



**NATURAL SOLUTIONS  
FOR DEPRESSION AND ANXIETY**

BY  
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## THE TRUTH ABOUT ANXIETY and DEPRESSION

If you are having these feelings, you may wonder if it is normal.

**FEELING DEPRESSED IS NORMAL (sometimes).**

**FEELING ANXIOUS IS NORMAL (sometimes).**

Everyone feels anxious or depressed at times.

When these feelings continue on and on and become the norm for you then you may have a problem which should not be ignored.

Anxiety and depression rob you of the enjoyment of life.

They can interfere with your close relationships and with your work.

They can also affect your physical brain and your physical health.

The good news is that there are natural solutions which we will explore later.

You can be both depressed and anxious at the same time.

## THERE IS A DIFFERENCE BETWEEN SADNESS AND DEPRESSION

Sadness after a loss or disappointment can be normal. What is not normal is deep depression which lasts weeks or months and significantly interferes with your life, your work or school and your health.

You can feel sad because you lost a friend or relationship.

It's normal to feel sad but life does go on.

If you are not able to function normally after months, you are probably depressed.

You can feel anxious if you lose your job.

If your life is going well and you are continuously worried you may have chronic anxiety.

Sometimes you just need to talk it out.

A friend or therapist can help.

If that solves the problem, you probably don't have a brain chemistry issue.

Some people feel anxious or depressed or both for no reason.

I often hear people say they can't remember not feeling anxious or depressed.

That's more likely to be a brain chemistry issue.

## SIGNS AND SYMPTOMS OF DEPRSSSION

- depressed mood – feeling down, “blue”
- reduced interest or pleasure in activities previously enjoyed, loss of sexual desire
- unintentional weight loss (without dieting) or low appetite
- weight gain due to eating to feel better
- insomnia (difficulty sleeping) or hypersomnia (excessive sleeping)
- agitation, for example, restlessness, pacing up and down
- slowed movement and speech
- fatigue or loss of energy
- feelings of worthlessness or guilt
- impaired ability to think, concentrate, or make decisions
- recurrent thoughts of death or suicide, or attempt at suicide

**SUICIDE: If you or someone you know is having recurrent thoughts of suicide it is very important to seek professional evaluation and treatment. Immediate help is available: [1-800-273-8255](tel:1-800-273-8255)**

## DEPRESSION IS NOT JUST LOW SEROTONIN

Recent studies show that many people with depression actually have high levels of serotonin. This is despite decades of drug company ads and medical education. In fact, serotonin blocking antidepressant drugs only work in about 30% of patients, and there is a 60% incidence of return of symptoms. And these drugs have significant side effects. Their effect is often no better than nutritional and lifestyle treatments.

## DEPRESSION IS NOT JUST ONE THING – THERE CAN BE MANY CAUSES

Depression is common following childbirth (postnatal depression). It is also common in women on oral contraceptives. Both seem to be clearly connected with hormonal imbalances and are usually corrected with specific nutritional support.

Low thyroid function can cause depression. Low thyroid is frequently missed in standard, superficial lab testing and conventional treatment is often not adequate to fully resolve symptoms.

Seasonal Affective Disorder (SAD) affects at least 1% of the population especially during winter months in Northern latitudes. It is associated with a lack of sunshine and some people find relief from specialized therapeutic lights. If you notice feeling depressed or lethargic during overcast days this may be affecting you. There may be a relation to low vitamin D status.

Trauma can lead to depression and/or anxiety. There have been some interesting studies by researchers associated with the University of North Carolina showing relief using PEMF – pulsed electromagnetic therapy – on traumatized veterans. Large studies show a strong correlation between childhood trauma – Adverse Childhood Events or ACEs – and depression. While trauma can affect brain function, there is hope.

Heavy metal toxicity such as mercury exposure, pesticide exposure and certain infections, can all cause depression. Imbalances in the bacteria and fungi in the intestines, called dysbiosis, are strongly related to depression and anxiety. One study found 40% of people diagnosed with depression were completely better after treating their gut imbalances.

## WHAT YOU NEED IS A DETECTIVE NOT A PRESCRIPTION

These days, doctors are rushed and just don't have the time to solve complex health problems. The easy answer is to reach for the prescription pad. The sad fact is that drugs do not create health.

## YOU CAN BE DEPRESSED AND ANXIOUS AT THE SAME TIME

Depression and anxiety can be connected by common brain chemistry. Depression may look like a “down” state but for many people it is actually a state of internal anxiety. High levels of stress can result in a freeze response. The key is understanding the cause, particularly in terms of brain chemistry.

### SYMPTOMS OF ANXIETY

- Restlessness, and a feeling of being "on-edge."
- Uncontrollable feelings of worry.
- Increased irritability.
- Concentration difficulties.
- Sleep difficulties, such as problems in falling or staying asleep.

While these symptoms might be normal to experience in daily life, people with clinical anxiety will experience for long periods or extreme levels. This can range from vague, unsettling worry or a more severe anxiety that disrupts day-to-day living.

## LIKE DEPRESSION, ANXIETY IS NOT ONE THING

While some anxiety is due to life events, in many cases brain chemistry is involved. While severe, debilitating anxiety may require medical intervention, in many cases, natural treatments can help significantly.

Anxiety is a common symptom of traumatic brain injury. You may not even realize you have this condition.

Have you been in a car accident? played contact sports like football? Been concussed in the military? Had a fall onto your head and been “knocked out?” We have cutting edge diagnostic equipment for picking up mild traumatic brain injury.

Anxiety can be caused by hormonal imbalances, including blood sugar swings. High estrogen – the main female hormone – is associated with vulnerability to anxiety. In many cases estrogen dominance – too much estrogen – is associated with blood sugar imbalances. This can be a vicious cycle since some people with anxiety may use sugar to control mood leading to ongoing imbalances.

## HOW TO MANAGE DEPRESSION AND ANXIETY

First, you need to work with a practitioner who has the skills and is willing to take the time to figure out the cause of your symptoms.

This can involve taking an in-depth history and doing physical examination and special testing as needed. I use several standard lab tests and have access to many specialized labs.

There are many natural treatments for symptoms including vitamins, minerals and herbs. These can be enormously effective without the dangers of pharmaceutical drugs. Most of these have a long history of

My goal is to help you not only relieve symptoms but to really feel good. To heal your body and mind. Often the simplest approach is best – eat real food, get moving, get connected with others. Some patients need a deeper look into genetic, toxic or infectious causes.

If I think you need the help of other professional specialists, I will not hesitate to refer you to them.

My goal is always to put you on a path to self-care and self-regulation – to help you find what you need to take care of yourself and live your life to the fullest.

- The first step is investigation and diagnosis.
- Then finding the specific treatments that work for you.
- And following up with ongoing coaching and support.

You deserve it.



## NATURAL TREATMENTS

Treatment recommendations are completely customized to your specific brain issues but the foundation is finding and correcting biochemical imbalances.

- Diet, lifestyle, sleep and exercise assessment.
- Correcting any nutrient deficiencies picked up in labs and history including iron, essential fatty acids, protein, minerals and vitamins including folates and B vitamins.
- Finding and healing digestive issues including low or high stomach acid, bacterial or fungal overgrowth, and poor gut motility, constipation or diarrhea, IBS or SIBO.
- Correcting blood sugar issues.
- Assessing neurotransmitters and supporting with amino acid therapy, vitamin co-factors and herbs.
- Finding and correcting hormonal imbalances, including thyroid, adrenal and sex hormones.
- Using traditional herbs to ease depression and anxiety.
- Developing an exercise program that fits your lifestyle.
- Teaching and coaching in stress management techniques.

Not everyone needs every treatment approach. Sometimes simple corrections are enough. Sometimes we have to go even deeper. I have an extraordinary toolbox of techniques.

## Your Next Steps

Now you've learned everything you need to know about finding relief for your symptoms.

Conventional approaches to treating depression and anxiety involve prescribing medications like antidepressants and anti-anxiety drugs. When these don't work the dosage is increased or new drugs added. All these drugs come with side effects and they often become addictive. Withdrawal often creates the symptoms for which the drug was prescribed.

In any case these prescription drugs do not address the underlying cause. They do not produce health in mind or body.

In most cases, medical doctors just don't have the time to do the research into what is causing your particular symptoms. In this age of managed medicine, it's easier to reach for the prescription pad.

All-natural therapy is the only effective treatment options available today. Treating the root cause of your symptoms is less invasive and extremely advantageous to your overall health.

Schedule a free, no-obligation phone consultation with **Dr. Manlove** to learn exactly what we can do to alleviate your cognitive decline once and for all.

[SCHEDULE YOUR PHONE CONSULT ONLINE](#) OR CALL 919-942-1930.

Put your fears to rest – treatment is possible. Call now to discover the ways we can work with you to keep your anxiety and depression in check and maximize your wellbeing.

Remember – your health is worth it, *and so are you!*

I look forward to hearing from you.

George Manlove, DC



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## About George Manlove, DC

Dr. Manlove graduated at the top of his class at Northwestern College of Chiropractic, now Northwestern Health Sciences University, in Bloomington, Minnesota.

He is a graduate of Cornell University where he was a Telluride Scholar and Cornell National Scholar. He has also attended Deep Springs College (“The most exclusive college you’ve probably never heard of.”)

He has been licensed by the North Carolina Board of Chiropractic Examiners since 1988.

He is certified in acupuncture and a Fellow of the American Society of Acupuncture (FASA) and has taken hundreds of hours of continuing education in acupuncture and Chinese medicine.

He has completed the Applied Kinesiology 100-hour certification several times over and taken.

He has completed training for Professional Kinesiology and Touch for Health.

He has taken hundreds of hours of training with Dr. Datis Kharazian, author of *Why Do I Still Have Thyroid Symptoms?* and *Why Isn’t my Brain Working?*

He has attended the yearly SHEICON conferences sponsored by Ben Lynch, teaching cutting edge genomic and methylation research and therapies. He is an active member of the North Carolina Integrative Medicine Society.

He participates in conferences, webinars, personal consultations and literature searches amounting to tens of thousands of hours of education.



## Natural Solutions for Depression and Anxiety

He has developed a uniquely effective protocol for diagnosis and non-surgical treatment of intervertebral disc disorders.

He is an obsessive researcher in pursuit of solutions for patients where none have been found.



Our office in Carrboro, NC.