



NATURAL AND INTEGRATIVE MEDICINE CENTRE

ANXIETY?

EMPOWER
YOURSELF
WITH HELPFUL
HOLISTIC
TIPS ON
HOW TO HEAL

Dr. Reneta Pereira PhD DIM

It is my hope that these practical lifestyle tips will increase your self-understanding and assist you in learning strategies on how to cope with, and heal your anxiety using natural and holistic approaches.

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2021

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Please note that this information is not intended to replace a one-on-one relationship with a qualified health care practitioner and is not intended as medical advice. The contents of this guide are based on the Dr. Reneta Pereira's experience and research who encourages you to do your own research and make your own personal decisions relating to your health and well-being. If you are pregnant, nursing, taking medication, or have any medical conditions, you should consult your health care practitioner before using products referenced.



INTRODUCTION

Stress, anxiety and depression are complicated and complex conditions that have become ever more prevalent in the fast-paced world we live in. The pandemic over this past year, with the accompanying isolation and fear, has only made things worse.

Any mental health condition significantly impacts our ability to function normally in the best of times and must be taken seriously. Ideally, consultation with your family health care provider – especially if you are taking any medication, have other physical conditions, or are pregnant – must be top of mind.

But there are also other avenues that may help, significantly, and I hope you will consider combining your traditional care with the highly skilled and professional services that we offer at our **CFTP Natural and Integrative Medicine Centre**.

The guide that you will find below begins by explaining the different types of anxiety and goes on to lay-out how natural healing may be very helpful and, in some cases, transformative.

We hope that you will gain knowledge and power from the information provided below, and that you will consider our assistance here at **CFTP Natural and Integrative Medicine Centre** in helping you to manage and, hopefully, overcome stress, anxiety and depression.

cftp-martialarts.ca/natural-medicine-centre.



ANXIETY STATISTICS

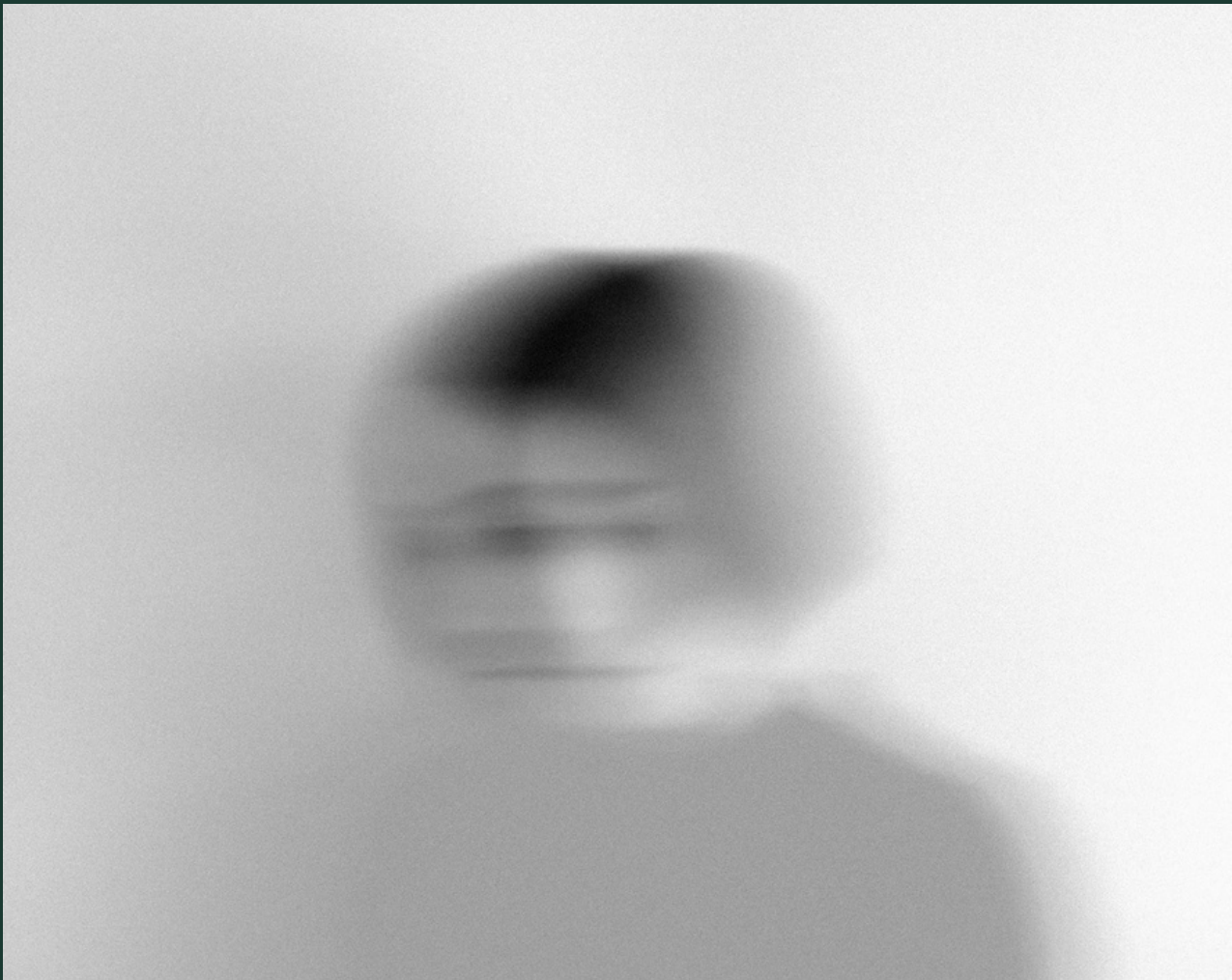
According to the **National Institute of Health (NIH)**, in the United States alone, depressive disorders affect 38 million people every year. There, and here in Canada and around the world, tens of millions of people will suffer from anxiety and one or more depressive disorder at some point in their lives. Tragically, untreated anxiety and depressive disorders can also lead to self-destructive behavior.

This **Anxiety Guide** has been written during an unprecedented moment in human history, and discusses the heightened levels of anxiety and depression that have arisen during the COVID-19 pandemic.

Along with our vulnerable seniors, the people most at risk of contracting COVID-19 are the front-line health care workers who face the daily stress of the pandemic, many of whom now also suffer from mental health issues as a direct result.

To prevent the spread of the coronavirus in many countries, including Canada, social distancing was encouraged and then mandated. This social distancing relates not only to the distance individuals are expected to maintain when out in public, but also to the contact that we are allowed to have with people who do not share our own households, including members of our extended families. A direct result of this physical separation and lack of human interaction has been a massive increase in mental health illnesses, specifically anxiety and depression. Alcohol consumption and abuse of other substances has also greatly increased. Anxiety and depression among children and adolescents due to social isolation and stay at home measures have also skyrocketed.

The examples above illustrate how important relationships are to our mental health, and how much it can suffer when there are impediments to our ability to be with others.



What is Anxiety?

Those who suffer from anxiety feel nervous and apprehensive. Panic attacks, fearfulness and self-doubt are part and parcel of the condition. Physical symptoms such as muscle tension, foggy brain, reduced sense of recall, heart palpitations, headaches, abdominal spasms and shortness of breath are often experienced. In some cases, compulsive nail biting and skin picking also occur. People with anxiety disorders commonly experience phobias and fears which can lead them to avoid people or places that make them feel uncomfortable. Negative thoughts and paranoia are also common. In conventional medicine, anxiety itself is viewed as an illness. In natural medicine, however, we look at anxiety differently. We look at it not as a disease, but as a symptom of an underlying condition. In Section 4 - ***Causes of Anxiety***, this will be discussed more fully.



TYPES OF ANXIETY DISORDERS

Generalized Anxiety Disorder (GAD)

Generalized Anxiety Disorder is characterized by extreme and excessive worry about everyday life without any reasonable explanation as to why the sufferer is worrying and expecting the worst to happen. This disorder can impact many facets of a person's life including his or her daily routine, relationships, social activities and the ability to function at work or school. Physical signs of Generalized Anxiety Disorder include muscle tension, headaches, sweating, lack of energy, inability to sleep, nausea, irritability and, often, bowel and bladder problems. Behavioral signs are avoidance of news, as well as and certain events and/or places. In most cases, individuals who suffer from Generalized Anxiety Disorder also have one or more other mental disorders such as panic attacks, phobias, obsessive compulsive issues and depression.

Panic Anxiety Disorder (PD)

Panic Anxiety Disorder is characterized by recurrent episodes of panic attacks. These attacks are different than the “normal” reaction to stressful events. Panic attacks can occur at any time without reason or warning. During the attacks, the fear response is out of control and does not correlate with a tangible threat. Individuals suffering from such attacks will then develop a persistent fear of having recurrent attacks which can significantly impact their daily routine and quality of life. Panic Anxiety Disorder can be accompanied by other mental disorders such as depression and substance abuse. The behavioral symptoms of Panic Anxiety Disorder include sudden attacks of non-specific fear and, a fear of losing control, as well as extreme nervousness. The physical symptoms include heart palpitations, shortness of breath, shaking and trembling, fainting, sweating, nausea, stomachache, tingling sensations in the extremities, chills and hot flashes.



ANXIETY IS
THE DIZZINESS
OF FREEDOM.

Soren Kierkegaard



Social Anxiety Disorder (SAD)

Social Anxiety Disorder (also known as Social Phobia) is characterized by fear and anxiety in social situations. Individuals who suffer from this disorder have an extreme fear of being humiliated or scrutinized at social events and in public places. Social Anxiety Disorder can significantly impact day-to-day life by causing the individual to avoid public places, social gatherings, group sports or any activity involving performing or being in front of others. The fear of being judged negatively by others in terms of their appearance, intellect, talent, etc. can be overwhelming. Physical symptoms include blushing, sweating, increased heart rate, dry mouth, shaking and chest tightness. The behavioral signs include the avoidance of social gatherings, performing, public speaking, even dancing at a wedding, and any other activity that might put the individual in the spot light.

Phobias

Phobia is an anxiety disorder that is characterized by a persistent fear of a situation or an object for more than six successive months. An individual suffering from a phobia will avoid the feared object or situation at all costs. Any encounter or threatened encounter with the feared object or situation will cause an extreme reaction, and the body's fight or flight response will be activated. An individual may have phobias to a number of objects or situations, such as natural disasters, certain animals, insects, confined spaces or heights.



Obsessive - Compulsive Disorder (OCD)

Obsessive Compulsive Disorder involves an individual being "stuck" on negative thoughts and then attempting to control those thoughts by engaging in certain repetitive behaviours. The individual is also preoccupied with a specific or non-specific negative consequence that they fear will occur if they do not engage in these behaviours. These thoughts and subsequent behaviours are invasive and can severely impact the person's ability to function normally. Checking that the doors and windows in your house are closed and locked every night is normal. Getting out of bed repetitively to check the doors and windows, over and over again, due to fear that someone will break into the house, to the point that the sleep of the individual or of other members of the household is impacted, is not.

Post Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder can result after someone experiences or witnesses a traumatic event. War, natural disasters, a serious accident, a terrorist incident, the sudden death of a loved one, a violent personal assault or another life-threatening event can all lead to PTSD. A person who suffers from PTSD will frequently relive the traumatic event in the form of flashbacks or nightmares which leads to loss of sleep, lack of concentration and, sometimes, self-imposed social isolation. Depression and anxiety that persists for months and even years as a result of PTSD can be debilitating.



According to the National Institute of Health (NIH), in the United States alone, depressive disorders affect 38 million people every year.



CAUSES OF ANXIETY

Stress

All of us have experienced stress and will experience it many times throughout our life. Stress can save us from extreme, threatening and dangerous situations but it can also make us ill if it becomes chronic. During stressful situations, our sympathetic nervous system is activated. This is better known as the “fight or flight” response. The neurotransmitter (chemical released in our brain) CRH (corticotropin-releasing hormone), triggers the pituitary gland to release ACTH (adrenocorticotrophic hormone), which stimulates the adrenal gland to release cortisol. This action prepares our body to defend itself.

Acute Stress

Acute stress causes an instantaneous response in our body which, in some situations, can be life-saving. The fear triggered by an immediate threat keeps us alert and able to react quickly. Our physical body is prepared for defense as our blood pressure goes up, our breath become rapid and shallow and our heart rate increases. This short-term stress is a positive thing. It is also called sympathetic stress.



Chronic Stress

Chronic stress is when the sympathetic nerve system is constantly ON for long periods of time, and the resulting impact on our body and our nervous system is highly damaging. The chronic release of cortisol can make us seriously ill. Over time, cardiovascular changes can occur which in-turn leads to damage of other organs, and a cascade to a depleted immune system. Because our brain cannot differentiate between good and bad stress, the release of cortisol is the same but, with chronic stress, the release is ongoing. There are many examples of ongoing daily stress that we face in everyday life, from worrying about getting to work on time, to financial challenges, to carrying out all the tasks necessary to care for our homes and our families. This pattern can become a constant and vicious cycle. People who suffer from anxiety can be caught in this maladaptive and dangerous stress response loop. Chapter Five, "Strategies on How to Heal Anxiety", outlines ways that this maladaptive stress response loop can be broken.



Trauma

Trauma results when we are forced to deal with an acutely stressful event. War, natural disaster, a significant accident, or physical and/or mental abuse will trigger trauma. The loss of a parent, a child or any loved one, including a pet, are also traumatic events. Such events can affect the subconscious mind, as well as the conscious mind, and the resulting negative memories get “stuck” in our mental and physical body and may unlock significant symptoms of anxiety.

Past Trauma and Negative Emotions

In his book, *It Didn't Start With You*, Mark Wolynn talks about how the inherited trauma from past generations can affect our behavior. Conditions such as stress, anxiety and depression can be experienced even without acute trauma being experienced by the individual. Rather, it can be passed from generation to generation. Through epigenetics (the study of how behaviors and environment can cause changes that affect the way your genes work), scientists have discovered that trauma can and does pass down from one generation to the next.

The biologist, Bruce Lipton, spent many years researching the existence of cellular memories that can be transmitted through our DNA from our parents or grandparents or even three generations back. Memories, emotions and trauma suffered by family members who have come before, can be stored in our cellular memory. This has been shown to be true of First Nations children and grandchildren whose parents suffered in the residential school system. Another example is of a pregnant mother imprinting her unborn child with the feelings and emotions experienced during pregnancy. Anger, depression, sadness, fear and anxiety can be passed from generation to generation.



The Brain-Gut Connection

Many studies have shown that, to keep our mind healthy, we need to keep our gut healthy. So, what exactly does that mean? Well, in our gut, there are different bacteria (also known as intestinal flora) – the good bacteria and the bad bacteria – that work symbiotically for digestion and nutrient absorption. When there is an overgrowth of bad bacteria, this creates an imbalance, and the production of toxins in our gut. This, in turn, leads to an inflammation of the wall of the large intestine or “leaky gut” which allows toxicity to leak into the blood stream and organs. The internal inflammation can then open the door to many different diseases. Not only does this lead to a weakened immune system but it can also affect our mood and thoughts. Many studies have proven this brain-gut connection and have gone on to show the impact a leaky gut can have on our production of Serotonin (the “happy hormone”). 95% of this very important neurotransmitter is produced in our large intestine, and depression, anxiety, mood swings, foggy brain and fatigue can occur when we have an insufficient level of Serotonin.

Another important part of our body that is negatively impacted by a leaky gut, is the vagus nerve. The vagus nerve (or “nerve X”) is the largest nerve in our body and plays a significant role in our health since it innervates most of our internal organs. When there is an imbalance in one or more of our organs, this information is sent by neurons to our central nervous system.

In the case of an inflammation in our intestines, the vagus nerve is similarly impacted and its function is disrupted. Serious disturbances and illnesses can then arise in our endocrine and cardiovascular systems, and, also, impact our mental health, and lead to anxiety and other mental health issues.



Strategies on How to Heal Anxiety

In the case of a maladaptive stress loop, it is critical to first identify the root cause of the stressor. It is then possible to break this negative cycle through the use of various healing methods which will be discussed below. However, just as problems with our physical, emotional and mental health are usually not the result of a single action or event and usually do not occur overnight, a discussion of your concerns and symptoms and a combination of the treatments below will, over time, lead you on a path to healing.

Quantum Biofeedback (QBF)

QBF is a system that detects physical, vital and mental imbalances in the human body using a biofeedback therapy scan and, after our discussion of your symptoms and your concerns, is the first step to determining where such disturbances are rooted. Targeted bioenergetic frequencies are then used to promote the restoration of balance in the body. The therapy is non-invasive, pain-free and there is no harm done to the client. The scan can be used as an overall bodily stress reduction tool and also as a way of measuring and tracking progress.

Cognitive Therapy

Another tool that can assist in determining the root cause of imbalance is cognitive therapy. This therapy is rooted in the fact that how we think affects our emotions and can lead to physical and mental imbalance. By applying specific mental techniques and specific ways of communication, a trained therapist can guide a person to redirect their thought-processes to stay in the present moment. Such consultations are completely private, and the techniques used are tailored according to the needs of each client. Our team knows of several certified specialists in Cognitive Therapy and will be happy to connect you.



Acupressure/Acupuncture

Acupressure and acupuncture are alternative techniques that can also be beneficial to individuals suffering from anxiety. These techniques stimulate the release of endorphins and reduce stress on our autonomic nervous system (ANS) which is responsible for the control of our unconscious bodily functions such as breathing, the heartbeat and digestive processes, and which regulates our organs, emotions, neurological and muscular activities. Acupuncture and acupressure can improve circulation and relax the muscles and, also, help to improve an individual's sleeping patterns by increasing the release of melatonin. We can teach you about specific pressure points for stress relief that you can then apply at home. This, as well as Micro Point Stimulation (MPS) which is available at our Centre, can be beneficial in treating the neurological aspects of anxiety. Private sessions can be arranged.



Physical exercise

Physical exercise is another important part of the healing process. Burst training (high intensity training in bursts of sprints or fast walking for 1 minute followed by 2-3 minutes of low intensity running or walking) activates the release of endorphins from the brain and improves mood and energy. Strength training with weights can prevent cognitive decline and can, also, greatly increase the power and self-esteem of an individual, which is very beneficial for people suffering from anxiety.





Essential Oils

Essential oils are concentrated liquids that have been naturally scented with extracts from plants, flowers and fruits that have been shown to have healing properties. Some essential oils can significantly help to relieve stress and anxiety.

Essential oils are highly concentrated so care must be taken to read any instructions as incorrect use can lead to allergic reactions and even burns. It is advisable not to use essential oils directly on the skin but rather to use them in a diluted form after they have been mixed with a carrier oil such as coconut, almond or olive. If using them in a bath, the oils should be added when the bath is running. Essential oils should never be taken internally or applied to mucus membranes such as in the nose.

The five essential oils that are most effective in reducing stress and anxiety are set out below.



Lavender (Lavandula Angustifolia)

Lavender oil is good for relaxation and helpful for anxiety, stress and depression. Applying Lavender oil to the skin helps it to transmit messages to the part of the brain that is responsible for our emotions and helps to regulate them.

Bergamot Orange (Citrus Bergamia)

Bergamot Orange oil is used for the reduction of stress hormone production, and, also, to improve mood and reduce fatigue. The most effective method for reducing anxiety with this oil is by inhaling it in water vapour.



Camomile (Roman Chamomile)

Camomile oil is used for calming the nervous system and to reduce stress, anxiety and depression. It can help to ease worry and calm an overactive mind. It is extremely effective just before bed as it also improves sleep.



Ylang- Ylang (Cananga Odorata)

Ylang Ylang oil is also useful as an antidepressant as it reduces anxiety and helps to improve the feeling of self-worth.

Clary Sage (Salvia Sclarea)

Clary Sage oil is used for calming the mind and lowering the production of the stress hormone. It is a natural anti-depressant and helps to reduce anxiety. By inhaling it in a water vapour, Clary Sage can promote relaxation and, also, reduce blood pressure.

How to use essential oils:

On the skin: mix four drops of essential oil with 20ml of carrier oil and then apply on the skin by gently massaging.

By inhalation: use a water diffuser and add 10 drops of essential oil into the diffuser.

In baths: mix ½ cup of Epsom salt, 1 cup of coarse sea salt, 2 tablespoons of baking soda in a jar and then add 25 drops of essential oil and mix this into a jar. Close the jar with a tight lid and shake. The mix needs to stand at least one day before use.

Bergamot Orange (Citrus Bergamia)

Bergamot Orange oil is used for the reduction of stress hormone production, and, also, to improve mood and reduce fatigue. The most effective method for reducing anxiety with this oil is by inhaling it in water vapour.

Herbs

Many herbs have properties that can prevent disease, assist in healing and play a role in the promotion of a healthy life. A number of them can help reduce anxiety but not all are effective with all forms of anxiety. Anxiety can often be accompanied by anger, and some herbs are recommended for this combination, while others are most useful for anxiety or anger on their own. Before using herbs to treat anxiety, it is important to consult with your health practitioner as the healing protocols (including the amount, number of times per day and even the time of day) are specific to each individual client and case. A one-on-one consultation with our specialist can be arranged. The following herbs are often useful in the treatment of anxiety:

Milky Oat Seed Tincture

Milky Oat Seed has a cooling effect and can ease fatigue, mental and physical exhaustion and strengthen a weakened nervous system. It is recommended for conditions such as anxiety, stress and depression. Milky Oat Seed tincture works immediately which is beneficial for people suffering anxiety and nervousness.

Ashwagandha Root

Ashwagandha Root reduces stress, promotes calmness and strengthens the nervous and immune systems. It is also known to be a very powerful herb for the reproductive system and can be helpful for cardiovascular and respiratory disorders. It also helps with keeping a healthy balance in the gut. This herb is NEVER recommended for use during pregnancy.

Skull-Cap Tincture

Skull-cap promotes calmness and strengthens the nervous system. Unlike Milky Oat Seed, it acts more slowly and its effects are felt about 30 minutes after consumption. This herb is recommended for any kind of anxiety but is especially effective for anxiety caused by withdrawal from addictive substances and hysteria.

Valerian Root

Valerian Root is a very common herb that is well-known for its abilities to calm the nervous system, reduce stress and help with peaceful sleep, so it is often used for conditions such as anxiety, stress, and insomnia.

Supplements

To promote optimum brain function, I also often recommend other supplements. Considering that everyone has unique circumstances, the dosage and how to take them is specific to each individual so consulting a practitioner (as well as your family doctor if you take other medications) is very important. We are available.

Amino Acids

Amino Acids play a major role in keeping our brain chemistry in balance. As discussed earlier in this article in Chapter 4, the brain produces neurotransmitters which are chemicals that transmit impulses from the central nervous system and have a significant impact on our mental and physiological functions. Amino Acids are the building blocks for producing proteins and, also, for making neurotransmitters. When there are deficiencies in the Amino Acids in our bodies, anxiety and depression can occur. Additional benefits of supplementing Amino Acids are improved focus, concentration, a positive mood and better sleep. Potential helpful Amino Acids include:

- Liposomal GABA
- 5-HTP
- L-Tryptophan
- L-Tyrosine
- DL-Phenylalanine
- L-Glutamine



Benefits of supplementing Amino Acids are improved focus, concentration, a positive mood and better sleep.



Vitamins

Vitamins are involved in the metabolic processes within our bodies and assist in the biochemical conversion of our food into energy. They are essential to our vitality and play a major role in our overall health. The following vitamins are of special note in relation to managing stress and anxiety:

·Vitamin C (Ascorbic-Acid), is one of the most powerful antioxidants. It plays a major role in more than three hundred metabolic reactions. It also helps in the production of anti-stress hormones and the production of interferon which is a protein integral to our immune system.

·Vitamin E is an antioxidant that prevents cell damage, helps to align the immune system and plays a role in decreasing the risk of certain cancers.

·Vitamin B6 (Pyridoxine) is integral to our physical and mental health. It is required for normal brain function, for the synthesis of RNA (Ribonucleic Acid) and DNA (Deoxyribonucleic Acid) and is also critical for a healthy immune system. Vitamin B6 can also prevent coronary heart disease.

·Vitamin B12 (Methylcobalamin), is critical for the healthy function of the nervous system and the protection of deterioration from aging. It has also been proven to help prevent Parkinson's disease and to slow down the progression for people who already have the disease.

Fish Oils Containing DHA

Brain tissue is mostly composed of fats, a third of which are comprised of Omega 3- fatty acid (also known as DHA). The body cannot produce this compound by itself, despite the fact that DHA is vital for the development of new brain pathways and also the transmission of signals within the body.



BE SMART.
EAT SMART.

Nutrition

Needless to say, food plays a major role in our daily lives. However, what may not be common knowledge is that specific foods can support the body's healing and others can create toxicity in the body and be very harmful. It is up to us to make the right choices and choose the right foods that can protect and even heal us from inflammation, cardiovascular disease, diabetes, obesity and mental illnesses. Processed foods, sugar, artificial colors, additives and gluten should be avoided. And those containing certain nutrients that boost the functioning of the brain should frequently be on our plates. Foods rich in complex carbohydrates, such as sweet potatoes, apples, blueberries, cut oats, chickpeas and other proteins enhance the production of the neurotransmitter dopamine (which keeps you focused and enhances concentration) and foods that enhance the production of the neurotransmitter serotonin include beef, eggs, fish and poultry. (If your diet is primarily plant-based, we can advise you on additional nutritional ways to assist in the production of serotonin) Additionally, some nuts including walnuts and almonds have been proven beneficial in elevating important neurotransmitters like dopamine. These foods are essential to a nourished brain and greatly improve its function. Fermented foods and foods that contain high levels of fiber are also recommended for maintaining healthy microbiome (the good bacteria in our guts) that is critical for elevating our mood, emotions and feelings. Lastly, it is very important that we consume a high level of fluids – especially water. Water is essential for the healthy maintenance of all vital functions in the body.

Based on my experience, each person has their own individual nutritional needs. In her book, ***The Antianxiety Food Solution***, Trudy Scott explains, in detail, how to determine the best diet for you.

If you eat meat, ensure that it comes from animals raised without antibiotics and hormones. Best is grass-feed beef, pastured poultry, and eggs and fish that are wild raised. Vegetables and fruits should be organic and, when in season, locally grown. To determine the best diet for you, please contact us via cftp-martialarts.ca/natural-medicine-centre/ and we can help.



MAKE YOURSELF
A PRIORITY.





Self-Love

If you love yourself first, then you will be able to love others!

Self-love is critical to our physical and mental health and a key component to a healthy life. With our busy lives and demanding family responsibilities, we sometimes forget about ourselves. We don't give enough time and attention to "me-time" and "me-respect", but this is much more than that. We have all heard the saying "Love is everything" and that is surely true. If we are loved and are sharing love with others, that alone is a huge boost to our overall well-being. But if we are to stay healthy and heal ourselves when it is necessary, self-love and care is critical. That is not selfishness but survival. True health and healing begin with your inner-self and you, alone, are the master of your thoughts, your emotions and feelings. It is up to you to choose positive behavior or negative behavior. To be healthy and heal, it is necessary to recognize your own personal values and to respect your self-image, your self-confidence, your self-honour and your self-discipline.

To have a positive attitude from the moment you open your eyes in the morning and to be thankful and grateful for what you have and who you are, to forgive yourself for your mistakes and failings, to try your best to be positive through the day until the night when you gently close your eyes – is the beginning of everything! To love yourself and look at the mirror saying: **I GOT THIS! I CAN DO THIS! I AM A BEAUTIFUL BEING! I BELIEVE IN MY SELF!** is the way to start becoming everything you wish to be.

There are special exercises and techniques on how to rediscover and reinvent yourself, and you can learn more about this at:

cftp-martialarts.ca/natural-medicine-centre/

Body-Mind Stress Reduction Techniques

Body-Mind medicine is not a new discovery and there are stress reduction techniques that are very beneficial to help reduce anxiety and improve mental health. We can also help you with that.



Meditation

Meditation is a technique that can be used to calm our mind and slow us down. With our busy lifestyles, we sometimes do not even realize how hyperactive we have become. We are often constantly rushing and have no time to pause for a moment. We don't give ourselves time to observe, to notice, or even to sit still for a moment, to put ourselves at ease and simply exist. We fail to “stop and smell the roses”.

There are many different methods of meditation, including transcendental meditation and concentration meditation. These involve the use of mantra and concentration on an object to provide focus. In turn, this trains our mind to let go of anything and everything else that is “in the way”. We all know that, after a few minutes of repeating a mantra, it is still easy to have our thoughts of other things intrude and this is why meditation takes a great deal of practice. The goal of meditation is the “expansion of our consciousness” and the achievement of internal peace, inner space, happiness and bliss. I recommend that at least once per day, you give yourself the time and space to calm your mind and meditate. Optimum times are just after getting up in the morning or before to go to bed at night. Or if you work in a stressful environment but can go out at lunchtime, try to find a quiet space and meditate even if it is only for 10 or 15 minutes.

Visualization

Visualization is a technique whereby we create positive images in our mind, and it can be useful in reducing stress and anxiety and even in healing.

In our clinic, we use gentle guidance to encourage clients to visualize past trauma, negative images and negative thoughts, and ask them to fade them away and bring the positive thoughts and emotions into the present which is the key to heal. Visualization can lead to new circuits being created in your brain which can in turn lead to a **NEW YOU**, free from anxiety.



Emotional Freedom Technique (EFT)

Tapping

The Emotional Freedom Technique is incredibly unique and requires absolutely nothing aside from that which we carry with us every day – our own hands. Gentle tapping on the acupuncture meridians can release physical and mental blockages. As we tap, signals are sent to our brain to regulate and lower the cortisol levels caused by the stress.

Several double-blind studies have confirmed the incredible benefits of tapping on specific meridians points while simultaneously repeating affirmations. After only twenty minutes or so, the cortisol level can be considerably lowered which means that positive health benefits can be achieved quickly and easily. Tapping can be done almost anywhere at any time and is, also, relatively easy to learn.

First, you need to visualize the issue that is bothering you the most at that particular time, identify how high on a scale of 1 to 10 that issue happens to be and then keep that number in mind. Next, you need to form an affirmation to address the “bad think”.

The following is an example of such an affirmation:

“Even though this (address your issue) has happened, and I am triggered by it, I deeply and completely accept myself. (While addressing the issue again), this really happened and has really triggered me emotionally and I am having all these feelings, I am safe; I am okay; I accept myself the way I am.”



While repeating this affirmation, use your hands to gently tap these points on your body: the inside of the hand (use a gentle karate chop), your eyebrow, the area beside your eye, then under your eye, under your nose, the top of your head, your chin, your collarbone and under the arm.

After repeating the affirmation and the tapping for twenty minutes or so, check in with yourself as to how are you feeling and what your stress level is now on the scale from zero to 10. A drop in stress from a very high number to a 3, or even to zero, is possible. There are about 40 different tapping techniques that can be used to help lessen anxiety, depression, PTSD and other trauma. To learn more, you can visit: eftuniverse.com/trauma-and-ptsd/ptsd. To learn more, and for guided tapping, you can also contact us at:

cftp-martialarts.ca/
natural-medicine-centre/



Martial Arts

Current research into martial arts and mental health have shown that there is a clear relationship between martial arts and mind-body medicine. The research shows that a regular practice can lead to a significant decrease in symptoms suffered by individuals with anxiety and depression, as well as improvements to overall mood. Neuroscientists have now made the connection between Taekwondo exercise and the release of neurotransmitters that elevate the production of serotonin, endorphins, norepinephrine and dopamine in the brain that are responsible for our happiness, mood and sleep.

As a Master in Taekwondo and co-owner of a martial arts school, I have witnessed the tremendous benefit that a regular practice can bring about in people suffering from anxiety, depression, ADD/ADHD, autism and other conditions. This is why Taekwondo is part of my wellness protocol. As a stress reduction technique, Taekwondo can decrease anxiety and improve mood, focus, concentration and sleep. Another real benefit is that it can also help improve the feelings of self-respect, self-confidence and self-honor that are often lacking in people suffering from anxiety.

At CFTP, Master Alejandro and I have created a unique Taekwondo program that we call "Believe in Yourself". It incorporates breathing techniques and concentration techniques, with techniques that help to decrease anger, anxiety and stress, and can also assist in lessening the symptoms of depression.

To learn more about training with us, and for details on our videos and tutorials, please visit us at www.cftp.ca. Virtual and in-person training are available and we also offer one-on-one introductory classes.



"Believe in yourself to reach your full potential"

Dr. Reni Pereira

5TH DAN - CFTP



During especially challenging times, such as the one we are all currently living in, but, really, at any time, it is important that we understand as much as we can about our own stress and anxiety and, also, about that affecting our children and other family members. Doing everything you can to mitigate that stress and anxiety is the next critical step.

It is our hope that this guide will have provided you with knowledge, with tools and, also, with hope, and that you will feel free to reach out to us for guidance, support and help with healing. Here at the CFTP Natural and Integrative Medicine Centre, holistic and customized drug-free and non-invasive methods of pain management and assistance with physical and mental health issues are just around your corner.

For a free one-on-one assessment, please contact us at: cftp-martialarts.ca/natural-medicine-centre/



Thank you for your interest in my guide,
**“ANXIETY, Empower Yourself with Helpful
Holistic Tips on How to Heal.”**

I sincerely hope you have gained important knowledge of the many causes of anxiety strategies on how to begin healing.

Whether this is for you, a loved one, a friend or co-worker, getting started can be overwhelming. You may be wondering where to begin or what is right for you?

Calming the mind and the nervous system is key to regaining emotional balance. Imagine waking up and enjoying your day as you handle the challenges with ease and confidence!

Imagine having complete and total control of how your body and mind reacts to outside stimuli.

No more fear... no more stress.
Free to confidently express your authentic self.

As an anxiety specialist, I can help charter your individual path to healing.

OFFER:

**Single Initial assessment
with biofeedback scan
and consultation**

Allows you to understand the root cause of the underlying stressors responsible for your anxiety.

We do this utilizing biofeedback technology that uncovers physical and mental causes of your experience. Together we will then create an individualized plan for your personal path of healing.

\$195 – BUY NOW

**Allergies and food
sensitivity assessment**

Get additional insight into your root causes by taking your biofeedback a step further by including additional information including:

Outdoor & Indoor Allergies.
Food Intolerances.
Vitamin Deficiencies.
Mineral Deficiencies.

\$29.99 – BUY NOW



BIOGRAPHY

Doctor Reneta Pereira was born in Plovdiv, Bulgaria. In 2000, she immigrated to Toronto, Canada where, with her husband, Master Alejandro Pereira, she opened their martial arts studio in 2005. In 2016, Dr. Pereira founded the Natural and Integrative Medicine Centre. She holds a Bachelor's Degree in Rehabilitation Therapy from the College of Medical University Plovdiv (1991), certificates in Microcurrent Point Stimulation (MPS) therapy from the Center for Pain & Stress Research in Toronto, and her Integrative Health Coach Certificate in Biofeedback. Pursuing her dream, she obtained her Doctorate and PhD in Integrative Medicine at IQUIM. Currently, Dr. Pereira works at her Natural and Integrative Medicine Centre with a focus on helping clients using Quantum Biofeedback and Microcurrent Point Stimulation and coaching a healthy lifestyle. She is also a fifth dan black-belt and teaches Taekwondo to people of all ages at CFTP.

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