# THE GREATEST MEDICAL BOOK EVER WRITTEN



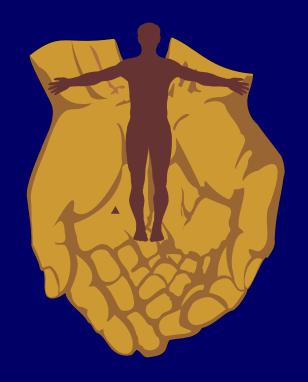


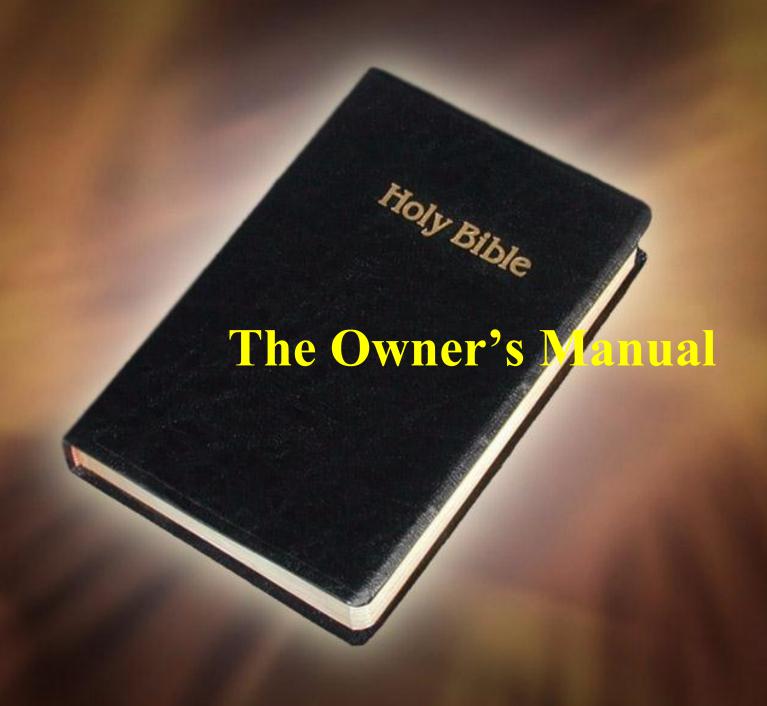
# The Greatest Mental Health Book Ever Written.

(Ps. 100:3 KJV) Know ye that the LORD he is God: it is he that hath made us, and not we ourselves; we are his people, and the sheep of his pasture.

# EVERY PRODUCT COMES WITH A MANUFACTURER'S OWNERS MANUAL







#### GOD GAVE US INSTRUCTIONS

"Thy hands have fashioned me and made me. Give me understanding and I shall keep thy commandments. Ps. 119:73

- Godly Trust
- Open Air
- Daily Exercise
- Sunshine
- Proper Rest
- Lots of Water
- Always Temperate
- Nutrition

Genesis 2:17

Genesis 1:6,7

Genesis 2:15

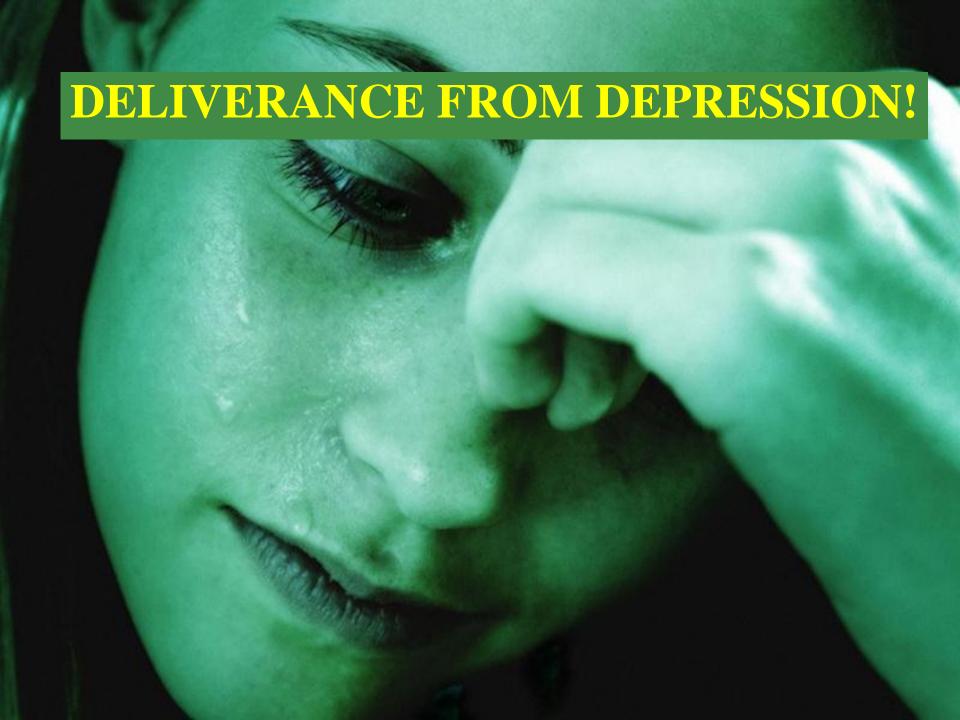
Genesis 1:16

Genesis 2:3

Genesis 2:10

Genesis 2:16,17

Genesis 1:29



## The Definition of Depression

Cannot have recently faced obvious emotional trauma but still experiences at least 5 of the 9 symptoms for at least 2 weeks.

- Deep sadness
- Apathy
- Agitation
- Sleep disturbances
- Weight or appetite changes
- Lack of concentration

- Feelings of worthlessness
- Morbid thoughts
- Fatigue



Subsyndromal Depression = 2 to 4 symptoms for 2 weeks.

In order to be diagnosed with major depression, one must experience five or more of the previous symptoms during a 2-week period and they must represent a change from previous functioning. In addition, one of these five symptoms must be either depressed mood or loss of interest or pleasure in activities.

American Psychiatric Association:

Diagnostic and statistical manual of mental disorders (4<sup>th</sup> ed.).

Washington, DC, American Psychiatric Association, 1994.



"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death." {MH 241.1}

# ANXIETY



# "...All tend to break down the life forces and invite decay and death."

Ministry of Healing p.241

- Grief: Emotional suffering caused by disaster, an unfortunate outcome, sorrow
- Anxiety: Apprehensive uneasiness of mind; worrying
- Discontent: A sense of grievance; dissatisfaction.
- <u>Remorse</u>: Distress arising from a sense of guilt; self-reproach
- <u>Distrust</u>: To have no confidence in; suspicion.

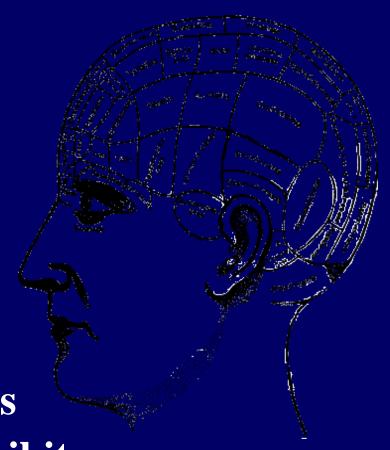
#### **Conventional Treatment for Depression**

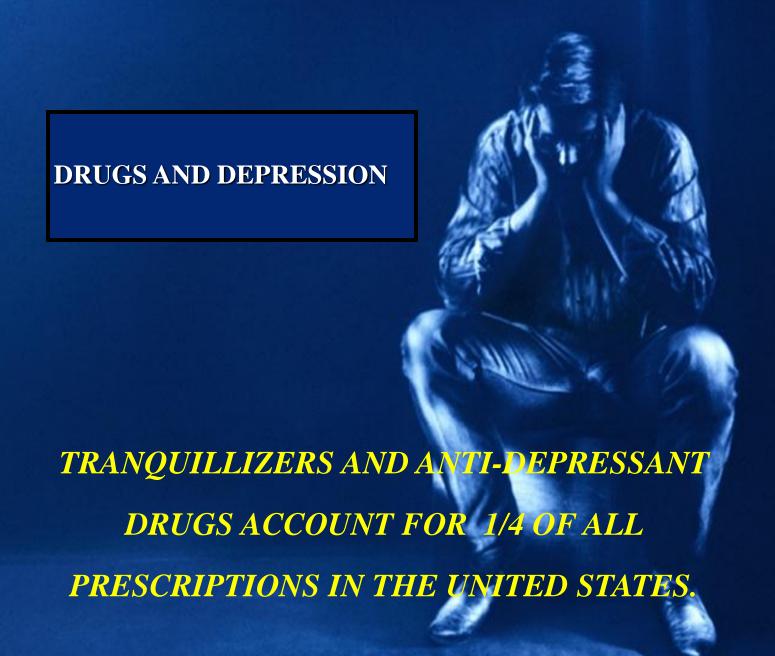
#### Cognitive Therapies:

- Psychotherapy
- Counseling

#### Drug Medication:

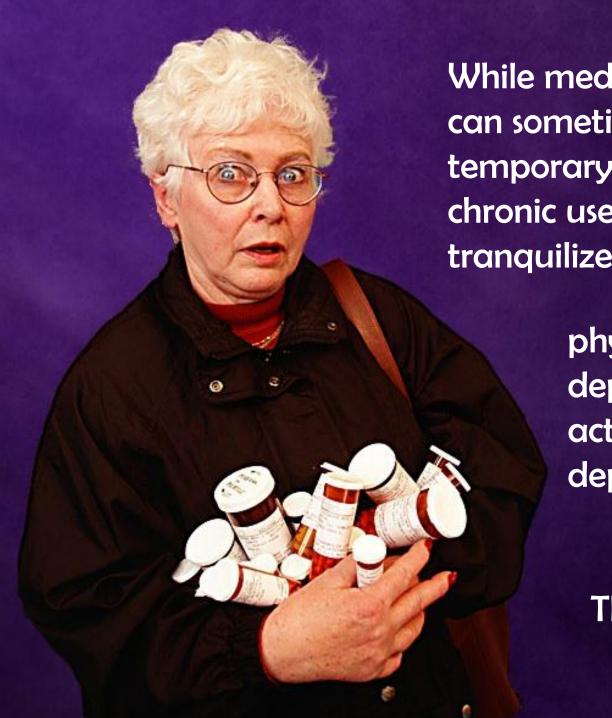
- Tricyclic Antidepressants
- Monoamine Oxidase Inhibitors
- Selective Serotonin Reuptake Inhibitors





### Statistics for Germany

- Statistically speaking, in 2009, every professional in Germany got prescriptions for anti-depressants for 8 days. This means a rise of 113% in comparison to 2000. Women obtained distinctly more then men with 10.5 daily doses of anti-depressants (men got prescriptions for 6 days).
- http://www.pressemitteilungenonline.de/index.php/anstieg-von-antidepressivaverschreibungen-um-113/



While medication for depression can sometimes provide temporary relief of symptoms, chronic use of antidepressants & tranquilizers, can lead to

physical or emotional dependency & may actually deepen the depression.

THERE is Something BETTER

### **Depression is Increasing**

- The number of people developing depression worldwide has steadily increased since 1915.
- The disease seems to be striking at an earlier age.
- Major episodes of depression now occur frequently by age 25.
- Overall risk of depression has increased over time.

# Physical Factors That Contribute To Depression

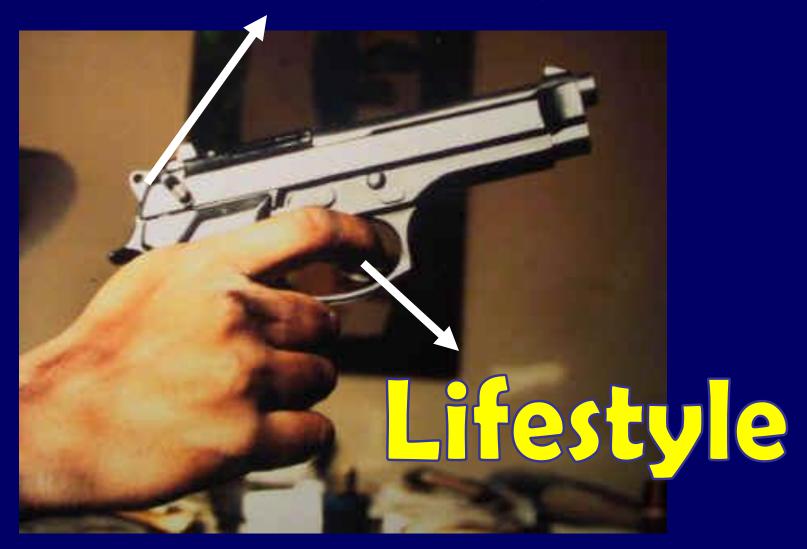
- > Alcohol, Smoking
- **Caffeine**
- Physical inactivity
- > Improper diet
- Medical Conditions/ Medications
- ➤ Interruption of circadian rhythms







# Genetics



# Social Factors That Increase The Risk of Depression

- > Grandparents raising children
- Parental separation
- > Sexual abuse
- **Co-dependency**
- **Low social class**
- **Absence of social support**
- > Negative, stressful events

#### God's Promises

• "We should not regard them with carelessness or indifference. But as we would examine the precious flowers,..delighting our senses with their loveliness and fragrance, just so we should take the promises of God, one by one, and examine them closely on every side-take in their richness, and be soothed, comforted, encouraged, and strengthened by them..they are suited to the friendless, poverty stricken, the wealthy, the sick, bereaved-all have their appropriate help if they will see and take hold of these by faith. TKH 213:3

Many of our internal, unresolved issues stem from a lack of understanding and experience in...



- God's unconditional, infinite love & our value
- His sovereignty, justice, & ability to redeem the worst situation
- His involvement in our daily lives
- Our need for confession of sin and reconciliation with others
- Christ's promise of forgiveness, victory from sin & freedom from guilt
- The power of the word of God

#### 1 Samuel 16: 15, 16, 23

- And Saul's servants said unto him, Behold now, an evil spirit from God troubleth thee.
- Let our lord now command thy servants, [which are] before thee, to seek out a man, [who is] a cunning player on an harp: and it shall come to pass, when the evil spirit from God is upon thee, that he shall play with his hand, and thou shalt be well.
- And it came to pass, when the [evil] spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him.

# That Hopeless Feeling

# Depression







### **Treatment for Depression**

Ps 34:19

19 Many are the afflictions of the righteous: but the LORD delivereth him out of them all.

Ps 56:8-10

- 8 Thou tellest my wanderings: put thou my tears into thy bottle: are they not in thy book?
- 9 When I cry unto thee, then shall mine enemies turn back: this I know; for God is for me.
- 10 In God will I praise his word: in the LORD will I Praise his word.



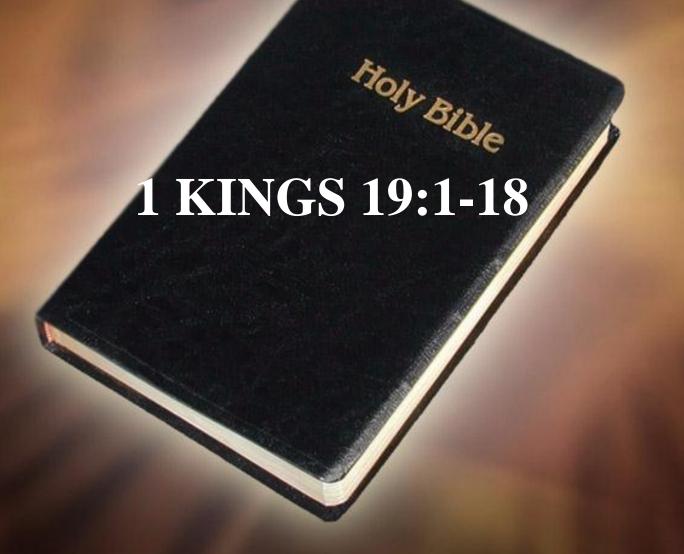
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CASE STUDY

### ILLUSTRATION OF DEPRESSION



1KINGS 18;19



# ELIJAH SUFFERED FROM DEPRESSION

 But a reaction such as frequently follows high faith and glorious success was pressing upon Elijah. He feared that the reformation begun on Carmel might not be lasting; and *depression* seized him. He had been exalted to Pisgah's top; now he was in the valley. While under the inspiration of the Almighty, he had stood the severest trial of faith; but in this time of discouragement, with Jezebel's threat sounding in his ears, and Satan still apparently prevailing through the plotting of this wicked woman, <u>he</u> lost his hold on God.

#### I. The Conditions:

- A. His life was threaten vs 2
- B. He feared for his life vs 3
- C. He focused on the circumstances vs 3
- D. He lost hope and wanted to die vs 4

#### II. The Causes:

He was self focused - vs 3,4

He allowed circumstances to dictate his actions – vs 3

He had high expectations - vs 10

#### III. The Causes in Perspective:

Disappointment

Resentment

Anger

Self pity (if only)

IV. The Solution

Sleep - vs 5

Touch - vs 5

Food - vs 5,6

Water - vs. 6

Social attention and support – vs 7

Exercise – vs 8

Spiritual food - vs 9,11,12

Holy Bible

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Holy Bible

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Holy Bible

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- A. Sleep vs 5
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- C. Food -vs 5,6
- D. Water vs. 6
- E. Social attention and support vs 7
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- G. Spiritual food vs 9,11,12

Holy Bible

SLEEP

TOUCH

**FOOD** 

WATER

SOCIAL ATTENTION-SUPPORT

EXERCISE

SPIRITUAL FOOD

## A Healthy Life-style 3 John 2

#### **Treatments for Depression**

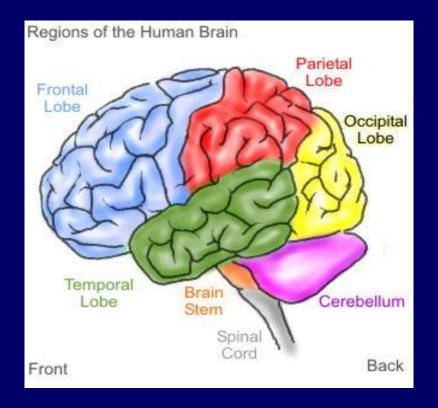
- Attempt to find the cause
- Enhance frontal lobe function
- Avoid frontal lobe suppressants
- Increase brain serotonin levels
- Sufficient omega-3 intake
- Sufficient folate intake
- Sufficient B vitamin intake

#### Factors that Prevent and Treat Depression

Let's look at the brain.

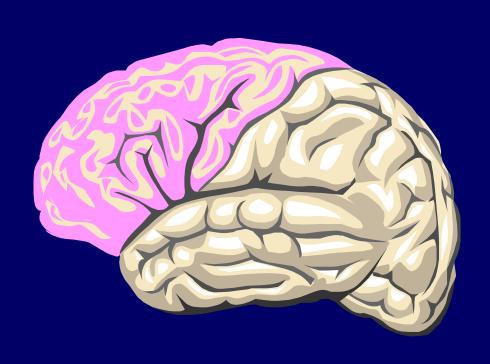
First, let's look at the <u>physical brain.</u>

Secondly, let's look at <u>mental influences.</u>



#### The Frontal Lobe

- > Conscience
- > Will-power
- > Discernment
- > Initiative
- > Concentration
- > Ability to plan & execute plans



### Frontal Lobe Deficiency In Depression

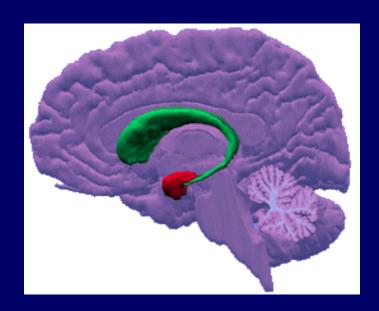
- > Decrease in blood flow
- > Decrease in electrical activity
- > Decrease in neurotransmitters
- >Anatomic shrinkage



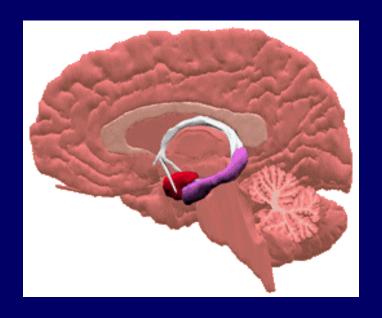
## Principle 2 in Overcoming Depression

The blood flow within the brain shifts to the areas being used. Engage in activities that build the front brain will improve blood flow to it.

- The amygdalae store fear-related memories and emotions.
- The amygdalae become overactive in depression. So fear predominates.
- The frontal lobe sends brakes to the amygdalae.



- The hippocampus is involved in both long-term and short-term memory.
- >Long or serious depression shrinks it.
- A variety of mental and physical exercise improve neurogenesis in the hippocampus.



# Distorted, Faulty Thinking Patterns Are Involved in All Depression

## "As a man thinks in his heart, so is he." Prov 23:7



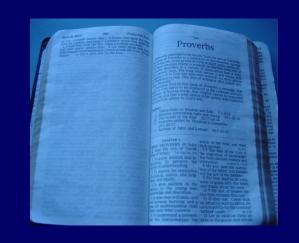
#### Principle 3

#### in Overcoming Depression

➤ Recognize and replace negative thought patterns with positive ones.

- > Options
- > Logic
- > God's promises

## READ THE BIBLE AND STRENGTHEN THE INTELLECT



"The Bible, just as it reads, is to be your guide."

"Nothing is so calculated to enlarge the mind and strengthen the intellect as the study of the Bible"

"As the mind is brought to the study of God's Word, the understanding will enlarge and the higher power will develop for the comprehension of high and ennobling truth"

#### Mind Reading



"Judge not according to the appearance, but judge righteous judgment."

John 7:24

#### Internalization of Others' Opinions



"Can a woman forget her sucking child, that she should not have compassion on the son of her womb? Yea, they may forget, yet will I not forget thee." *Isaiah 49:15* 

#### Selective Filtering

Focusing on the negatives while ignoring the positives.



"But where sin abounded, grace did much more abound."

**Romans** 5:20

"We are in a world of suffering. Difficulty, trial, and sorrow await us all along the way to the heavenly home. But there are many who make life's burdens doubly heavy by continually anticipating trouble. If they meet with adversity or disappointment they think that everything is going to ruin, that theirs is the hardest lot of all, that they are surely coming to want. Thus they bring wretchedness upon themselves and cast a shadow upon all around them. Life itself becomes a burden to them. But it need not be thus. It will cost a determined effort to change the current of their thought. But the change can be made. Their happiness, both for this life and for the life to come, depends upon their fixing their minds upon cheerful things"...

"Let them look away from the dark picture, which is imaginary, to the benefits which God has strewn in their pathway, and beyond these to the unseen and eternal...

In every trial, if we seek Him, Christ will give us help.
Our eyes will be opened to discern the healing
promises recorded in His word. The Holy Spirit will
teach us how to appropriate every blessing that will be
an antidote to grief. For every bitter draft that is placed
to our lips, we shall find a branch of healing."
MH 247,248

#### All or None Thinking

What a bummer! I failed. I didn't get my usual "A".

In this faulty thinking pattern, everything is perceived in extremes with no room for God's grace and learning from mistakes.



"For a just man falleth seven times and riseth up again: but the wicked shall fall into mischief."

Prov 24:16

#### **Unrealistic Goals**



I really should do more.
I should be able to rear two
children alone, climb the corporate
ladder, take continuing education classes,
work out at the Ythree times a week, and
have an organized household. Many
women do all these things.
So should I.

"My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me."

2 Cor 12:9

#### Generalization

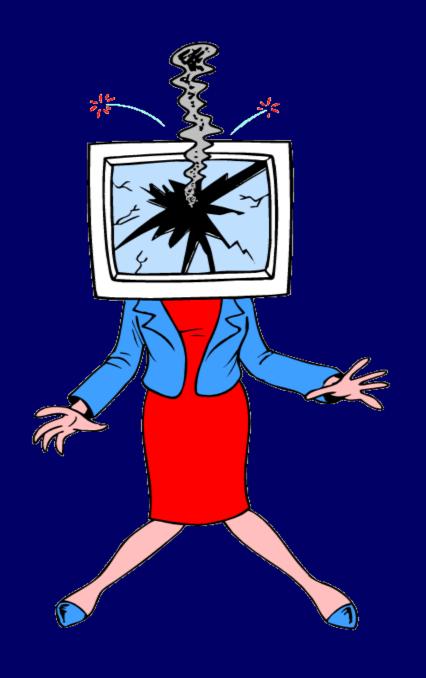
Here, we extend life's negatives to everything and neglect our blessings.

Sally & Jane never speak to me. I guess no one really likes me here. The story of my life. No one really cares.



"For my thoughts are not your thoughts, neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts."

Isaiah 55:8,9



By beholding we become changed.

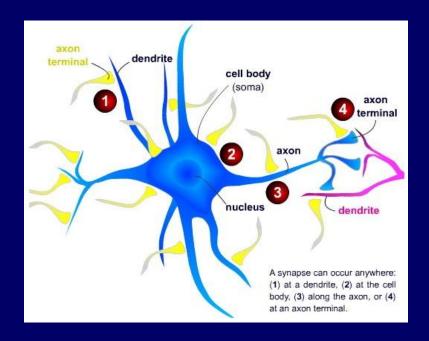
The mind becomes assimilated to that which it is accustomed to love and reverence.

### "The mind gradually adapts itself to the subjects upon which it is trained to dwell.



### "Our thoughts and feelings are encouraged and strengthened as we give them utterance.

**Synaptic Plasticity** 



- Cultivate health habits that improve the frontal lobe's functioning
- ➤ Discard habits that injure its performance

- Alcohol
- Caffeine

#### General Lifestyle Treatments for Depression

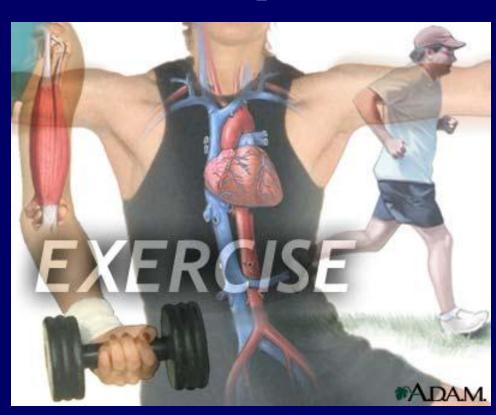
- > Sunlight or broad spectrum light therapy
- > Physical exercise
- > Regular, restful sleep
- > High, complex carbohydrate diet
- Classical music

#### **Exercise Remedies Depression**

- > As effective as prescription drugs for mild to moderate depression
- > Increases brain chemicals needed for positive

outlook and protection of nerve cells

- > Increases resiliency to stress
- > Reduces anxiety
- > Improves self-image



#### Diet That Helps Depression

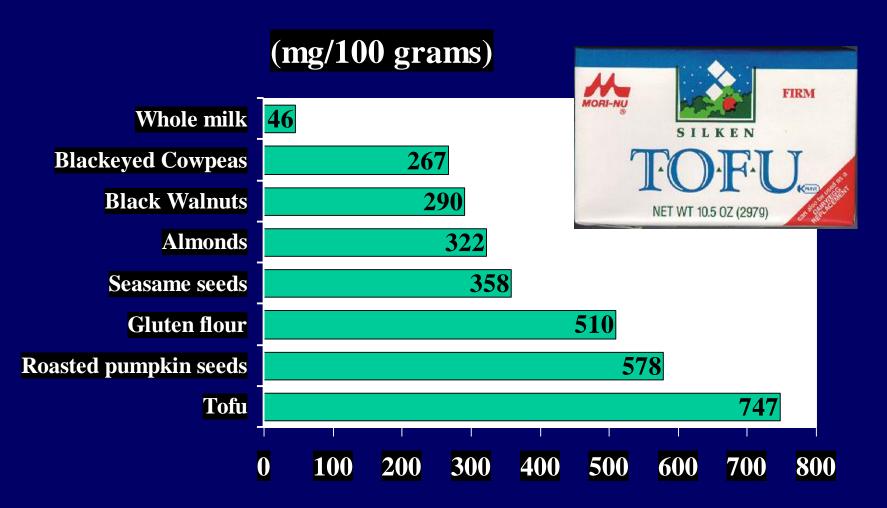
- 1. A plant-based diet improves the electrical balance between the front lobe and the lower regions of the brain.
- 2. Folic acid & B-12
- 3. Extra vitamin E





Vitamin E is found in corn, nuts, olives, green, leafy vegetables, vegetable oils and wheat germ, but food alone cannot provide a beneficial amount of vitamin E, and supplements may be helpful

### Foods Rich in Tryptophan



## Plant Foods Containing Omega-3 (Linolenic Acid)

Food Item	Amount	Omega-3 (mg)
Flaxseed/Linseed oil	1 Tbs.	7526
Walnuts, English	½ cup	1703
Canola oil	1094	
Walnuts, black	¹⁄4 cup	1034
Wheat germ oil	1 Tbs.	938
Soybean oil (Crisco/Wesson)	1 Tbs.	927
Green soybeans	1 cup	637
Spinach canned	1 cup	353
Almonds	<sup>1</sup> / <sub>4</sub> cup	136

## Plant Foods Containing Omega-3 (Linolenic Acid)

Food Item	Amount	Omega-3 (mg)
California avocado	½ cup	99
Turnips	1 cup	74
Safflower oil	1 Tbs.	55
Sweet potatoes	1 piece	38
Banana	1 each	38
Medium apple w/peel	1 each	25
Roasted potato, medium size	1 each	17
Cucumber slices w/peel	10 pieces	s 12
Whole wheat bread	1 piece	11

### Sources of Folate

Food Item

Amount

Folate (mcg)

Chickpeas	1 cup	1114
Black- eyed Cowpeas	1 cup	1057
Lentils	1 cup	831
Red Kidney Beans	1 cup	725
Okra Beans	1 cup	269
Navy Beans	1 cup	255
Spinach	1 cup	109
Sirloin Steak, broiled	1 cup	16

#### Diet That Helps Depression

- 4. High complex carbohydrate diet improves delivery of tryptophan to the brain where it can be used to make serotonin.
- 5. Omega-3 from plant sources







## **Evidence Suggests Low-Carb Diets Lead to Depression**

Dr. Judith Wurtman and her colleagues from MIT have found that when you stop eating an abundance of carbohydrates, your brain slows down the production of serotonin.



Thomson, E. (2004). *Carbs are essential for effective dieting and good mood.* Massachusetts Institute of Technology – News Office.

#### **Case Study**

- A seriously depressed lady had to take a short-term leave of absence from her job.
- She experienced some reduction in symptoms with lifestyle changes.
- Only when she added omega-3 to her diet (3-4 Tbsp of ground flaxseed per day) she began to experience a significant decrease in her depressive symptoms.
- Three weeks after returning to work she noted more calmness, less moodiness and improved concentration. Even her co-workers were influenced by her improved condition and began eating flaxseeds too!

Note: This result may not occur in everyone who adds this nutrient to their diet. However, it is just one example of how omega-3 can contribute to the effective treatment of depression.

#### SUMMARY

- There is no such thing as a "standard" case of depression.
- Each victim of depression has a unique set of causes.
- Most cases of depression have more than one cause. Many have four or more.
- Each cause must be identified before a strategy for conquering the disorder can be laid out.
- A depressed person can often determine his own causes from a list of 51 possibilities.

#### Three Steps to a Happier Life

- 1. Make an analysis of your life
  - 2. Have a desire to change
  - 3. Have the courage to embark on a new plan for your life.



"Beloved I wish above all things that thou mayest prosper & be in health, even as thy soul prospereth."

3 John 2

Major or long-lasting depression are very serious diseases. The information provided in this presentation is general in nature. Those who are depressed should seek out help from a qualified physician and counsellor.

#### RESOURCES

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**WILDWOOD BOOKSTORE: 1-706-820-9955** 

#### **Special Contributors:**

Neil Nedly, MD; <u>Depression: The Way</u> <u>Out</u>, Nedley Publishers, 2002

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