

DR. NEIL NEDLEY



NEDLEY HEALTH



RECOVER FROM ANXIETY & DEPRESSION

The below is a summary of episode 43 of the Vibrant You Health Show, in which Blake interviews Dr. Neil Nedley about recovery from anxiety and depression through natural health principles like optimizing nutrition and body chemistry for brain health, establishing a good circadian rhythm, increasing physical exercise, practicing cognitive behavioral therapy, light therapy, and hydrotherapy, and participating in mental, spiritual and group counseling sessions. You can watch or listen to this interview at www.naturespantry.life under the Health Show tab.

NEDLEY DEPRESSION AND ANXIETY PROGRAMS

1. Residential Program

Recovery from anxiety and depression is a routine occurrence at Nedley Depression and Anxiety Recovery Programs. Participants have a 99% response rate within a short time and go home far different than when they came in. The 10-day intensive program in Northern California is the most comprehensive treatment program for depression and anxiety available in the US. The program includes comprehensive physician exams and evaluations, extensive blood analysis and other revealing tests, individual and group counseling, cognitive behavioral therapy, nutrition and body chemistry optimization, exercise, light therapy, hydrotherapy, and more.

2. Online Program

The eight-week online program is a comprehensive mental health education program with online assessment test, video presentations, workbooks, lessons plans, and more materials to lead you on your healing journey.

3. Community Program

Find a Nedley Health Depression and Anxiety Community Group in your area. Sherri Shelman is a certified facilitator for the community group here in La Grande. You can contact her at 541-805-0126.

Learn more about Nedley Depression and Anxiety Recovery Programs visit: <https://www.nedleyhealth.com/>

DEPRESSION SYMPTOMS

Five out of nine of the below symptoms for at least two weeks, is clinically defined as major depression. Two out of four of these symptoms for at least two weeks, is clinically defined as minor depression.

1. deep sadness, 2. apathy, 3. agitation, 4. sleep disturbances, 5. weight or appetite changes, 6. lack of concentration, 7. feelings of worthlessness, 8. morbid thoughts, 9. fatigue.

ANXIETY SYMPTOMS & SIGNS

1. feelings of uneasiness, on edge, 2. inability to stay calm, 3. physical symptoms, 4. OCD, 5. PTSD, 6. panic disorder, 7. social phobia, 8. eating disorders, 9. cutting, 10. addictions, 11. headaches, 12. chronic pain, 13. unemployed, 14. financial distress, 15. relationship issues.

10 CAUSE CATEGORIES OF DEPRESSION AND ANXIETY

There are over 100 cause of anxiety and depression that can be grouped into 10 basic categories. Generally, people can handle hits from three of the below categories, but if someone experiences hits from four or more of these categories, it can trigger anxiety and depression. CAUSES: 1. Genetics, 2. Lifestyle, 3. Circadian Rhythm, 4. Addiction, 5. Nutrition, 6. Toxins, 7. Social, 8. Stress, 9. Medical, 10. Frontal Lobe.

ANXIETY AND DEPRESSION MEDICATIONS

These medicines do not give us the ability to make more neurotransmitters, nor build up more receptors. They help serotonin activity by blocking the vacuums cleaners of the releasing neuron of serotonin, so serotonin stays in the synapse. But because the serotonin is not sucked back and reused, the neuron that was already short serotonin will be even shorter. In the short run (six months, one year max), these medications can buy you time to find and reverse the underlying cause, but in the long run they may cause worse problems. Dr. Nedley does use these medicines in certain cases, but he prefers to find the underlying cause before getting into the cycle of medication. Nevertheless, most of his patients come to him already on meds, so he is very experienced in working with people in this situation, finding and reversing the underlying causes, and helping them easily get off meds. His patients are also able to stay off the meds for good as long as they stay on track with the program principles. One of Dr. Nedley's favorite quotes is, "Natural means: use in accordance with God's will to bring about supernatural results." Nature has many healing agents and if we utilize nature's healing agents in the right way, they can be far more powerful than pharmaceuticals/foreign chemical approaches. We used to refer to nature-based therapies as alternative medicine therapies because the science didn't seem to be there, but now there is actually better science demonstrating nature-based interventions for improving anxiety and depression than there is for pharmaceuticals and traditional psychotherapies. Unfortunately, in our society today, we treat depression and anxiety as a lifelong illness where people are going to have to see doctors for the rest of their lives making dosage and drug adjustments, but these medicines don't actually improve their function. The medicine might help them feel better, but it's not going to improve function. When we use nature-based interventions, we are not only going to see better results, but we are going to see far improved functional results and neuroplasticity where the brain is able to be transformed in a powerfully positive way.

NEUROPLASTICITY AND COGNITIVE BEHAVIORAL THERAPY

The brain can recover remarkably fast with the proper methods because of neuroplasticity, which is the brain's ability to adapt and to change neural pathways, thought patterns, and behavior patterns. Your brain can change in very dramatic and very positive ways with, sometimes, some very simple measures. Cognitive Behavioral Therapy (CBT) is the method for putting neuroplasticity to work and retraining our thoughts and neural pathways from "stinking thinking" to positive and accurate thought patterns. Dr. Nedley uses specific CBT methods and resources with his patients. Dr. Nedley says that he sees the Bible verse: "be transformed by the renewing of your mind" (Romans 12:2) literally happening right in front of him. The brain can literally make itself new when we transform our lives according to God-given natural principles. Dr. Nedley says that balancing the chemical, hormonal, nutritional, mental, spiritual and/or emotional issues are all important parts of depression and anxiety recovery.

BALANCING NUTRITION, HORMONES, AND BODY CHEMISTRY

A diet rich in whole, organic foods like fruits, vegetables, whole grains, beans, nuts, seeds, olive oil, fish and foods high in omega 3 fatty acids is great for brain health. Tryptophan and tyrosine are really important for helping the brain produce serotonin. Seek out supplementation or foods rich in these nutrients like mustard greens, pumpkin seeds, tofu, and watermelon. Many people who struggle with depression and anxiety have high copper levels and low zinc levels. Zinc and copper are inversely related so when we include zinc supplementation, it will help bring the copper levels down. Finding and balancing nutritional, chemical and hormonal issues is an important step for Nedley Health patients.

EXERCISE, LIGHT THERAPY, CIRCADIAN RHYTHM, AND HYDROTHERAPY

Exercise is better for the brain than it is for the body. At least 30 minutes of exercise per day is ideal for mental health. Exercise in a fasted state early in the morning is great. Getting some light therapy (like blue light from the sky) first thing in the morning can help reset the circadian rhythm which is super important for proper serotonin production and sleep cycles. Dr. Nedley has found early to bed and early to rise is most helpful for mental health (9 pm to 5 am or 10 pm to 6 am is ideal). Add hydrotherapy, like saunas and ice baths, to boost brain circulation, among other benefits.

SPIRITUAL HEALTH

Our material worldview has led us to separate the body from the mind and from soul, but these are not separate entities, they are parts of the whole person, and so when we look to help someone with health issues, we need to look at the whole person, not just one part or the other. Dr. Nedley's program is a spiritual program because he believes that spiritual health is foundational to mental, physical and overall health. 1 Peter 5:6-7 says, "Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you." The opposite of humility is pride. Pride is one of the seven sins that can lead to mental illness, according to Dr. Backus in his book *What Your Counselor Never Told You*. Feelings of worthlessness, which is a common symptom of mental illness, often arises when our sense of pride gets wounded. Pride also leads to self-centeredness, which is linked to mental illness. An outward focus on loving God and loving others is linked to mental health. Staying humble is one of the best things we can do for our brain. And one of the best ways to stay humble is to recognize the awesomeness of God and his love for us and how much he cares for us. When we learn to trust God's love and care for us, it's easier to give all our anxiety to him. When we trust God in our struggles, he can use them to refine our character, strengthen our faith, and build our hope for our future here and here to come.