

EMOTIONAL HEALTH



**Comprehensive guide to supplements for
a happy and healthy mind**

Happiness is a chemical reaction!

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**Live healthy today
so you won't regret tomorrow
that you didn't live healthy yesterday.**

INTRODUCTION TO EMOTIONAL HEALTH

This eBook will show you which herbs and supplements can help you to achieve the happiness and contentment that you seek.

Being physically sick—whether chronically or even slightly—can seriously affect your emotional well-being. Think about how a simple upset stomach can put a damper on your mood, let alone if you are bothered by something more severe. It is just about impossible to be happy and joyful if you have a pounding headache or your joints are constantly hurting or if your ailment keeps you up all night long, ruining your sleep. There cannot be peace of mind if you are constantly worried about your current state of health, or you are concerned about becoming ill in the future.

Physical well-being is very important for our emotional well-being! Surprisingly, many people don't realize this. When people feel bad emotionally, they often run from the latest 'Be happy' book to a 'Three easy steps to ultimate happiness' seminar in search of emotional well-being. But they don't realize that the well-being they seek cannot be found in books or seminars, but rather in eating healthy, dietary supplementation and physical exercise.

**It's often physical ailments, not emotional problems
that keep us from happiness.**

For example it is surprising that as relatively harmless condition as acne is, it causes a lot of depression. *Acne vulgaris is a common dermatological disorder frequently associated with depression, anxiety and other psychological sequelae. The mental health impairment scores among acne patients are higher vs. a number of other chronic, non-psychiatric medical conditions, including epilepsy and diabetes.* [1]

This is why it's very important to take care of your physical health. Maybe you are depressed or are lacking energy because of a physical illness or you are deficient in nutrients, healthy food and physical activity, and not because of anything psychological.

The bottom line is; when your physical health deteriorates, so does your quality of life and personal happiness. Do not let your health suffer just because you are too busy or maybe a little too lazy to take care of your body. As the great American baseball star Mickey Mantle said, ***If I'd known I was going to live this long, I'd have taken better care of myself.***

**If you want to be happy today;
take care of your body yesterday!**

Why is happiness important to our health?

Your life can be either a happy and healthy circle of well-being or a vicious circle of unhappiness and sickness.

Being happy creates health, which leads to more happiness, which creates more health... Being unhappy creates sickness, which leads to more unhappiness, which creates more sickness...

Happy moments protect the heart: Every moment of happiness counts when it comes to protecting your heart, researchers have concluded. A team from University College London said happiness leads to lower levels of stress-inducing chemicals. They found that even when happier people experienced stress, they had low levels of a chemical that increases the risk of heart disease.

Their findings showed that those who were happy less often had higher levels of a bloodstream chemical called plasma fibrinogen, which is an indicator that there is inflammation present in the body. This chemical is also an indicator of how great a risk a person has of developing heart disease in the future. [2]

Negative affective states such as depression are associated with premature mortality and increased risk of coronary heart disease, type 2 diabetes, and disability. [3]

There is no unhappiness; there is only lack of joy.

FORGOTTEN HAPPINESS

We have forgotten how to be happy. Positivity, contentment and peace of mind are our natural ways of being. Look at a young child, and you will see a person who lives in the moment and his or her own truth. A child is naturally optimistic and has the potential to be anyone and do anything. He or she lives with gusto, boldly and without worrying about yesterday or tomorrow. We all have this natural tendency when young, that is until the world teaches us erroneously to believe that life is hard and that success is out of our reach. We learn to believe that our abilities are limited and that the best things in life are reserved for a limited few. We assume this negative way of living from our family, schools, religion and society.

There is no sickness; there is only a lack of health, joy and happiness. It is our negative energy that pushes all good out of our lives. This, of course, leads to unhappiness, sickness, anxiety and a life that is out of sync. We must re-learn how to let our natural way of well-being, health and success come back into our lives.

Supplements for a happy and healthy mind

The following is a list of the different clinically proven ways to enhance one's emotional as well as physical well-being.

Happiness hormones

There are a number of so-called happiness hormones, which control our moods and emotional states, among other things. Some of them are: endorphin, dopamine, DHEA and pregnenolone.

Dehydroepiandrosterone (DHEA) is an endogenous hormone that is made in the human body and secreted by the adrenal gland. DHEA serves as a precursor to male and female sex hormones; androgens and estrogens.

Pregnenolone is a precursor hormone synthesized from cholesterol. It provides the initial raw material from which all the other steroid hormones, DHEA, the estrogens, testosterone, progesterone and growth hormone are made.

The benefits of pregnenolone hormone are almost identical to DHEA's benefits, so I list only pregnenolone's benefits below.

As our youth-giving hormones diminish, loss of quality-of-life progressively settles in. Supplementing pregnenolone slows the aging process and rejuvenates the body. In females it stops estrogen's tendency to increase fat stores in the waist, hips and thighs, improves the bust line, increases libido, fights miscarriage and also fights all of estrogen's negative tendencies, from creating fibrosis and cancer to prematurely aging the skin.

In her book, *The Mood Cure*, by Julia Ross, M.A., recommends pregnenolone supplementation helping overcome adrenal fatigue and reversing even the most devastating forms of exhaustion, emotional distress and depression.

In the book, *Pregnenolone: A Radical New Approach to Health, Longevity, and Emotional Well-Being*, author Dr. Gary Young, N.D., points out that pregnenolone enhances mental performance, facilitates learning, helps the body adapt to stress, increases one's overall feeling of happiness and well-being, and helps induce a change of attitude in which we actually become more appreciative of life.

(NOTE: Men with prostate cancer and women with breast or ovarian cancer should check with their doctors first before taking any hormones. There are side-effects with both DHEA and pregnenolone.)

Having sex is healthy; one of the most elusive of the feel-great hormones is oxytocin. This is the hormone that causes the contractions during labor and expels milk during breast feeding. Also that warm, fuzzy feeling and the afterglow of lovemaking are both the products of oxytocin.

Most men and women are dreadfully low on oxytocin. Unfortunately (or fortunately) it is not readily available in pill or injection form, so we have to make it the old fashioned way—by having sex. The more orgasms you have, the more oxytocin you make. It's that simple! For those of you without sex partners, masturbation will do the trick, too.

Just a few minutes of exercise burns off stress hormones and raises endorphin levels. Hormones also cause so-called 'runner's high'; that is why after a hard workout one feels euphoric.

Happiness is a chemical reaction in your brain!

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Other mood enhancing supplements and herbs

Hormones are not right for everybody; fortunately there are plenty of alternatives to choose from.

Omega-3 fatty acids (EPA and DHA) do not only have a positive effect on depression, and aggressive behavior and hostility. They are also effective for the prevention and treatment of such disorders as dyspraxia, dyslexia, ADHD, and they have been proven to improve memory. Omega-3 fatty acids have been shown to prevent the buildup of plaques that are thought to lead to the development of Alzheimer's disease and they may also help to ward off breast, prostate, and colon cancer.

High quality omega-3 fatty acids also act to prevent the development of inflammatory diseases such as type 2 diabetes, arthritis, gout, asthma, and inflammatory bowel disease, and are used to treat and reduce very high triglyceride (fat) levels. The latest research indicates that triglycerides are as important as cholesterol in determining whether or not a person is at risk for heart attack or stroke.

Approximately 10-20% of women who give birth become depressed. The reasons are psychological, social and biological. An extensive literature review (207 references) conducted at the University of Kansas showed that omega 3 fatty acids can be helpful in treating new mothers' post partum depression. [4]

An article published in the *Journal of Clinical Psychiatry* in 2010 reported that major depressive disorder is associated with cardiovascular risk factors and low Omega-3 index.

According to American Psychiatric Association: Male major depression patients with

increased early life stress exhibit enhanced inflammatory responsiveness to psychosocial stress, providing preliminary indication of a link between major depression, early life stress and adverse health outcomes in diseases associated with inflammation. [5]

According to Professor Markku Timonen from the University of Oulu in Finland, if our omega-6 and omega-3 ratio is out of proper balance, it can lead to inflammation throughout the whole body, which in turn can cause depression.

For most of the time that humans have been on Earth we have eaten foods containing omega-6's and omega-3's in a ratio of about 2:1. However, over the last 50 years in North America, the ratio has changed drastically to about 10-30:1. The optimal ratio is thought to be 4:1 or lower.

Our diet now includes huge amounts of oils that are extracted from plants and used for cooking or in prepared foods. These oils, such as palm oil, corn oil, rapeseed/canola oil, safflower oil, cottonseed oil, peanut oil, soybean oil, margarine and other vegetable-based spreads are primarily omega-6's. We have decreased our intake of omega-3's, which are found primarily in whole grains, beans, seeds, and seafood.

Krill oil is derived from the planktonic family of crustaceans and is rich in omega-3 fats, phospholipids and antioxidants. Some people prefer Krill oil instead of fish-based omega-3 oil.

Many insist that omega-3 from plant-based sources are interchangeable with animal-based omega-3's, but this is simply not the case.

Plant-based omega-3 fats (like **Flaxseed oil**) are highly beneficial and should also be a part of our diet, but the evidence is very clear that they are not an acceptable substitute for animal-based omega-3 fats.

This is primarily related to the fact that your body does not easily convert the ALA in plant-based fats to the longer fats of EPA and DHA needed for brain and heart health. And if you have diabetes, are overweight, have high blood pressure or high cholesterol, or you are elderly, your body has even more difficulty converting these fats.

There are new versions of ethyl esterized omega-3 fatty acids, such as E-EPA and combinations of E-EPA and E-DHA, which have drawn attention as highly purified and more effective products than the traditional omega-3 fatty acids.

**Being present and content promotes
health and well-being.**

St. John's Wort is also known as Tipton's weed or Klamath weed. It is said to act in a manner similar to an antidepressant. This is one of the most commonly prescribed mood enhancing herbs.

5-HTP is the intermediate metabolite between the amino acid L-tryptophan and serotonin, and is extracted from the bean of an African plant (*Griffonia simplicifolia*). 5-HTP is a calming and mood enhancing amino acid. It is found in small quantities in turkey, milk, potatoes, pumpkin, and various greens.

SAM-e is a powerful nutrient that starts working within hours. A recent study found SAM-e was helpful even in those with low mood who did not respond well to traditional medicine. SAM-e is best suited for those whose mood disorder is associated with low energy and low motivation, but who also have low anxiety levels. For those whose depression is associated with higher levels of anxiety, 5-HTP is a better option. There is a risk for overstimulation with SAM-e use, hence dosage should be kept low. SAM-e is not found in food. Warning [6]

GABA is referred to as the “brain’s natural calming agent”. By inhibiting over-stimulation of the brain, GABA helps to promote relaxation and ease nervous tension. Clinical studies have shown that GABA helps increase the production of alpha brain waves to create a profound sense of physical relaxation while maintaining mental focus. It also may play a key role in the secretion of growth hormone. It is found in almonds, whole wheat, mackerel, halibut, beef liver, walnuts, rice bran, lentils, brown rice, potato, broccoli, spinach, banana and orange.

Piracetam is a natural offshoot of GABA. Piracetam supports memory and concentration, overall well-being, cardiovascular health, and helps the body during times of stress and fatigue. It also appears to be effective in treating cognitive impairment in alcoholism.

Acetyl-L-carnitine is a modified amino acid that is used for a variety of mental disorders, including Alzheimer’s disease, age-related memory loss, late-life depression, and thinking problems related to alcoholism. It is also used for Down syndrome, poor circulation in the brain, cataracts, and nerve pain due to diabetes. Stress speeds up aging in cells by reducing the length of the telomeres, which initially causes the aging and also leads to cardiovascular problems. L-carnitine protects telomeres, which slows down the aging process. Meat, poultry, fish, and dairy products are the richest sources of L-carnitine.

Berberine is an excellent and safe herb for many illnesses. According to recent studies, berberine has shown great promise in the treatment of cardiac disease, stroke, diabetes and hyperlipidemia, and chronic inflammation diseases as well as Alzheimer’s disease, depression, schizophrenia and bipolar disorder, or manic-depressive mental illness.

(L-carnitine and berberine are excellent antioxidants to prevent oxidative stress and they are especially beneficial in conjunction with omega-3 fatty acids.)

L-tryptophan helps support relaxation, restful sleep, and general well-being. It plays a part in the synthesis of both melatonin and serotonin, hormones involved with mood and stress response. L-tryptophan also supports immune functions. According to a 1997 *Lancet* study, tryptophan is one of the first nutrients to be depleted by weight-loss dieting. If, in addition to dieting, you have heretically low serotonin levels, and experience a lot of stress, your overall serotonin levels can fall low enough to set off a major eating disorder or create serious emotional disturbances. L-tryptophan is particularly plentiful in chocolate, oats, dried dates, milk, yogurt, cottage cheese, red meat, eggs, fish, poultry, sesame, chickpeas, sunflower seeds, pumpkin seeds, spirulina, and peanuts.

Vitamin B1 (thiamine, B3, niacin) helps to improve mood. Yeast and pork are the best sources of B1. Some other foods rich in thiamine are oatmeal, flax and sunflower seeds, brown rice, whole grain rye, asparagus, kale, cauliflower, potatoes, oranges, liver, and eggs.

Pantothenic acid (B5) is converted in the body to coenzyme A, which is involved in the biochemical cycles responsible for conversion of fats, proteins and carbohydrates into energy. It also plays a role in the synthesis of hormones by the adrenal glands. It’s found in nearly every food, with high amounts in whole-grain cereals, legumes, eggs, meat, royal jelly, avocado, and yogurt.

Vitamin B6. Besides the many nutritional benefits of vitamin B6, this vitamin is also needed for the optimum production of serotonin, the mood enhancing chemical. B6 is one of the most important B vitamins, especially for anyone on a high-protein diet, because it is involved in protein metabolism and can help to keep blood cholesterol levels low. Good sources include meats, whole grain products, vegetables, nuts and bananas.

Folic acid (B9) is helpful in treating Alzheimer's disease, depression, anemia, and certain types of cancer, among many other things. Folic acid supplementation affects noradrenaline and serotonin receptors within the brain, which could be the reason that folic acid appears to act as an antidepressant. Sources are spinach, asparagus, turnip greens, legumes such as dried or fresh beans, peas and lentils, yeast, and egg yolks.

Vitamin B-12 protects nerve tissue and brain cells, and promotes better sleep. B-12 is an important cofactor that is needed to reduce toxic homocysteine to the essential amino acid methionine. (Methylcobalamin B-12 is better absorbed and retained than other forms of B-12). Good sources are fish and shellfish, meat (especially liver), poultry, eggs and all milk products.

Recently published studies have added more weight to the mounting evidence that suggests that vitamin B-12 plays an important role in maintaining a healthy brain. The studies point to the possible role that vitamin B-12 may play in decreasing the risk of Alzheimer's disease, and in dramatically reducing brain shrinkage and dementia due to aging.

B vitamins as a group are very important for any mood or depression related problems; you may want to consider taking a **B complex** supplement.

Magnesium is a mineral that is critical for energy production and metabolism, muscle contraction, nerve impulse transmission, and bone mineralization. Magnesium stimulates and refreshes, and it helps us to cope better with stress, burnout and depression. Green vegetables such as spinach, some beans, peas, nuts, seeds, and whole, unrefined grains are good sources of magnesium.

Chromium is part of the Glucose Tolerance Factor (GTF) molecule. GTF is an important cofactor along with insulin in the regulation of blood sugar, which is necessary for proper metabolism. Depression is often associated with sugar metabolism disorders. That is why diabetics are prone to depression and depressed people are prone to diabetes. Additional chromium alone or in combination with antidepressants can help relieve depression. Romaine lettuce is an excellent source of chromium, as are onions and tomatoes. The following foods also provide a significant amount of chromium: brewer's yeast, oysters, liver, whole grains, bran cereals and potatoes.

Zinc promotes skeletal, skin, and immune system health. Zinc is needed to promote super oxide dismutase activity, which plays a critical role in the body's endogenous antioxidant network. Depressed people are often zinc deficient, which may contribute to the outbreak of their depression and also slow down the healing process. The elderly are especially prone to zinc deficiency and its resulting depression symptoms. The best sources of zinc include beef, lamb, pork, crabmeat, turkey, chicken, lobster, clams and salmon.

Coenzyme Q-10 (the ubiquinol form is absorbed better than ubiquinone) is an important antioxidant. Neuroscientists are interested in Q-10, which generates energy in mitochondria cells, because according to recent studies the nature of neuropsychiatric disorders may be related to the health of these mitochondria cells. Q-10 can be found in beef, pork, chicken heart and chicken liver, avocado and vegetable oils.

Ashwagandha is a herbal remedy that naturally reduces anxiety and helps the body cope with stress. It is known in Ayurvedic medicine for its ability to restore vitality and energy. Scientific studies are just now revealing that ashwagandha may be as effective as prescription anti-anxiety drugs, but without the side effects.

Choline citrate combines both choline and citrate to allow for optimal mind and body performance. Choline citrate can help support focus and concentration and healthy mood. Sources include liver, cauliflower, soybeans, spinach, lettuce, nuts, lecithin and wheat germ.

Phenylethylamine (PEA) is an important stimulatory transmitter that enhances neurotransmission. PEA is stimulatory, and subjects taking amino acid therapies that increase PEA reported increased wakefulness, heightened senses and enhanced mood. Warning [7]

Relora is a safe, non-sedating herbal blend that can help to alleviate symptoms associated with stress, such as nervous tension, irritability, concentration difficulties and occasional sleeplessness. The relaxing effect of Relora can also help to control appetite and prevent stress-related eating, thereby aiding in weight control. Also, **Vitamin B-Stress Formula**, **Magnesium** and **Piracetam** could be helpful if you are experiencing stress in your life.

Probiotics promote healthy intestinal micro flora, which in turn help to support intestinal health and immune function. Research is pointing to the fact that our brain is affected by our intestinal health more than we realize. Mild gastrointestinal symptoms, including bloating, diarrhea, abdominal pain, and constipation are often the first signs of intestinal microflora being compromised.

New research is advocating for a combination of **probiotics** and **omega-3 fatty acids** for many mood related issues. Non-pasteurized or homogenized sauerkraut or **natto**, which is Japanese fermented soy food. They both have beneficial probiotics and vitamin **K2**.

In recent years it has been confirmed that hypochlorhydria is a significant risk factor for small intestinal bacterial over growth (SIBO). (Hypochlorhydria is a condition in which the production of hydrochloric acid in the digestive juices of the stomach is low or absent.) SIBO is strongly associated with depression and anxiety, while eradication of SIBO improves emotional symptoms. It is also reported to be prevalent in functional syndromes such as fibromyalgia and chronic fatigue syndrome.

French researchers evaluated a *Lactobacillus helveticus* and *Bifidobacterium longum* combination probiotic which was orally administered for one month in a placebo-controlled study. Using a variety of validated anxiety, stress, and depression scales, researchers reported significant improvements in day-to-day depression, anger, anxiety, as well as lower levels of the stress hormone cortisol among otherwise healthy adults taking a daily probiotic supplement vs. placebo. [1]

Turmeric has been used in Chinese medicine as a treatment for depression.

It is a true wonder herb. Here are 20 reasons to add turmeric to your diet: 1. It is a natural antiseptic and antibacterial agent, useful in disinfecting cuts and burns. 2. When combined with cauliflower, it has shown to prevent prostate cancer and stop the growth of existing prostate cancer. 3. Prevented breast cancer from spreading to the lungs in mice. 4. May prevent melanoma and cause existing melanoma cells to commit suicide. 5. Reduces the risk of childhood leukemia. 6. Is a natural liver detoxifier. 7. May prevent and slow the progression of Alzheimer's disease by removing amyloid plaque buildup in the brain. 8. May prevent metastases from occurring in many dif-

ferent forms of cancer. 9. It is a potent natural anti-inflammatory that works as well as many anti-inflammatory drugs but without the side effects. 10. Has shown promise in slowing the progression of multiple sclerosis in mice. 11. Is a natural painkiller and cox-2 inhibitor. 12. May aid in fat metabolism and help in weight management. 13. Has long been used in Chinese medicine as a treatment for depression. 14. Because of its anti-inflammatory properties, it is a natural treatment for arthritis and rheumatoid arthritis. 15. Boosts the effects of chemo drug paclitaxel and reduces its side effects. 16. Promising studies are underway on the effects of turmeric on pancreatic cancer. 17. Studies are ongoing in the positive effects of turmeric on multiple myeloma. 18. Has been shown to stop the growth of new blood vessels in tumors. 19. Speeds up wound healing and assists in remodeling of damaged skin. 20. May help in the treatment of psoriasis and other inflammatory skin conditions. Turmeric can be taken in powder (spice) or pill form. [8]

Many supplement manufacturers have their own vitamin and herbal mood enhancing formulas, which is convenient; you get several different herbs and supplements in one pill.

As you can see, there are many different supplements for mental health and well-being, but you don't have to take them all—nor should you. Depending on your individual symptoms, deficiencies and metabolism, you may find some of these supplements to be far more effective than others. Ask your doctor and study them one by one on the internet and try the ones that seem to fit in your particular needs the best.

Unfortunately there is no one set of supplements to alleviate all the problems. But for most mild problems **I would recommend to start with:** omega-3 fatty acid, B complex, probiotics, multi vitamin/mineral, plenty of vitamin D and then choose one of these: GABA, 5-HTP, SAM-e or a mood formula. (Do check with your doctor that these supplements don't have any adverse reactions with any medicine you may take).

It is also important to eat plenty of foods and herbs that are rich in the above mentioned vitamins along with taking the supplements to obtain the best results.

Stress ills and kills!

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Exercise

Mental health and exercise go hand in hand. It is almost impossible to feel well if you are not active.

According to the New York Times: "... [S]arcopenia [age-related loss of muscles] affects about 10 percent of those over 60, with higher rates as age advances ... Causes of the loss of muscle mass or strength might include hormonal changes, sedentary lifestyles, oxidative damage, infiltration of fat into muscles, inflammation and resistance to insulin."

One of the best ways to restore and maintain healthy muscle mass and strength is through an exercise routine called *Peak Fitness*. The main goal of this regimen is that as you do peak exercises once or twice a week. You raise your heart rate up to your anaerobic threshold for 20 to 30 seconds, and then you recover for 90 seconds. By repeating this cycle for a total of eight repetitions each time you exercise, peak fitness **can actually increase your growth hormone level**. This dramatically improves your muscle tone, and has many other beneficial effects as well. [9]

The key to healthy exercise—and in particular to being able to stick to your program—is that you enjoy the activities that you choose. Sometimes you may have to push yourself a little to get off the sofa, but if you hate your exercise routine and you constantly have to force yourself to do it, it may not give you as many health benefits as an activity that you enjoy. It is the **joy of life** and living that bring about the health benefits, not the physical activity alone.

Don't ever exercise out of fear! Many health gurus sell their exercise systems with fear. It's not healthy to go to a gym with a feeling of fear: *I must exercise so that I don't get heart problems, and so on*. This kind of negative attitude creates stress that may actually cause more health problems rather than do any good for you, and it is very likely that you will not stick to this exercise routine for long. You must find something that you really like doing in order to make it a lasting good habit.

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There is no sickness; there is only lack of health.

Diet

A diet swamped with refined carbohydrates like white flour, sugars, soft drinks and other junk is the recipe for anxiety, depression and other psychological issues. A healthy diet should consist of a balance of high quality protein, healthy fats, unrefined carbohydrates and non-starchy vegetables.

Low-fat, low-carb and low-calorie diets are generally unbalanced and are especially bad for people who experience anxiety, depression or any other psychological issues.

Overdoing any of the following: fasting or juicing, raw food diets, vegetarianism, protein diets, all one-ingredient-diets and fad diets may end up hurting you in the long run. In my opinion, any diet that is very restrictive is not good for most people. Also, when a diet becomes more like a religion, it may be time to reconsider our motives as to why we are involved in it.

It makes perfect sense to question and to examine your eating habits from time to time regardless of how you eat. Quite often we are led astray by big food business, fad diet gurus or some health group that wants to push their own books, diets, prod-

ucts, or way of life. **Never practice a diet that is based on fear and negativity.** If a diet is promoted and emphasized mostly for being *against* something, or is marketed through fear—stay away from it!

When people start **any** new diet system it seems to help; in the initial stages they lose some weight and start to feel better. But it's not necessarily the new diet but the simple fact that they also stopped eating junk food that makes the difference. As long as you remove all junk food from your diet you will lose weight and get healthier regardless of what kind normal of food you eat.

Humans have been eating mixed foods since we evolved to our current form. Depending on your ancestry, you may be more vegetarian, mixed or protein type. If you are from close to the equator, your ancestors probably ate a lot of plant based foods, but if you are from the northern hemisphere, you are most likely the protein type.

Inuits in Greenland are a good example of this; their original diet had very few plant based foods in it. Because the climate of the Arctic is ill-suited for agriculture and lacks forageable plant matter for much of the year, the traditional Inuit diet is unusually low in carbohydrates and high in fat and animal protein. In the absence of carbohydrates, protein is broken down in the liver through gluconeogenesis and utilized as an energy source. Inuit studied in the 1970s were found to have abnormally large livers, presumably to assist in this process. Their urine volumes were also high, a result of the excess urea produced by gluconeogenesis.

Vitamins and minerals which are typically derived from plant sources are nonetheless present in most Inuit diets. Vitamins A and D are present in the oils and livers of cold-water fishes and mammals. Vitamin C is obtained through sources such as caribou liver, kelp, whale skin, and seal brain; because these foods are typically eaten raw or frozen, the vitamin C they contain, which would be destroyed by cooking, is instead preserved. [10]

Even though the Inuit people consumed large amounts of fat from seafood, they displayed virtually no cardiovascular disease. Because the fats of the Inuit's wild-caught game are largely monounsaturated and rich in omega-3 fatty acids, their diet does not pose the same health risks as a typical Western omega-6 high-fat diet.

The Inuit's large liver phenomenon is an example of how they have evolved over the hundreds of thousands of years to survive in their harsh environment. This still applies; we are the cumulative result of our ancestry, and accordingly, we should eat a diet that is in balance with our heredity history."

Actually we need very few carbohydrates to survive. In today's world surprisingly many of us don't get enough of good quality proteins and fats. This is an area that you may want to investigate and add some protein/fat to your diet. Good fats: butter, avocado, nuts and seeds, virgin coconut oil and olive oil. Your brain may be screaming for fats and oils, and you don't even know it.

A great way to get fats and protein: Make a shake with protein powder and coconut oil or coconut milk, fruits, berries, seeds and nuts, eggs and vegetables like celery and other high water content vegetables, liver (just kidding), green tea leaves, dry seaweed, real coco, spirulina and chlorella, herbs and spices like oregano, turmeric and Himalayan salt. Avocado makes shakes taste fatty. This is a great way to start your day—it's delicious, easy and quick to make and super healthy.

Refined sugar, corn syrup and fructose can all be equally bad for you. It does not matter in what form you get too much sugar. When our ancestors foraged the wild fruits and vegetables they found, strawberries were the size of the tip of your little finger

and bananas the size of your fingers. But more critically than the size, the sugar/fructose content was a fraction of what it is in today's cultivated fruits. And fruits were available only for a short season.

Today we often eat in one sitting as much fruits as our ancestors ate in one whole week. And that's where the problem lies—it's not that fruits are unhealthy, it's in the quantity of the sugar they contain and that we eat too much of them on top of all the additional sugar we eat daily. This is also why drinking a lot of fruit juices might be bad for you in the long run, especially if you are a protein type.

If you have constant health problems, you might want to try an elimination diet to see if you are allergic to some foods or the ingredients in them. Main culprits are milk and wheat; so you might go without milk and wheat products one at a time for a few weeks to see if your condition improves.

And let me be quite clear: it's perfectly okay to have some junk food, too. Our bodies are incredible machines that can handle just about anything in moderation. Especially if you generally eat healthy, some junk/comfort foods are okay when you really crave them. When you do indulge yourself by eating them, don't be afraid about what they might do to you, and do not feel guilty or any negativity. Rather, just enjoy them and say to yourself, as with every meal, that your body is capable of handling this food and it will be okay—once in a while—to eat it.

Be aware of this: **What you resist will persist!** In other words, whatever you deny from yourself you will crave. If you allow yourself (occasionally) to eat and enjoy junk food, that craving will leave you alone most of the time.

Worrying or blaming ourselves for indulging in junk food is not healthy. **It's the joy of life that is healthy**, so enjoy your junk food, too.

Sleep is very important for your mental health

If you are not sleeping enough or deeply enough, it will be very difficult to have a sense of well-being in your life. Actually, in many cases, the reason that so many people go through their days in a lousy mood is mainly due to their terrible lack of quality sleep.

The basics: don't watch TV right before going to sleep, avoid caffeine after 6 pm, keep your bedroom cool, dark and as quiet as possible. If you have a noise problem, try white noise (white noise masks external noise). Reading a book or a hot bath can be an excellent way to stir up the sleep hormones.

Melatonin is a hormone produced in the body and secreted at night. It's a natural antioxidant that has been shown in research to help induce sleepiness at night and wakefulness during the day. It may also be useful for reducing the effects of jet-lag. It quiets your mind so you can fall sleep easier. Research has also shown that having enough melatonin exhibits positive psychological benefits on a person's mood, while a lack of melatonin corresponds to anxiety, fatigue, and hostility. Melatonin has also been investigated for its anti-aging potential.

Researchers say they've found what could be a natural and tasty solution for insomnia—drinking **tart cherry juice** daily. The researchers noted that tart cherries' natural sleep-enhancing benefits could be the result of their relatively high content of melatonin.

Phenibut has the ability to induce relaxation and support healthy mental function. It can help support relaxation, restful sleep and feelings of well being.

Vitamin B-12 and **GABA** promote better sleep.

L-tryptophan helps support relaxation and restful sleep.

Relora herbal blend can help to alleviate occasional sleeplessness.

There are several sleep inducing herbs/herbal teas that you may want to try. **Chamomile, lavender, passionflower, lemon balm, valerian, hops, skullcap and kava** are some of the most popular ones.

Think, eat and act healthy!

General supplement and health information

This eBook concentrates mainly on herbs and supplements that will affect our mental well being, but I want to say a few words about more general health supplements and practices, because, as I said earlier, your general physical health has an extremely important impact on your emotional health. So it's imperative to take care of your basic physical health.

I truly believe that a lifelong sensible use of different vitamins and herbs, maintaining a healthy diet, keeping your weight in check, and good, physical exercise can give us some extra years and, most importantly, they will help us to stay healthier and active at the present time and also longer into our golden years. The fun and the relaxation of being retired will be ruined for us if we are riddled with illness and pain. It's a shame that this is how most people will end up; **don't let it be your fate!**

A good **multivitamin**, which also takes care of important minerals, **omega-3 fatty acid** and plenty of **vitamin D** are the cornerstones of every good supplementation program. We all have our own needs when it comes to supplementation depending on our sex, health, age, heredity, and so on. Some of the basic vitamins and minerals that we should make sure we are getting enough of are: **A, B complex, C, chromium, E, K, magnesium, selenium, and zinc.**

It is good practice to take a break from your supplementation routine a few times a year. For example, when going on a vacation you might leave your vitamins at home,

or else skip a week here and there. This gives your system time to get rid of any excess you may have accumulated, especially fat based vitamins.

Spirulina and Chlorella are so-called superfoods. They have many health benefits and contain many of the vitamins and minerals that are important for a healthy mind. They also have a high content of essential fatty acids such as GLA that are routinely missing from the diets of most Americans and yet are critical for healthy brain function.

There are some people that cannot afford to buy as many supplements as they would like to obtain. You don't have to take every vitamin in your cupboard every day. You can take them every other day. Vitamins will persist over time, and it's better to have some of them in your system rather than none at all. A good multi-vitamin also could be the answer if money is an issue and also eating foods/herbs rich in vitamins.

Growing your own herbs can be a doubly rewarding hobby. On the one hand you get the personal, psychological satisfaction that comes from growing and cultivating them, and on the other, you get the health benefits from including them in your daily diet. Many herbs can be grown on a windowsill.

You should keep in mind that, when it comes to herbs and most supplements, it can take time before they deliver results. So it's important to keep on using them for a life time, especially as a preventive measure. And of course preventive medicine is always better than waiting until after minor—or even more serious—ailments have set in.

The final verdict is still out as to whether soy is actually healthy for us or not. There are studies from the national medical authorities in the UK and New Zealand that show that women who as infants were raised on soy formula had much higher than normal rates of reproductive organ disease or malformation, miscarriage and birth defects. There are many new studies that are starting to paint a picture that soy may not be as healthy as the big soy industry wants us to believe.

SSRI drugs

One easy-answer that too many people fall for when they are having mild mental issues is SSRI drugs (antidepressants). The big pharmaceutical industry has just about bottomless pockets when it comes to advertising, influence peddling, and even falsifying the records of their drug testing results and use histories, so unfortunately is most often extremely difficult to know the truth about the SSRI drugs. There is growing evidence pointing that they are not as effective and safe as we are lead to believe—and in some cases they may be downright dangerous.

In particular, we must be extremely vigilant with our children in making sure that they get enough vitamins and minerals and that we don't resort to drugging them for every little ailment they have—or seem to have.

For example, the ADHD drug Ritalin is tragically overused. American children are three times more likely to be prescribed psychotropic drugs, such as Ritalin, than children in Europe. Ritalin has the same pharmacological profile as cocaine. It can lead to serious side effects such as increased blood pressure and heart rate. When taken over a period of years, as Ritalin often is, the drug can cause severe health problems, including cancer.

It's hard to believe that more than 25% of American youths are now taking prescription medication on a regular basis. Among adolescents aged 10 to 19, the figure jumps to 30%, and nearly seven percent are taking two or more drugs simultaneously.

Moreover, research using fish oil has confirmed that animal-based omega-3 fat can improve the symptoms of ADHD more effectively than drugs like Ritalin and Concerta. [11]

I realize that there are times when SSRI and other drugs can be an important part of a mental health program and I would never suggest that anyone should quit taking them on their own for any reason, or without the advice of a qualified physician. But I would suggest very strongly that especially if you are suffering some mild form of anxiety, shyness, depression or the like, that you talk to your doctor or find a doctor who is willing to try to help you with natural means or remedies. It's surprising what a healthier lifestyle, being active and taking the right kinds of supplements can do for you.

Healthy mind in a healthy body!

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HEALTH AND HEALING (A chapter from my eBook *Emotional Wealth*)

An illness starts at the emotional level and then manifests on the physical level, so in order to really heal, the healing must also start at the emotional level.

- * Health comes first
- * Focus on well-being
- * Being present and content promotes health and well-being

A sudden back pain or flu affects *every* aspect of your life and clearly illustrates the importance of your health. You are a miraculous being and ultimately have more control over your health and healing than you may have ever realized.

I truly believe that we have the power to heal ourselves. Doctors, various treatments, medication, vitamins, herbs, therapy or massage are among the many helpful tools that assist us in healing, but we do have the power to heal and enjoy optimum health within ourselves.

There are so many options out there, from acupuncture to drugs to surgery, that it can seem overwhelming to choose what may be right for you. Modern medicine has certainly added to the areas of health and healing; we live better and longer than ever before, but there is still a great deal that remains unanswered about what *really* produces healing.

To further add to the confusion, there are new treatments popping up every day. Some people get better with energy healing, for others the answer is diet and for some a chiropractor is the solution. The list is endless. Could it be that these methods are simply *tools* on your road to healing? Is it possible that when you are *ready* to be healed, you will heal, and it has more to do with *you* and less to do with your chosen form of treatment? Healers, miracle cures, prayer, hypnosis, swimming with dolphins and shamans do not cure or heal you. It is your own suggestion, decision and choice. We often rely on others to make us better because it is very difficult for us to believe that we actually have the power to do it ourselves.

Another aspect of taking control of your health is being willing to look at the possibility that perhaps illness is offering you certain benefits. It sounds absurd for who would want to be sick? If you look deeper, however, you may get some answers. Pain and illness are often the mind's attempt to divert attention away from frightening emotions. If one has emotional conflicts, pain may offer a way to avoid dealing with them.

Having allergies could get you a lot of attention with special requests. Illness or health challenges can offer sympathy, rest and a seemingly safe refuge from the demands of life. For some, an illness offers a way to control events and other people. Children often pretend to be sick to receive the coveted attention of their mothers.

This is not to cast blame. This is simply an opportunity to look within yourself to see if there may be any of these tendencies in your life right now. At some point in our lives, most of us have used an illness to get something or to get out of something. Many illnesses are at least partially caused by our thoughts. In certain situations, complete healing can occur by changing thought patterns that produce psychosomatic disorders. By realizing the power of your mind, you can begin to use your thoughts in ways that totally support your health and healing in all situations.

Often people are driven to alternative health practices, exercising, becoming vegetarian or taking other drastic measures because of their **fear of disease**. If this fear continues to be the dominant factor, the new activity may start working against you. It may become your dominant thought. Remember the law of reverse effort? "When your desire and imagination are in conflict, your imagination invariably gains the day." Dominant thoughts *do* become self-fulfilling prophecies.

Examine your eating habits

It is very prudent—and I believe that it is actually quite imperative—to examine and to question your reasons behind your health related practises and lifestyle in order to determine if they are based simply on the fear of getting sick or more properly on the sheer joy of health!

Let's say you eat a salad that you don't particularly like every day because of your fear of getting some illness and not because you enjoy eating that salad. What happens in your mind and body as you eat it? If you are in a fearful state your body actually creates totally different kinds of chemicals and hormones than when you are in what I like to call the 'joy of health' state of mind.

Whenever you eat something that you really like and regard as healthy you will be in a state of joy of health and that is a very positive, healthy and healing state. I am sure

that if you think about this a while, you will see the importance of this point. Dominant thoughts *do* become self-fulfilling prophecies.

I also believe that this same principle explains why some people can eat pretty unhealthy food all of their lives without too much of problem. It's because they enjoy eating them and for some reason don't see them as bad for them. There are many examples of people eating a diet that is considered to be unhealthy and yet it doesn't seem to have any lasting ill effects.

As you eat your food or supplements, silently say (pray) to yourself something like this: *This food/supplements will nourish my body and mind, keep me healthy and happy. My body will be able to utilize this food/supplement completely and it will provide me all nourishments that I need to stay healthy and strong. I am very thankful that I can afford to enjoy this healthy food/supplements, and so on.*

Anatomy of an illness

Ideally, our bodies are miraculous fighting machines that can ward off most illnesses so that we can live long, healthy lives. Stress, resisting our lives and the battles we all face can eventually wear us down and begin to affect otherwise healthy immune systems. Genes, race, gender, environmental factors, prenatal and childhood care can all contribute to the predisposition to various diseases. The body gives warning signs if it is not being treated well. Backaches, skin problems, arthritis, headaches, heartburn and other digestive ailments as well as exhaustion are all clues to indicate that there might be a need for a life style change. There are many variables to illness, and every person has different circumstances, but I still believe that we have a great deal of control over the level of health and healing we experience. Fear, worry, greed, envy, rage, anger, bitterness, resentment, remorse, hostility, condemnation and especially the inability to forgive destroy health!

Stress ills and kills

I cannot emphasize enough the tremendous role stress plays in the areas of health and healing. Living our lives contrary to our inner truth often leads to anxiety, over eating, depression, unhappiness, medical problems and addictions of all kinds. Fear, anxiety, depression, worry, unresolved issues, loneliness, lack of energy and enthusiasm are signs that you are resisting your life, and all of this creates considerable stress on your system. Why do we indulge in these destructive behaviors? We do it because we want to hide from ourselves and escape into the numbing respite of denial. Taking charge of your life means waking up and getting back in the game!

Deadlines, time constraints, financial concerns, relationship challenges, a seemingly never-ending hum of chaos, demands and noise can threaten our peace of mind. Our lives often feel so stress-filled that we don't even appear bothered by the frantic pace we feel compelled to maintain. We all lament how busy we are as if it were a badge of honor in modern times. Before we know it, stress becomes a way of life, our new reality, and tranquility becomes the stuff of fairy tales.

Stress is not just annoying; it is downright dangerous. It is estimated that stress is in some way responsible for more than eighty percent of all health problems. Stress can trigger or cause depression as well as many other ailments. Stress, insulin resistance, metabolic syndrome and overweight are linked via the hormones.

Part of the reason we work ourselves to death is to avoid dealing with the issues we would rather keep hidden. Drugs, alcohol, food, sex, working obsessively and all addictions are desperate ways in which we try to fill the bottomless pit within. *Only when we have tried everything else does it become crystal clear that nothing outside of ourselves is going to*

heal our pain. Nothing! Your peace, power and poise are all inside you. Stress conveniently lulls you into forgetting your truth. In order to find it, you must be still and get off the dizzying merry-go-round of denial.

Many times in an effort to reduce stress, we seem to create more. The yoga class, massage, facial, mud bath or workshop to help us relax becomes yet another thing to do on the already copious list. It is important that you take time for yourself. After all, life can only treat you as well as you treat yourself. Yet sometimes the best gift you can give to yourself is a block of unscheduled time. Imagine having nowhere to race to, just time to spend however you choose. That is a luxury that only you have the power to give to or withhold from yourself. You are worth the best you have to give, and many of us give so much to others that we lose ourselves in the shuffle. Ironically, when we take care of ourselves first and best, it is only then that we can truly bestow our gifts on others.

There is no way to get rid of stress entirely; resisting it only creates more stress. Feel it, be aware of it and notice how it might be affecting your health. You *can* prevent stress from wreaking havoc on your mind and body. Stress is not a part of your inherent nature, but peace is.

Weight loss

Trying to lose weight is the same as resisting what *is*. As we already know, what you resist persists! You cannot lose weight permanently before you are ready, no matter what you do. Yet when you are ready, it happens so easily that the pounds just seem to melt away effortlessly. The only explanation for why so many different diets seem to work is that it may not be the diet but the power and choice of the individual. Perhaps you will be happier, healthier and enjoy your life and food to a greater degree if you do not try to lose weight until you are truly committed to doing so.

The next time you get the urge to binge eat as a way to soothe pain, unhappiness, loneliness, hurt or disappointment, stop for five minutes and ask yourself why you are having this craving and try to figure out what triggered it. Life is challenging and full of disappointments. If you *reward* your disappointments with a pint of ice cream, you are setting yourself up for a lot more disappointment (and a lot more weight)!

Food is not the enemy. The guilt, shame and self-criticism add negative energy to your self-image and will always weaken your resolve and immune system. You can be sensible and honest with yourself. You will release the extra pounds when you are ready and not a moment before. Do not worry; you will *know* when you are ready.

Losing excess weight is for *you*. It is not for your husband, career or best friend. There is nothing you can do about other people's judgments and opinions, but you can always do something about your own. You do not have to please anyone else. Be kind and loving to yourself regardless of the number on the scale. One of the best ways to be successful and have long-term weight loss is to love and *accept yourself* exactly as you are at any weight.

Your last cigarette

Fighting to quit smoking? You might want to try the following. If you allow yourself to smoke and enjoy it without beating yourself up for having a potentially dangerous habit, two things may happen. First, you may never quit, but at least you have enjoyed yourself while smoking rather than constantly making yourself wrong and worrying about the health consequences, which may further affect your health. Second, by not resisting smoking and accepting and enjoying it, you may allow something to shift within you. In the latter example, the day that you are ready to quit may show up sooner rather than

later. Again, if you resist smoking, it sticks around forever. Let it be, and it just may let you be.

I watched a documentary on heroin addicts in which a female addict was very clear about the fact that you cannot stop using heroin until you are absolutely ready to quit and not a single day before. Her clarity on this issue was amazing. This same principle applies to losing weight, quitting smoking, starting an exercise program, eating healthily or anything else. When it becomes more important for you to start a new life than to keep living as you have, you will find the courage to resolve the underlying issues or conflicts, and only then can you make a lasting transformational change in your life.

Solutions

Every illness comes with an opportunity to learn a lesson. In varying degrees, psychological factors are present in most illnesses. Medicine can help the effects, and this is certainly useful. More importantly, the focus needs to be placed on the *cause of illness* and the *role we play* in the state of our health. A healthy immune system heals most illnesses with a little rest and chicken soup as effectively as antibiotics do and with fewer side effects.

Being present promotes health. When you are living in the present moment, your whole being is expansive, and every cell in your body is alive and supports you. You cannot help but feel an awesome sense of health. The opposite of expansive is to be contracted, tense and almost as if you are living in a constant state of fight or flight. This restricts and suppresses many of your vital bodily functions like blood flow, digestion, immune system, healing and overall mental and physical well-being.

If you are often cold even when the temperature is warm, this is a sure sign that you are contracted. To alleviate this, all you need to do is be present; stop resisting what *is* and release useless thoughts, worry and anxiety. Resisting an illness that you already have puts your body into a contracted state. Welcoming it, as absurd as it may sound, may actually speed up the healing process. What you resist persists! By letting a headache be, it just may let you be.

If you take any kind of medication, which may sometimes be necessary, give the medication the power to heal you. Visualize the healing process. This will add a great deal of power to any treatment. Do not forget the great healing powers of nature. Whether you have physical or emotional discomfort, take a walk in a quiet park or forest. Hug a tree or feel the healing energy of the earth. Live out loud! Eat, drink and be merry! Merriment (passion for life) is one of the best medicines around.

Create your own healing miracles by using a wellness ritual in your daily life. It does not matter whether you take 30 minutes or 30 seconds; the mind is infinitely powerful and will respond to the level of your intention, resolution and belief. *Healing is not about doing; it's about being*, and it has more to do with your *willingness* to heal than anything else. Keep it simple and non-specific; do not identify with the illness, and have faith that all is as it should be. Think that "all is well." There is no right or wrong way to do this. The key is to do it continuously and consciously.

The bottom line in healing is that you must be *willing to release* all negative thoughts (like resentment, hate, envy or jealousy) in order to get your energy and health back in harmony. An illness is always an indicator that your *energy is not in harmony* with your life or what is happening in it.

Do not take your health for granted! You will enjoy better health by taking control and accepting total responsibility for it. Good health, like anything, requires discipline and effort. The victim stance is not conducive to health and healing. The ability to forgive and

have compassion for yourself and those around you can make a huge difference in your health. *Good health lets your natural energy flow freely through you, without resistance or negativity.* Listen to your body and love it beyond measure for how well it serves you. Connect with its miraculous beauty, functions and complex mysteries. Honor your temple, and it will bless you in abundance.

- What have you learned from your health challenges?
- What are your health challenges saving you from?
- How would your life change if you were healthier?
- Everything has a price. What are you ready to give up in return for healing? Are you ready to forgive and let go of bitterness and resentment?
- If you knew how to heal yourself; how would it be?

Conclusion

As you can see, there are many very powerful herbs, supplements and natural remedies that are readily available to help you to maintain and even to improve your mental health. Sometimes it's the smallest changes that make the biggest difference.

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About the Author

Timo Yla-Soininmaki is the author of several books on health, wealth and happiness. He is originally from Finland, spent 22 years in Los Angeles as a successful furniture manufacturer, and now lives summers in Finland and winters in Thailand. He has studied herbs and health extensively on three continents.

For more information on **Emotional Wealth, Health and Happiness** please visit:

www.emotionalwealth.com

NOTE: We live in a very materialistic world and need money for practically everything. If you want to leave the rat race and move to a mountain top to meditate for the rest of your life; you need money.

I believe that a healthy balance of emotional and material wealth creates a fertile ground for a good life.

Please check out my financial web page: www.etf-signal.com

My website in Finland: www.timoyla.com

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6. SAM-e. Individual using prescribed medications such as antidepressant, including Selected Serotonin Re-Uptake Inhibitors (SSRI) and MAO Inhibitors should consult a physician before using SAM-e. Individuals with Parkinsons disease, bi-polar disorder or manic depression should not use SAM-e.
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