



**Depression, Anxiety, Panic Disorders**

Cerebral insufficiency, which means a slow down of blood supply to the brain, nervous system, circulation and can cause depressive moods, anxiety, panic attacks, absentmindedness, difficulty of concentration, difficulty of memory, confusion, lack of energy, and decreased physical performance.

**How can you reactive, enhance and invigorate these systems?**

Around age 30, the brain & nervous system and circulation slows down and lose vigor due to a slow down of blood flow throughout the entire body – this causes cerebral insufficiency. This means 2 things:

1. due to the slow down in blood flow, the brain is not receiving as many nutrients, hormones, enzymes and oxygen – remember the blood is the smorgasbord table for the body filled with all essential substances necessary for every cell.
2. A slow done in blood flow reduces the efficiency of the removal of toxic waste products from the brain-therefore-they accumulate and play havoc with proper brain cell function. This causes:
 

confusion	difficulty of memory	lack of energy
headache	panic disorders	inc risk of Alzheimer’s
depressivemood	anxiety	inc symptoms Schizophrenia
dizziness	ringing in ears	dec physical performance

LIFE IS SHORT - in order to enjoy it to the fullest we must MAINTAIN a healthy BRAIN

1. nourish the brain with adequate minerals, vitamins, protein and essential fatty acids
2. maintain excellent blood flow with exercise, deep breathing, herbs that enhance blood flow, and by keeping Homocysteine levels down
3. detoxify he brain – enhance the removal of toxic substances that interfere with efficient brain cell function
4. enhance hormone production in the brain – if serotonin levels are low, enhance it with herbs that increase it

With increased blood flow you have better circulation throughout the body, improved eye health and improved memory, concentration, sharpness & awareness.

Supplements for a Health Brain

Step One – Nourish the brain

- 3 tbsp of Energizing Soy Protein to make sure you are getting the amino acids
- 2 Vita Lea
- 2 GLA



## Step Two – Enhance Blood Flow

- **1-3 Mental Acuity** – ginkgo enhances blood flow and reduce Homocysteine levels
  - the herbs in Mental Acuity provides FIVE valuable properties to the Brain
  - Ginkgo Biloba improves blood supply thereby increasing the supply of nutrients, hormones, enzymes & oxygen to the brain and improves with the efficient removal of wastes. It improves blood flow throughout the entire body which makes the heart a healthier pump. It is a powerful antioxidant which protects the brain cells from damage. It reduces Homocysteine in the blood which high levels of Homocysteine increases the risk of strokes, damage to blood vessels, blockage in veins and arteries, 50% increase in risk of heart disease
  - Hawthorn – improves the ability of the heart to pump efficiently as it dilates blood vessels, increases power of the heart, causes blood to flow more smoothly and allows more oxygen & nutrients to reach the heart
  - Bilberry – strengthens the walls of capillaries and veins
  - Got Kola helps maintain “vascular tone” causing blood to flow more easily
  - Rosemary – powerful antioxidant

### DO NOT USE MENTAL ACUITY WITH BLOOD THINNERS

- 2 B Complex to feed the central nervous system and reduce Homocysteine levels
- 1 Vita E causes dilation of blood vessels and reduces hardening of the arteries

## Step Three – Detoxify

- ensure adequate bowel elimination by using Herb Lax, Fiber and Opt flora plus LOTS of water – BM's should equal meals eaten
- 1-3 DTX to detoxify the liver which filters all the blood

## Step Four – Enhance Hormone Production

- 1-4 Mood lift to stimulate production of serotonin
  - Contains ST John's Wort which is often referred to as “natures Prozac”. St John's Wort has been clinically shown to stimulate the production of serotonin levels in the brain due to its affect on stimulating mood enhancing neurotransmitters and thereby has anti-depressant affects. It usually takes 4-6 weeks to experience results but there are NO negative side effects.
  - Contains Inositol which in depressed people, they have low levels of inositol in their cerebrospinal fluid. Inositol is essential for several nerve transmissions and it increases nerve signals and nerve transmission in the neurotransmitters in the brain
  - contains Siberian Ginseng – Siberian form is specifically used as an “adaptogen” for depression, anxiety, neuroses and other brain disorder
  - contains Green Oats which has been used to help recover from depression and anxiety



*This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure.*

