize in Psychiatry and can prescribe appropriate meds (they are under the supervision of a Psychiatrist). Some even take insurance. They will draw a Genomind Genecept Assay Report (most insurances cover at least some of this test). Results include which medications are gene drug interactions (such as SSRI's like Paxil or Zoloft that may not be good for your genetic makeup; MTHFR and COMT profiles and more. Paramount Health Practitioners at 303-393-1726 are well recommended and have great communication but do not take insurance. Other Nurse Practitioner groups do take insurance but have a harder time with communication due to patient overflow.

BODY

CHIROPRACTIC

- Routine adjustment helps a great deal. I use chiropractors in Castle Rock that offer Advanced Activator services and they adjust cranials and ankles that truly affect behavioral issues. If you don't live close by, go to Activator.com and look up Advanced Proficient for a Chiropractor near you. I have a great deal of personal and professional experience with chiropractors and have found this method to be more effective and gentle even for kids.

EXERCISE

- Regular exercise really does make a difference for both anxiety and depression. There is much research on how exercise produces endorphins and reduces cortisol stress hormones. I recommend strongly, that a regular program is set up to balance the neuro chemicals and relax the body and mind.

BRAIN EXERCISES

- Specifically the fight flight response exercises (stretches) reduce the fight and flight response of the body and allow it to be calm. The Lateral exercises increase the brain's ability to self regulate. Do them daily!

TAPPING

- Two independent studies showed that EFT Tapping reduces cortisol stress hormones by 24% after tapping for the equivalent of 1 hour. Tapping fight/flight response acupuncture points allows the body to release stress and calm the mind. Just as an athlete practices under good conditions so that they have muscle memory when they are stretched, it is important to practice tapping daily (such as tapping in calm or happy thoughts) so that when you are stressed, your brain has the rhythm down and responds fast. Trouble sleeping? Go to The Tapping Solution App for free sleep or anxiety meditations, or try Sound Cloud App and go to Holy Yoga Foundations for numerous faith based meditation.

SOUL & SPIRIT

INNER HEALING PRAYER WORK

- I offer HeartSync, an inner healing prayer work that is helpful whether you have a strong faith in God or prefer the term Higher Power. Caring for your Soul (Heart: Emotion, Function, Guardians (will), Original Self) is an essential part of dealing with underlying memories and the effects of pain and trauma which can cause or amp depression and anxiety. During our sessions I teach you a daily maintenance to maintain contact with these Core Aspects of the Heart. We also look at what potential spiritual issues are holding you back. Even if you do not have a traditional faith, neglecting our spirit can deeply effect us.

NEUROSPIRITUALITY

- Brain Integration Therapy and Attachment work utilizing outcome based Trust Based Relational interventions, help you connect to yourself, others and God. See my comprehensive Bibliography & Resources for books and websites that can help you grow capacity in the Pre Frontal Cortex to increase your relational and emotional capacity and joy.

SPIRIT

- Blessing your own Spirit to come into alignment over your Soul and Body can greatly impact your overall health.

