



DON'T WORRY, Be Happy

Treating anxiety and depression without drugs

By Dorothy Merritt, MD

Do people tell you that you worry too much? Do you constantly fear the worst? It may not seem the same...being chased by a hungry lion and worrying about losing your job or being infected with West Nile virus. But worry—feeling threatened to any degree—is stress. It sets off a fight or flight survival response, which triggers all sorts of changes in our bodies, leading to unhealthy conditions like elevated blood pressure and heart rate, a depressed immune system, digestive disorders, anxiety disorders and clinical depression.

We may all experience anxiety at some point in our lives; worrying about certain things is only natural. But problems occur when we constantly worry, maybe over a period of months, never giving our body and mind a rest. This creates more problems than the very things we worry about! Constant worry can lead to anxiety disorder and depression—the leading causes of disability in the U.S.

Nexalin Therapy can help if you are taking anti-depressants, or experiencing symptoms of depression that may include:

- A depressed mood during most of the day
- Fatigue or loss of energy
- Insomnia or excessive sleeping
- Recurring thoughts of death, suicide or impending doom
- Significant weight loss or gain
- Difficulty concentrating and remembering details
- Feelings of guilt, worthlessness, and/or helplessness
- Extreme irritability and/or restlessness
- Loss of interest in activities or hobbies that were once pleasurable
- Persistent aches or pains, headaches, cramps, or digestive problems that do not ease, even with treatment

Both anxiety disorder and clinical depression are treatable conditions. Tremendous progress has been made in the last two years for treating both without the use of drugs.

Anxiety and antidepressant medications, used under the guidance of a healthcare professional, may relieve some symptoms, but they shouldn't be thought of as a cure. While they can provide temporary relief, they do not treat the underlying cause of these disorders. Once you stop taking the drugs, symptoms often return in full force. These meds also come with unpleasant and sometimes dangerous side effects and are also habit forming and physically addictive, making it difficult to stop taking them once you've started. Questions also exist as to their effectiveness. A major U.S. government study released in 2006 showed that fewer than 50 percent of people become symptom-free on antidepressants, even after trying two different medications. Many who do respond to medication slip back into depression within a short while, despite sticking with drug treatment.

Nexalin Therapy: Proven relief without medication

Advanced studies using the latest brain imaging techniques indicate that the circuits in the brain that regulate mood and behavior do not function properly when a person is anxious or depressed. In other words, a biological imbalance exists in the systems of the body that support the brain's neurochemistry.

Chemical messengers, known as neurotransmitters, transmit electrical signals or messages between brain cells. Many issues in the brain, ranging from "Peak Performance" to "Mood Disorders" including anxiety, depression, and



others, are believed to be a result of an imbalance in the production of specific neurochemicals.

Pharmaceutical therapies operate by replacing or inhibiting the uptake of these neurochemicals with a drug. Nexalin technology—a leading edge, non-invasive and drug-free therapy—gently resets the part of the brain that helps to regulate neurochemicals, the hypothalamus. The hypothalamus’ main function is to maintain homeostasis (a state of equilibrium) of the body by constantly sensing and adapting to information that the brain is receiving from the body and its environment.

Nexalin Therapy works by permitting your body to manage the production and uptake of these neurochemicals on its own. With a regimen of consecutive therapy sessions, Nexalin Therapy stimulates the hypothalamus’ adaptive ability to normalize the production of these neurochemicals. The clinical effect is a decrease in the patient’s symptoms. Some patients have reported an increase in their ability to perform in stressful or challenging environments. Clinical trials and patient data confirm this. In the studies done so far, the results for depression, anxiety, and insomnia range between 80-97 percent sustained improvement from the initial two- to three-week treatment.

The Nexalin Device has extensive clinical experience—the clinical trials have studied more than 700 subjects and provided more than 10,000 therapies. The device produces a patented waveform that provides Transcranial Electrical Stimulation (TES). In clinical trials, this unique waveform resulted in the greatest increase in beta-endorphins. The Nexalin Device has undergone extensive safety analysis with the results clearly indicating that the device is safe for its intended use. Additionally, the FDA classification of the device for clinical trials places it into a non-significant risk (low risk device) category.

The patented waveform of Nexalin Advanced Therapy is administered through medical grade conductive pads that are produced specifically for the Nexalin technology. The pads are placed on the forehead and behind each ear, and are connected to the Nexalin Device with thin cables for a highly effective, yet soothing treatment. Patients recline

Nexalin is a drug-free therapy with proven results for the treatment of a variety of anxiety disorders including:

- **Panic Disorder:** Feelings of terror that strike suddenly and repeatedly with no warning. Other symptoms include sweating, chest pain, palpitations, a feeling of choking.
- **Obsessive-compulsive disorder (OCD):** Plagued by constant thoughts or fears that cause a person to perform certain rituals (obsessions) or routines (compulsions).
- **Post-traumatic stress disorder (PTSD):** A condition that can develop following a traumatic and/or terrifying event, such as a sexual or physical assault, the unexpected death of a loved one, or a natural disaster.
- **Social anxiety disorder:** Overwhelming worry and self-consciousness about everyday social situations.
- **Specific phobias:** An intense fear of a specific object or situation, such as snakes, heights, or flying.
- **Generalized anxiety disorder:** Involves excessive, unrealistic worry and tension, even if there is little or nothing to provoke the anxiety.

comfortably in a calming environment, and most feel nothing during their quiet, 40-minute session. Many relax to the point of falling asleep! Relief starts as early as the first therapy and most experience some relief by the third session.

This information is not intended to be a substitute for medical advice. If you are taking a medication for anxiety or depression, do not change your dosage without consulting your physician. ☛



**CALL TO
BEGIN YOUR
TREATMENTS TODAY!
409.938.1770**

DR. DOROTHY MERRITT

Mainland Primary Care Physicians

6807 E F Lowry Expwy, #103, Texas City, TX 77591

www.mpcptexas.com • www.nexalin-houston.com