

Holistic Health Report

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A Holistic, Patient-Based Approach To:

Overcoming Anxiety

A DRUG-FREE, LIFESTYLE-BASED STRATEGY

These times that we live in these days are extraordinary times. They are times that are full of intensity and people's lives are sort of “on fire” in one or more areas of their life; their health, career, family and relationships.

Stress and anxiety are a fact of modern times. Virtually all of us suffer from 1 or more types of stress



at one time or another, but when these accumulate into a chronic state called anxiety, it can take a terrible toll on our quality of life and emotional state.

Over the past 30 years, I have had tremendous success helping patients with different types of anxiety. Utilizing drug-free modalities and lifestyle I have helped many of my patients experience significant improvement in the quality of their life.

Let us begin with the understanding and reality that anxiety is a common experience for many people. Studies show that in the United States alone, over 40 million adults have some form of anxiety, which is actually 18% of the entire US

population. Many more suffer without seeking help, so the total impact is difficult to determine.

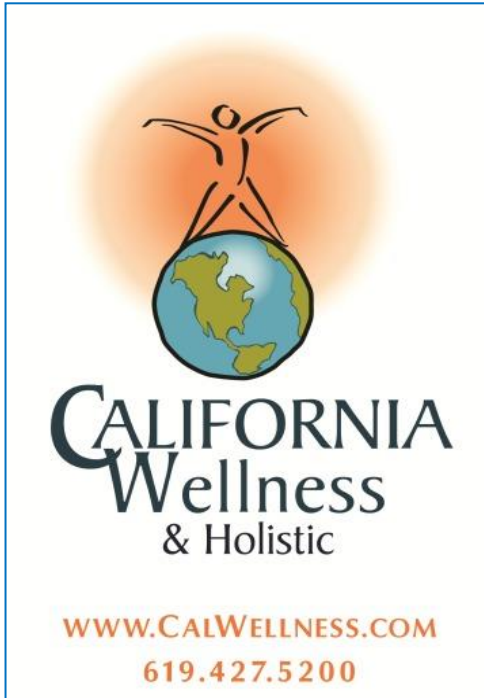
I want to first start by encouraging you that there are many things that you can do to strengthen your system and physiology to provide significant and positive change, regardless if you are taking prescription medication or not.

As we go over this information, I also ask that you give some thought to other people in your life

who may also suffer with some type of anxiety. I would suggest recommending this report and the online video to them, as it can really help make a difference in their lives.

Functional Evaluation & Targeted Revitalization

Anxiety, like many other conditions that interfere with our quality of life, often results from the decline and weakness of our body systems. These weaknesses result from the stressors that are present in our life. These stressors have a cumulative, negative impact on our health and vitality, as I commonly see a combination of stressor in patients dealing with health challenges and poor quality of life. These common stressors are:



- ✓ Nutritional & Mineral Deficiency
- ✓ Hormonal & Glandular Fatigue & Imbalance
- ✓ Blood Quality Issues
- ✓ Digestive & Bowel Dysfunction
- ✓ Food Sensitivities & Allergies
- ✓ Chemical/Heavy Metal Toxicity
- ✓ Immune Burden/Infection
- ✓ Unhealthy Lifestyle Choices

For more information about the common stressors, see the Video/Report - "The 8 Common Stressors that Impact Our Health & Vitality"

When a patient is suffering from one or more of these stressors, it is impossible for their system to function optimally, and their quality of life will almost always suffer, severely in many cases.

Using a personalized assessment that includes functional examination, lab work, hair analysis, bio-impedance testing, and other testing, we can identify, prioritize, and target system weaknesses, with the goal of improving quality of life and vitality in the most rapid way possible.

This process of "targeted system revitalization", works in an entirely new way; it works to help the body to heal itself. It works by revitalizing, up-regulating, and activating the body's own healing system, rather than relying on medication to cover up the symptoms. System revitalization works to strengthen the overall physiology and to fortify and restore a more normal balance.

The goal of revitalization is to help people thrive. It's about reaching a state of vitality and overall wellness. It's about creating an environment in which we can feel fully healthy, fully engaged, fully alive, and not have to deal with the chronic symptoms that so many think are inevitable parts of life.

It can be thought of as “upstream medicine”, which is a concept of moving upstream in the course of illness to find out what the cause is. It is the “science of causes”, and not the science of traditional medicine, which works to cover up symptoms through the sale of engineered and patented, and sometimes dangerous chemicals. By identifying and targeting physiological weakness, we can refortify and revitalize any system decline.

Lifestyle Suggestions

In addition to optimizing and revitalizing system weaknesses, it is also vitally important to make sure that our lifestyle helps to support positive change. I will discuss some of the lifestyle suggestions that my own patients have found the most helpful and effective in reducing anxiety, and encouraging a sense of calm, peace, ease and relaxation. These are best practiced daily if possible, and you will find that many of the suggestions and techniques can be performed at the same time.

1 – Spend Time Outside in Nature Every Day

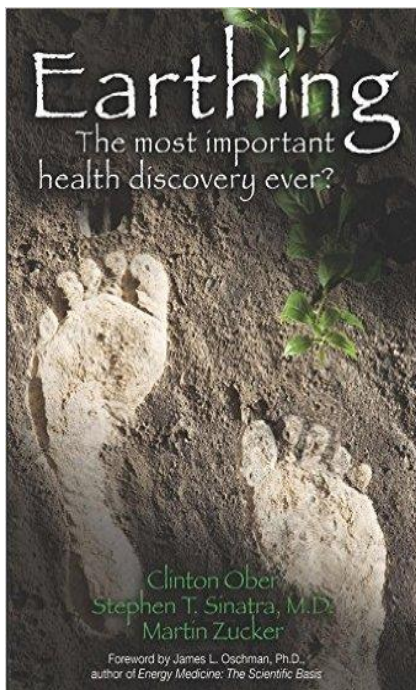
With the hustle of our busy lives, we sometimes allow ourselves to become separated from the natural world, leading to the feeling of being disconnected from nature.

Like robots, we can sometimes follow the same routine over and over again, and oftentimes fail to connect with Nature, which undermine our sense of oneness and connection to Life.

By taking the time to take a short walk outside, or to visit a wooded area, the ocean or beach, or some other type of natural setting, we can reestablish our connection to Nature and to Life.



2 – Earthing – “The Most Important Health Discover Ever?”



Earthing is related to the first step of spending time outside in Nature, but can be done anywhere. It's simply walking barefoot in the grass, and preferably grass that hasn't been sprayed with any chemical. The idea is to actually ground your body, connecting to the Earth through the soles of your feet by just walking on grass, dirt, or sand.

A large body of research has revealed this to be a powerful practice in changing people's state of mind for the better. This technique provides a calming and relaxing effect, and provides a less anxious and less stressed state with a more positive mental outlook.

The book “*Earthing*” by Dr. Sinatra, discusses how the electrical force radiating from the Earth have significant positive effects for us as electrical beings. So my suggestion with Earthing 5-10 minutes a day, barefoot, on even the smallest piece of grass, sand, or ground. This

technique has personally helped and I try to fit a session in both in the morning and evening; it's amazing how well it works!

3 – Avoiding Stimulant Intake in the Diet

There are many foods that have stimulating effects on our nervous system, including our brain and the other nerves in our body. Avoiding stimulants and chemicals in our diet is very important if we have some type of anxiety.

For example, coffee is perhaps the most popular beverage in the world, and it is a very strong stimulant drug with a direct and long-lasting effect on our nervous system and endocrine (hormones) glands. Avoiding caffeine from coffee or other sources is very important for anyone who is prone to anxiety. Switching to green tea is a great alternative. Green tea has a small amount of caffeine, but not nearly as much as coffee, and has calming factors within the green tea that balance out the stimulating effects of the caffeine. It also has immense health promoting benefits, with very good evidence that green tea reduces cancer risk, inflammation, and provides a multitude of health benefits.



We also want to avoid any chemical additives in our foods. Things like artificial sweeteners, MSG (monosodium glutamate), and other chemical additives, as these can also have a stimulatory effect on our brain. The cumulative effect of these food additives can affect how we think and feel. Eliminating these from our diet is very important, so we want to read the labels of any food that we consume.

I recommend that as much as possible, that we buy and eat organic, locally-produced foods. This is the best way to avoid chemical additives and genetically modified foods. For more information on how to shop, see the report and video "How to Shop" available on the "Resource" page at www.calwellness.com

4 – Become More Aware of the Material You Allow into your World



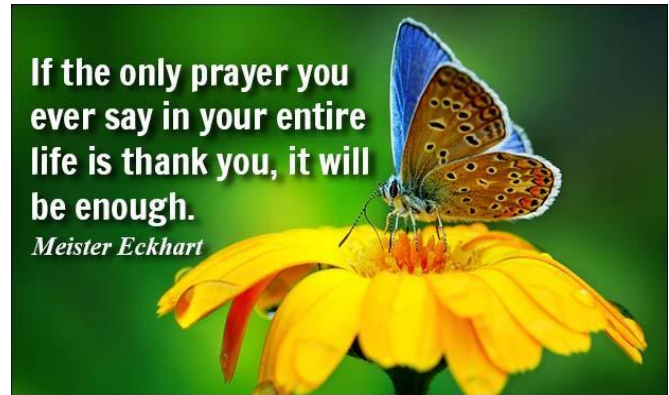
Another important habit is to become more aware of the quality of input that we allow into our lives, making the choice to allow only content that is positive and uplifting. Paying attention to how much television we watch, especially how much news we watch. Studies show that people who reduce their TV time have a better attitude and mental state than people who watch a lot of TV.

I have had numerous patients who suffered persistent anxiety, along with fear and worried emotions. When I asked them about their daily habits, they would relate a regular habit of watching a lot of TV, especially the news. Some patients would report spending hours each day playing violent video games, some of which can be destructive to a person's mental state. So guarding our emotions and attitude by closely monitoring what we are listening to and what we're looking at, shifting to something with a more positive and uplifting focus.

5 – Start the Day with a Positive Morning Ritual

Having some type of positive morning practice can help us ward off anxiety by taking the time to “count our blessings”. If we create a habit when you first wake up, to take the first few minutes and think of all that we are thankful for.

When we first wake in the morning, if we immediately start thinking of the things that we need to get done, things that didn't get done yesterday. We begin to worry about this and that, getting ourselves all worked up in just the first few minutes of starting our day. Better to greet the day with an attitude or thoughts of thankfulness and appreciation.



So when you first wake up and realize you are awake, start with thoughts of thankfulness and gratitude, “What are the things that I have, the people in my life that I am thankful for.” Even just the basic things that we sometimes take for granted; how we have enough food to eat, a roof over my head, people who we love.

Give some thought to all the things that are working in your life, the ability we have to just get up and walk around. To be thankful that our body still holds the gift of Life, the awareness of consciousness and experience. Remembering, these are things that not everyone has.

I love the teachings of the late, great teacher Dr. Stephen Covey, “What really matters in life is the quality of our relationships, the quality of our character, and the quality of our contribution”

So give some thought about the people in our life, and the things that I can do to contribute and make a positive difference in the coming day.

6 – Practice Some Technique for Relaxation & Meditation



There are many different ways to do this. Some people do a traditional seated meditation; while others do a relaxing type of yoga or tai chi. Some people will just sit quietly and pay attention to their breathing.

One simple exercise that works to reduce stress and help calm the mind, is to simply inhale for a count of five, followed by an exhale for a count of five. So we're simply slowing down our breathing. And as you get more comfortable with this exercise, you can aim for seven breaths per minute for just five minutes, once or twice a day. Once you have done the seven breathes for awhile, you can see if you are comfortable with six

breaths per minute for five minutes, and then optionally try to even go as far as five breaths per minute for five minutes. This is a very powerful and effective, super-simple breathing exercise. **I personally have used Dr. Wayne Dyer's JAPA meditation for many years, and have free CD's of Dr. Dyer available in the office at your request.**

7 – Make Time For Supportive & Enjoyable Social Interaction

If you start your day thinking of all the people you're thankful for, then as part of your intention for the day, make a decision to connect with them. Give them a call, or spend some time with them. Recent research has shown that people who spend time regularly with other people in a positive or social setting, really have much better health outcomes. They feel better; have less heart disease, less heart attacks, they live longer, and are happier.

Recent research has also shown that an important measure of well-being is our access to people who we can confide in. This relates to having others who care about us, that we can trust, and who we can safely share things with. The ideal goal is to have three people in our life who are positive, supportive, loving, happy people who we can confide in. But even one is better than none. If you don't have anybody to confide in, then it's important to find someone you can confide in, and the best way to do that is to become someone who others can safely confide.



8 – Exercise Provides Rapid & Lasting Results

When stress affects the brain, with its many nerve connections, the rest of the body feels the impact as well. Exercise and other physical activity produce endorphins — chemicals in the brain that act as natural painkillers, which also improve the ability to sleep, which in turn reduces stress and anxiety.



Research has found that regular participation in aerobic exercise has been shown to decrease overall levels of tension, elevate and stabilize mood, improve sleep, and improve self-esteem. The benefits of exercise extend beyond stress relief, also working to improve anxiety.

It only takes about five minutes of aerobic exercise to experience anti-anxiety effects. Psychologists studying how exercise relieves anxiety and depression suggest that a 10-minute walk may be just as good as a 45-minute workout. Some studies show that exercise can work quickly to elevate depressed mood in many people.

Science has also provided some evidence that physically active people have lower rates of anxiety and depression than sedentary people. Exercise may improve mental health by helping the brain cope better with stress. In one study, researchers found that those who got regular vigorous exercise were 25 percent less likely to develop depression or an anxiety disorder over the next five years.

Are You Taking Medication for Anxiety?

Anxiety medications have many side-effects and should be avoided if possible. Sadly, the medical profession, with its profit-driven preference for prescription drugs, will not attempt to address issues through a more patient and lifestyle centered approach.

So what if you're taking a prescription drug? Around one in five Americans, both children and adult, are taking some type of mind-altering drug.

If we start to realize success with diet and lifestyle changes to the point that you are considering stopping these prescription medications, it is important that you work with the health professional who prescribed the medication. It is not safe to abruptly stop some of these drugs, so work with your physician if you decide to remove them from your system.



"The doctor of the future will give little medicine but will interest his patients in care of the human frame, diet, and in the cause and prevention of disease."

-Thomas A. Edison

"The natural healing force within each one of us is the greatest force in getting well. Our food should be our medicine. Our medicine should be our food."

-Hippocrates 460 B.C. - 377 B.C.

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