



# Holladay Physical Medicine

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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.

## Depression, Anxiety Disorders and Stress

I have discussed these items together for convenience and relevance in conservative non-prescription pharmacologic treatments and not because they are considered the same thing. On the contrary, they are very different. Depression and Stress may be categorized into three types or origins but that is where the similarities begin to differ. The three areas for each are physical chemical and emotional. This categorization is not intended to diminish the seriousness of the disorders but make it a bit easier to understand the holistic approach to the understanding, diagnosis and treatment of each component.

Depression is a serious biologic disease that affects millions of people each year. The encouraging news is that it may be successfully treated. Learn how you can manage your depression by reaching out to others such as a health care professional or family and friends.

## Causes of Depression

Although no single cause of depression has been identified, it appears that interaction among genetic, biochemical, environmental, and psychosocial factors may play a role. The fact is, depression is not a personal weakness or a condition that can be willed or wished away, but it can be successfully treated.

## Epidemiology

An estimated 33 to 35 million U.S. adults are likely to experience depression at some point during their lifetime. The disease affects men and women of all ages, races, and economic levels. However, women are at a significantly greater risk than men to develop major depression. Studies show that episodes of depression occur twice as frequently in women as in men.

Although anyone can develop depression, some types of depression, including major depression, seem to run in families. Whether or not depression is genetic, the disorder is believed to be associated with changes to levels of chemicals in the brain such as serotonin and norepinephrine.

## Major Depressive Disorder

Major depressive disorder (MDD) is commonly known as depression. MDD can be diagnosed when a patient demonstrates at least 2 weeks of depressed mood or loss of interest accompanied by at least four additional symptoms of depression.

## Symptoms of Depression

Although there is no blood test to diagnose depression, there are well-developed guidelines to diagnose major depressive disorder. One of these guidelines is called the *DSM-IV*<sup>®</sup>.

According to the *DSM-IV*, major depressive disorder (or "depression") is diagnosed when five or more of the following symptoms of depression are present for most of the day, nearly every day for at least 2 weeks. At least one of the symptoms must be either persistent sad or "empty" feelings or loss of interest in activities.

- Constant sadness
- Irritability
- Hopelessness
- Trouble sleeping
- Low energy or fatigue
- Feeling worthless or guilty for no reason
- Significant weight change
- Difficulty concentrating
- Loss of interest in favorite activities

Be sure to report if you're experiencing any of these symptoms as described by the *DSM-IV*. Also report if your symptoms are affecting your ability to function at home, at work, or with family, friends, or colleagues.

## What Are the Types of Anxiety Disorders?

There are several recognized types of anxiety disorders, including:

- **Panic disorder:** People with this condition have feelings of terror that strike suddenly and repeatedly with no warning. Other symptoms of a panic attack include sweating, chest pain, palpitations (unusually strong or irregular heartbeats), and a feeling of choking, which may make the person feel like he or she is having a heart attack or "going crazy."
- **Social anxiety disorder:** Also called social phobia, social anxiety disorder involves overwhelming worry and self-consciousness about everyday social situations. The worry often centers on a fear of being judged by others, or behaving in a way that might cause embarrassment or lead to ridicule.
- **Specific phobias:** A specific phobia is an intense fear of a specific object or situation, such as snakes, heights, or flying. The level of fear is usually inappropriate to the situation and may cause the person to avoid common, everyday situations.
- **Generalized anxiety disorder:** This disorder involves excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety.

## What Are the Symptoms of an Anxiety Disorder?

Symptoms vary depending on the type of anxiety disorder, but general symptoms include:

- Feelings of panic, fear, and uneasiness
- Problems sleeping
- Cold or sweaty hands and/or feet
- Shortness of breath
- Heart palpitations

- An inability to be still and calm
- Dry mouth
- Numbness or tingling in the hands or feet
- Nausea
- Muscle tension
- Dizziness

## What Causes Anxiety Disorders?

The exact cause of anxiety disorders is unknown; but anxiety disorders -- like other forms of mental illness -- are not the result of personal weakness, a character flaw, or poor upbringing. As scientists continue their research on mental illness, it is becoming clear that many of these disorders are caused by a combination of factors, including changes in the brain and environmental stress.

Like other brain illnesses, anxiety disorders may be caused by problems in the functioning of brain circuits that regulate fear and other emotions. **Studies have shown that severe or long-lasting stress can change the way nerve cells within these circuits transmit information from one region of the brain to another.** Other studies have shown that people with certain anxiety disorders have changes in certain brain structures that control memories linked with strong emotions. In addition, studies have shown that anxiety disorders run in families, which means that they can at least partly be inherited from one or both parents, like the risk for heart disease or cancer. Moreover, certain environmental factors -- such as a trauma or significant event -- may trigger an anxiety disorder in people who have an inherited susceptibility to developing the disorder.

## How Common Are Anxiety Disorders?

Anxiety disorders affect millions of adult Americans. Most anxiety disorders begin in childhood, adolescence, and early adulthood. They occur slightly more often in women than in men, and occur with equal frequency in whites, African-Americans, and Hispanics.

**Call a health care professional right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:**

- Thoughts about suicide or dying
- Attempts to commit suicide
- New or worse depression
- New or worse anxiety
- Feeling very agitated or restless
- Panic attacks
- Trouble sleeping (insomnia)
- New or worse irritability
- Acting aggressive, being angry or violent
- Acting on dangerous impulses
- An extreme increase in activity and talking (mania)
- Other unusual changes in behavior or mood

## 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.

## **Supplements**

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.

## **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 reinoculation. 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](http://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. The KEATO diet with the modified Atkins plan is best for this making sure to eat every 2-3 hours. 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

### **PREMISE**

In order to recover from many of today's chronic health disorders, a basic premise must be understood on which all other treatments and remedies depend. The body must be fed the proper ingredients to heal and it must not be fed or exposed to harmful or toxic elements. Go to our web page [www.holladayphysicalmedicine.com](http://www.holladayphysicalmedicine.com) Scroll down to the Absolute Health Clinic on the right and click on Learn More. Review each of the following completely: Things to Avoid or Eliminate, Things to Do, Detoxification, Preferred Foods, Forbidden Foods, and Cleaning Products Substitutes.

Each of these items is necessary for you to overcome this disorder. It is not likely that a cure is readily achievable and management is our initial goal. Depending on how long your body has suffered from this disorder, it may take at least half that long to gain control of the condition and manage it in such a way as to not completely interfere with your daily routine. Expectations should be largely based on your individual history with this condition.

### **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.

### **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**

- Symplex F or M
- Min-Chex
- Niacinamide B6

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.

### **EXERCISE**

Begin a daily walking routine of 1 minute on the first day. Add 1 minute each day until you are at 45 minutes of continuous walking. Make this a specific time and walking around stores, work or home does not count.

### **MAINTENANCE:**

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

### **OTHER INFORMATION:**

We offer a wide variety of health information at our web site. [www.holladayphysicalmedicine.com](http://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.