A Holistic Approach to Anxiety

Moderated By:

Emilia Sykes
Democratic House Leader
Ohio State Representative

A Holistic Approach to Anxiety

Featuring:

Dr. Tara Scott, OB/GYN
Founder
Revitalize

A HOLISTIC APPROACH TO ANXIETY

WHO Am I?

- Tara Scott, MD
- I've been called the Hormone Guru
- Three board certifications: OB/GYN, Integrative Medicine, and Anti-Aging, Functional and Regenerative Medicine
- Lecture around the world teaching doctors a functional approach to women's health
- Medical Director of Integrative Medicine at Summit Health in Akron, OH
I STRESS PREVENTATIVE HEALTH

SINCE MY BROTHER DIED SUDDENLY 12 YEARS AGO OF A HEART ATTACK AT AGE 38

Anxiety and Depression Association of America

Anxiety disorders are the most common mental illnesses in the U.S., affecting 40 million adults in the United States age 18 and older, or 18.1% of the population every year.

Anxiety disorders are highly treatable, yet only 36.9% of those suffering receive treatment.

Anxiety and Depression Association of America

People with an anxiety disorder are three to five times more likely to go to the doctor and six times more likely to be hospitalized for problematic disorders than those who do not suffer from anxiety disorders.

Anxiety disorders develop from a complex set of risk factors, including genetics, brain chemistry, personality, and life events.

Anxiety and Depression

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Anxiety and Depression

Definitions - Anxiety

A. Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities (such as work or school performance). 

B. The individual finds it difficult to control the worry.

1. The person experiences one or more of the following symptoms such as restlessness, feeling keyed up or on edge.

   - Being easily fatigued.
   - Difficulty concentrating or mind going blank.
   - Irritability.
   - Muscle tension.
   - Sleep disturbance.

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Anxiety and Depression
Definitions - Anxiety

D. The anxiety, worry, or physical symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning.

E. The disturbance is not attributable to the physiological effects of a substance (e.g., a drug of abuse, a medication) or another medical condition (e.g., hyperthyroidism).

F. The disturbance is not better explained by another medical disorder.

Causes of Anxiety or Depression

- Anxiety disorders may develop from a complex set of risk factors, including:
  - Genetics
  - Brain chemistry
  - Personality
  - Life events (Adverse Childhood Events)

Hormone Disorders That Can Cause Anxiety

- Thyroid
- Estrogen dominance
- High or Low cortisol
- Low adrenal function

Other Integrative Causes

- Mold
- Candida
- Metals
- Copper excess
- Environmental toxins
- Gut dysbiosis
- Nutrient deficiencies
- Histamine issues
- Lyme/Infections
HORMONAL CAUSES OF ANXIETY

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LET'S TALK ABOUT STRESS!!
Cortisol
- Produced in the adrenal gland
- Circadian rhythm - high in am, lower at night
- Responds to stress
- Has to do with our energy

The Cortisol Curve

Effects of Chronic Stress
- Increased appetite & food cravings
- Increased Body Fat
- Decreased Muscle Mass
- Decreased Bone Density
- Increased Anxiety
- Increased Depression
- Increased Mood swings (anger & irritability)
- Reduced sex drive
- Impaired immune response
- Memory and learning impairment
- Increased PMS
- Increased Menopausal symptoms
Serotonin
- Feel good hormone
- Responsible for joy
- Target of most antidepressants
- Tryptophan and melatonin are in the pathway as well

GABA
- Inhibitory neurotransmitter
- Relaxation
- Anti-anxiety
- Also related to GLUTAMATE (excitatory neurotransmitter)
Dopamine
- Motivation, get it done neurotransmitter
- Shares MAO enzyme with Serotonin

How Moods are Affected

Norepinephrine
- Alert, active
- Can also cause anxiety

How Moods are Affected
Genetics that we look for:
- MTHFR
- COMT
- MAO-A
- MAO-B
- GAD

DUTCH sample report

Specific Phytonutrients
Specific Supplements
Specific Vitamins
Specific Diet
Healthy Intestine
Minerals
Correct Insulin Resistance
Healthy Estrogen
Metabolism

Anxiety & MTHFR
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PHASES OF DETOXIFICATION

Mold
- Usually from work or home
- Many people are exposed and can "kill it off"
- Others who have poor detoxification and poor immune system are susceptible
- Test is urine for mycotoxins (what are produced from mold)
Candida
- Yeast exists normally in our bodies
- Can be in our >
  - Sinuses
  - Gut
  - Systemic
- Can test blood for antibodies
- May show up in stool testing
- Can also see markers in urine/organic acid testing

Heavy Metals
- Testing is usually a urine test
- Unprovoked
- Sent to a functional lab
- Detoxification or chelation if needed

Gut Dysbiosis
- Poor diet
- Stress
- Genetics
- Frequent antibiotics
- Serotonin is made in your gut!

Nutrient Deficiencies
- Poor diet
- Absorption problems
Testing we do

- DUTCH test for hormones
- Micronutrient testing
- Stool testing
- Genetic testing

Lifestyle modification - Exercise

- Over 1000 studies have confirmed a positive effect of exercise on depression
- Regularly performed
- Aerobic or anaerobic are effective

Lifestyle modification - Nutrition

- Studies show improvement with limiting caffeine – over 750mg daily associated with an increased risk of depression
- Limiting sugar helps
- Mediterranean diet (fish, olive oil, legumes, veggies) reduces risk
- Eliminating alcohol has been shown to help

Integrative Therapies

- Psychotherapy / Cognitive Therapy
- Meditation
- Heart Math
- Yoga
- Acupuncture
- Phototherapy: Full-spectrum 10,000 lux for 30-60 min
- Aromatherapy: Citrus oils best
- Music therapy
Heart Math

Supplements

- Omega 3 Fatty acids: 1 gm daily – mostly DHA
- Vitamin D3: Low levels correlated - take at least 2000 IU daily
- B vitamins: Help form neurotransmitters
- SAMe: 200mg twice a day, best to know Genetics first
- 5-HTP: 100mg up to 3x/day before meals
- St. John’s Wort: Has many side effects

FREE ADDITIONAL LECTURE

- Guide to Stress and Resilience
- Previous talk given to Akron Chamber of Commerce
- Discuss tools to navigate this stressful time during the pandemic, let alone a job in government
- Academy.revitalizedmed.com
ONLINE COURSE!!

- Learn about the symptoms of hormone imbalance and gain actionable steps towards better health!
- On demand, online, work at your own pace!
- 14 modules basic course, then specialty topics after that is completed
- Discount code: WIG30

Academy.revitalizemed.com

COMPLEMENTARY DISCOVERY CALL
HTTPS://GETREVITALIZED.AS.ME/

Questions & Answers
Featuring:
Dr. Tara Scott, OB/GYN
Founder
Revitalize

#WIGSummerSummit

www.revitalizemed.com
Reduce Stress At Your Desk

Featuring:

Jessica Montoya
Founder
Yoga for Vitality

Register for WIG’s Summer Summit Series
—a five week series ending next week!

July 15, 2020

Special Guest: Dr. Laurie Todii-Smith, Director of the Women’s Bureau, U.S. Department of Labor

3:00 pm – 3:30 pm EDT The Promise of Personalized Medicine: Chimeric Antigen Receptor (CAR) T-Cell Therapy moderated by Representative Cindy Ryu (WA), Vice Chair, WIG Board of Directors featuring Dr. Michele Sharr-McMahon, Bristol-Myers Squibb

3:30 pm – 4:15 pm EDT Ensuring The Integrity of Auto Parts and Consumer Safety moderated by Senator Carol Blood (NE) featuring Ember Brillhart, Manager, State Relations, Honda North America, Craig Orlan, State Relations Specialist, Honda North America, and Jennifer Thomas, Vice President of Industry and Government Affairs, Honda North America

Thank you to everyone who participated in WIG’s first Twitter Watch Party during the airing of #TheVotePBS!

When did your state ratify the 19th Amendment?