

# ANXIETY & DEPRESSION

## CAUSES

In addition to stress and emotional factors, possible physiological causes may include:

- Diseases - diabetes, heart disease, rheumatoid arthritis, multiple sclerosis, liver disease and chronic pain
- Drugs - antihypertensives, anti-inflammatories, birth control, antihistamines, corticosteroids and sedatives
- Conditions - PMS, stress, low adrenal function, heavy metal toxicity, food allergies, eating disorders, hypothyroidism, hypoglycemia, nutritional deficiencies and sleep disturbances

## NATUROPATHIC TREATMENT OPTIONS

### *Clinical Nutrition*

A healthy diet, combined with appropriate vitamin or mineral supplementation, can help maintain healthy levels of the hormones and brain chemicals that affect mood. Your RSNC intern can analyze your diet to identify nutritional imbalances that may contribute to your symptoms, and teach you about foods that can regulate your mood and energy levels.

### *Botanical Herbs*

Many herbs, including St. John's wort, valerian, passionflower, chamomile and skullcap, are effective in the treatment of mild to moderate anxiety and depression. Botanical medicine should only be used under the supervision of a licensed naturopathic doctor or supervised RSNC clinic intern.

### *Asian Medicine / Acupuncture*

According to the theory of this ancient and effective approach to health, depression results from a disruption in the flow of the body energy or Qi. Asian medicine uses acupuncture, herbs and energetic bodywork to correct the imbalance.

### *Homeopathic Medicine*

Homeopathic medicine works on an energetic level, assisting the body's own healing ability to correct emotional and physical imbalances. Your clinic intern may prescribe a homeopathic remedy for an acute state of anxiety or chronic depression.

### *Counselling*

Counselling techniques, such as cognitive therapy, have been shown to moderate depression and anxiety. Helping a patient to gain control over their lives has been shown to produce beneficial biochemical changes.

### *Lifestyle Education*

When practiced daily, lifestyle activities such as meditation, breathing exercises and stress reduction can be remarkably effective at improving mood and alleviating anxiety. Exercise is also excellent for maintaining vitality and balancing mood and energy.

### *Physical Medicine*

A hands-on approach to treatment may also be offered to bring on physiological changes and a state of relaxation to allow healing to take place.

## **The Robert Schad Naturopathic Clinic**

**(Located at The Canadian College of Naturopathic Medicine)  
1255 Sheppard Avenue East, Toronto, Ontario M2K 1E2  
Clinic: 416-498-9763 College: 416-498-1255 [www.rsnc.ca](http://www.rsnc.ca)**