



FRANKLY SPEAKING



Total Life Chiropractic - Your Family Chiropractors

Five Steps To *Becoming* Depressed, Anxious, And Fearful

Typically depression affects approximately one in six people, to them it seems that depression, anxiety and fear are running rampant. Below we've outlined **5 steps to take to become more depressed, anxious and fearful.**

HINT Do the opposite

Step 1: Become toxic.

Modern medications, modern foods, and chemically based household products have toxins that remain in the system and destroy hormonal function and alter physiology. Many pass the blood/brain barrier having a direct effect on the brain.

Step 2: Warning, do not exercise!

A sedentary lifestyle has many damaging effects to your mind and body. In multiple studies, exercise consistently matches or exceeds the benefits of antidepressants, therefore avoid it at all costs.

Step 3: Eat this way

1. A diet high in carbohydrates so that you can create an elevated blood insulin level which lowers serotonin levels and causes inflammation and depression.
2. A diet deficient in Omega 3 and proficient in Omega 6, which Oxford and Harvard have found to be the first factor to address regarding depression.
3. A diet high in grains and sugars and low in vegetables, giving you acidic PH levels.
4. Drink a lot of Cokes and lattes. Stimulants, sugars, and artificial additives are *great* for brain function.
5. Do not supplement. Rely on processed foods for all your nutrients.

Step 4: Do not work on your mental status

Make sure you hate people. Don't forgive. Be right all the time and make everything an issue. Be sure to get very little sleep. Avoid feeding your mind by reading positive books (Brain Warrior Way, Grain Brain, Change Your Brain Change your Life etc.), listening to positive or inspirational talks or watching YouTube videos. This may cause you to run the risk of improving your mental status. If you have been through emotional traumas, by all means, do not get any help from a professional counselor or work with a spiritual coach. And never, never pray and grow spiritually; God might hear you!

Step 5: Do not get adjusted.

Allow your neck (cervical spine) to shift forward, lose its normal curve, and degenerate. Make sure the top two vertebrae in the neck stay out of alignment so the area where the spinal cord interacts with the brain breaks down and causes abnormal function of the limbic system which is related to emotion and mood. Stay out of alignment so that you can continue to experience decreased blood flow and increased abnormal, irritating nerve impulses to the brain.

***THIS IS OBVIOUSLY A TONGUE IN CHEEK WAY OF POINTING OUT THE OBVIOUS.**

Depression and other mental/emotional disorders are extremely difficult issues, however the root cause must be addressed. Rather than adopting a mentality of "a bad brain", it is better to take a proactive approach. You can always improve when you adopt a more healthy, corrective approach; and in the good news is, there are no side effects!

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