

## BRAIN CHEMISTRY AND EMOTION

It is very common for people suffering with depression, anxiety, Attention Deficit Disorder and other mental/emotional conditions to be prescribed a class of drugs known as *Serotonin Re-Uptake Inhibitors* (SRI'S), which can cause problems. First, these medications, as with all medications, have numerous side effects, including, but not limited to, nausea, vomiting, increased feelings of depression and anxiety (which may sometimes provoke panic attacks). Second, these medications are concentrated chemicals that accumulate as toxins in the liver and fatty tissue. Third, discontinuing this class of medications often has very controversial and severe side effects including documented suicide attempts. Fourth, these medications address only the symptoms that a person experiences, and can produce a feeling of numbness caused by the medication decreasing central nervous system function. Once medication ceases, the symptoms return as they were or worse before the medication.

Working with thousands of people suffering with mental/emotional problems over the years we have seen the following to be true (of course there are many variations):

- 1) A person may be predisposed to emotional imbalances, perhaps due to genetics or an underlying sensitivity to prolonged mental, physical or chemical stressors .
- 2) That person may then experience a loss, trauma or a stress (the "straw that breaks the camel's back") which causes a decrease in brain chemicals, mainly Serotonin. Serotonin is a key component in helping someone to feel calm, at ease, relaxed, and connected to people in the environment .



3) The reduction in Serotonin levels may cause depression, sadness, anxiety and disconnectedness. Obviously many factors exist in life that may trigger bodily malfunction which, in turn, could trigger the change in the brain chemistry leading to emotional imbalance. We use Acupuncture, Chinese Herbs and Nutrition to correct the bodily malfunction, namely the organ system, which regulates brain chemistry. Read our August, 2007 "Oriental Medicine and Your Emotions" newsletter to understand the exact organ relationships to emotion.

If you have any questions or would like to know if you or someone you know can be helped with problems of this nature, please do not hesitate to call.

Healthfully-

Curry Chaudoir, Diplomate in Acupuncture and Chinese Herbal Medicine

Suggested reading: [Potatoes Not Prozac.](#) Kathleen DesMaisons.