



Lose the Blues™

Breaking the Cycle of Depression, Anxiety & Insomnia

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There is strong evidence from multiple studies that rates of depression and anxiety are increasing globally, particularly among adolescents and young adults. From 2017 to 2021, a study in Southern California found a 60% increase in clinically diagnosed depression and a 31% increase in anxiety among people aged 5 to 22. (JAMA Network Open Vol. 7, No. 10.) Dr. Bauman describes the cycle of mood disorder, that affects people of all ages, and offers a pivot on how to initiate a Mental Wellness Recovery program.

“Take care of your mind as preciously as your body.”

– Dalai Lama



Downward Spiral

1. A person is having a rough time with their life, health, finances, relationships, and work.
2. They self-medicate looking for relief with unhealthy food, stimulants, alcohol and drugs.
3. Feeling unwell, they go to a doctor who recognizes the symptom pattern of mild to severe anxiety, depression, insomnia, ADHD, or other diagnosed disorder.
4. Their symptoms are often treated pharmacologically without investigation of underlying causes.
5. Psychotherapy is often advised, but often not sufficient to alter the depth of disturbance.
6. There is often little or poor communication with family, peers and significant others.
7. No attention to environmental factors such as dust, mold, EMF, or heavy metal exposure.
8. Little or no attention to diet + neuro-hormonal-gut-immune issues.
9. Now a diagnosed patient with an illness rather than a person with a variable condition, they often experience medication side effects and ask their doctor what to do.
10. Doctors may administer more powerful drugs or suppressive treatments such as shock therapy.
11. Little attention paid to adverse treatment effects: weight gain, diabetes, cognitive impairment.
12. A substitute addiction to sugar, over the counter and street drugs is common.
13. Anti-social behavior and/or isolation may ensue.
14. The person may be granted disability that provides a modest stipend, and limited services.
15. Disability confers a secondary gain as they no longer can or have to work for a living.
16. Being disabled, without an active recovery plan and support, low self-esteem diminishes.
17. This can feed narcissism, cynicism, and frustration, which can lead to hostility and suicide.
18. The lonely ill person is blamed for their malaise, not their chronic malnutrition, toxicity, poverty, prejudice, culture, limited medical care.
19. Someone suggests calling Dr. Bauman or another qualified mind/body wellness consultant.
20. They make the call... and activate an innate self-healing opportunity.

The Pivot

1. Every mental, emotional and physical condition responds favorably to love, touch, good food, exercise, fresh air, clean water and nutritional and social support. Healing is gradual, incremental.
2. Comprehensive nutritional, metabolic, environmental toxic testing is highly recommended.
3. Mental wellness is a function of regaining a sense of self, purpose, self-care skills and belonging. Mentoring in these areas is part of a sustainable recovery program.
4. Recovery is holistic, involving the person, family and community working well together in a predictable, caring, sustainable way to nourish, heal and help one another live well!
5. The **Bauman Brighten UP!™ Healing Depression, Anxiety & Insomnia** course and syllabus provides the details on an integrative Mental Wellness Recovery program.
6. Regaining vitality, joy, sanity and self-worth is a practice that one chooses to engage in every day, rain or shine, attracting other kindred souls to lend support and be co-creators of well-being.
7. An alignment of one's soul, mind and body enable the person to recognize previous trauma but not be acutely triggered by others present time insensitive behavior.

REFERENCE:

JAMA Netw Open. 2024;7(10):e2436906. doi:10.1001/jamanetworkopen.2024.36906HT.