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### **Depression-Bipolar Disorder-General Anxiety Disorders**

You are probably wondering what can Chiropractic/Applied Kinesiology do for these disorders and the answer is plenty!

Most of us have experienced depression at some point in our lives, but most of the time it is self-limiting and will rectify itself usually in short order. The type of depression is also known as unipolar depression. It is characterized by an all-encompassing low mood or sadness, a loss of interest or pleasure in what were normally enjoyable activities. The causes can be biological, psychological and social factors such as stress that may precipitate the on set of symptoms. The onset of this condition that requires treatment will usually be between the ages of 20 and 30 years, and may have a later peak between 30 to 40 years. However depression can occur in young children and teenagers.

Other symptoms that may accompany unipolar, bipolar and general anxiety disorder (GAD), can be changes in sleeping and eating habits, can have preoccupied with, or ruminate over, thoughts, can effect memory, and changes in sex drive. If these symptoms persist for three to four weeks or if accompanied by thought of suicide they should be checked by a psychiatrist or clinical psychologist.

Bipolar disorder or manic-depression is similar in its' depression symptoms but differs from unipolar depression because of the manic phase. This is characterized by period of elevated, expansive, or irritable mood swings, increase in energy and a decreased need for sleep. The person's speech may be pressured, may have racing thoughts, attention span may be low and may be easily distracted. Behavior may become aggressive, intolerant, or intrusive, may have grandiose or delusional ideas or feeling of being "chosen" and are "on a special mission". There are two forms of this condition bipolar I / II, which depend on the nature and severity and time and number reoccurrence.

The final topic is general anxiety disorder (GAD) which effects some 6.8 million American adults. Runaway thoughts and irrational worries about everyday things characterize this disorder. This may include health, money, death, family, friends and relationship problems. When this starts to interfere with daily functions and last for at least 6 months then it is fair to diagnose GAD, and might require treatment. One of the best know treatment for all of these conditions is Cognitive Behavioral Therapy (CBT), which helps the patient to understand how their thoughts and feeling influence this behavior. The use of drugs known as (benzodiazepines) also know as (MAO) inhibitors, such as Valium, Klonopin and Xanax should only be used on a short-term basis, long term use make the symptoms more chronic.

**(Over)**

If anti-depressant drugs are suggested such as Prozac, Effexor, or Cymbalta this are classified as (SSRI-SNRI) this stands for serotonin-norepinephrine reuptake inhibitor. This must not be taken with (MAO) which, is a monoamine oxidase, because this will cause serotonin level of the brain to increase and can cause hypertensive crisis or lead to a serotonin syndrome and death.

So, what can Chiropractic/Applied Kinesiology do for depression, bio-polar disorder and general anxiety disorder? The answer is plenty when you consider that this approach takes in to account the whole person not just the symptoms of these disorders. You might remember that we as individual are made up of three humors of health, like a triangle with a structural side, a chemical side and an emotional side. They are all equally important and influence each other so balancing the whole system of the three-humors works better then treating just one. This is factor is well known in medical treatment of these conditions, that talk therapy along with drug therapy work better and faster then either one separately. Now using a system of therapy that put all there factors together at once and the outcome will be even better.

Since I started about the medical drug approach to these conditions it only fair to look at the chemical side through nutrition. The building blocks of the neurotransmitters that are depleted are the amino acids Tyrosine and Tryptophan. Tyrosine is necessary for the formation of dopamine, epinephrine or norepinephrine and Tryptophan for the formation of serotonin and melatonin. These can be supplement with amino acid concentrates along with a balanced vitamin B complex. Other supplements that have shown clinical responses for these conditions St. John's Wort, Fish Oils, and SAM-e (S-Adenosyl-Methionine).

The structural side of these conditions has a common denominator of the LD cranial fault and this accompanied by a specific muscular weakness found in the Supraspinatus muscle of the shoulder. As a clinic researcher I have been observing this pattern for more then thirty years and have discovered its association to neurotransmitter involved with these conditions. For more detailed description of the fault read newsletter #7 on my web site. The accompanying supraspinatus muscle weakness can be used to test the nutrient and even the SSRI drugs, which will strengthen the weakness if it is beneficial.

The emotional side can be treated very effectively by psychotherapy system discovered and developed by a clinical psychologist Roger J. Callahan, Ph.D., known as Though Field Therapy or (TFT). This system identifies a specific acupuncture meridian point that is connected to the psychological problem and by tapping this point till it reduces the symptoms of depression or anxiety. This system has been developing for more the 20 years and shown to be highly efficient therapy in a study conducted at Florida State University on (PTSD) soldiers compared to three other psychological therapies tested. TFT work the quickest, needing the least number of treatments and lasted the longest in follow up evaluation six moths later. I can apply this method to your emotional condition. I am happy to work with and assist your psychologist or psychiatrist to stabilize and cure these problems.