STRESSED OUT!!!

Disclaimer

Anatomy of the Nervous System

• Add Conductivity of the Electrical Impulses
  https://www.nationalmssociety.org/What-is-MS/What-Causes-MS

• Myelin Protects the Nerve from Sound, Virus and Bacteria
  https://www.webmd.com/brain/understanding-bells-palsy-basics

Myelin-Related Disorders

• ADD
• OCD
• GAD
• Parkinson’s
• Bi-Polar
• Trichotillomania
• Body Dysmorphia
• MS
• Tourette’s
• Anorexia
• Bulimia
• Panic Attacks
• Social Phobia
• Bell’s Palsy
• Shingles
• Self Injury
• Self Cutting
• Other Neurological disorders

Myelin is made up of 70% (dry weight) Fats and Cholesterol
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 Nervous System

- Impulses go from the brain
- And then from the hand back to the brain

<table>
<thead>
<tr>
<th>Organ</th>
<th>Emotion experience through neurotransmitters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kidney</td>
<td>Fear</td>
</tr>
<tr>
<td>Bladder</td>
<td>Being P.O.’ed</td>
</tr>
<tr>
<td>Lung Heart</td>
<td>Grief</td>
</tr>
<tr>
<td>Gallbladder</td>
<td>Bitterness</td>
</tr>
<tr>
<td>Pancreas</td>
<td>Lack of Sweetness and Joy</td>
</tr>
<tr>
<td>Liver</td>
<td>Anger</td>
</tr>
<tr>
<td>Colon</td>
<td>Not being able to let go</td>
</tr>
<tr>
<td>Thyroid</td>
<td>Holding in what should be expressed</td>
</tr>
<tr>
<td>Spleen</td>
<td>Obsessions</td>
</tr>
</tbody>
</table>

Common Reuptake Inhibitors

- Selective Serotonin Reuptake Inhibitors (SSRIs)
- Serotonin-norepinephrine reuptake inhibitors (SNRIs)
- Dopamine reuptake inhibitor
- Norepinephrine-Dopamine reuptake inhibitor
- Monoamine neurotransmitter reuptake inhibitor

Although reuptake inhibitors may offer temporarily relief they do not nourish nor encourage the myelin to heal.

A healthy myelin manages neurotransmitters more efficiently than any drug!
There are 5 basic Neurotransmitters:

- Serotonin
- Dopamine
- GABA
- Epinephrine
- Nor epinephrine

Someone once said that neurotransmitters is the bridge between the spirit, the mind and the body.

Simply said we are able experience life because of these chemicals.

Paint Analogy

As the paint colors will become dull if you don’t rinse your paintbrush between colors, the effect is the same with emotions when RI’s medication inhibit the cleaning out of the synapase between impulses.
Think of Neurotransmitters of Those Who Take SSRI’s

Is it any wonder emotions would be grayed or dulled?

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

Myelin Health is indicated in the Iris of the Eye.

Thank you Francesca

“Our findings of increased radial diffusivity provide preliminary evidence for abnormal myelination in patients with OCD.”

(Review study)
“Our review emphasizes that the reported white matter alterations in OCD complement the broader gray matter abnormalities identified and may well suggest that OCD is associated with large-scale disruption in brain systems or networks...

“OCD is associated with several microstructural abnormalities within the white matter, which may indicate impaired neuronal integrity and increased connectivity. The positive correlation between [ 31 abnormalities and symptom severity] suggests that DT imaging may be of value in measuring and following disability in OCD.”

“Our findings support the involvement of different white matter tracts in OCD and suggest that greater impairment in white matter integrity is associated with increased severity of OCD symptoms.”

“Our findings indicate that OCD is associated with white matter abnormalities in parietal and frontal regions. Similar abnormalities in unaffected first degree relatives suggest these may be white matter endophenotypes for OCD.”

“Our objective was to test for differences between subjects with obsessive-compulsive disorder (OCD) and healthy controls with respect to white matter architecture within the cingulum bundle (CB) and anterior limb of the internal capsule (ALIC) in adolescents with OCD (ages 12-17 years). These results provide preliminary evidence for abnormal architecture within the CB and ALIC in OCD.”

“Our findings suggest involvement of multiple white matter tracts in juvenile OCD. ... The widespread differences in white matter among cases and controls also points to the possibility of underlying myelination changes.”

Adolescents with OCD had a wide range of grey matter and white matter changes compared to healthy control subjects that are broadly consistent with those identified in the adult OCD literature but are more extensive.”


CONDITIONS WHICH RESPOND TO:

NEUROTRANSMITTER REUPTAKE INHIBITORS

ADD/ADHD
DEPRESSION
OCD (OBSESSIVE COMPULSIVE DISORDER)
PANIC ATTACKS
SCHIZOPHRENIA and more

FATTY ACIDS

ADD/ADHD
DEPRESSION
OCD (OBSESSIVE COMPULSIVE DISORDER)
PANIC ATTACKS
SCHIZOPHRENIA and more

Thin myelin causes the conditions above

http://www.elementsbehavioralhealth.com/mental-health/mental-illness/OCD-Free.org

“Our review emphasizes that the reported white matter alterations in OCD complement the broader gray matter abnormalities identified and may well suggest that OCD is associated with large-scale disruption in brain systems or networks...”


https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2486416


The “Tara Method”
Do Only Under Doctor Supervision and After You are Symptom Free

CB Analogy
Symptoms of a Thin Myelin -ADD

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.

An Adrenal Gland Sets Upon Each of Your Kidneys

Why Stress Weakens the Myelin

OCD

- OCD
- RAM
- Internet
- OCD
Squeezing stress balls not as effective as punching someone in the face, finds
https://www.mone
ycrashers.com/he
alth-benefits-boxing-workouts/

Coffee, tea, caffeine (regular and
decaf)
Sugar?
Heavy Metal Music
Adrenaline stimulating activities such as:
1. Video games
2. Movies
3. Daredevil activities

That Which Stresses the Adrenals
https://www.npr.org/sections/health-shots/2015/02/19/381937503/light-back-against-parkinsons-exercise-maybe-the-best-therapy

That Which Stresses the Adrenals
https://www.npr.org/sections/health-shots/2015/02/19/381937503/light-back-against-parkinsons-exercise-maybe-the-best-therapy

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 and Aspartame – Excitotoxins
- pH -

Things to Allow the Myelin to Heal

1. Adrenal Support and manage stress
2. Fatty Acids – ½ plant source, ½ fish source
3. Liver – Support Digest
4. Nervine Herbs
5. Extras
6. FOLLOW a healthy DIET!!!!

That Which Nourishes the Myelin

- Dietary Fats
- Fatty Acids Supplements:
  1. Hemp Oil
  2. Coconut Oil
  3. Evening Primrose Oil
  4. Flaxseed oil
5. Super Omega 3 Oils

Studies that show Ultrasound can effect fetus’ tissues and brain


Things to Allow the Myelin to Heal

1. Adrenal Support and manage stress
2. Fatty Acids – ½ plant source, ½ fish source
3. Liver – Support Digest
4. Nervine Herbs
5. Extras
6. FOLLOW a healthy DIET!!!!
Convergent functional genomic studies of \( \omega-3 \) fatty acids in stress reactivity, bipolar disorder and alcoholism.

DBP KO – Disorder: BiPolar Knock Out
DBP WT – Disorder: BiPolar Wild Type

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)

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

Trapezius

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

Suggestion ONLY 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)

Not a Quick Fix

The Way the Body Heals
DIET

**DO’s**
- Turkey
- Salmon or Cod?
- Good healthy balanced diet including raw vegetables and fruits
- Bananas
- Parsley
- Kefir and other fermented foods
- Bone Broth

**DON'TS**
- Coffee, tea (neither regular nor decafe)
- Caffeine products
- Peanut products
- Processed foods
- Food Allergies?

Mary Reed Gates
MaryHerbs1@gmail.com
717-898-2220
NSP Sponsor # 10139
PERSON WHO INVITED YOU

To be put on our emailing list go to: http://www.naturesherbs.biz/
Mention this webinar to get $10 off consultation