



Stress and the Nervous System

- Anatomy of the Nervous system

Copper wire
Plastic coating

Anatomy of the Myelin Sheathing

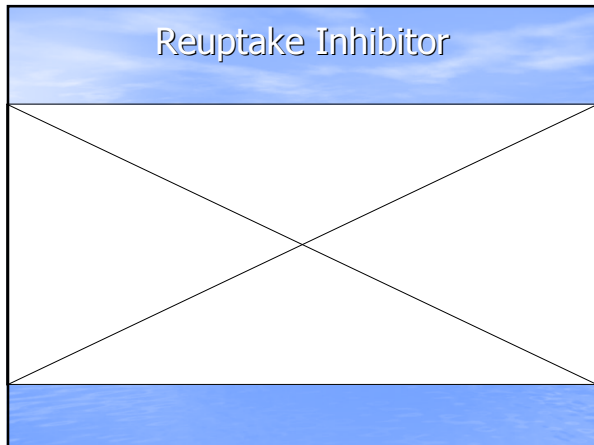
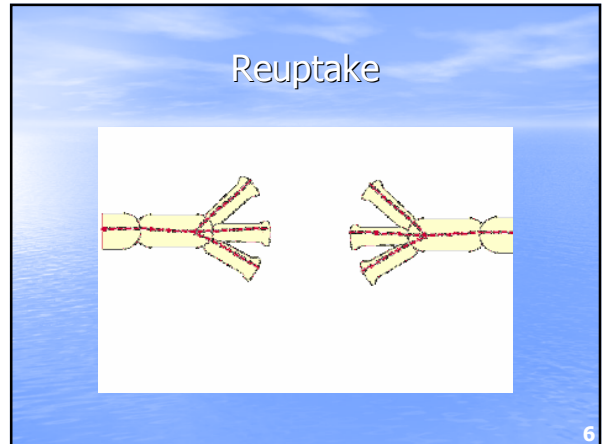
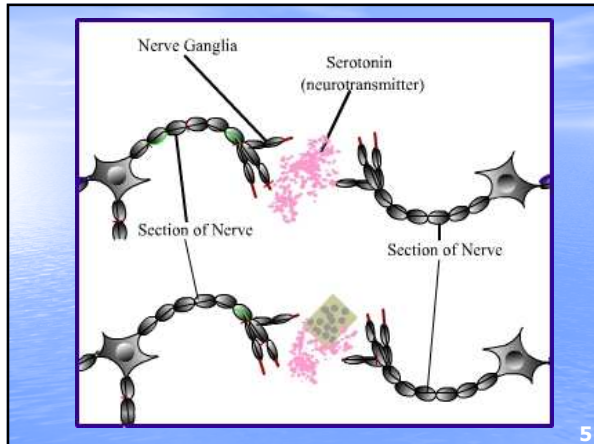
- Made up of 70% Fats
- Covers the nerve fibers in the brain, spinal cord and the axons or nerve fibers throughout the whole body
- Stores (determines the potential) of the release of Neurotransmitters

Physiology of the Myelin Sheathing

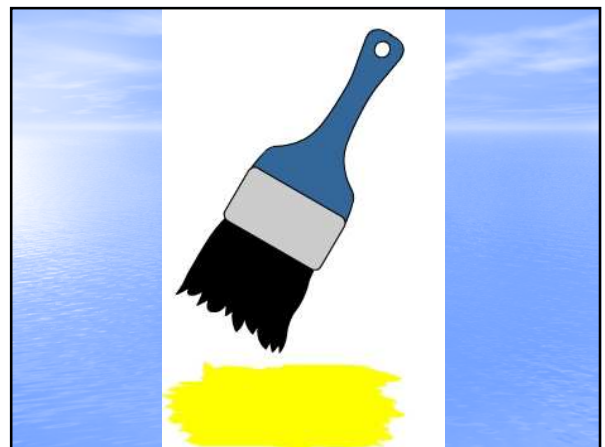
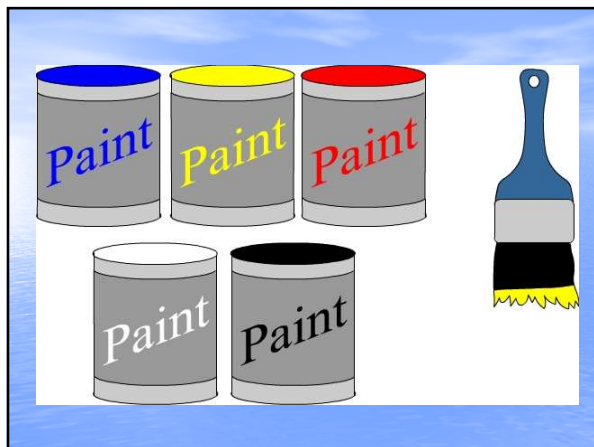
- Add Conductivity of the Electrical Impulses
- Myelin Protects the Nerve from Sound, Virus

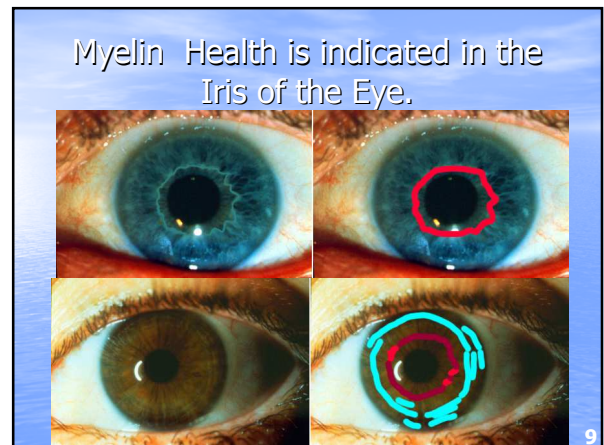
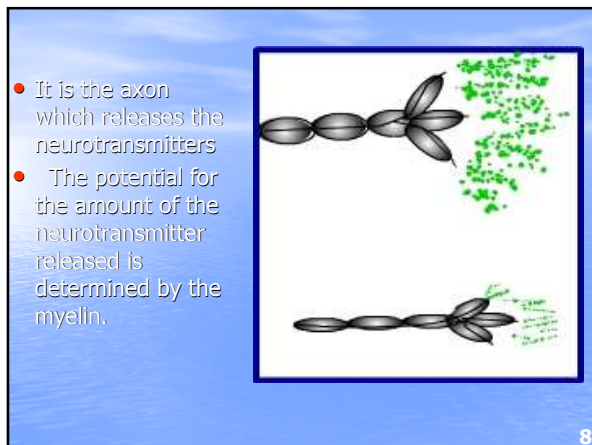
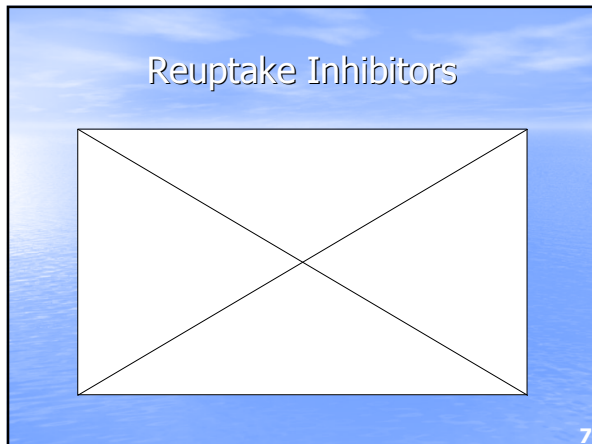
Anatomy of the Nervous system

- Unlike a copper wire, the nervous system is made up of sectioned nerves
- Impulses go from and to the brain
- And then from the hand back to the brain



- There are 5 basic Neurotransmitters
- Serotonin
 - Dopamine
 - GABA
 - Epinephrin
 - Norepinephrine

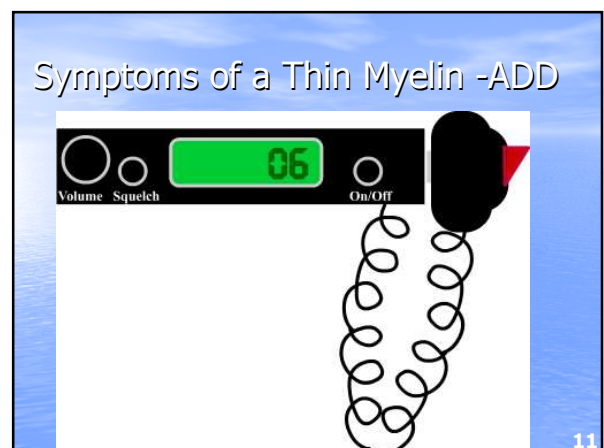


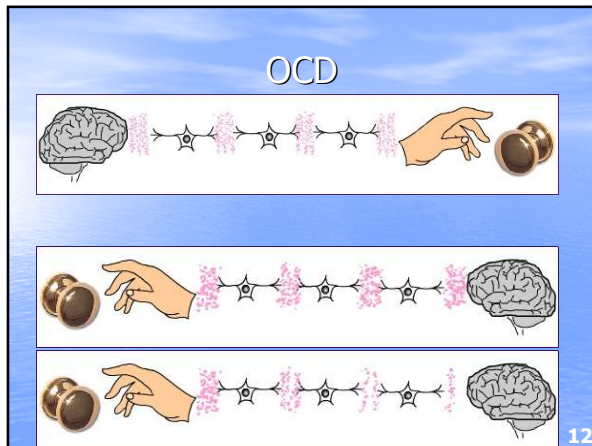


CONDITIONS WHICH RESPOND TO:

<p>NEUROTRANSMITTER REUPTAKE INHIBITORS</p> <ul style="list-style-type: none"> • ADD/ADHD • DEPRESSION • OCD (OBSESSIVE COMPULSIVE DISORDER) • PANIC ATTACKS • SCHIZOPHRENIA and more 	<p>FATTY ACIDS</p> <ul style="list-style-type: none"> • ADD/ADHD • DEPRESSION • OCD (OBSESSIVE COMPULSIVE DISORDER) • PANIC ATTACKS • SCHIZOPHRENIA and more
--	---

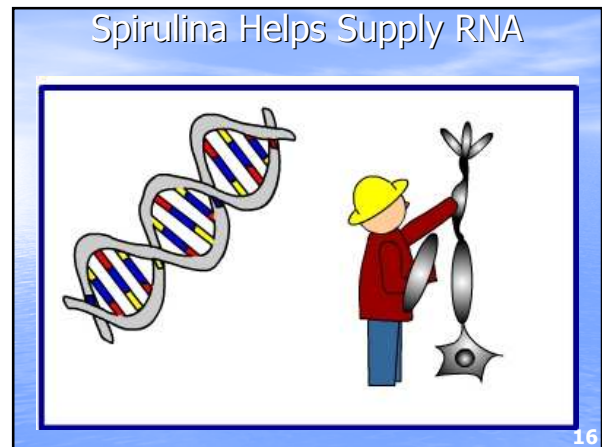
10





- ### Things Which Weakens the Myelin
- Stress
 - COFFEE, TEA, CAFFEINE
 - Lack of Fatty Acids
 - Liver Function
 - Loud Noises
 - Ultrasound
 - Toxicity
 - pH
- 14

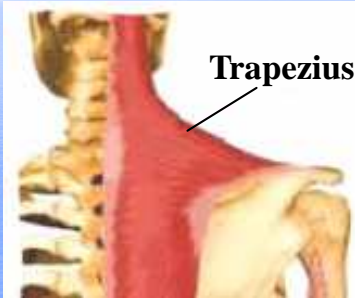
- ### Things Which Nourishes the Myelin
- Fatty Acids: Evening Primrose Oil, Flaxseed oil, Super Omega 3 Oils
 - Nervine Herbs: Chinese Stress Relief, Nerve Control, Stress-J
 - Spirulina RNA (ribonucleic acid) Speeds up the healing
- 15



- ### Other Nutrients and Supplements
- B Complex ... Nourishes the nerves
 - Skeletal Strength Good source of calcium
 - Inositol Part of the B Complex
 - Pregnenelone Encourages Myelin Regrowth
 - Liver Cleanse Helps with digestion
- 17

- ### 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)
- 18

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



19

Determining Which Nervine 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 Relief (formerly STR-J) – For children who have yet reached puberty and who do not have opposite reactions to stimulants.

20

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

21

QUESTIONS???????