

Are You in A Bad Mood?

**If you're one of the millions of
Americans suffering from a mood
disorder, holistic health care can
get you feeling good again**

It's perfectly normal to feel a variety of emotions. Everyone experiences feelings of sadness, depression, anger, anxiety, and excessive enthusiasm that borders on mania from time to time. There is nothing wrong with this. Emotions are a normal and healthy part of our life experience.

However, when some one gets stuck in a particular emotion for a long period of time, that isn't healthy. A mood disorder is a feeling that persists and dominates our emotional landscape, such as chronic anxiety or depression. Mood disorders aren't debilitating, but they can interfere with relationships, performance at work and physical health.

If you have problems with your mood, you aren't alone. About 15 million Americans suffer from clinical depression. Another 19 million suffer from anxiety disorders, such as panic, obsession, phobias and post traumatic stress disorder. All together, one in four Americans suffer from a diagnosable mood disorder.

Dealing with Mood Disorders

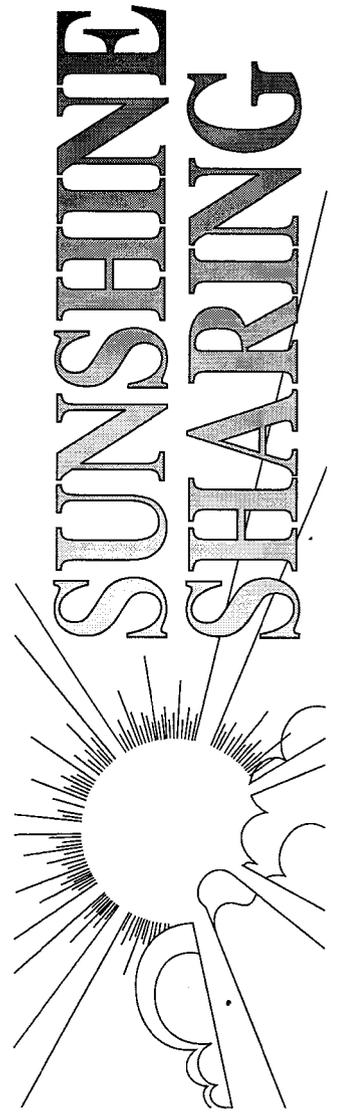
At one time, counseling was the preferred way to help someone with a mood disorder. This counseling could come from a friend, a minister or a professional counselor. Counseling helps people sort through their thoughts and feelings, figure out what's bothering them, and come up with solutions.

Unfortunately, drug companies have turned mood disorders into diseases to be treated with drugs. Tranquilizers, sleeping pills, anti-depressants and other drugs that affect the brain and nervous system account for an estimated \$76 billion of the \$300 billion in drug sales (www.addictionbyprescription.com). *Time Magazine* reported in January 2010 that antidepressants are so popular that one in ten Americans take them. *Consumer Reports* said that although seven sessions of counseling were just as effective in treating depression as drugs, 80% of Americans preferred taking drugs.

This is unfortunate, because drugs do not fix the underlying causes of mood disorders. They do not solve the problems that may cause fear, depression or sadness. Neither do they fix the lifestyle factors, such as poor diet, lack of sleep or sedentary lifestyle that may be contributing to irritability, hypersensitivity or anxiety.

When some one is suffering from a mood disorder, the best approach to creating a better emotional state is a holistic one. First, improve physical health with better nutrition and lifestyle habits. Second, use counseling to help sort out confused thoughts and troubled emotions. In this issue of *Sunshine Sharing* we'll introduce you to this holistic approach to mood disorders.

Turn the page to learn how to have a better mood the natural way...



Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Holistic Ways to Brighten Your Mood

Like any other problem you may face, a mood disorder has a cause. Drugs don't fix the cause, they only provide temporary symptomatic relief. If you identify the cause and fix it, your mood will naturally improve. Here are some things you can do to brighten your mood.



Fuel Positive Feelings With Good Nutrition

Like any other part of the body, the brain, nerves and glands need nutrition to function properly. The old adage, "you are what you eat," applies to your emotions as well as your physical health. A junk food diet creates a junkyard of negative feelings.

Weston Price, author of *Nutritional and Physical Degeneration*, discovered that mental and emotional

health went hand in hand with good nutrition. He found that native people living on traditional diets had stronger bodies, fewer infections, less crime and very few cases of antisocial behavior. He found that malnutrition not only led to deformations of the bones and teeth, it also encouraged emotional and social problems.

In her book, *Why Suffer?*, Ann Wigmore reports a similar correlation between nutrition and mental and emotional wellbeing. She tells the story of a man who bred mice for pet shops. His mice were healthy until someone talked him into feeding them leftover scraps from a restaurant. Within a few days of being on this diet the mice began to act in deranged ways, even to the point of fighting and killing each other. When the man went back to feeding them a healthy mouse chow, these problems stopped.

Research linking poor nutrition with depression, anxiety, irritability, antisocial behavior, criminal behavior and even mental illness has been around for a long time. Unfortunately, many people suffering from mood disorders would rather pop a pill than change their diet, even though they would feel much happier and healthier if they did.

Hypoglycemia or low blood sugar is a major contributing factor to mood disorders. Rapid rises in blood sugar from refined sugar and caffeine are followed by rapid drops in blood sugar that leave a person feeling tired, confused, irritated or even out of control.

A diet of meat and vegetables, along with whole grains and fresh fruits, while refraining from refined sugar, white flour, alcohol and caffeine, has been shown to be helpful for improving both mood and behavior in schools and even prisons. It has also been shown to help certain forms of mental illness, including schizophrenia. So, if you're in a bad mood, one of the fastest ways to start feeling better is to start eating fresh, healthy and natural food and avoid modern, processed and refined, junk foods.

Supplements can also be helpful. Good fats, in the form of omega-3 fatty acids, will also help improve mood. Many children and adults suffering from ADHD, hyperactivity and other behav-

ioral problems will show improvement when fed healthy fats, such as **DHA** or **Super Omega-3 EPA**.

B-Complex vitamins and vitamin C are also helpful because they nourish the nerves and the adrenal glands. **Nutri-Calm** is a great supplement for easing general feelings of anxiety and promoting overall nervous system health.

Super Algae supplies amino acids to aid neurotransmitter function in the brain. It also helps to stabilize blood sugar and energy levels, especially when used with **licorice root**. If you have cravings for sugar and caffeine, try taking 2 Super Algae and 2 licorice root with breakfast and lunch, and whenever you feel an energy slump.

Get Off Your Behind and Get Moving



Unfortunately, we are a very sedentary society. If you work at a desk job and don't get much exercise, you may be pleased to discover that exercise has been shown to lift depression, relieve anxiety and brighten your mood. You don't have to go to the gym, either, just get out and do any physical activity you enjoy. Take a walk in the park, swim, hike, garden, play golf or tennis; it doesn't matter as long as it gets you moving and you enjoy it.

Don't over do it, though. Getting adequate R&R (rest and relaxation) is also important to your mood. Make sure you get seven to eight hours of sleep each night.

Clean Up Your "Dirty" Mind (and Body) With a Good Cleanse

We're not talking about thinking "clean" thoughts here (although that's a good mood booster, too) we're talking about detoxification. The brain is the most chemically sensitive organ in the body. Heavy metals, chemical solvents and other environmental toxins can interfere with nerve function and contribute to negative emotional states. So can chronic yeast infections, leaky gut syndrome and sluggish liver function.

Start by drinking adequate amounts of water. Good hydration not only helps your body flush toxins, it also reduces anxiety, helps you think more clearly and even helps you sleep better.

Many people find that a good cleanse makes them feel "lighter" both physically and emotionally. The **Tiao He Cleanse** or the **Clean Start Cleanse** are a good place to start. The Tiao He Cleanse is a very good cleanse for people who feel anxious or irritable or just "don't feel right."

Mercury, lead, cadmium and aluminum all contribute to the breakdown of brain and nervous system tissue. **Heavy Metal Detox** is a great supplement for helping to remove metals, especially mercury, from the tissues. **Milk Thistle Combination** is also helpful for anyone who works around solvents or chemicals of any kind.

Specific Suggestions to Help You Feel Great Again



A better diet, basic supplements, proper hydration, cleansing, exercise and rest will help you feel better no matter what your mood. However, there are also specific things you can do for specific mood issues that will help you start to feel great again. Here are some additional suggestions for specific mood disorders.

Facing Fears

Fear and excitement are closely related. Both get adrenaline pumping. The difference is in the perception. In fear we are concerned for our safety, in excitement we are skirting with danger but feel we can handle it. This means that healthy adrenal glands can help us to face our fears.

The adrenal glands sit on top of the kidneys, which is why fear is often linked with the kidneys in traditional medicine. The Chinese formula **KB-C** helps strengthen the kidney energy or chi, which can help a person get more backbone to face their fears. **Adrenal Support** is often helpful, too.

Abolishing Anxiety

Chronic fears brought on by unresolved emotional trauma, worry or failure to confront and deal with problems in our lives can lead to anxiety. Chronic stress, especially coupled with consumption of refined sugar and caffeine, can lead to exhaustion of the adrenal glands, which produces a chronic state of anxiety and stress.

Getting counseling to help confront the issues that are creating the fear is important, but herbal remedies and supplements can also be helpful. Adaptogens, like **eleuthero root** and **Nervous Fatigue Formula**, will reduce the output of stress hormones and help us feel calmer and more able to cope with life.

Nutri-Calm feeds the nerves with B-complex and vitamin C and has adaptogenic and sedative properties, too. It can provide energy without the buzz that sugar and caffeine do. For people who are highly excitable and nervous, **Chinese Stress Relief** can also be helpful in calming the nerves and reducing anxiety.

Deporting Depression

Depression can have many causes, so the “cure” will depend on the cause. Sadness, stress and feeling hopelessly trapped in difficult situations can all lead to depression. Again, counseling can help a person to sort out these feelings and improve their mood.

A formula that helps to lift the sagging energy in people who feel depressed in their energy and mood is **Chinese Mood Elevator**. It lifts the body’s energy or chi, while helping to decongest the liver, digestive tract and lymphatics.

This is important, since poor liver and bowel function has been linked traditionally to a depressed “melancholic” temperament. This also means that doing a good cleanse, such as the **Tiao He Cleanse** or **CleanStart**, will lighten a person’s mood and lift their energy.

When depression is associated with dry skin, fatigue, chills, low body temperature and loss of sex drive, it could be a problem with low thyroid. **Thyroid Support** or **Concentrated Black Walnut** may be helpful.

Balancing serotonin levels in the brain may also be helpful for depression. This can be done naturally with a supplement called **5-HTP**. 5-HTP is converted to serotonin in the brain. It can help with carbohydrate cravings, insomnia and depression.

Eradicating Irritability

Feeling cranky, irritable and angry all the time is often a sign of a congested liver. When this is the case, **Chinese Liver Balance** may be helpful. It relieves constricted liver chi or energy, which helps you flow more smoothly through life.

Irritability can also be a sign of blood sugar imbalances, requiring a healthier diet and remedies like **licorice** and **Super Algae**. Adaptogens like **eleuthero root** can also help by reducing stress. However, people who are frequently angry and hostile are probably holding onto unresolved pain and grudges and may need counseling to help them forgive and let go of the past.

Confounding Confusion

Feeling confused is often a sign of low blood sugar, especially if it is accompanied by chills, fatigue and hunger. Avoiding refined carbohydrates and using **licorice root** and **Super Algae** as discussed on page two is often helpful.

Confusion may also be a sign of burnout from excessive stress. In situations where confusion is accompanied by difficulty concentrating, short-term memory loss, restless sleep and fatigue, **Nervous Fatigue Formula** or **Adrenal Support** will usually be helpful in restoring a sense of clarity and well-being.

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Additional Help and Information

For more information about overcoming mood disorders naturally, contact the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

The Heart's Key to Health, Happiness and Success by Steven Horne

The Food-Mood Solution by Jack Challem

The Instinct to Heal: Curing Stress, Anxiety, and Depression

Without Drugs and Without Talk Therapy by David Servan-Schreiber M.D. Ph.D.



Don't Let Mood Disorders Keep You Down

About one in four adult Americans suffer from mood disorders. If your emotions feel “stuck” in some negative state, don't just mask the symptoms with drugs. Counseling, good nutrition, lifestyle changes and some carefully selected supplements can get you “jumping for joy” again.

Continued from Page Two

Outwitting Obsession

Obsessive and compulsive behavior is related to anxiety and can be helped by many of the same supplements. Along with counseling, **Nervous Fatigue Formula** or **Adrenal Support** can be helpful.

Moving Beyond Mania

The feeling that a person is super human and can do just about anything is called mania. People who suffer from manic-depressive or bipolar disorder will swing back and forth between mania and depression. Balancing blood sugar can be helpful. Eating meat for breakfast, especially red meat can often help to stabilize and calm manic feelings. The **Chinese Stress Relief** formula is also helpful for controlling the excessive excitement and enthusiasm that causes manic people to overextend themselves.

Managing Mood Swings

Rapid changes in mood are usually a sign of blood sugar problems or adrenal exhaustion. The diet to balance hypoglycemia on page two and supplements for the adrenals, like **Nervous Fatigue Formula** and **Adrenal Support** can be helpful.

Waving Goodbye to Wintertime Blues

Feeling “blue” during the cold winter months is due to a lack of exposure to sunlight. Getting outside during the day or using full spectrum lighting can help. The skin produces **vitamin D3** when exposed to sunlight and supplementing with this vitamin can be helpful for the wintertime blues.

St. John's wort is another possibility. It's an herb with a reputation for helping to “let in the light” and lift minor depression.