

Anxiety, Worry, and Depression

Simple things you can do right
now to lighten your load



CHAPTER 1:

The Problem

The [CDC reports](#) that 35% of adults (120 million people) in the US have symptoms of depression or anxiety.

A [2022 PubMed research paper](#) estimates the global economic burden of depression and anxiety as \$2.5 trillion in 2010, increasing to \$6.1 trillion by 2030.

The impact on society is severe, but what about the effect on you?

Anxiety can be a horrible, twisting feeling of dread and fear in your stomach. You may be hot or cold,

tensed, or sweating. It can be debilitatingly severe or just under the surface and slightly coloring everything you do and think.



Depression can be a complete lack of motivation. Hopelessness, feeling worthless and helpless.

These are not anything that you want to experience, ever.



If you're living day-to-day (and possibly through sleep-deprived nights) with anxiety or depression, you only want it to end. Remember how it feels when, for any reason, the anxiety lightens up a little? It's such a relief, only to start all over again.

Anxiety and depression can prevent your happiness, but they can also wreck your productivity, making you much less effective in all of your endeavors: in your job, your marriage, and as a parent.

Stress from these problems can damage your health, commonly causing digestive problems, hormone imbalances, sleep problems, fatigue, joint and body pain, and many other symptoms.

Existing problems can get worse, from blood pressure to skin conditions.

Anxiety and Depression Often Cause More Anxiety and Depression

Anxiety particularly creates physical symptoms that themselves create more anxiety. There are specific physiological reasons for this (more on that later), but anxiety can be self-perpetuating. Sometimes, this can escalate into a full panic attack.

Depression can be insidious, as it manifests as a lack of motivation. Having little motivation often means that you don't accomplish much, which lowers your morale and makes it that much more difficult to make yourself do anything.

This is All a Shame...

As a perfectly capable person with responsibilities, dreams, and goals, you should be making progress toward those goals. It's the overcoming of obstacles toward reaching your goals that create happiness.

John, a recent patient, said it well. “I have been off antidepressants for over six weeks, and I have a real sense of hope about my life instead of a fleeting chemically induced high. I have so much energy and mental clarity. It feels amazing.”

CHAPTER 2:

There Could be Some Hope

Anxiety and depression have been very difficult to treat effectively.

People often do many months or years of therapy to try to reduce their anxiety and depression. They take drugs. They use breathing exercises, meditation, and yoga. But very few anxiety and depression sufferers ever feel that their problem is “solved.” At best, it’s “under better control,” while they remain secretly fearful of the next episode.

Effective treatment is so difficult because the causes of anxiety and depression have been misidentified by conventional medicine. If you treat the wrong cause, it’s a sure bet you won’t solve the problem.

Conventional medicine supposes that the brain causes anxiety and depression because these are classified as mental problems.

However, your brain is often not the cause.

Sure, the brain can signal your body to have anxious feelings. This survival reaction is like a healthy fear of getting too close to the cliff edge. A shot of anxiety for a few minutes or hours for a good reason can be completely normal.

Anxiety becomes a problem when it won't stop or happens without a reason.

This is often caused by a physical health problem with your body.

Chronic anxiety can be caused by digestive problems, hormone problems, and even blood sugar issues.

The same goes for depression; often, it's caused by physical health problems that appear to have little to do with the brain.

I'll return to explaining how physical health problems affect your emotions shortly.

The Case Against Drugs

The message you've seen in drug ads that anxiety and depression are caused by "chemical

imbalances" in the brain is an unproven theory that's been used to sell antidepressants. **No research has yet linked mental**



illness to brain chemistry (look it up... they use words like “belief,” “suggest,” “may result,” “tend to,” and “strongly linked,” but no actual science).

For more on this, see Harvard Medical School: ["Onset of depression more complex than a brain chemical imbalance."](#) (Harvard is still missing the link between depression and physical health, but they do see that brain chemistry isn't the only cause of mental problems).

SSRI Antidepressant Drugs

**SSRI: Selective Serotonin Reuptake Inhibitor. A type of antidepressant that increases levels of serotonin in the brain."*

If you complain of depression symptoms, you'll likely be put on an SSRI* medication. You and the other 36 million people who are prescribed SSRIs every year.

Your doctor will not do any testing or blood work and will somewhat randomly choose an SSRI drug for you to try. (This is not your doctor's fault; no labs are available for these medications.) If the first drug doesn't help, you'll be given another to try.

Studies published by the NIH show that SSRIs may improve symptoms in only 20% of patients.

These drugs have many side effects and can be highly addictive (the drug companies call this "discontinuation syndrome.")

Medical treatment for mental conditions is always only for the specific symptoms, not for the underlying cause. A case in point is the DSM, the manual listing all accepted mental diseases used to diagnose mental illness. All 300 diseases listed in the DSM are statements of symptoms, not possible causes, and only exist so that psychiatrists can bill your insurance company. Without these labels, insurance companies wouldn't pay.

The bottom line: Psychotropic drugs for anxiety, depression, and concentration are not designed

to "cure" the problem but to make it more tolerable. All drugs have side effects and a limited period of effectiveness. **A better solution would be to resolve underlying causes and eliminate anxiety and depression naturally.** However, physical causes for anxiety and depression are often ignored in our current medical culture. You may want to resolve your problems naturally, but this is not an available option. This can be a difficult and scary situation for many people.

Why There's Hope

Over the past 30 years, I've had upwards of 6,000 patients suffering from anxiety and depression along with other symptoms. At some point in their treatment with us, almost all of them have either improved dramatically or expressed that they no longer had the problems.

This sounds very promising (and it is). However, we don't treat patients for anxiety or depression at our clinic.

I have observed over many years that **anxiety and depression often have their roots in physical**

health conditions that have been overlooked or ignored by conventional medical treatment.

When a patient is given the proper attention and the correct physical causes are considered and located, it's often possible for them to recover their overall health, including mental problems.

There is a lot of science behind this. It's well known that hormone and blood sugar problems can cause even severe forms of anxiety and depression. [[Johns Hopkins](#)] Specifically, thyroid problems often cause anxiety, mental lethargy, and physical fatigue. [[PubMed](#)] Sex hormone problems can cause depression and other disturbing symptoms. Blood sugar problems can cause extreme irritability, anxiety, and irrational behavior. [[University of Michigan School of Public Health](#)]

When you view anxiety and depression as having discoverable, physiological causes rooted in a person's overall health and well-being, solutions begin to present themselves.

CHAPTER 3:

Do Something Right Now About Your Anxiety & Depression

In my experience, the most reliable and permanent solutions to anxiety and depression are to help the person to recover their physical health. (More on this later.)

However, starting in the next few minutes, you can greatly reduce your suffering.

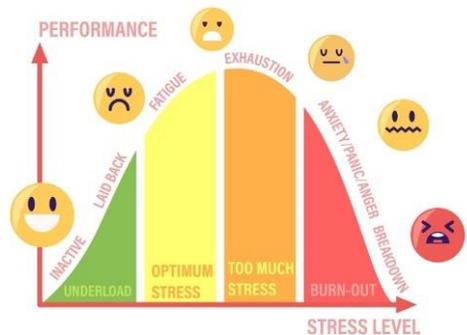
Reducing the mental and physical stress on your body can allow it to better compensate for the issues creating your anxiety and depression.

Let's Start with Reducing Mental Stress

1. Avoid stressful people.

Minimize contact and communication with these

people. Use good but minimal communication if you must speak with a stressful person (family member, boss, etc.).



Avoid confrontation and talk about pleasant or dull subjects. Remember: if you fight with these people, you lose automatically because you'll be stressed out!

2. Avoid exposure to the news and most social networking.

Does this sound extreme? If so,

try an experiment. Stop all news and stressful social media for one week. Then, resume normal news consumption the following week. Compare how you felt on week 1 with how you felt on week 2. Decide whether or not you want to stop your exposure to the news. ([Here's a link to an app that filters news from your social networks, called News Feed Eradicator](#)).



3. Take walks around your neighborhood or near your workplace as often as possible. When you walk, focus on the environment, noticing the things around you. (Don't look at

your feet and think about problems!) Walk until you feel, at least a little, more alive and refreshed and are more interested in the world again.

4. **TALK!** Communication can be very stress-reducing. Make a list of people you enjoy talking to but haven't heard from in a long time. Call them up. Increase the frequency that you chat with friends. Meet people and talk some more. Patients have told me they believe their poor mood will make others feel bad, and so they avoid talking to people. This is wrong-headed! You'll feel much better after talking to your friends; they'll feel great having helped you.

Now, Let's Reduce Physical Stress

1. **Minimize non-prescription drugs** as much as possible. Drugs work by “insulating” you to a degree from the real world. This can result in what



appears to be stress reduction, but as you come off the drug, the stress will be much greater than if you hadn't taken the drug in the first place. Net effect: MORE stress. The fewer drugs you can take (alcohol, pot, painkillers, sleep medications, etc.), the less overall stress you'll experience, even though it may appear otherwise. There are exceptions, of course, such as severe acute problems. A patient wrote, "Dr B got me to reduce and stop drinking alcohol. I was so upset! Now I'm so grateful! I am so much better now!"

2. **Sleep** is critical for helping the body handle stress. If you can sleep, DO IT! Exercise some self-discipline and make the time to go to bed at a decent hour so you get enough sleep. The more stress you're under, the more sleep you need. Many studies show the importance of good sleep, going to bed, and waking at the same time each day. Sleep is when we heal! A patient wrote, "I'm now able to sleep peacefully through the night

and wake up rested. My mood throughout the day is much more calm.”

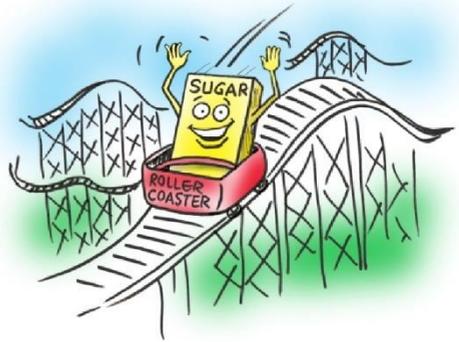
3. “Exercise” is probably the wrong description for using the physical motion of your body to handle stress. A better word would be **MOTION**. Your body likes motion and is stressed by a lack of motion. You don’t have to raise your heart rate to a certain point, sweat, or have sore muscles. Unless you’re already doing a strenuous exercise program, starting one is not necessarily good if you’re stressed. Instead, park farther away and walk. Take the stairs. Clean out your closets. Do something physical that makes you happy but also gets your body moving. Take walks. Do this frequently, daily if possible. A patient wrote, “Forcing myself to start walking every day has improved my anxiety more than any drug I’ve taken.”

4. **Your food** can be a hidden source of severe stress. In my experience, food sensitivities are very common and can cause many surprising symptoms. There is a well-documented connection between brain

function and digestion. Below are two suggestions for reducing physical stress on your body using diet improvements: ***Smooth out your blood sugar*** and ***Avoid food additives***. Try these out for a few weeks and see if you don't feel much better! A patient wrote, "After two months, I got my eating habits down correctly, and my mood swings are no more."

Smooth out your blood sugar:

Smoothing out blood sugar has completely changed the lives of many people. While this isn't true for everyone, many people will see significant improvement in how they feel by following these suggestions.



Your blood sugar is your body's primary energy source, including your nervous system. If you eat in a way that creates low blood sugar, you may experience:

1. Waking in the night and nightmares
2. Brain fog and concentration problems
3. Heart palpitations and anxiety
4. Hunger, or the reverse: a feeling of aversion to food, even if you should be hungry
5. Mood swings and nervousness
6. Headaches
7. Blurry vision
8. Jittery, shaky feelings
9. Lightheadedness, dizziness, and loss of balance and coordination

You can have low blood sugar from... eating sugar!

Eating sugar or refined carbohydrates (bread, chips, pasta, cakes, cookies) can put too much sugar into your bloodstream. Your body reacts to prevent damage from the sugar by flooding the bloodstream with a hormone (insulin) to bring the sugar levels down. If the sugar emergency causes too much insulin hormone to be released, the sugar will drop too low. **You may feel terrible, tired, or even sick. You may crave sweets,**

bread, chips—anything that will increase your low blood sugar. But if you overeat the carbs and sugar, your blood sugar will go too high again, and you'll be back where you started. "Roller-coaster" blood sugar is a very common scenario.

The Solution:

1. **Avoid eating sugar** (cake candy, cookies, ice cream, soda, beer, wine) and limit your carbs intake (bread, pasta, rice, and white potatoes).
2. **Eat protein** (meat, eggs, cheese, nuts) with every meal and every snack. The protein "buffers" the carbs and sugar, making them absorb more slowly, reducing their effect on blood sugar.
3. **If you have low blood sugar** and feel jittery, anxious, and desperate to eat something, eat protein, vegetables, and good fats, like avocado and olive oil, instead of chips, bread, and sugar. Keep eating these (for example, no-sugar peanut butter on celery) until you feel better.

4. Eat regularly. Skipping meals can wreak havoc with your blood sugar and cause stress to your adrenal glands. (The adrenals handle stress in your body and control blood sugar between meals. You need full adrenal function to heal.) Intermittent fasting is usually the opposite of what you want to do to reduce stress. For some people, fasting isn't healthy and can make fatigue, anxiety, and depression worse.

Avoid food additives:

My experience has been that many people become sensitive to normal foods because of the toxic food additives they may contain.

Avoiding food additives is as simple as avoiding processed foods. Try eating mainly vegetables (fresh or frozen), proteins (meat, eggs, nuts, high-protein legumes like lentils), and unprocessed grains (rice, oats).

Milk, cream, cheese, yogurt, and sour cream are OK for some people and not for others. If you have sensitivities, reactions can be delayed for days, and you may never realize you have a

problem with these foods. Try avoiding dairy along with food additives. If you feel much better, you can try adding dairy back in and see if you get worse after a week or so.

Wheat and corn are similar to dairy because many people are sensitive and don't realize it. Avoid these for a couple of weeks and see how you feel.

CHAPTER 4:

Did You Take the Edge Off? Now What?

If you tried some of the suggestions in this booklet and feel better, I'm thrilled!

However, solving the cause of your problems is how you will truly get your life back.

Here's information on how you could possibly end your anxiety and depression permanently.

Medical Non-Solutions

In my experience, anxiety and depression are often linked to or caused by physical health conditions. These health conditions are usually chronic and typically **have no medical treatment other than managing some of the symptoms with medication.**

The result? Over 100 million cases of mental problems, many of which could be resolved completely, but instead will be medicated for years until their bodies become unresponsive to the drugs used. Therapy can help, but if the

underlying health causes aren't addressed, the therapy can become lifelong.

Long-Term Solutions to End the Problems

Several times in this Guide, I've mentioned improving health to resolve anxiety and depression.

This is because anxiety and depression are often symptoms of a chronic health condition. ("Chronic" means that the problem never goes away or keeps recurring).

These problems start when the body's normal ability to repair and maintain itself gets compromised. Over the years, your body can develop problems it can't solve. You may not have any significant symptoms as long as your body can compensate for these issues. But your body gradually becomes overwhelmed by stress, and eventually, a part of the problem can no longer be controlled. **This is the start of your first chronic symptom.**

Now that your body is compromised, many other symptoms will often arrive. Your doctor may be able to manage some of these issues with medication but will have no idea what is causing them.

Anxiety and depression are often symptoms your body can no longer compensate for. They may have been caused by problems with your body's ability to maintain itself long-term.

I have often described the cause of chronic health problems as a slow-motion decade-long train wreck, as your body tries one thing after another, attempting to keep its unsolvable problems compensated for and avoid having symptoms. The cause of your symptoms is so complex that when you ask your doctor, "What caused my problem?" they have no idea. This explains why conventional medicine only attempts to manage symptoms and not find causes.

The Solution

Since the cause of chronic problems is your body's compromised healing ability, the solution

is to help it regain its ability to repair and maintain itself.

Instead of treating your depression, we test your body to find out what resources it needs to begin healing itself normally. As your body regains its healing potential, it first resumes compensating for the problems causing your symptoms. These symptoms usually improve quickly.

Then, as we continue to assist your body to heal, your problems become increasingly unlikely to return. You can now live the rest of your life in a body with restored healing and maintenance capacity, which is very important given that you live on planet Earth.

Find Out If This Would Work for You

Could we help you?

To find out, we need to discover two things:

1. Could our approach work successfully with your case?
2. What would you have to do to recover your health?

We can discover the detailed answers to both questions in three hours of working with you, split over two visits.

The total cost is \$295.

[Use this link](#), or call us at 770-937-9200 to get details and schedule your appointments.

By taking the first step towards your health, you can reclaim your life. Imagine the improvements in your performance in various areas. No more worrying or anxiety about your health. No more 'getting through' your days, but living your life to the fullest again.

You could be free to live your life with energy, pleasure, and a sharp mind.

Schedule an Appointment

Or, meanwhile:

Free Health Quiz & Phone Consult



Dr. Melodie Billiot

Examples of a New Life

I Have a Real Sense of Hope..Instead of a Chemically-Induced High!

I have seen significant improvement with my last 3 – 4 visits. My headaches have all but vanished. I have so much energy and mental clarity and it feels amazing. I have been waking up in the morning feeling like my night's rest was adequate and restful instead of needing 3 hours to get myself fully alert. I can get so much more accomplished during the day than I used to. I have been off antidepressants for over a month and a half and I have a real sense of hope about my life instead of a fleeting, chemically-induced high. My sugar cravings have diminished significantly, a truly amazing feat considering when I first walked in here about the only thing I ate or craved was sweets and sugar. The best part is I have learned so much about nutrition and about my body, information that will be invaluable to me for the rest of my life. THANK YOU! — J.R.

Depression Subsides

I have had amazing results. Years of problems with depression and overall mental equilibrium have balanced out like never before. If I do get sad, I bounce out of it quickly. I find that my temper is 100% better. I'm just overall happier. I can't believe it; I saw results just by taking nutrition. This blows everything else away! Kudos to Dr. Billiot for providing the technology to truly make a difference. Nothing compares to being able to live a life feeling complete mind, body and spirit. Western medicine never could have done this; I tried their methods and nothing came close. P.S. I've been losing one to two pounds of weight every week since and I've done and eaten nothing different! —PS

Depression Lifting!

My purpose in coming to AHA was in part to get help with depression. Things which overwhelmed me before or caused days of anxiety don't seem so serious now. I love the work which the doctors at AHA do. It is profound because it addresses the cause of illness and brings results! Thank you! — J.K.

Depression and Mood Swings Subside!

I have been seeing Dr. Billiot for nine weeks. I have seen and felt great results. I am now off of medication for depression and mood swings and feeling great. I have lost 10 pounds and inches I never imagined. I am now able to control my cravings for sugar. Instead of my body controlling me, I am able to control my body and what I eat.
— R.H.

Mood Swings Gone!

Before I began SBT (acupressure treatment to balance hormones) I felt tired and irritable and experienced mood swings for no apparent reason. I had been to several medical doctors that checked both my hormone and thyroid levels and said everything was normal. After several SBT treatments I found my energy level improving, I was sleeping better than I had in years! My mood improved greatly (just ask my husband!) I'm feeling better than I have in several years and have also lost several pounds in the process. I look forward to continuing treatment for the benefit of my health. — P.I.

I'm Off Antidepressants!

The doctor was very, very helpful to me this past week. I was trying to discontinue an antidepressant which I have taken for 2 1/2 years. Although I had halved the dose I was surprised that the effects were so severe when I finally quit taking the drug altogether. I had nightmares, dizziness, great sadness and buzzing, crackling sound in my head. All of this was very scary. The doctors took extra time with me because they are so nurturing. Within 24 hours of treatment I felt so much better. No more nightmares or any other severe symptom. Thank you so much. — J.K.

Joy In Living from Living Without Drugs

Meeting success first meant that I had been faced with a challenge giving me a worthwhile purpose. My health was deteriorating and noticeably bothering me. Because I find joy in living, giving and serving, I feared past and present limitations would become a greater blockade to a full life. An opportunity to change my health habits and create within me a healthier and more whole person was my gateway of opportunity to develop a better me. One of my

greatest fears is relieved because I have completed the process of getting off of three major drugs for depression. I had been on one since the late eighties, and had added 2 others by the mid- nineties. With the help of my medical doctors and detoxification at this clinic, I have successfully gotten away from that dependency! I can feel me, know me, and respond to others in a spirit of love and care. I am thinking clearly and making good decisions. One thing hasn't changed- I don't put thoughts in just a few words!
— G.C.

I Can Drive Calmly Now

For the past five years I would only drive on little country roads to and from work. After starting the program I calmly drove here by myself today. This is one problem I didn't even think I could ask for help on! — L.M.

Mood Is More Upbeat!

I am feeling so much better overall. My mood is more upbeat and I'm sleeping better. I'm so happy to be doing something good for my body and with such noticeable results. — S.W.

Cranky, Crabby Person Is Gone!!

I used to be a fairly cranky, crabby person with little patience for inconveniences and interruptions. I tried to be patient or to explain my frustrations, but still felt self-conscious and helpless about being so irritable and unpleasant. At work especially I always found it extremely annoying and agitating to have my concentration broken by an interruption. My friends accepted me as a high-strung person who didn't handle stress & pressure well. After completing the majority of my program, I noticed that I was much calmer and was not agitated by interruptions. Now I can be pleasant most of the time and am not strung out by pressures. Now I notice people who are edgy, crabby, and particular about the way things proceed and think, I used to be like that. I used to be on Celexa for my crabbiness & agitation. — A.W.