

WHAT YOUR PSYCHOLOGIST HASN'T TOLD YOU ABOUT ANXIETY & DEPRESSION BY M. ED CYNTHIA PERKINS

A cutting-edge, natural, holistic, comprehensive and drug-free approach for better mental health that goes beyond psychotherapy.

What Your Psychologist Hasn't Told You About Anxiety & Depression



Break Free by Uncovering the
True Biochemical Roots

Cynthia Perkins, M.Ed.

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The true roots of anxiety and depression lie in disrupted neurotransmitters in the brain, not deep-seated psychological problems or personality disorders, and using drugs to address this issue only perpetuates the problem even further. Recovery can be achieved by restoring balance to the neurotransmitters naturally. "What Your Psychologist Hasn't Told You About Anxiety and Depression" provides a comprehensive, holistic and drug-free approach to alleviating depression and anxiety by uncovering the factors that disrupt neurotransmitters, such as poor diet, deficiencies in nutrients, low blood sugar, chronic stress, environmental toxins, unidentified food sensitivities, adrenal or thyroid insufficiency, hormone imbalances and candida overgrowth to name a few. With Cynthia's down-to-earth, forthright tone you'll discover a recovery plan that is easy to read, honest, realistic and free of marketing hype or outrageous miracle cures

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For beginners only

By Percheron Fan

If you don't know much about depression or nutrition or the effects of what you eat on your mental state, and how your brain works, then by all means, buy this book. You'll learn a lot and it is presented in a understandable and logical manner.

However, the author says that depression, bipolar disorder, ADHD, panic attacks etc.etc are either caused by a genuine emotional problem- go see your local shrink- or a nutritional/environmental toxin problem. None of this is new nor particularly controversial; most of the daytime doctor shows talk about these things on a regular basis. Environmental toxins and poor eating habits can really mess up your brain, true enough, as can serious emotional problems, but it's not the only way to have problems. Concussions and traumatic brain injuries also cause depression and a host of other emotional/physical problems and are usually accompanied by PTSD. My depression, etc. were caused by a traumatic brain injury which she doesn't even talk about. Probably because there's nothing you can do about it.... I had hoped to find out something new but I didn't.

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