

WellnessPlus
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QUICKIES

Anxiety & Depression

WAIVER OF LIABILITY

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Both are very similar so they are classified here together

Root cause reasons

1. Genetics activated by unresolved childhood trauma or abuse/stress
2. Genetics activated by stealth pathogens with a scientific connection to mold, lyme or parasites
3. Not having a dharma or life's purpose
4. Gut dysbiosis due to pathogens, antibiotics, medications
5. Heavy metals such as lead, aluminum, mercury

Solutions

1. Cellular release therapy, EMDR, EFT, CBT, Emotional Code whatever is YOUR recipe
2. Look into testing for lyme, mold or run through questions for parasites
3. Soul searching, meditation, energy work, yoga, tai chi
4. Gut testing with GI map
5. Heavy metal hair testing with GPL or HM ET binder plus detoxing with sweating
6. For anxiety: 5 HTP, valerian root, kava kava root, ashwagandha, CBD, SAM-e, chamomile enemas, lemon balm
7. For depression: St Johns wort, saffron, SAM-e, zinc, methylb12, methylfolate, omega 3 fatty acids