

# **Depression, Anxiety and The Three Pillars of Strength**

Official Companion to [Holistic Mental Health And Healing](#)



By Dr. Tyler Woods  
Creator of [Natural Health And Wellness System](#)

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## Hi I am Dr. Tyler Woods

I want to share with you a little about who I am and why I decided to leave the world of traditional mental health and enter into the realm of holistic mental health and healing. I started off working on the social service field in that late 70's. It was low paying and did nothing to help people move towards the light.

That is when I went back to college to complete my BA and then earn my Masters degree in Counseling Psychology. I wanted to be a psychotherapist and help people. Shortly after earning my Masters, I found a school that offered me a Ph.D. in holistic health which was not easy considering there are not many recognized institutions that offer degrees in holistic health. Finally I found a school that was accredited through the American Alternative Medical Association and completed my curriculum. My emphasis was on mental health. As an intern I studied with a variety of physicians and healers who taught me the mind-body-spirit approach to health and healing.

I began to work as a counselor and also worked as a crisis intervention and suicide prevention specialist. I was unhappy and realized that healing had to come from a deeper level involving three dimensions, not just the mind, but the body and the spirit. I knew there was so much more I could do to help people besides suggest medications and listen. I wanted to participate in helping people heal, not just deal.

I started to think about my role as a traditional counselor. Then my big inspiration came and it came in a dear friend of mine who was bi-polar. Her psychiatrist had her on nineteen

different medications. She had tardive dyskinesia, her speech was impaired and the quality of her life was below normal. She spent much of her time managing her medications and the side effects. Each time we talked, her psychiatrist had changed her medications. One day she called and said she was feeling a little better; once again her medications had been changed. A few days later, I received a call that my friend had committed suicide. She had used her newest medication to accomplish this action. She remains my biggest inspiration.

I knew then and there I needed to take a risk and stop doing what I was told to do in the field of psychology and do what I was trained to do, and that was to help treat and heal people. As a result of this, I retired as a traditional psychotherapist so I could concentrate on healing mental health issues through a holistic lens.

Years have gone by and daily I have the opportunity to watch clients deal with issues such as grief, depression, anxiety, insomnia, ADHD and other mental health issues by using more natural approaches and taking care of themselves better. I have been amazed to see how the power of positive thought, spirituality, balanced diet, the right supplements and proper and efficient medical care can help people begin to heal their lives.

Holistic mental health and healing is cutting edge and more people are beginning to recognize the positive benefits of healing through a holistic lens. A holistic approach to mental health offers you choice in healing. When you take a holistic approach to your mental health issues you are saying you are willing to participate in your healing and take

responsibility for your recovery.

The question is, are you ready to take charge of your mental health?

I recall years back after my mother-in-law passed, I started having some odd symptoms. I was having mood swings, lack of concentration, crying outbreaks, insomnia, very typical symptoms of depression. My clinical director where I worked suggested I call a doctor and be put on medication for the depression right away. I called my doctor and asked her to run a series of tests. A week later, she called me and gave me the news that I was a diabetic.

Medication would not have helped and in fact, if my diabetes were to be left unattended it could have had serious consequences, so I always tell people if you feel depressed, first and foremost, ask your doctor for a complete and full exam. So diet and nutrition can contribute a great deal to depression and its treatment. My depression and anxiety symptoms left once I started eating a diabetic diet and exercising and taking care of my health.

That is when I truly realized that without our health, physical and mental, we cannot be truly happy. I rededicated my life to helping others achieving true holistic health. While this book focuses mostly on Mental Health remember the two are related. Keep in mind you are never alone on your journey to complete holistic mental health.

## Depression, Anxiety

You are overcome with sadness and you have no motivation. You have a loss of interest and just don't feel like yourself. Then your heart is pounding, you feel numb in your fingers and toes, sweat drips from your forehead. You try to catch your breath, but no matter how hard you try, your lungs just won't fill and it feels like there is someone sitting on your chest. You become dizzy and nauseated and your sense of hearing become impaired. You feel like you're in a dark tunnel with no air, and no end in sight...welcome to depression and anxiety. The two normally go hand in hand.

Depression and anxiety is on the increase and more and more people are feeling the symptoms of these two disorders. Some people feel like they are working below their potential with the problems in the world today. They are feeling frustrated, stressed and have little hope. These negative life experiences and feelings play a major role in depression and anxiety.

### Depression

Depression is a feeling that makes us feel like we feeling blue, or as some people say, "out of it." It's a feeling of sadness and sometimes we spend a great deal of time having crying outbursts. With depression you may loss of interest or pleasure in activities you used to enjoy or you may find changes in your weight because you over ate or forgot to eat. For some they oversleep or do not sleep at all. There is a lack of motivation and low energy, feelings of

worthlessness and hopelessness and sometimes, thoughts of death or suicide.

### **Anxiety**

Scientists claim there is no one cause for anxiety, however most people know that anxiety does have a core and a root and it can be worked with. In order to work with anxiety, we must look at factors that contribute to a person developing anxiety. We know that anxiety can affect our mind. It churns and creates behaviors that serve us no purpose. It creates a personality that we just aren't please with. It affects our biology, our health. Anxiety makes us sick, creates illness and makes us live with chronic disease. Finally anxiety destroys spirit.

### **Depression/Anxiety**

Depression and anxiety affects our whole being. It affects how we feel, how we behave, how we believe and has physical symptoms. Otherwise, it affects the mind, body and spirit. It can feel a little like fear. Sometimes when we are in a state of fear, we are afraid of something but we often don't know what we are afraid of and it causes an anxious feeling, then we begin to feel helpless.

### **The Problem**

Many people suffer from depression and are afraid to get help because they fear they will be judged or put on medication. Depression is a "whole-body" illness, involving the body, mind and spirit. It is not a weakness of character nor does it mean that a person is inadequate. If you see the correct person and explain to them your fears about medications, some physicians will offer you alternatives to treat your depression. Many counselors and holistic

practitioners will help you make that decision as well. There are many options in treating depression and anxiety.

### **The Three Pillars**

What we forget is that the mind, body and spirit do not allow us to stand alone with depression and anxiety. It has us stand on three very solid pillars. The first pillar is the thought process which is the product of our mind. The second pillar is the physical aspect which is about our health and the existence which is our body and finally the spiritual pillar which is our life force. It is with these three forces that we can conquer depression and anxiety.

### **First Pillar—The Mind**

Depression and anxiety can have many components. It can be environmental, chemical, hereditary, situational, induced by trauma, or be caused by a physical illness. There are a variety of reason people suffer from this condition. There can be such a variety of reasons, but what we know is it affects the mind; therefore, the mind could be a great defense against depression and anxiety.

The Buddha said "all that we are is the result of what we have thought. The mind is everything. What we think we become." With that in mind, we need to realize that we really do become what we think, so it is important to keep thoughts positive.

### **Stay Present**

Did you know that it's impossible to affect the past or the future through worrying in the present moment? Think about it. You want a tip for reducing anxiety and depression? Stay present which means being

focused in present time. If you do that, then your thoughts are not directing an emotional response to events in the past or the future. It is hard though because we have created a habit to go to next week, or next year and we created habits of what if's. Hard to be happy living in what if's...

### **Master Your Thoughts**

The first thing you need to keep in mind is what are you feeding your mind? You want to become the master of your own thoughts. That's right! Your inability to control what you think strengthens your depression and anxiety. Depression and anxiety can gain momentum when you offer it negative thoughts. Because of this, you want to be able to work on keeping your thoughts positive.

It is easier said than done. Some people say their glass is half empty while others say their glass is half full. Well a positive thought means your glass is always half full. Thoughts give birth to thoughts, and what you fill your mind with will spill over into reality. Do you really want your mantras to become a self-fulfilling prophecy? You realize that what you perceive is what you receive. So the mind places a strong role in conquering depression and anxiety because you can help control the thought process.

Stop being so reactive because when you are negative and reactive (depression is negative the anxiety is reactive) then you give thoughts permission to invade your mind and these thoughts burst forth into your reality. Thought is powerful and keep in mind, thought is about you. No one tells you how to think! Only you can tell you how to think!

Once a negative thought enters your mind, you have to be aware of it and endeavor to replace it with a constructive one. The negative thought will try again to enter your mind, and then you have to replace it again with a positive one.

## **Be Willing To Change**

If you are a negative thinker it is not easy to change immediately, however, you must be willing to change and to really change you must be willing to do whatever it takes including change your lifestyle. Your job makes you depressed? Find a new one. Easier said than done? Go slow! Start putting applications out and be willing to change. Does your family make you feel down? Then don't be around them so much and when you are around them and they begin to make you feel reactive, leave; excuses yourself. If you have a friend that is always annoying and makes you feel less than, the question would be, is this a friend? Sometimes if you want to feel better, you might need to clear out debris like friends that cause you stress. You also may need to clear out items such as over commitments, taxing events and things that take away from you.

So be sure to take an honest look at everything in your life. Decide which things, situations and people create negativity or stress in your life. Then get rid of it, or in some cases, get rid of them. Try this exercise.

If only I could get rid of:

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I would feel better because:

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The way I can get rid of this is to:

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So if you really want to work on your depression and anxiety and change your thought patterns, you need to be willing to make lifestyle changes. The world is changing at a quick pace. If you're stuck and are not willing to change anything, then feelings and behaviors will remain the same. That includes your depression and anxiety, in fact, if you stay stuck, your negative feelings will grow because you refuse to reinvent yourself and feel better. Many people say they're willing to change however when it comes right down to it, they do not change. Instead, they're willing to prove they had a bad childhood, or bad marriage, or they are willing to feel self-pity rather than self-empowerment so embrace your depression and anxiety or be willing to change.

Don't worry! When you make positive changes only positive can come into your life. So remember that positive thoughts have positive results and require positive change.

## Second Pillar—The Body

We are what we eat. You have heard it over and over and more data is stating the food effects mood. Hard to believe that if you are feeling a little low and anxious stuffing an avocado with tuna just might help shake that feeling way.

One of the most common biochemical findings of nutrition and depression/anxiety is a high cortisol level. Cortisol has many functions including its ability to “rewire” the brain, and breaking down lean mass. For instance, when your blood sugar drops, your cortisol level goes up and your serotonin level goes down. The brain is quite sensitive and can detect very small in blood sugar. That means your mood and emotions can change with every meal.

So be good to your mood and watch the foods you eat.

***Omega fatty acid-3*** plays an integral role in the overall brain function. Omega fatty three is sort of like a traffic cop in the mind as it helps keep the traffic patterns of the brain functioning smoothly. Omega fatty acid-3 helps serotonin production, which is what certain antidepressants do. There are a variety of foods that contain omega fatty acid-3 which include coldwater fish such as salmon, mackerel, sardines, and herring. Other foods include walnuts, flaxseeds, beans such as northern, kidney, navy and soybeans. Vegetables should be dark and leafy such as broccoli, spinach, kale and seaweed.

***Tryptophan*** is one of the amino acids which help the brain make serotonin, and low serotonin levels can create

depression; therefore, a diet high in tryptophan may help relieve symptoms of depression. Some of the foods that contain healthy amounts of tryptophan include red, lean meat, poultry such as chicken and turkey, fish such as tuna, halibut, shrimp and snapper, nuts, seeds, soy products and bananas.

**Vitamin B** is important in your diet and fighting depression and anxiety. Food with folic acid (B9) can include dark and leafy vegetables, whole wheat breads, fortified cereals, nuts, sprouts, seeds, poultry, beans and peas. Other foods with a variety of the B vitamins include chili peppers, bananas, winter squash, pork, avocado, and potatoes.

**Fiber** is essential in keeping the digestive system working, and because there is such a high correlation between digestive and mental disturbances, it is important to have a diet with high fiber to help with stress and depression.

### **Foods to Avoid**

Avoid sugar, white flours, processed foods and junk foods. The foods put harmful toxins in your body which travel to the brain. Eating certain foods is sure to cause havoc in the mind.

### **Eat Frequent**

Remember your blood sugar affects your mood. It is important that you eat smaller meals throughout the day to keep your blood sugar balanced.

### **Pain**

Depression also affects the body as far as pain and physical disorders. People who suffer from depression can suffer

from digestive disorders such as nausea, heartburn and indigestion. There are also frequent occurrences of diarrhea or constipation making it difficult for them to function.

In addition people with depression have a great deal of pain such as muscle aches, back pain and headaches. Exhaustion, fatigue and the feeling of being tired no matter how much sleep a person gets is one of the physical symptoms of depression. Even getting out of bed may seem difficult and some people get more depressed because of the effort it takes. Once people are out of bed and moving about, they may experience being lightheaded or being dizzy throughout the day.

### **Move the Body**

To help with body pain, it is important to get body movement. It reduces feelings of depression and anxiety, improves mood and promotes a sense of well-being. There can be a significant increase in self-esteem when you exercise. When you feel good about yourself you tend to experience less depression and anxiety. When depression and anxiety mix with exercise, endorphins are released, which are our body's natural pain-killers and can provide relief from some the aches & pains which accompany depression.

If you're like me, you hate the word exercise, so refer to it as body movement and know it can include a variety of things such as walking, running, swimming, bicycling, yoga, tai chi, and other martial arts. It can be aerobics or going on a hike. In fact a nice walk in the mountains or forest can also improve mood. Sports like tennis, racquetball and basketball is a great way to get the body moving. Not only will your

mood feel better, you will find yourself sleeping better, eating better, lowering your cholesterol and blood pressure, decrease your risk of certain cancers and heart attacks. So move the body to move the mind.

### **Holistic Tips for a better you through Supplements**

Much like medications, people can become dependent on supplements. No, supplements are not dangerous and addictive like some prescribed medication, but people try to depend on the material item rather than their own internal resources. If you have anxiety and really want to reduce it, then it is time to change your lifestyle.

**Omega Fatty Three**—fish oil contains a lot of omega 3 which is a vital fatty acid. Numerous studies all over the world have shown that omega 3 can help stabilize moods and reduce anxiety and depression. If you don't get enough fish in your diet, you can take a fish oil. I suggest at least 4,000-6,000 daily.

**Vitamin B**—anxiety can be a side effect of a vitamin B deficiency. Vitamin B helps the body deal with stress. You can get more vitamin B in your diet by eating leafy greens, and adding a B complex vitamin daily.

**Amino acids**—are the principal building blocks of proteins and enzymes. Proteins play a crucial role in virtually all biological processes in the body. Here are some amino acids that can help;

1.) GABA is an important and abundant amino acid that serves as an inhibitory neurotransmitter to block the transmission of an impulse from one cell to another in the

central nervous system. Taking GABA can help stop anxiety in its tracks especially if you take it sublingually.

2.) DLPA (D,L-phenylalanine) contains two forms of the amino acid and is believed to bolster mood-elevating chemicals in the brain, such as dopamine and norepinephrine. If you have high blood pressure you should avoid this.

3.) SAM-e is a VERY effective mood booster with a lot of research to back it up. It's expensive but tons of research suggests it works great for depression and anxiety.

\*\*\*Be careful taking amino acids if you are on certain drugs.

Make sure you are getting enough calcium and magnesium every day. Calcium is a calmative, and in order to absorb it you need magnesium. The ratio should be 2,000 mg of calcium to 600 to 1,000 mg of magnesium. They should be taken together.

**Herbs**—there are many helpful herbs such as catnip, chamomile, cramp bark, kava kava (in small amounts), hops, linden flower, motherwort, passionflower and skullcap all of which aid in preventing panic attacks. Like anything, you need to decide which one works for you.

**Bach Flowers** are used to help balance negative mental states and emotions. There are 38 remedies. White Chestnut calms repetitive, worrying thoughts. Larch is for people who fear and expect failure and Agrimony helps with people who worry in secret but hide from their fears by making a joke of things. Gentian helps with mild sense of despondency when something has gone wrong and we feel like giving up while Gorse is for a deeper form of depression, when we have given up hope and made up our minds that

things will not improve. You may want Sweet Chestnut for a deep despair when we feel that there is no way out. Oak is for slow, steady, reliable people who never know when they are beaten while Mustard is when we feel unhappy, gloomy and depressed but there is no reason to justify these feelings. Finally, Willow helps with self-pity and resentment.

### **Third Pillar—The Spirit**

A lack of spirituality can contribute to depression. Additionally, those who were confused with spirituality can lead depression and other mental health issues. Author, James Walker, who has written several books and journals on spirituality and depression states that spirituality, or lack of a spiritual belief system, can play a role in depression. This belief system corresponds with what I've always believed in when dealing with depression; without soulness there is no wholeness.

Spirituality refers to a way of living and being. The term spirituality is a confusing term. Usually, when one mentions spirituality, the first thought in many people's minds is that of religion. While religion is an aspect of spirituality, spirituality is not an aspect of religion. Spirituality covers other areas of belief as well. Put simply, spirituality is the all-encompassing arena of belief in something greater. The spiritual path is one of inner self discovery. Its total focus is based upon ones personal process of self discovery and the search for greater meaning. The only requirement for spirituality is a willingness to commit oneself to total self honesty and personal responsibility. How one chooses to define their understanding God, higher power, spirit, is up to them.

### **Spirituality and Mental Health**

Spirituality is very helpful for physical and mental health. It can help people cope with everyday stress and can keep them grounded. Ever notice that people who are spiritual express more tolerance and patience, and experience healthy relationships? Spirituality has been referred to as the forgotten dimension of mental health care. It has been described as being where the personal meets the universal; a sacred realm of human experience so to speak.

Spirituality can help people find meaning and purpose in their lives. It also gives people a sense of belonging. Spirituality has been called a quality that strives for inspiration, reverence, awe, meaning, and purpose.

### **Cultivating your spirituality**

Spirituality begins with your relationship with yourself, is nurtured by your relationships with others, and culminates in a sense of purpose in life. Realizing this, two of the best ways to cultivate your spirituality are to improve your self-esteem, and to foster relationships with those who are important to you. This can lead to a deepened sense of your place in life and in the greater good. Here are some suggestions that can help you help your clients.

#### **Looking inward**

- Try prayer, meditation and relaxation techniques to access your inner wisdom and help focus your thoughts.

- Keep a journal to help you express your feelings and record your progress.
- Seek out a trusted adviser or friend, preferably someone who has had similar life experiences or who walks a path that you would like to walk. Someone who can help you discover what's important to you in life. Sometimes others may have insights that you haven't been able to discover on your own.
- Read inspirational stories or essays to help you evaluate different philosophies of life.
- Talk to others whose spiritual lives you admire. Ask questions to find out how they found their way to a fulfilling spiritual life.
- Be open to new experiences. If you are exploring organized religion, remember to consider a variety of different faith traditions. If your spirituality is more secular, you might consider expanding your horizons with new experiences in the arts.

### **Nurturing relationships with others**

- Develop effective listening and communication skills.
- Make relationships with friends and family a priority, and stay in touch.
- Share your spiritual journey with loved ones, and let them know what's important to you.
- Seek out others with similar spiritual beliefs, and engage in conversation to learn from each other.
- Volunteer within your community.

- See the good in people and in yourself.

### **Pursuing a spiritual life**

Staying connected to your inner spirit and the lives of those around you can enhance your quality of life, both mentally and physically. Remember that spirituality is a dynamic process and a constantly evolving internal journey. Your personal definition of spirituality may change with your age and life experiences, but it will always form the basis of your well-being, help you maintain a reasonable stress level, and affirm your purpose in life. The best way to help your client uncover their spirituality is to engage them in self-discovery. Here are some questions you could ask:

- What are your important relationships?
- Where have you found comfort?
- What gives you hope?
- What do you believe will happen to you when your physical life ends, and how do you feel about that?
- Describe a time when you felt comfortable and all was right with the world.
- Describe a time when your life was filled with a sense of meaning or you were filled with a sense of awe.

The answers to such questions will help them identify the most important people and experiences in their life. Armed with this information, you can help them focus their search for spirituality on the relationships and activities in life that have helped define them as a person, and those that continue to inspire their personal growth.

## **Spirituality Is Living with Deliberation**

This is important. Everything we say think and do we do deliberately. I deliberately got up and chose not to go for my walk, or I deliberately decided to give myself a positive praise. Spirituality is about being deliberate with your intent. Did you criticize yourself today? That means you did it deliberately. I did not say consciously—I said deliberately. Sometimes when we do things in a deliberate way, we might not be doing it in a conscious way.

### **Self Love**

One of the greatest parts of being spiritual is knowing, it is about self love. We cannot love others until we love ourselves unconditionally. Problem is it gets confusing. So rather than looking so much at what self-love is, let's look at what it isn't.

### **Self Love isn't**

- Putting someone else's needs in front of our own.
- Poor diet and health habits (not respecting your body).
- Living in a state of fear.
- Giving yourself negative messages and self criticism.
- Not taking enough time for self.
- Feeding addictions (food, money, drugs & alcohol, relationships).
- Judging self and others.

### **When you break the chains of self-hatred you:**

- Are free to be yourself.
- You have value and worth.
- You are listened to and understood.

- You are OK just the way you are.
- You do not have to please others.
- You open up your feelings with no fear of rejection or disapproval.

### **Loving yourself unconditionally is to:**

- Place no condition on yourself as to how to behave or what to be in order to receive self acceptance and self love.
- Take a risk to be open and vulnerable to whom you are with no preset limits or expectations.
- Accept and love yourself for the fact that you exist rather than for what you do.
- Give yourself the respect and latitude to be yourself rather than to be what others want or expect you to be.

## **Forgiveness**

Living and walking a spiritual life means that we know how to practice the art of forgiveness. Love and hate cannot live in the same place. So forgiveness is a key in walking a spiritual life. When we forgive we transform a negative mental state of resentment and anger into a positive mental state of goodwill. It is a relief to be able to forgive, to let go of the messy baggage of obsessive resentment and feel free to love again with a lighter heart. We should be forgiving people all the time.

The path to forgiveness may be challenging. Often our anger and resentment seem justified, and we become attached to it. However, forgiveness is taking positive action

reconnecting us with our own power. We are no longer victims.

In order to forgive we need to practice:

- Letting go of past hurt and pain.
- Trusting in the goodness of mankind.
- Letting go of fears for the future.
- Allowing yourself to be vulnerable to growth.
- Letting go of hostility and resentment.
- Working out your anger.
- Developing a personal spirituality.
- Developing an openness to the belief that people can change.
- Facing conflict head on, resolving it on the spot.
- Open, honest and assertive communication with others concerning hurts, pains, and offenses experienced.
- Recognizing your part or role in setting up hurtful experiences.
- Identifying and replacing the irrational beliefs that block your ability to forgive and forget.

Depression and anxiety can be difficult to live with and at times it may feel like there is no way out. Often you feel like you are alone but because of your three pillars, you are never alone. Because we are multi-dimensional no one thing is the right answer for depression and anxiety.

Natural remedies for depression, which have the advantages of fewer side effects, aren't the answer for everyone, nor are prescribed medications. It requires the three pillar approach

and using the power of the mind, the body and the spirit to help. If you take antidepressants, you may want to be sure you eat correctly and exercise to better your chance of healing depression and anxiety, if you take supplements you may want to add yoga and positive affirmations into your life. Counseling is also beneficial for recovery. It is important to seek a counselor that uses a mind body approach to ensure quality care.

Remember that depression and anxiety is nothing more than an energy that somehow has a hold of your life. It is not your identity and it is not who you are which means, you can change it. It will require clearing negative energy which creates negative thoughts and to make life changes that limits your beliefs so you can feel better.

If you have had depression and [anxiety](#) for a long time, your body may think it is going to die if those elements leave. That is not true though. By using the three pillars, the use of your mind, your body and your spirit, you can retrain your body to fully operate healthy and happy so it can once again live in love and life.

## Holistic Mental Health and Healing

I would like to encourage you to learn more by listening to my weekly radio program Holistic Mental Health and Healing. The show explores a holistic approach to mental health care and the interrelationship between mind, body, and spirit.

Episode Guide

Please Visit: for the most up to date list of episodes:

<http://septicradio.com/HolisticMentalHealth.php>

## Understanding Holistic Mental Health



Tyler Woods talks about holistic mental health and what it is. Most people taking a holistic path understand that healing in part, is up to them. Holistic healing is really a lifestyle approach. Taking a holistic approach involves seeking the tools that will help us attract our desires and find personal power.

Tyler explains how addressing mental health issues holistically means that clients have an array of options and are empowered with the fact that they have a choice in their treatment options.

## **ADHD: A Holistic Approach**

Tyler Woods talks about holistic mental health and ADHD. Today millions and millions are diagnosed with ADHD and the diagnosis seems to be a catch all label for children.

Whether your child has ADHD or is just being a child, today's show talks about proper diet and nutrition and offers tips on what to feed children. It also will focus on positive approaches to keeping children active including supplements and suggestions that can help your child pay better attention and become more active in their daily life.

## **Holistic Massage Therapy: Zachary Saber**

On this episode of Holistic Mental Health and Healing Dr Tyler Woods interviews Zachary Saber. He is a licensed massage therapist who works in myofascial release, a specialist who specializes in alleviating pain, structural integration and myofascial release.

Zachary is a pain specialist who can help people walk outside of their pain and begin to feel whole again. He believes that all people can choose to be healthy and live pain free lives, if they just know how to achieve it. He believes pain is released and not caused.

## Depression a Holistic View



Dr Tyler Woods looks at depression, which encompasses a broad range of experiences from normal passive sadness, known as the blues, to a recurrent debilitating illness known as major depressive disorder. Depression is by far the most common psychiatric disorder as well as the most treatable.

Dr. Tyler Woods focuses on different types of treatments for depression. She talks about several ways to treat depression. The allopathic way, a holistic way and the use of creating an integrative approach.

She talks about depression being an ongoing journey of discovery. It is making lifestyle changes, like getting plenty of rest, sleep, the correct foods, exercise and helping a person find their own strengths and use them to encourage and empower them to create a healthy and whole way of life.

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I would like to thank you for taking the time to download and read this companion to the Holistic Mental Health and Healing show. I truly hope it will help guide you on your journey to true holistic health and well being. Please feel free to email this guide to your friends and posting a link on Facebook is always appreciated.

If you have any questions please contact me through Septic Radio or you can leave feedback back on any of the episodes of Holistic Mental Health and Healing at the bottom of their pages.

As always, walk in peace.

### **Tyler Woods PHD**

Creator of the [Natural Health And Wellness System](#)

Please visit [Natural Health And Wellness](#) for the latest updates.

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Written by ex-sufferer Paul David

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