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Disclaimer

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I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb product company for producing this information.


I also believe that it is a crime that we have to pussyfoot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health. I believe in this great country and will do my best to try to obey its laws even if I strongly disagree with them.

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If I would like to make healthier changes in my diet and my doctor was not willing to help me while I worked with a natural health practitioner, I suggest you find a doctor who values and respects his patient's wishes and rights and fire the doctor who would not!

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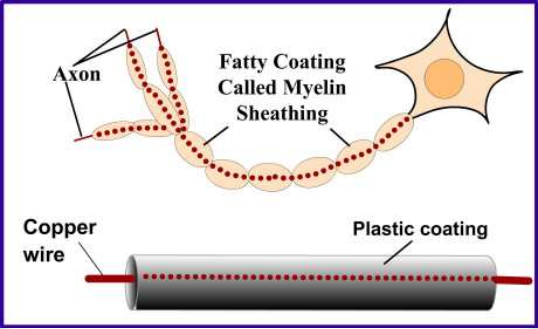
Welcome!!!
 Just hang On :o)
 Our meeting will start soon.



STRESSED OUT!!!

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Anatomy of the Nervous system



Axon

Fatty Coating Called Myelin Sheathing

Copper wire

Plastic coating

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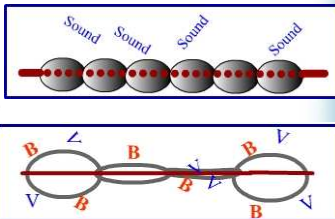
Anatomy of the Nervous system

- Made up of 70% Fats
- Covers the nerve fibers in the brain, spinal cord and the axons or nerve fibers throughout the whole body
- Stores (determines the potential) of the release of Neurotransmitters

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Physiology of the Myelin Sheathing

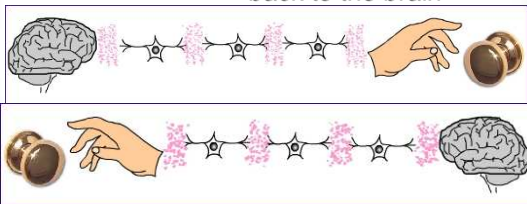
- Add Conductivity of the Electrical Impulses
- Myelin Protects the Nerve from Sound, Virus and Bacteria



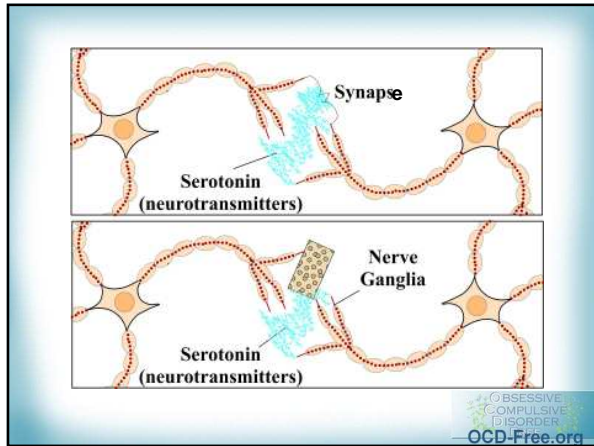
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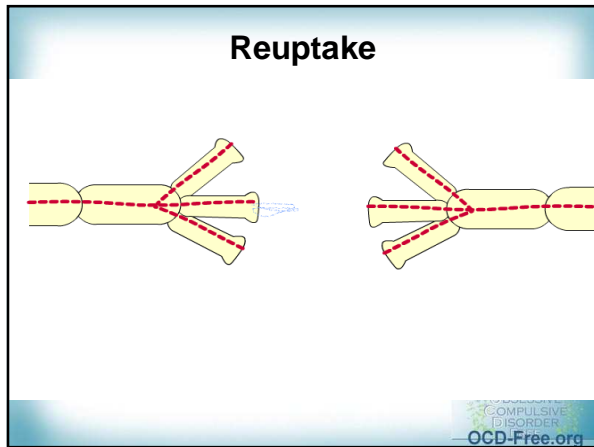
Anatomy of the Nervous System

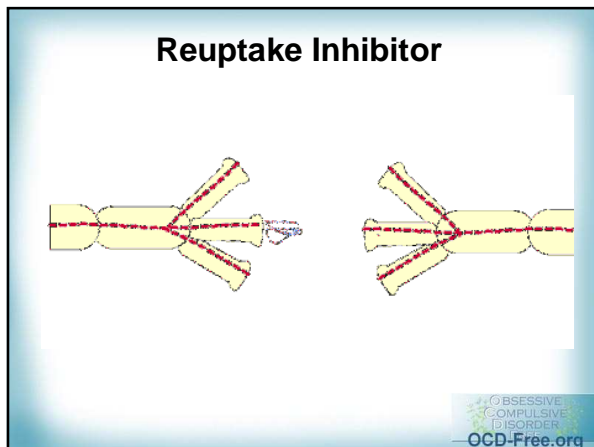
- Anatomy of the Nervous system
- Impulses go from and to the brain
- And then from the hand back to the brain



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There are 5 basic Neurotransmitters

- Serotonin
- Dopamine
- GABA
- Epinephrine
- Nor epinephrine

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Paint Analogy



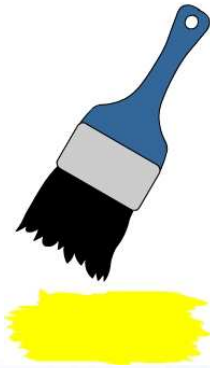
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Painting of a Sunset



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Clean Brush Between Color Changes



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As the paint colors will become dull if you don't rinse your paintbrush between colors...



the effect is the same with emotions when SSRI's inhibit the cleaning out of the synapse between impulses.

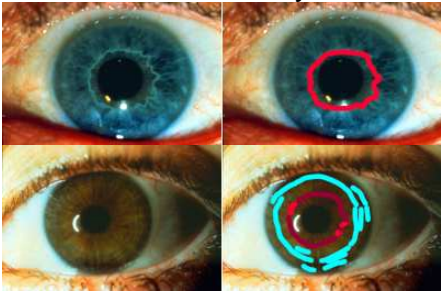
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- It is the axon which releases the neurotransmitters
- The potential for the amount of the neurotransmitter released is determined by the myelin.

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Myelin Health is indicated in the Iris of the Eye.



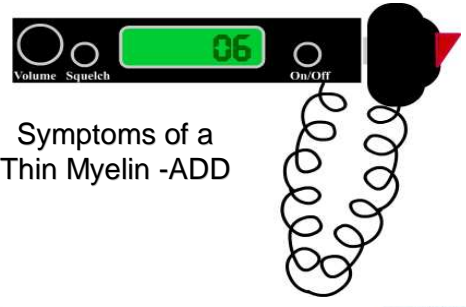
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CONDITIONS WHICH RESPOND TO:

- | | |
|--|--|
| NEUROTRANSMITTER
REUPTAKE INHIBITORS | FATTY ACIDS |
| •ADD/ADHD | •ADD/ADHD |
| •DEPRESSION | •DEPRESSION |
| •OCD (OBSESSIVE
COMPULSIVE
DISORDER) | •OCD (OBSESSIVE
COMPULSIVE
DISORDER) |
| •PANIC ATTACKS | •PANIC ATTACKS |
| •SCHIZOPHRENIA and
more | •SCHIZOPHRENIA and
more |

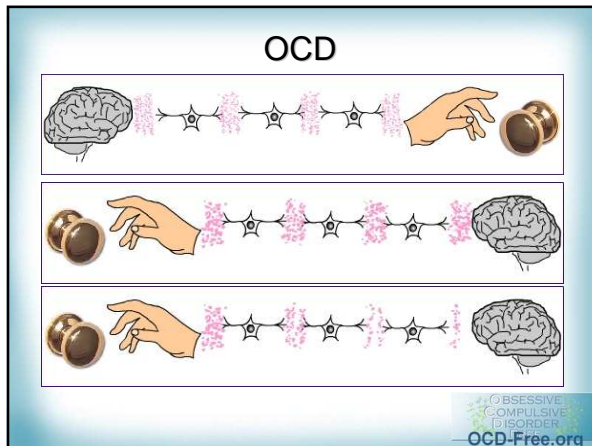
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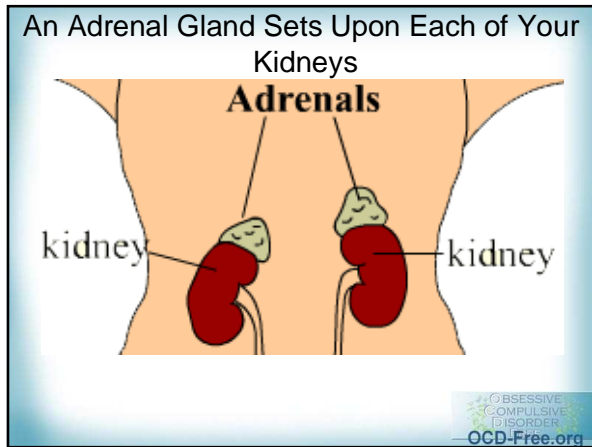
CB Analogy



Symptoms of a
Thin Myelin -ADD

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The 3 Levels of Consciousness

- **Conscious (daily consciousness – small)**
You are aware of and can use daily in the thinking process.
- **Preconscious (stored memory - medium):**
Past memories which isn't as easily brought into conscious thought.
- **Unconscious (enormous):** The body's autopilot and survival mechanism which is not directly accessible to awareness.

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Why Stress Weakens the Myelin

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That Which Stresses the Adrenals

Coffee, tea, caffeine (regular and decaf)
Heavy Metal Music
Adrenaline stimulating activities such as:

1. Video games
2. Movies
3. Daredevil activities

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What Else Weakens the Myelin

- Unutilized Adrenalin.. Stress
- COFFEE, TEA, CAFFEINE
- Lack of Fatty Acids
- Liver Function
 1. Digesting fats
 2. Cholesterol production
- Ultrasound
- MSG Monosodium Glutamate
- Toxicity
- Loud Noises
- pH

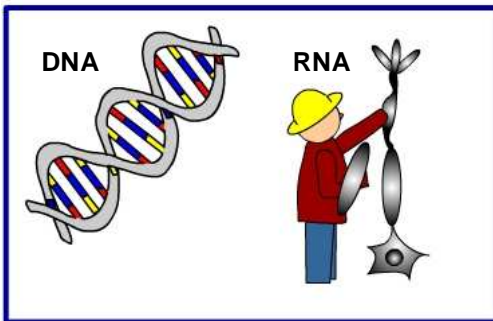
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That Which Nourishes the Myelin

- Fatty Acids:
 1. Evening Primrose Oil
 2. Flaxseed oil
 3. Super Omega 3 Oils
- Nervine Herbs: Chinese Stress Relief, Nerve Control, Stress-J
- Spirulina RNA (ribonucleic acid) Speeds up the healing

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Spirulina Helps Supply RNA



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Other Nutrients and Supplements

- Skeletal Strength Good source of calcium
- B Complex ... Nourishes the nerves
- Probiotic (full spectrum, enteric coated)
- Inositol Part of the B Complex
- Pregnenelone Encourages Myelin Regrowth
- Liver Cleanse Helps with digestion

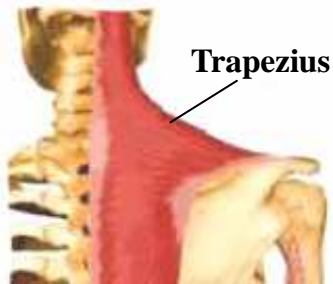
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Symptoms of a Weak Liver

- If you bloat or pass gas more than 1 time a week
- You should sleep the whole night through and not wake up, not to look at the clock or even to urinate. If you do it is a symptom of a weak liver
- Any female problems or prostate problems.
- Tight trapezoid (Trapezius muscle)

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The Trapezius or Trapezoid Muscle gets tight when liver is weak or toxic



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Determining Which Nerve is Best

- Nerve Control (formerly RE-X) -Double checking and if other herbal combos are not indicated.
- Chinese Stress Relief – If you see things out of the corner of your eye such as movement or shadows which are not there. Or if you hear music or someone calling your name.
- Stress-J (formerly STR-J) – For children who have yet reached puberty and who do not have opposite reactions to stimulants.

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To Increase Nervine Herbs

Start with recommended amount and increase 1 capsule a day per week until you dream nightly and remember them for 20 min after you awake. (back down the same way)

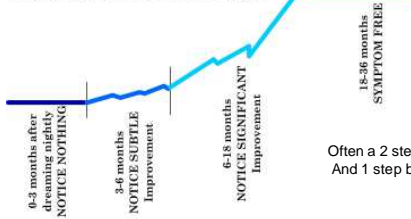
To Increase Liver Herbs

Start with recommended amount and increase 1 capsule a day per week until sleep the whole night through. (back down the same way)

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Not a Quick Fix

Progression Most People Report



Often a 2 steps forward
And 1 step backwards

The Way the Body Heals

<http://www.marysherbs.com/heal/heal-hc.shtml>

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DIET

DO's

- Turkey
- Salmon
- Cod
- Good healthy balanced diet including raw vegetables and fruits
- Bananas

DON'TS

- Coffee, tea (neither regular nor decafe)
- Caffeine products
- Processed foods

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