

Panic Attacks and Anxiety

Many, many of you have consulted with me through the years and this has been major concern for many men and women. We have found through the years that many women over the age of 50 have been having more and more issues with anxiety and we're going to talk about why that is. In my own life I haven't been an anxious person, but I've been very aware of people who are. There is energy when you are anxious. You know that feeling of unsettled you get around a person who is anxious.

About 13 years ago I was introduced to a natural form of healing that dramatically changed my life. In fact it changes my life so much nothing was the same. In fact I haven't been on any type of over-the-counter medication or drug for almost a decade because of what I learned about 12 years ago and what I'm going to share with you.

So as we get started here I'd like to just define what we're talking about anxiety. Who out there has ever been anxious? I think all of us. Everyone has been anxious at some time in their life Anxiety comes from worry, unease, and nervousness usually about something that's coming up or something that kind of has an uncertain outcome. How many of you out there worry? I'm sure everybody would raise their hand at some point in their life, and nervousness might also be another word for anxious, and then anxiety.

Anxiety is more a psychological and physiological state. Now what do I mean by that? Well your mind and your body. At the Total Wellness Doc we believe in the three parts of wellness is physical, emotional, spiritual health. So anxiety actually affects the physiological and psychological state. Have you ever heard someone say, "I have a nervous stomach"? That means when they experience anxiety they might get an upset stomach or rumbling in their belly or indigestion. Does that make sense? So it's their anxiousness actually affecting their physical health.

It can be a psychological stress created by fear, worry, uneasiness or dread. It's usually considered normal to most stress or stressors out there, but it can fall under abnormal or an anxiety disorder if it happens more frequently. Anxiety again is kind of like a fear like, "I want to escape" or "I'm not comfortable here" or "I need to get away." Some anxiety you can actually feel heart palpitations. Your blood pressure can go up. I know everyone out there if you've had to give a speech or have done a recital or something very important you feel anxious and your heart starts to race.

It can also cause heart palpitations, muscle weakness and tension. When we're anxious all the time I see in my clients that they wear their shoulders as earrings. Their shoulders are so far up because they're so anxious and holding everything in. Fatigue, nausea, chest pain, shortness of breath, stomach ache, or even headaches. Anxiety can actually cause headaches. So the body is prepared to deal with this threat, this environment, this stress, whatever it is, our bodies consider it a threat, and your blood pressure and your heart rate will be increased. Your

temperature probably will increase and blood flow to most of your major muscle groups will increase.

Has anyone of you heard of the fight or flight? A lot of us have heard of that fight or flight. Our body has a system called the nervous system and in the nervous system we have something called the sympathetic and parasympathetic nervous system and the sympathetic is the fight or flight. When we have anxiety we are in the sympathetic state and the parasympathetic is when we're relaxing, when we're sleeping, when we're digesting our food. Anyone ever get kind of calm after they eat? Some of you do. Some of you just eat on the run and that's not good.

Panic attacks aren't experienced by every person who has anxiety, but they are a common symptom. A panic attack can usually come without warning, and although the fear is usually irrational or even no danger has been felt, a person experiencing a panic attack will often feel that she is about to die or is going to pass out. What I mean by that, maybe you've experienced a panic attack and don't even know it. Sufferers from panic attack will often record they feel like, "Oh my gosh, I'm going to pass out, I'm going to have a heart attack." They get flashing vision. They feel faint, nauseated, numb sensation throughout the body, heavy breathing, sometimes hyperventilation; feel like they're going to lose control, tunnel vision. Sometimes tunnel vision can be a part of this.

What happen is most people with panic attacks will end up going to the hospital in the emergency room because they feel that they're having a heart attack. Now I do not, and I will repeat, this call is not to diagnose and prescribe and to tell you not to go to the emergency room if you have any of those symptoms. Those are serious. If you're having tunnel vision or you feel like you're nauseated or losing sensation on part of your body, having heavy breathing, you need to get that checked out, but if your sympathetic nervous system, if your fight or flight is going on all the time, a lot of times what we see is people will suffer with more panic attacks.

Let me tell you about my friend, we'll call him Larry, okay? He works a lot of hours. He'll work maybe 50, sometimes 60 hours. He lives about an hour away from where he works, so he's traveling in the wintertime through the snow. He drinks a whole lot of coffee, Red Bull, drinks like that. Doesn't get good sleep. Sometimes he'll work a night shift or things like that so he's getting irregular sleep, and one thing I notice about Larry is his color, very pale, very kind of pasty even, and he's a young guy. He's maybe 30. He would call to share his health status every few weeks and about his panic attacks. "I thought I was dying, I had to go to the hospital, I was passing out", stuff like that. What was happening is he's having panic attacks. This was all during a stressful period of relationships and work. But he meets a great girl and they started exercising and he was taking care of himself and he was having more nutrition and even getting more sun and NO PANIC ATTACKS. But then they ended up having only one car and he was driving A LOT, not getting a lot of sleep, drinking more coffee, his color went bad again, and guess what? The panic attacks came back. So what am I trying to tell you with Larry's store? Maybe that's similar to something you've gone through. Panic Attacks and Anxiety are very much related to your body's health.

So again panic attacks and onset of shortness of breath, chest pain, it can appear like a heart attack and you do need to go to the emergency room if you're feeling that something is not right, okay? Even if you have panic attacks in the past, 'because we know that many people out there are walking time bombs. They can go to the doctor, have perfectly normal heart tests done and be dead in a few weeks. In fact they find that 50 percent of people who have heart attacks have actually tested negative on all their heart screenings. So very, very important that you do get checked out.

Now what predisposes someone to panic attacks, and what are maybe some of the causes of that? Well obviously a major stress, something like post-traumatic stress disorder. Many of the people who've been in the armed services or Vietnam veterans, Korean War, people who've actually seen and experienced some awful things are much more predisposed to having things like panic attacks. So that's one reason. People with hypoglycemia, blood sugar regulation. Did you know that anxiety and your blood sugar go hand-in-hand? So we think about Larry. Larry was drinking these Red Bulls and not eating good and having bagels and donuts and all that and his blood sugar was going way high and way low, way high and way low, and it was totally out of control. So what's going to happen? He is more prone to having anxiety and more panic attacks.

Hyperthyroidism. Did you know that thyroid dysfunction; most people who have thyroid dysfunction about 50 percent of them have been tested as negative 'cause their tests come back negative on most medical screenings? People with hyperthyroidism panic attacks are very, very, very common. We talk a lot about the Thyroid in our Class 5-20 lbs guaranteed.

<http://www.thetotalwellnessdoc.com/thyroid-dysfunction>

Things that may mimic panic attacks or have higher incidence of panic attacks include. Post-traumatic stress disorder, obsessive compulsive disorder, Wilson's disease. Someone with mitral valve prolapsed.

And then parasitic infection can actually cause psychiatric symptoms like panic attacks.

Parasites. We got a call several months ago I think back in March about parasites and you can find that at <http://www.thetotalwellnessdoc.com/wellnesstuesdays>

That's not the end of the list. That's just biological causes and of course nutritional deficiencies go in there, and we'll talk specifically about what nutritional deficiencies. Also caffeine, nicotine, any stimulant can actually cause panic attacks or make a person predisposed to panic attacks. A person who is really in a very negative environment, they either have a lot of negative self-talk, they're just not in a proper environment, they found that children raised by parents with psychological disorders are more apt to have this anxiety as well as panic attacks.

Certain medications one of the side effects can be panic attacks, like Ritalin and antibiotics.

Some antibiotics can actually cause panic attacks and I'll tell you why I think that is 'because I have a theory on that one too. Even some of the drugs that they prescribe for panic attacks can actually cause panic attacks. Go figure that. Also some drug withdrawal can cause panic attacks like SSRI's Prozac, Sarafem, Wellbutrin. So far we just defined what is anxiety and panic attacks and we talked about some of the causes that predisposes people to panic attacks and I talked to you about Larry, my example Larry.

Now another story I want to tell you is about my friend, we'll call her Susie. She felt like she could never relax, and then about a year into our friendship she found some things that I'll talk to you about in a minute that helped her relax Certain breathing techniques that really helped her, and I soon found that Susie was so anxious in environments like when she was going to be around people. If she was going to go camping and things she would always have to take a Xanax and I just thought, wow, that sounds crazy, but more and more clients are having what we call social anxiety disorder where they have a lot of anxiety when they're going to be around a lot of people, and again there's different things that can predispose, but one thing that I found common with my clients who have **social anxiety disorder is they all are sugar addicts.**

Now it doesn't mean they're obese. In fact most of these clients that I'm thinking about in particular that have a very similar story are very thin, but they all have sugar. They have to have chocolate every day, they love their baked goods, they love their ice cream, they just love, love sugar, and I think that hypoglycemia is really the cause of their panic attacks. Now years of sugar addiction can cause something that actually starts to destroy your thyroid. It's a systemic yeast condition. Well what's that mean? Good bacteria and this yeast live all through your digestive system from your mouth all the way out to the other end and when it becomes imbalanced, for example you're on a round of antibiotics where the antibiotics knock out all the good bacteria in your gut and the yeast start to overgrow, and yeast and anxiety and thyroid dysfunction are like a circle. They all lead to each other.

So that's my reason why I think antibiotics cause panic disorder is because they get rid of the good bacteria and that totally dysfunctions the thyroid. You will learn more about that in our online class 5-20lbs. So thyroid, if the thyroid gets knocked out then of course we're going to have more anxiety and panic attacks.

If you go to a doctor for panic disorder or anxiety disorder a lot of times this is what they'll recommend. Some hopefully will recommend behavioral counseling, psychological counseling, which is a good idea especially if you've had some kind of stress, abuse, anything like that. Even if you don't think it's related it's always good to find a good counselor.

I'm going to give you the name of one of the counselors that I work with my clients. Her name is Dr. Lavonne Atnip. She does counseling with my clients all over the world, so it's not something you have to go to someone's house, which just makes it very, very convenient. Visit our website under Resources for her information.

So what will the traditional medical doctors do if you have anxiety panic disorders, even just mild anxiety? Sometimes they'll recommend what are called SSRI's. It's a type of medication like Prozac, Zoloft, and Paxil, or they might recommend benzodiazepines like Xanax, Valium, Klonopin, Ativan. So a lot of times with certain clients, many of them, I should say many of the clients who come to see me will have been at some time in their life on one of these medications: Prozac, Zoloft, Paxil, and I see a few of you who are on the call that have shared your story about being on some of these medications. I don't know if anyone wants to share what they found if it was helpful, if it wasn't helpful. I know my opinion, but I'm going to wait. Hit *2 on your phone if you want to share. I'd appreciate that with the callers, *2 to share your story about being on those medications. Were they helpful? Were they not helpful?

SSRI is a drug that you take all the time where Xanax, Valium, Klonopin are used more as needed and some people are on them every day, but one thing that I want to make sure that everyone knows on this call, again we cannot diagnose and prescribe, but if you are on one of these Prozac, Zoloft, Paxil, the Wellbutrin, Effexor, Seraphim, any of those drugs, any type of psychological drug, you cannot just pull yourself off of them, although I have seen that, but you cannot pull yourself off because the side effects of even weaning yourself over just a two-week or even sometimes a six-week period of time, the side effects are horrific, and guess what? Panic attacks, anxiety, depression are all side effects of coming off of these drugs too quickly.

If you go to the website drugawareness.org you'll see a book there called *Prozac, Panacea or Pandora?* By Dr. Ann Blake Tracy. Dr. Ann Blake Tracy is one of the four best speakers about how to get off of these medications very safely. She testifies in a lot of cases where there have been very bad things happen when people have been on some of these medications. So really before you go down that route if you're not on any medications I really want you to think again. So 703-536-2663, go ahead. I'm taking you off of mute. Would you like to share?

Susan:

Sure.

Mary:

Thank you. Who's this?

Susan:

Hi, I'm Susan. I've had panic disorder for 16 years and I've been on everything you've said, Dr. Mary, and I'm titrating very, very, very slowly off of Xanax. I've been on Klonopin. I've been on every benzodiazepine that you listed. I've been on every SSRI. I'm titrating off of Cymbalta, which is an SSNRI, and I'm anti-medication and I'm finding that using young living oils is really helping me, and yes, I don't suggest that you go this route. It's been 16 years and eventually you have to replace one drug with another drug, and the side effects are horrific. I had a propensity for genetic inheritance on both my mother's and father's side.

Mary:

Wow. Okay. Thank you so much, Susan for sharing that too. You bring up the good solutions now. So in the natural healthcare world what we have found is a very specific type of aromatherapy that's not just aromatherapy but can actually be used internally as well called young living essential oils. So when you smell an oil it goes directly to the emotional part of our brain, so it affects us that way. These oils are very specifically made from plants that are cared for very well. The standard is the organic standard. They're distilled in a way so that all the essence of that plant is there. The frequency that just really elevates a person as well, it moves all these vitamins and minerals in the oils. So Susan, when you took the oils what were some of your favorite oils to take or what are you using?

Susan:

Oh, my sponsor, Angel, gave me RutaVala, which really calms me down; Stress Away really calms me down. I'm on omega 3 every day, which I believe 1,000 to 2,400 mg according to my doctor of omega blue is the equivalent of a therapeutic dosage of Prozac

Mary:

Wow.

Susan:

So I'm using that as I'm titrating down off of Xanax slowly and I'm titrating down off of Cymbalta slowly. These young living essential oils as well as the nutritional supplements Ningxia Red and RutaVala and Stress Away. I really haven't found an oil that doesn't help calm me down, but I do use RutaVala every night and I found I have an amazing sense of peace and calmness and serenity and I have a great night's sleep.

Mary:

Wow. That's really good. I'm going to tell the listeners a little bit about these different products too because you talk about exactly what we're going to go for. RutaVala is a specific blend of young living essential oils that has been found to be one of the most effective oils for severe depression, anxiety, and panic disorders. RutaVala comes in both the oil and a roll-on. Many people use it at night. Some people use it just any time they feel the stress. Susan, a lot of people who are coming back from overseas, the armed services, are having a lot of post-traumatic disorder and they're using RutaVala, and a lot of these young men and women have been medicated just because so they could deal.

The doctors had put them on it and they didn't know any better or maybe didn't even have a choice, and the side effects of coming off of those drugs are pretty harsh if done like that, and young living oil RutaVala has helped I know myself personally at least a dozen young men and women fight the side effects very well. So RutaVala, and absolute must if you suffer with panic disorder. Anything else you want to say about how you used it? You said you use it at night. Do you use it on a particular area on your body?

Susan:

Yeah. This may sound silly, but I put it on my hands and I put water on my hands to concentrate it and then I put little bootie socks on my hands and I just take deep breaths and I go to sleep, I'm calm, I'm serene. It's all on my pillow, in my hair, and it keeps the smell in. So I wake up feeling a lot more energetic and relaxed, and I can use it any time of day.

Mary:

Wow. That's wonderful. What water does with oil too is it draws it in more, makes it a little bit more intense. The other oil you talk about is StressAway. Love, love, love StressAway. It has a beautiful vanilla lime papaya, I think there's one other oil in there, but it's a beautiful blend. It comes in a roll-on. It's very nice to just put around the ears, to wear as cologne. I'll put this on my son's clothes just to calm him down when he's a little bit too hyperactive.

Very beautiful oil. You don't need a lot. You can put that again on some tissues. Maybe you can't smell at your work or you can't wear perfumes where you are. You can put them in a little baggie, your RutaVala, your StressAway, have a couple drops on a tissue and keep it in a baggie and then just open it up when you need it or step away to the bathroom and take some nice, nice deep breaths, ten nice deep breaths to just calm yourself. Breathing of course will help calm down, or just use it preventatively. If you're a person who is anxious and has panic disorder, use it preventatively. Don't wait until you feel anxious but use it in the morning. In fact if you are a client of mine, I have my clients do we call it aromatherapy ten times a day, so ten separate times they're doing the breathing exercises throughout the day. It may not be ten breaths each, but they're specifically inhaling that baggie or inhaling from the diffuser ten times a day.

Now the next thing you talked about was NingXia Red, and that's such a good, good, good thing because I'll tell you, Susan, I had a client, we'll call her Penny, and Penny worked in a bank, and she was just becoming miserable. She was anxious, she felt like she was going crazy. She was just like, "I don't know if it's my age or what's going on or menopause." She had been dealing with menopause. I said, "Well why don't you try this?" We put her on NingXia Red and she was doing entire doses in the beginning and then petered off as her body was saturated, so she was doing 4 to 6 ounces a day for about a month and then slowed down to 1 or 2 ounces a day, and immediately she felt a difference. She felt calm, she felt relaxed, and the people at work were like, "Whoa, Penny is on her happy juice again."

The juice is made of the NingXia wolfberry, blueberries, pomegranates, apricots, plus oils of lemon and orange? Why is it this juice was so powerful for her? Well blueberries, pomegranates, those are very good, but it's that wolfberry that is a partial protein. It has I think 21 minerals, 18 amino acids, all of that in this juice not added but actually in the berry, and the berry was pureed in that juice. She was getting that and she was sleeping well, she was off of her sleep medicine. All of that was helping her because a lot of times when the body is deficient, when for example some of you who struggle with anxiety in your panic disorder if you could have experienced something as a kid, maybe you went through your parent's divorce or

had a period where you were molested or maybe you saw something very traumatic as a kid, or maybe later in your teen years.

Well that experience, what that does is it starts a process, and in that process we start becoming, our body naturally starts producing stress hormones. So the stress hormones as a kid after 21 days, they're locked in. Now our body slowly starts to become deficient of B vitamins. Now we become a young adult and without B vitamins we can become very anxious. We can become moody. Our PMS can be a lot worse, and it all started way back when. Now this is a very touchy subject for a lot of people, but you have to understand that it's this process, so that's why wellness is really everything, but adding the B vitamins with NingXia Red because that product has a lot of B vitamins in it naturally, it's digestible and very wonderful, can absolutely help someone with anxiety and panic disorders.

In fact, I'll go back to Larry, when Larry takes his NingXia Red, guess what? No panic disorder. He's not so religious with it. Then you said about the Omega blues. For those of you who are wondering what are Omega blues, its fish oil. They're physically made with a very small fish that's very clean in how it's processed that oil. Now if you go to Rite-Aid and you go to BJ's and you see the big bottle of fish oil I'm going to tell you don't get it. It's not worth it because fish oils can become rancid very easily if they're processed from the wrong type of fish. You're going to have a lot of I don't want to say pesticides but mercury and different things in the body.

So omega blues are made in a way that it really pulls that good fat. In fact I usually give Omega blues to my 15-month-old son because he's not getting as much as the good fats as he needs in his diet, so we give him Omega blues and we've really noticed a difference in his health, in his moods, and all of that. Now I don't know how many you're talking, Susan, but I would probably recommend anybody who is having stress in their life, if you have a stressful period, you should be taking at least four to six a day. If you are titrating, again I can't diagnose and prescribe, but if it was me and I was titrating with my doctor, with someone helping me, I would probably maybe anywhere from 6 to 10 of Omega Blues maybe even 15 capsules as Dr. Dan Prusser recommends a day just for a short period of time. If your budget allows it, that's what I would be doing.

Susan:

Yeah.

Mary:

So Susan, you said RutaVala, StressAway, and Omega Blues, and NingXia Red. I'm going to give you a couple more things that I'd love for our listeners to also think about using if they struggle with panic attacks and anxiety and even depression. I'm going to recommend, and my good friend Kathryn is also suggesting as well online here, she's saying mineral essence. Mineral essence is a product by young living essential oils that is a nutritional supplement that is just full, full, full of minerals, and they've found certain minerals like iron and iodine and things

like that directly affect our moods, directly affect how we feel, our anxiety. Mineral essence is very, very important.

I know my good friend Crystal Parrott who worked at Gary Young at his clinic, Gary many times just looked in someone's eyes and could see that they were deficient in minerals. If you're stressed, if you work on computers all day long, you have all that electromagnetic, you fly a lot, you just have a lot of radiation, and you really, really need to have your minerals high. If you do a lot of sugar, if you're one of those sugarholics having your coffee or your drink, wine every night, things like that, that's going to pull minerals out of your body so you really have to do mineral essence, and how much? Again probably most of us need at least three half-droppers a day, three to five, but people who are struggling even after holiday seasons or during holiday seasons they're eating more sugar, ten half-droppers a day. That means you go through about two bottles a month, but I will tell you it does make a difference.

For those of you who struggle with energy, mineral essence is a must, absolutely. Now I'm going to tell you a secret. It doesn't taste so good at first, especially if you're mineral deficient, but some people love it, but some don't. So I'm going to recommend that you put that in your NingXia Red or diluted Pineapple juice. Okay, anything else, Susan that you have to add? Can you think of anything?

Susan:

I can add so many things you wouldn't believe it after 16 years of this, but you're the doctor so I'll let you talk.

Mary:

Well we really, really appreciate your input because I am the doctor, but I don't live your life, and I know that many clients are struggling on a level that I'll never understand. So I really appreciate you sharing what you've gone through, and again we're not telling anyone to get off of these medicines overnight, but investigate. Learn what some of the side effects could be, and understand that a lot of serotonin drugs like Susan's going through how she had to go from one to the other to the other, is because they only really work for short times in the brain and how the neurotransmitters are and how they uptake things and all of that, so you have to switch from this to that, and then you get this whole myriad of other side effects.

Susan:

Yeah.

Mary:

Okay. Now you know there are a few more things too that are very good, and I'm going to recommend some more young living products, but I'm also going to recommend Chiropractic. They have done research and studies with anxiety. They studied a group of people who suffered from anxiety. There were three different groups one group got Chiropractic care, another group got just some regular physical therapy, moving their joints and everything like that, and then

another group of people did nothing and they found that people with the chiropractic care, particularly receiving cervical adjustments, had a much better outlook, many people got out of their depression and they scored lower on anxiety tests. I can tell you from personal experience that Chiropractic Care makes a difference. A cervical adjustment for me is like a happy pill. It naturally produces endorphins, I just feel better, I see clearer. I really feel that it's very important for your spine to be in a good alignment because your spine houses the whole spinal system, your parasympathetic and sympathetic nervous system.

You really, really want to make sure you have a good alignment. So if you're working at a computer all day, you're holding your baby in a certain way, your shoulders are hurting. You can pretty much guess that your spine is not in alignment, so it really may behoove you to go get adjusted at least a few times a year if not every six weeks, eight weeks if you have one of those types of jobs.

If you've been through a trauma I really recommend that you also get chiropractic care, and the reason that is, is when the trauma happens there's this period of around 21 days that we can go in and literally affect that. Now all trauma that's happened, anything that's happened from a sprained ankle to losing a baby or any of that, all of that is remembered by every cell in the body, and one of the coolest ways that young living essential oils work is many of the oils actually can go and change the DNA.

Now in doing that process there is techniques like the emotional clearing technique. There's the emotional freedom technique, emotional technique, which is a chiropractic technique. There's all these different things, but just imagine using young living essential oils with just simple information and prayer. Think about the power of prayer. I have seen some just awesome miracles over these past few years and I've seen the power of the oils in prayer and I've seen the power of the oils without prayer, and if it were me, I don't know, all I know is that if I were trying to affect my emotional health to calm myself, to get in a different place, to actually change the DNA, to erase what we call that junk in the trunk, I definitely would be using young living essential oils like valor, harmony, joy, spruce, trauma life, inner child, hope, forgiveness.

Now you probably want me to go back and say those things again, but for those of you who are currently not purchasing young living essential oils or have not been invited by someone on this call who does young living essential oils I want you to go to the site orderoils.com, and on that site you're going to find essential oils and you'll find a kit called the feelings kit. It's a very, very powerful kit to use called the feelings kit, and there's things like valor and forgiveness, present time, acceptance. That's not in that kit, but it's another oil, acceptance, motivation. I do this technique in my practice called the **zyto** scanner and it uses electricity in a technique called biofeedback to assess what's going on with that person at that moment in time, and what we have found through my wellness clients who've seen me on a monthly or quarterly basis is if we scan them every time we can see trends, and what happens is we get rid of the physical issues.

We clear up the thyroid, we get rid of the yeast in the body, ___ ___ all these things. A lot of times these emotions will come up, or for some people that'll be first, or maybe they just got in an argument or they had a lot of stress in their life. We see the emotional oils as the top ones that they need. So it's all connected. It's really all connected and I love working with young living essential oils because they work on all levels. For those of you out there thinking, "I don't believe in that" or "That's new age", I'm going to tell you open your Bible. There's 188 references to therapeutic essential oils in the Bible, and these were used throughout the times all the way back - I want to say to the beginning of time, but all the way back to the Egyptians. Jesus used the oils, all the way to today.

About 50-60 years ago they were taken out of the pharmacies because antibiotics kind of replaced them, but things like peppermint and wintergreen used to be in pharmacies. Many of our grandparents remember using them for different things, so very, very powerful. You know some other basic essential oils; I'm going to tell you about young living lavender. Young living lavender has been found through research by Wake Forest University to be more effective for sleeping and sleep disorders than your over-the-counter and prescription medication. So I don't know. All I know is I have lavender in my healthy medicine cabinet.

Spruce oil; I'll tell you a story of a gentleman, we'll call him Larry 2. *[Laughs]* Larry 2 had Bipolar disorder. He was on his medication for many, many years and they had decided he was going to come off of that and spruce was his best friend. Any time he got anxious, and in the beginning that happened a lot, they would just sprinkle him with spruce on his head, on his back, he'd breathe it in, and now today he just has to carry it in his pocket and if he feels like he's getting anxious or anything he just pulls out and uses that spruce.

I recently found that out about two or three years ago and the clients that I've told about the spruce who've used it who have anxiety have said nothing but good things. So I highly recommend it, it's a very inexpensive oil, that you have spruce ___ ___ 'cause you never know when you're going to be in a situation where you need to calm down. Road rage; any of you drive out there? That would be an excellent oil to use.

Who else? Do we have any other recommendations or stories? Some people want to know about the timeline of getting off of medications. I can't speak for Susan, but I do know Dr. Ann recommends that for people who have been on medications as long as she has or for more than two years that you take minimum of six months to a year if not longer to slowly, slowly, slowly titrate off of these medications.

Susan:

Yeah. It's going to take me a year, Dr. Mary.

Mary:

Okay. About a year? Great.

Susan:

I'm a hyper-responder to medication and my body is hyper-reactive to withdrawal, so my psychiatrist who's a dean at Georgetown University in Washington DC, which is almost where I live, he said in order not to do any permanent neurological damage we have to take this as slowly as possible. So a year is the very bare minimum. That's how slowly we're taking it.

Mary:

Wow. I just want to repeat that. You said in order to not have any neurological damage.

Susan:

Mm hm, because I can go into seizures being on Cymbalta if I come off of it too quickly, and benzos too.

Mary:

So many people don't realize things just like Ambien, if you're taking Ambien every day and all of a sudden stop it, it can be fatal.

Susan:

Yeah. I'm on Xanax extended release.

Mary:

Okay. So it's so, so important to work with someone who is educated, who knows how to carefully, carefully take a person off and does it over a period of time. If you hear someone say two weeks, three weeks, even six weeks, I would highly, highly recommend finding another physician to work with or specialist to work with.

All right, well let's kind of just recap here. While I recap go ahead and ask any last questions you might have. You can hit *2 on your line and I'll take you off of mute, or you can submit it via the question and answer, but let's just kind of review. We talked about a simple definition, what's anxiety? What is panic disorder? All of us have been anxious at one time, but really understanding why that is and how we can be pre-dispositioned to have anxiety or panic disorders.

We talked about how some of the medications that individuals are put on, Prozac, Zoloft, Paxil, and some of the benzodiazepines, we talk about how those medications can actually cause some of the panic disorders and Susan talked as well about how she has experienced that and had to be on many medications over the years. We talk about also how nutritional deficiencies, how yeast, how thyroid can cause panic disorders, how minerals like iodine or fish oils, iron, all of those things are very, very important to our health. We talked about things that we can do like chiropractic.

One thing I forgot was raindrop therapy, very, very good for those of you struggling with you

can't relax, you always feel anxious, maybe you have panic disorders, but raindrop therapy, many, many of our clients and many people who do raindrop therapy have found that it's not just relaxing for the client but it's relaxing for them as well. We talked about Ninja Red. One thing I forgot to mention that I think is very, very important and make sure you write this down in your notes, hopefully you're taking notes, is vitamin D. Vitamin D I feel that there's a time of the year that I start to see all this depression, all this anxiety come in, and it's right around when the vitamin D levels are really plummeting because there's only a few months that we get good vitamin D where I live.

So I recommend a liquid vitamin D called Carlson Labs puts it out, 2,000 IU's, and most people need to take anywhere from two to four drops per day. One drop is 2,000 IU's of vitamin D. It really starts to make a difference in their health. Their physical aches and pains start to go away, they have more energy. Vitamin D is so, so important, and I would probably recommend unless you live close to the equator, you're down by Florida, Texas, and you're getting sun, 20 minutes of sunlight, that means without sunscreen, without sunglasses, 20 minutes a day, then you really need to be supplementing your vitamin D. I need to be doing that too even though it's the summertime.

So vitamin D, Ninja Red, we talked about aromatherapy, young living essential oils like RutaVala, number one most important if you're struggling with depression, anxiety, panic disorders. StressAway, very, very good, and how we use them, not only at night to sleep but we can use them throughout the day any time we feel stressed. You can use them as a preventative. I recommend spruce oils. I also recommended a group of oils that we call the feelings oils that you can look at orderoils.com and look at the different names. You kind of recognize hope, forgiveness, and how these have been blended in a specific way to help the body to release and to really change the core DNA where our body might have had a very traumatic experience or been under stress for a period of time. Even when someone loses their job that can be traumatic and cause things like panic disorder.

Another thing that I forgot to mention here on my list was hormones. I have listened to awful stories of women who only can function two weeks out of the year because the other two weeks they are totally off-the-wall miserable, anxious, all of that. So you know your estrogen or your progesterone levels can severely hinder your health and your emotional health? So that's really important to see someone who really understands hormone health because not many doctors out there really understand that and can help you get that under control and get in balanced.

Then finally the last thing I want to talk to you about too, you know how much I love the oils, but I have to always bring in prayer. Your spiritual health is so important, and I have seen some things of people who can be so, so happy and they're feeling good and they go into an environment with a person who maybe just says awful things to them, just that energy and that, I call it a spiritual attack, the words. The Bible says that the tongue can give life and death and I truly believe that, and I've seen that with my own eyes with clients where they'll go into an environment and be around someone who just speaks ___ over them and they come out and they

are just a different person, and they are just spiritually attacked.

So I really recommend that you look at the whole picture of what's going on if you struggle with panic attacks, anxiety, or just anxious a lot. If you're a person who's always shaking their leg, maybe you're shaking your leg all the time, why is that? Biting your nails, things like that. What can you do to stop that? In fact, I know people who put root of ___ on their nails so they're ingesting it and smelling it and guess what? They have long nails because ___ ___ ___ than the anxiety. So I hope that everyone has enjoyed this call. I'll just check and see if we have any last questions. You can hit *2 on your line.

If you're listening to this recording I want to thank you for participating. This is going to be a special gift that we give to our participants who take our thyroid class coming up on the 30th. Now we haven't put up any page on that or anything, so you want to keep looking at TheTotalWellnessDoc.com and you know what? That class specifically is going to be for people out there who you try everything to lose weight and you just can't lose weight. No matter how many little calories you eat or you eat just a little bit more than normal and you put on 10 lbs. If your metabolism is out of whack you want to be on that webinar.

You may have gained more than 10 lbs in a very short period of time, maybe just a couple weeks or a couple months and all of a sudden you put on 30 lbs. That could be a sign of something going on with your thyroid. In this class we're going to talk about how after we have children we don't get back to our usual self. We just say, "Oh, it's 'cause of having children." Well it's not. It could be from a thyroid dysfunction. You feel tired all the time. Maybe you have a hard time getting pregnant. It could be from a thyroid dysfunction. You have to struggle just to make it through the day.

All of this could be from a thyroid dysfunction and you're going to find out the symptoms of thyroid dysfunction, you're going to find out why doctors don't know you have a thyroid problem, why your thyroid tests keep coming back negative. We're going to have a free very simple test that you can do at home to determine if you have a thyroid issue. We're going to determine what is causing your thyroid issue and side effects of thyroid medication and even natural hormones. In this ___ we're going to give you seven simple ways to support your thyroid, increase your energy, and boost your metabolism, and how to lose weight up to 5-15 lbs in 60 days guaranteed. I've seen it over and over again, so you want to be on that call if that is you.

Now that's the 30th. Mark your calendar. Keep your eye out at TheTotalWellnessDoc.com and for those of you who are really struggling with your health, you struggle with fibromyalgia, you struggle with pain, you know you have thyroid disorders, all that, I want you to go to the site and click on "fibromyalgia" there and you're going to see a program that we're putting out that you can purchase part of an e-book we've written as well as some audios that you can purchase there as well.

So I really appreciate everyone being on the call. Thank you so much, Susan for sharing your story. I can't tell you how many people this story and this call will help and again we're not here ___ ___ prescribe, but we're here to give you some choices, to give you an alternative to what you might do and to help you find the information to get better 'cause we believe that wellness is truly your physical, your emotional, and your spiritual health. So thank you everyone. Have an awesome day, awesome night, and goodbye and God bless. Bye-bye.