



Holladay Physical Medicine

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www.holladayphysicalmedicine.com

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Anxiety Disorders

You can better understand the nature of anxiety by looking at the both what it is and what it is not. For example, anxiety can be distinguished from fear in several ways. When you are afraid, your fear is usually directed toward some concrete external object or situation. The event that you fear usually is within the bounds of possibility. You might fear not meeting a deadline, failing an exam, being unable to pay your bills, or being rejected by someone you want to please. When you experience anxiety, on the other hand, you often can specify what it is you're anxious about. The focus of anxiety is more internal than external; it seems to be a response to a vague, distant, or even unrecognized danger. You might be anxious about "losing control" of yourself or some situation. Or you might feel a vague anxiety about "some thing bad happening".

Anxiety affects your whole being. It is physiological, behavioral, and psychological reaction all at once. On a physiological level, anxiety may include bodily reactions such as rapid heartbeat, muscle tension, queasiness, dry mouth, or sweating. On a behavioral level, it can sabotage your ability to act, express yourself, or deal with certain everyday situation.

Psychologically, anxiety is a subjective stage of apprehension and uneasiness. In its most extreme form, it can cause you to feel detached from yourself and even fearful of dying or going crazy.

The fact that anxiety can affect you on a physiological, behavioral, and psychological level has important implications for your attempts to recover. A complete program of recovery from an anxiety disorder must intervene at all three levels to

1. Reduced physiological activity
2. Eliminate avoidance behavior
3. Change subjective interpretations which perpetuate a state of apprehension and worry

Anxiety can appear in different forms and at different levels of insanity. It can range in severity from a mere twinge of uneasiness to a full-blown panic attack marked by heart palpitations, disorientations, and terror. Anxiety that is not connected with any particular situation, that comes "out of the blue," is called free floating anxiety or, in more severe instances, a spontaneous panic attack. The difference between an episode of free floating anxiety and spontaneous panic attack can be defined by whether you experience four or more of the following symptoms at the same time (the occurrence of four or more symptoms defines a panic attack):

- Shortness of breath
- Heart palpitations
- Trembling or shaking

- Sweating
- Chocking
- Nausea and abdominal distress
- Numbness
- Dizziness and unsteadiness
- Feeling of detachment or being out of touch with yourself
- Hot flushes or chills
- Fear of dying
- Fear of going crazy or out of control

If your anxiety arises only in response to a specific situation, it is called situational anxiety or public anxiety. If you have a disproportionate apprehension about driving on freeways, going to the doctor, or confronting your spouse, this may qualify as situational anxiety. Situational anxiety becomes phobic when you actually start to avoid the situation. If you give up driving on freeways, going to doctors, or confronting your spouse altogether.

Often anxiety can be brought on merely by thinking about a particular situation. When you feel distressed about what might happen when or if you have to face one of your phobic situations, you are experiencing what is called anticipatory anxiety.

TREATMENT and MANAGEMENT

Mechanical Treatment

Subluxations of the spine in areas relative to contributing organ systems must be corrected and maintained in order for continued improvement to be realized. Generally – 4 days in a row, then 4 weeks of 3 per week. Then weekly graduated down to monthly per patient need.

In order to determine what elements or chemical imbalance may be causing or contributing to this disorder, several diagnostic tests should be performed. Life style questionnaires should be completed. Modifications to life style, diet and supplementation should be employed based on the results. Also, a variety of homeopathic preparations may be indicated for acute phase symptomatic relief. General vitamin and mineral therapy using synthetic products would not be advisable.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

NUTRITION AND SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been

drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

SPECIFIC FOR THIS CONDITION

- Min-Chex
- Drenamin
- Symplex F or M
- Valerian Complex
- Hypothalamex

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

Homeopathic Management of anxiety

Homeopathy is one of the most popular holistic systems of medicine. The selection of remedy is based upon the theory of individualization and symptoms similarity by using holistic approach. This is the only way through which a state of complete health can be regained by removing all the sign and symptoms from which the patient is suffering. The aim of homeopathy is not only to treat anxiety but to address its underlying cause and individual susceptibility. As far as therapeutic medication is concerned, several well-proved medicines are available for homeopathic cure of anxiety that can be selected on the basis of cause, condition, sensation and modalities of the complaints. For individualized remedy selection and treatment, the patient should consult a qualified homeopathic doctor in person. Some important remedies are given below for homeopathic cure of anxiety:

ACONITE – the complaints are so sudden and violent that the patient is under great nervous irritation, and excitement. Even trivial complaints are accompanied by great fear and anxiety of mind, great anxiety and excitement, patient is hasty in every action. Tendency to start at everything thinks his thoughts are coming from stomach; music is unbearable and makes her sad, complaints from fright, anxiety and excitement. Patient is extremely restless-mentally as well as physically. Patient tosses about in agony, must change his position often. Fear of future, fear of going out, of crowd, of crossing street.

Arsenic album – anxiety, anxiousness, and mental restlessness is marked in this remedy. Always moving from one place to another, physically too weak to move, so he wants to be moved from place to place, Fear of death; fear that he is having some incurable disease. Sad and hopeless of recovery, Fear and in anxiety when alone, feels as if he will die soon. Suicidal tendencies, weary of life. Impulse to commit suicide, over sensitiveness to circumstances and surroundings, patients is extremely fastidious, wants everything in proper place even when he or she is sick.

Sulphur – anxiety with fainting spells, profuse sweating, worse in the morning, mentally lazy, always tired, occasionally restlessness and hasty. Irritable impatient of others, selfish, easily excited and offended, Always in dreams, delusions, thinks rags to be beautiful things. He is a ragged philosopher, very unclean, does not care for neatness, he thinks there is no need of cleanliness. Suspicious and mentally depressed, Very forgetful, confused, absent minded, having aversion to mental, as well as physical efforts. Aversion to bathing

Argentum Nitricum – anxiety make patient walk fast, anxiety due to anticipation, patient is very anxious and nervous, apprehension and fear, when getting ready to go to any gathering such as church or opera etc, diarrhea sets in, patient is always in hurry, time passes too slowly.

Water

Reformatted water, spring water, reverse osmosis or distilled water are the only water sources that can be free from toxic substances and viruses. Without replacing the water source, these ingredients will continually toxify the patient. This is one reason these conditions become chronic due to repetitive re-inoculation. These poisons will be continually reintroduced into the body and immunity to it will be extremely difficult to achieve. If you are sharing bodily fluids in any fashion, it is critical for your partner to undergo the same water precautions so that you are not repeatedly re-infecting each other. Daily consumption should be around 64 oz for the average to small female and increased accordingly to body size.

Stress Reduction

This is the product of several things including manipulation of the spine and surrounding soft tissues, breathing and other exercises, meditation, and daily activity routinization. A regular time for each of these must be followed six days each week with no exceptions. Time to listen to comforting music (classical or other soft styles) is critical every day.

Life Style Changes

Every member of the family and support group must be trained and educated to help the resolution of the problem. Sometimes complete recovery can take up to 18 months of 100% compliant behavior depending on the age of the condition and the scale of other health indicators of the patient. Everyone in the household must become acclimated to the same diet and same or similar routines. Confrontation and stressful emotional situations must be eliminated. Set up a routine for calming down to begin before 10 PM. Get rid of all distractions and sit in a recliner or comfortable chair for 30 minutes and wind down. Teach your mind to focus on pleasant things and not the problems of the day. Take slow deep breaths raising your shoulders and then lowering them as you exhale. When you become sleepy, go to bed. Make certain that nothing else happens in your bedroom from now until morning. If you are restless, try to just lie there and rest even if you don't fall asleep. Convince yourself that your body will rest even if you don't sleep and you will be all right.

Sleep and Rest

These are not the same. Sleep should be routinized and retiring should be before 10:30 PM each night and 8- 9 hour of sleep time should be planned. Do not read or watch TV when falling asleep. Try to remain still in a quiet place of comfort. Sleep should not be shared with anyone including a spouse. Make certain that regardless of when you fall asleep, you arise at the same time each day. Even if you do not sleep soundly, remain still and quiet so that your body can rest. Napping should be done 30 to 60 minutes following the noon meal. This may be preferred in the sitting or slightly recumbent position. Be certain that it is not more than 60-90 minutes.

Exercise

This is perhaps, the most difficult item for most patients as they are so tired they do not feel like doing any exertion. Regardless of how you feel, you must stimulate the T cells (a major component of your immune system) in order to overcome this condition. It is strongly recommended that all exercise be done early in the day so as not to reverse or affect your intended biologic clock. Begin with walking (and you may need to start with only 2 minutes) and add 1 minute each day to your routine. A host of weight lifting and aerobic routines are available on our web site www.holladayphysicalmedicine.com when you feel up to adding other exercise activities. Sweating is the goal; the sooner you can do that, the sooner you will begin to get well.

Diet

The best diet regimen to follow has proven, in most cases, to be the diet used to control low blood sugar. We recommend whole foods only and a complete set of whole food instructions can be found on the web page listed in the previous paragraph and go to Absolute Health Clinic. We do not recommend weight loss and anxiety management be attempted at the same time. However, as most weight imbalance problems are associated with toxicity, the whole food plan will gradually accomplish both.

The main stay of this diet is protein; meat, fish, eggs, and cheese. Proteins help in two ways, they don't trigger the pendulum reaction of raising the blood sugar right away that causes a release of insulin that soon lowers the blood sugar level; and proteins are absorbed slowly and converted slowly into usable sugar.

Eat six smaller meals each day spread out equally. These should be predominantly protein (50%) fat (20%) and carbohydrates (30%) and include only complex carbohydrates and specific fats such as avocado, olives and olive oil and other vegetable sources. Partially hydrogenated fat should be avoided at all costs.

AVOID

Refined carbohydrates: cake, cookies, candy, pie, ice cream, baked items, etc.

Partially hydrogenated fat

Processed meats, hot dogs, MSG

OTHER INFORMATION:

We offer a wide variety of health information at our web site. www.holladayphysicalmedicine.com All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.