

Non-drug treatments for depression treatment seminar

Clinical nutritionist, Blake Graham, B.Sc (Honours) will be giving a presentation on non-drug treatments for depression. The talk will cover a wide range of treatment considerations as listed below.

Treatment options

- Neurotransmitter modulation.
 - o 5-HTP or St John's Wort ? Serotonin.
 - o DL-Phenylalanine ? Endorphins.
 - o Tyrosine/phenylalanine ? Dopamine
 - o GABA ? GABA.
 - o Cranial Electrical Stimulation (CES) via Alpha-Stim SCS.
- Lifestyle factors.
- General nutrient therapies.
 - o Fish oil.
 - o Magnesium.
 - o Low dose lithium orotate.
 - o Vitamin D optimization.
- Relaxation/brain training therapies.
 - o RelaxMate II photostimulation glasses.
 - o Guided imagery CD's.
 - o emWave stress relief biofeedback technology by HeartMath.
 - o Holosync audio technology.
 - o Meditation.
- Laboratory testing and subsequent treatments.
 - o Urine kryptopyrroles ('pyroluria').
 - o Serum copper and ceruloplasmin.
 - o MTHFR (folate metabolism) gene test.
 - o Provoked urine heavy metals.
 - o Hair mineral analysis.
 - o Urine iodine (loading test).
 - o IgG food intolerance testing (96 foods).
 - o Organic acid testing (OAT).
 - o Salivary adrenal hormone profile.
- Neuro-physiological / 'energy psychology' techniques.
 - o BMSA (Brief, Multi-Sensory Activation).
 - o WHEE (Wholistic Hybrid of EMDR and EFT).
 - o EFT (Emotional Freedom Techniques).
- Cognitive therapies.
 - o Eckhart Tolle teachings.
- Bitemporal magnetic treatment (Dr. William Philpott).

When: Saturday the 16th of May, 2009

Enrolment from 1:40 PM for a 2:00 PM start.

Where: Mary MacKillop Centre.

16 York St, South Perth, Western Australia.

Cost: \$20 per person.

RSVP: Please reserve places by leaving a message at (08) 9487 7409 or emailing info@nutritional-healing.com.au

Clinical nutritionist Blake Graham is a passionate specialist in the fields of science-based nutritional and environmental medicine. He has Bachelor of Science with Honours degree in Nutrition from Curtin University. Blake has a special interest in illnesses such as Chronic Fatigue Syndrome (CFS), Fibromyalgia (FM), Irritable Bowel Syndrome (IBS), Autism/ADHD and mental health issues such as Anxiety and Depression.

