

# MENTAL HEALTH

## BIPOLAR \* DEPRESSION \* OCD \* ANXIETY \* SCHIZOPHRENIA

In addition to genetic predisposition, stress and emotional factors, physiological issues may contribute:

- 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 balance the hormones and brain chemicals that affect mood and perception. Your RSNC intern can analyze your diet to identify nutritional imbalances that may be contributing to your symptoms, and teach you about foods and supplements that help regulate 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, mental and physical imbalances result from a disruption in the flow of the body's energy or Qi (pronounced "chi"). Asian medicine uses foods, acupuncture, herbs and energetic bodywork to balance Qi and restore health.

### *Homeopathic Medicine*

Homeopathic medicine works on an energetic level, assisting the body's own healing ability to correct emotional and physical imbalances. Homeopathic remedies can be used to relieve acute flare-ups and/or promote overall mental and emotional health.

### *Lifestyle Counselling*

Knowing what to change is just the beginning. Patients need common-sense strategies for implementing the changes that will help them manage their symptoms. Lifestyle counselling helps patients develop and maintain healthy sleeping patterns, exercise routines, stress management techniques and eating habits.

### *Physical Medicine*

Physical treatments including hydrotherapy, infra-red sauna therapy, massage and ultra-violet light therapy can support physiological healing, reduce stress and promote recovery.

## **The Robert Schad Naturopathic Clinic**

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