

## ARE YOU EXPERIENCING ANY OF THE FOLLOWING SYMPTOMS?

- Constant worry
- Extreme reactions to stress
- Inability to sit still or relax
- Insomnia
- Trouble concentrating
- Feeling that your brain is in constant over-drive even though you are fatigued
- Always fearing the worst
- Unable to turn off negative thoughts

If you identify with any of the above, you may be suffering from an anxiety disorder. And you're not alone. According to the National Institute of Health (NIH), anxiety and depression affect 38 million Americans each year, and 75 million will suffer from anxiety or depression at some time in their lives.

Fortunately, anxiety disorders are highly treatable conditions for the majority of sufferers. Today, there are more choices than ever that are safe and effective for patients including natural treatment methods for those who are looking for alternative options to prescription drugs.

### WHAT ARE ANXIETY DISORDERS?

Anxiety is an unpleasant emotional condition, usually accompanied by physiological sensation that is characterized by worry, doubt and painful awareness that one is powerless to control situations. The anxious person is hyper-vigilant, tense and insecure in most situations. Their heightened negative state leads to other health problems and bodily complaints such as depression, chronic pain, digestive problems, insomnia and cardio respiratory irregularities that can be particularly prominent in those who suffer from anxiety.

In his book, "Healing Anxiety and Depression," Dr. Daniel Amen states, "Until recently, many people felt that anxiety and depression were the result of a weak will, bad character or sin. Recent brain science has clearly revealed that these disorders are in large part the result of brain dysfunction." He goes on to describe five

regions of the brain, their functions and how their dysfunction can predispose a person to suffering from anxiety and/or depression.

**Common symptoms and associated conditions can include:**

- Cycles of depression
- Fatigue
- Adrenal gland disorders
- Tight muscles
- Restless Leg Syndrome
- Indigestion, Acid Reflux, GERD
- Light/sound sensitivity
- Attention deficits
- Trouble shifting from negative thoughts
- Social phobias
- Muscle twitches or tics
- Snoring
- Impaired bladder control
- Shallow breathing
- Bad posture

Typically, we find that people who suffer from

anxiety disorders are very sensitive to chemicals, medications and even some natural therapies such as deep muscle massage and strenuous exercise. These individuals thrive instead on gentle and restorative therapies. Special precautions must be taken with environmental chemicals and pollutants. In addition, side-effects of medications and even nutritional supplements must be carefully monitored.

### KNOW WHAT YOU ARE DEALING WITH

There are serious medical conditions that may mimic anxiety or accompany anxiety. These disorders must be taken seriously and treated appropriately. They may include heart conditions, (which are frequently accompanied by dread and apprehension), hyperthyroidism, systemic lupus erythematosus, anemia and blood sugar disorders. In addition, respiratory conditions, such as asthma, chronic obstructive pulmonary disease and pneumonia, can all result in symptoms

that can be confused with or cause anxiety. Drugs like caffeine, alcohol, amphetamines, cocaine and many medications—both prescriptive and over the counter—can all precipitate anxiety attacks.

Most people that have an anxiety disorder have another comorbid (that is, co-occurring and often related) condition such as depression. Furthermore, there are actually several types of anxiety disorders, and one person can suffer from more than one type. It's important to realize this because prescriptive medications can work wonderfully for some types and not at all well for others. The more you know about what you suffer from, the more likely it is that you will be able to get appropriate treatment for your particular problem.

## WHAT YOU CAN DO

There are a couple of things that are good to-dos for just about anyone who suffers from anxiety. These include:

**Low impact, low intensity, consistent exercise. Good options include:**

- Yoga
- Walking
- Water aerobics.

**Diet and nutrition.** The best diet is one that is high in protein (such as fish, chicken and turkey), essential fatty acids (EPA, DHA, GLA, ALA) and which includes lots of vegetables.

- Avoid caffeine and other stimulants, which can be found in coffee, tea, diet foods and drinks, sodas, chocolate and some pain relievers.
- Avoid simple sugars, including honey, high fructose corn syrup and white flour.
- Avoid excito-toxins (such as MSG or hydrolyzed vegetable protein), artificial ingredients or sweeteners (such as aspartame, Splenda) and preservatives.
- Dietary supplements should include B vitamins, essential fatty acids, antioxidants and CoQ10, just to name a few. Your specific nutritional needs should be determined by a qualified healthcare practitioner.
- Use only natural products in your home for cleaning and for personal care. Many times these have the added benefit of being safe for the environment.

## Relaxation techniques

- Breathing exercises
- Massage (avoid deep tissue work and Rolwing®)
- Meditation
- Stretching

**Counseling with a qualified, licensed professional, minister or other trusted source.**

## NEED MORE HELP!

When an anxiety disorder begins to take over your life and affect your work and your personal relationships, further treatment may be needed. As mentioned above, pharmaceutical intervention may work great for you. Talk to your doctor about prescribing an anti-anxiety medication and/or antidepressant.

However, if you've already tried this route with limited success, cannot tolerate the side-effects or are simply looking for a more natural approach, we have solutions for you.

## HOW CAN WE HELP?

The doctors of Alternative Health Solutions are Functional Chiropractic Neurologists, who are board certified in neurology, the field which deals with the function of the brain and the nervous system. It's possible that you've never heard of this specialty, because there are only 700 board certified doctors in the entire world that are trained in this way. They specialize in uncovering the causative problems that lead to various stress and anxiety-related disorders. Advanced diagnostics and functional testing are used to isolate the cause of the disorder, which many times is due to the way your brain is "wired." Once the cause is determined, they can customize a treatment plan for you.

There are literally millions of combinations of neurological pathways and circuitry that



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Functional Chiropractic Neurologists use to achieve the desired effects. To affect these pathways, they may use a combination of:

- Feedback from muscles and joints, utilizing specific adjustments and exercises.
- Eye stimulation from light using specific colors or patterns.
- Auditory stimulation from specific types of sounds or music, which may be used in one ear or the other.
- Labyrinthine stimulation including spin therapy, specific exercises involving the intrinsic eye muscles or balance and coordination activities.
- Cognitive learning exercises, such as number patterns or visualization techniques.
- Breathing optimization techniques, such as postural enhancement, rib/chest expansion and breathing exercises.
- Electrotherapy, such as premodulation, interferential, microcurrent (including Alpha-Stimulation—a form of microcurrent which has revolutionized the way we treat people who suffer from migraines, depression, insomnia and chronic pain), ultrasound and TENS (hand-held or traditional).
- Hydrotherapy/Massage; we have an ON-SITE hydrotherapy bed which uses 36 jets to give localized or general massages, all while you remain clothed and dry.
- Customized nutritional plans.
- Targeted Amino Acid Therapy which includes neurotransmitter testing to identify deficiencies and to help optimize the chemical integrity of the brain.

Since you are a unique individual, we take pride in developing a customized plan that is perfect for you to help get your life back—without relying on drugs or surgery. We enjoy working with other doctors, health care practitioners, physical therapists, personal trainers and massage therapists to provide a teamwork approach to your healthcare.

You have options. We have solutions. Call us today at **972-874-3838** to schedule a FREE CONSULTATION with Dr. Engelbart or Dr. Sparaco and find out how we can help you. 

Visit Our Web Site to See What Type of Anxiety You May Suffer From