



BE TRANSFORMED

Caring for the Body

Are you suffering with mood changes?

It's important to work with your doctor...

I know how painful it is to suffer with overwhelming stress, anxiety and depressed mood. As an integrative holistic physician, my focus is on lifestyle medicine and natural therapies to help people recover their health. However, I recognize that prescription anti-depressant pills can treat the symptoms of depression and anxiety remarkably well in some situations. Here's some basic advice that I give to all of my patients suffering with mood changes:

- Medication can be life-saving, and is almost always indicated if the depression is severe or associated with suicidal ideation.
- Anti-depressant medications do have major and minor side effects, and should be used in combination with Biblical principles of a healthy, balanced wellness lifestyle.

If you are suffering with mood changes, please seek a full medical evaluation before pursuing treatment. There are a wide variety of medical problems that can cause mood disturbances such as thyroid disease, anemia, hormonal imbalance, dietary and micronutrient deficiencies, hidden food sensitivities, neurological conditions, sleep disorders, toxin exposures etc...

A holistic physician will take a comprehensive look at your health with a detailed medical, social and lifestyle history, laboratory testing and a physical examination to uncover root causes of any illness. While anti-depressants can give much needed symptom relief for some patients suffering from mental illness, ***true permanent healing requires a holistic approach to your body, mind and spirit.***

There are seven principles of a healthy, balanced wellness lifestyle that can help your experience rapid and progressive relief from anxiety, depression and overwhelming stress.

Cynthia Libert, M.D.
www.caringforthebody.org



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I use these principles as a foundation of my treatment plan for every patient, regardless of what type of illness they may have at the time.

Here are the seven keys:

- #1 Optimize Nutrition
- #2 Calm your Brainwaves
- #3 Restore Hormone Balance
- #4 Put Out the Fire of Inflammation
- #5 Enhance your Detoxification System
- #6 Heal your Gut
- #7 Discover your M & P (Meaning and Purpose in Life)

These are the topics that you will learn about in great depth during our health coaching sessions.

I want to remind you to discuss any changes you plan to make with your medical provider. You deserve to work in a one-on-one setting to receive a customized treatment plan. These are general guidelines and are intended for educational purposes only. Remember that mental illness can be life-threatening. Always consult your physician or mental healthcare professional for advice about your particular situation. Never stop prescription medications without first seeking the advice and working closely with your healthcare provider.

I pray that God blesses you with an abundance of joy, peace and complete healing for your spirit, mind and physical body.

Sincerely,

Dr. Cindy

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