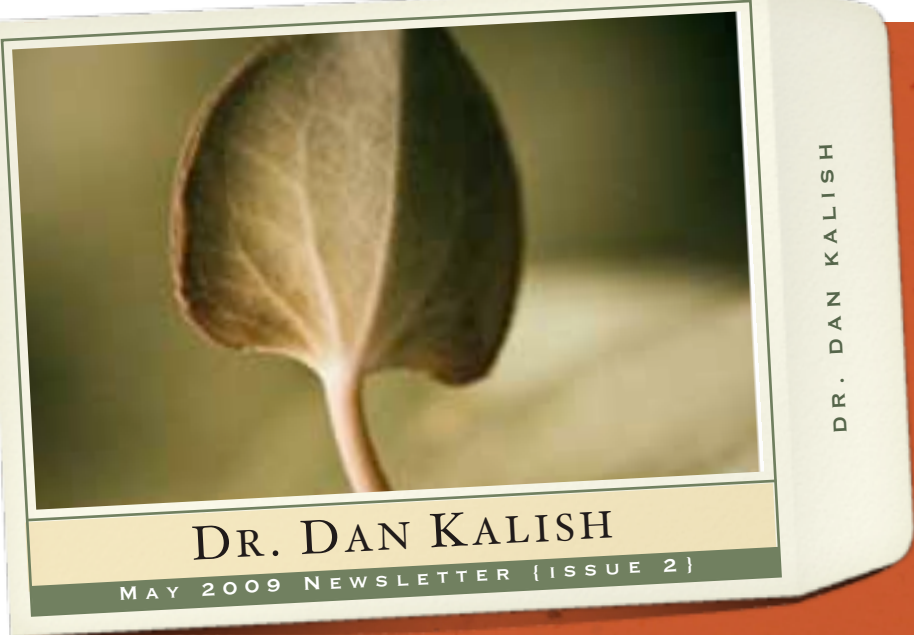


DR. DAN KALISH

JUNE 2009 | NEWSLETTER {ISSUE No. 2}



CLARY SAGE ORGANICS

2009

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NEWEST ARRIVAL

Introducing Intelligent Nutrients

**Certified Organic Health & Beauty Made
with 100% Intelligent Ingredients**

“because everything we put in and on our
bodies must be nutritious and safe,”

–**Horst Rechelbacher, Founder of
Intelligent Nutrients**

**FEATURED SUPPLEMENT FOR
THE MONTH: GRIFFONIA SEED**

Five Hydroxytryptophan (5HTP) is the amino acid precursor to serotonin, a neurotransmitter in the brain that helps support a healthy mood and regulates body temperature, sleep, sexuality, and appetite. Griffonia Seed is a blend of vitamins and minerals, along with 5-HTP, that may counteract low moods, sleeplessness, and anxiety.

“In the short time that I have known Dr. Kalish, I
feel that his approach to health care has given me
an opportunity to a much healthier life.

Carrie Rogers, New Hope, PA



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WHAT IS DEPRESSION, REALLY?

We hear so much about depression these days, what really is depression and how should it be treated? There are many underlying causes to depression each of which requires a unique clinical approach, categorizing depression as one single problem with one solution – finding the right anti-depressant medication – is a gross oversimplification that leads to inappropriate treatment recommendations. Based on my clinical experience the two most common underlying causes of depression include neurotransmitter dysfunction or an exaggerated stress response. Neurotransmitter dysfunction results from nutritional deficiencies and neurotoxicity. The stress response can result from any significant stress including lack of sleep, over or under exercise, poor blood sugar control, i.e. overeating or skipping meals, chronic pain or inflammation or emotional and spiritual disconnection. This will be covered in detail in a future newsletter. There are clearly serious cases of

clinical depression, suicidal ideation, manic-depression and other forms of mental illness. These cases require extensive psychotherapy, psychiatric medications and in some cases institutionalization. However, the vast majority of people diagnosed with “depression” can be successfully treated with simple, natural therapies because the origins of the problem come from poor lifestyle choices, not from a severe mental health problem. We need to be able to distinguish between who requires medical care and anti-depressant medications and who is suffering from “lifestyle” generated depression that can safely and effectively be resolved with natural therapies.

Neurotransmitter dysfunction refers to abnormal levels various chemicals present in the brain that regulate our mood and sense of happiness. Two “master” neurotransmitters that help regulate brain function and are acted upon by most anti-depressant medications include serotonin and

dopamine. Serotonin is manufactured from 5 hydroxy-tryptophan and dopamine is made from the amino acid tyrosine. Research conducted by Marty Hinz, M.D. of DBS Labs has demonstrated that vitamin C, calcium, cysteine and most importantly vitamin B6 are required for neurotransmitter production. While balancing brain chemistry through the use of amino acids requires expert knowledge and extensive lab testing, the crux of most neurotransmitter dysfunction is poor lifestyle habits.

Most common underlying causes of depression I see in my practice are brain chemical dysfunction caused by:

- Nutritional Deficiencies
- Neurotoxicity
- Lack of exercise
- Excessive and prolonged stress

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Nutritional Deficiencies

Diets based on processed food with poor quality protein sources lead to amino acid depletion and eventually results in neurotransmitter deficiencies. Our brains can only have sufficient brain chemical production if we eat a diet rich in high quality protein. Protein deficient diets and processed food or fast food based diets will rob us of the nutrients such as B6 that we require to maintain brain chemistry properly and depression will result. This then begs the question, should we even call this nutrient depletion syndrome depression? Further, neurotransmitter depletion leads to cravings for carbohydrates and compulsive overeating, forcing people into a downward spiral of weight gain and depression.

Anti-depressant medications exacerbate neurotransmitter dysfunction. Over time these medications deplete neurotransmitters. This was first established by researchers at MIT in the 1960's and has been repeatedly demonstrated in studies since then. However, most conventional medical doctors prescribing these drugs are unaware of these studies. In fact anti-depressant medications lead to short term flooding of the brain with more neurotransmitters and this artificial push is short lived as over time these neurotransmitters are degraded and broken down at a faster rate than they

would be in a non-medicated individual. We end up with short term relief of symptoms and a worsening of the original deficiency state with ever lower levels of naturally available neurotransmitters. This means drug dosages need to be increased to maintain effectiveness, or patients need to change medications, or the medications eventually just don't work as well as they once did and people have to live with the return of symptoms.

The natural therapy correction for this type of "depression" is switching to an organic foods based diet, eating high quality protein and farm fresh produce. This diet provides us with the critical amino acids, vitamin C, cysteine and B6 required for neurotransmitter repletion.

Neurotoxicity

Neurotoxicity is another leading cause of "depression". Neurotoxicity refers to damage to the nerve cells in the brain from neurotoxic drugs; neurotoxic pesticides and herbicides; heavy metals such as mercury and lead; parasitic infections such as giardia that release neurotoxins; and the thousands of chemicals now present in the environment that we are regularly exposed to. Even tap water is full of neurotoxic chemicals.

When you really think about how neurotoxic our food and water supply has

become, it is amazing we can be happy or think at all!

Neurotoxins destroy the firing capacity of nerve cells. This leaves us with nerve cells that do not conduct the nerve impulses we require to feel happy and at peace. Therefore we experience the results of low serotonin and low dopamine, namely, overeating, depression, sleep disorders, brain fog, poor memory and a general lack of enthusiasm for living life to its fullest; we become "depressed".

The natural solutions are clear, drink water free of chemicals and harmful contaminants, eat an organic foods based diet, exercise daily and make up for past indiscretions by detoxifying your body to remove all the toxins that have built up over the years. If these lifestyle changes are not enough then you can start an amino acid program to rebuild the low brain chemical levels.

Solutions:

Start a detox program: http://www.clarysageorganics.com/solutions_digestive_cleanse_nutraceuticals_program.html

To learn more about heavy metals such as mercury and lead read this article: http://www.clarysageorganics.com/article_mercury.html

Start an amino acid balancing program <http://www.clarysageorganics.com/>

CASE STUDY: Patricia, a 47 year old female client, complained of debilitating low back pain and numbness down the left leg, fatigue and depression. There were two issues of immediate concern: (1) Poor lifestyle factors (diet, sleep, stress and exercise related) leading to nutrient depletion and hormone down regulation; and (2) neurotoxicity.

To remedy this we implemented a healthy lifestyle program which included teaching her to eat gluten free, hydrating, proper exercise and making healthy food choices whenever possible by choosing organic and locally grown foods. Patricia discovered that making proper food selections had a strong effect on her sense of well being.

Patricia also agreed to eliminate gluten. I have observed hundreds of cases in my clinic in which gluten intolerance triggers fatigue and depression. This occurs because the body's reactions to gluten includes an inflammatory response in the lining of the small intestine causing abnormal cortisol production, which eventually results in depression. Therefore any lifestyle issue that improves stress hormone production will help relieve the "depression". Lack of sleep and the stress of her pain further exacerbated her cortisol problems. Lack of exercise and lack of relaxing activities completed the lifestyle factor catastrophe. Patricia needed rebuilding and repair of the stress hormones to heal. Interestingly, research has demonstrated exercising 3-5 times per week to reduce depression as effectively as the anti-depressant medication Zoloft

The lifestyle therapies working synergistically together began the healing process for her brain. This led to an obvious level of improvement in mood and energy levels. Part of Patricia's program included a concerted effort at reducing her level of neurotoxins. Neurotoxins can be found in many places. Since many pesticides and herbicides act as neurotoxins, an organic foods diet was essential for reducing neurotoxicity. Patricia's high levels of lead, mercury and cadmium seen on lab tests generated a her major toxic load for her central nervous system.

Her treatment program included intensive focus on lifestyle factors and rehabilitative exercise; replenishment of neurotransmitters and detoxification through diet, saunas and juicing; and rebuilding of her adrenal hormone production by improving sleep patterns.

This treatment plan took place over the course of more than a year and she achieved complete remission of all symptoms and returned to work, active and free of her past depression. I continue to look forward to our twice yearly check ups as her achievements in healing herself are inspiring.

TESTIMONIAL

Avoid the Flu: Boost your Immune System

"In the short time that I have known Dr. Kalish, I feel that his approach to health care has given me an opportunity to a much healthier life. For thirteen years I suffered with symptoms ranging from fatigue, shortness of breath, migraines, digestive problems, joint and muscle pain ranging throughout most of my body. Tired of the "in the box" doctor and numerous tests that led to no answers except "perhaps I am sad", I sought out a more total approach to healing myself. Dr. Kalish who practices Integrative Medicine addressed all of my issues through consultations and diagnostic testing and established a game plan for life, embracing a total wellness plan with nutritional guidance, a therapeutic and wellness program along with natural hormone therapy. A healthier pain free life is what I was determined to achieve and because of you Dr. Kalish, I have done just that!"

Carrie Rogers
New Hope, PA



Prevent-all is a powerful immune enhancing supplement that works by strengthening your immune cells so they can more vigorously attack any flu virus you may be exposed to. The unique ingredient in Prevent-all is a specialized extract of colostrum, this extract has concentrated levels of the same immune enhancing compounds found in breast milk. Our immune systems are constantly under attack from stress, poor diets, lack of sleep and lack of exercise. Most of us become quite worn down. Just as a nursing mother passes her immune factors on to her newborn baby, this compound reinforces the adult immune system. It restores the healthy and powerful immune response we are all capable of.

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