



Alternatives for  
Managing Anxiety,  
Stress and Depression

By Dr. Ted Suzelis, N.D.  
*Naturopathic Doctor*

[www.OhioND.com](http://www.OhioND.com)  
330.729.1350

1

---

---

---

---


---

---

---

---

Dr. Ted Suzelis, ND  
Naturopathic Doctor



- Practicing in Mahoning Valley for over 18 years
- Received Naturopathic Medicine degree from Southwest College of Naturopathic Medicine in Tempe, AZ in 2001
- Received degree in Biology with Chemistry minor from Bowling Green State University in 1996

2

---

---

---

---

---


---

---

---

Presentation Goals:

1. It's not all in your head
2. Why prescription medications can help but they don't address the underlying issues
3. Knowing you have a genetic disposition toward any of these problems can actually empower you instead of making you feel worse



3

---

---

---

---

---

---

---

---

## What are Neurotransmitters?

- Chemicals that serve as messengers between the brain and organs.
- Analogous to the body's internal telephone system.
- Must have adequate levels to be healthy!

4

---

---

---

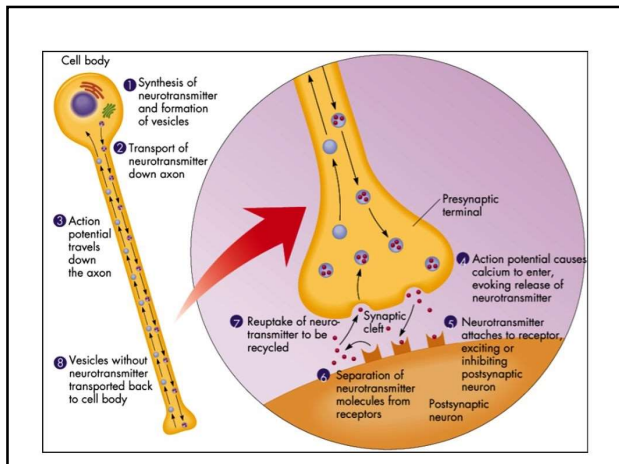
---

---

---

---

---



5

---

---

---

---

---

---

---

---

## Neurotransmitters Affect the *ENTIRE* Human Being

- Emotionally
  - Mood, Behavior, Social Attitude
- Physically
  - Sleep, Cardiac Function, Metabolism/Weight
- Mentally
  - Focus, Learning Ability

6

---

---

---

---

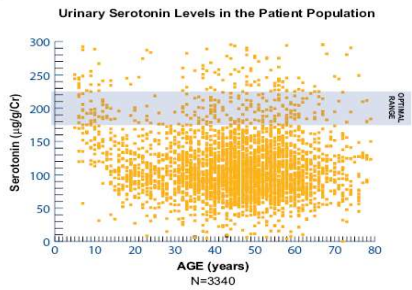
---

---

---

---

Studies suggest >80% of the population has a neurotransmitter imbalance



7

---

---

---

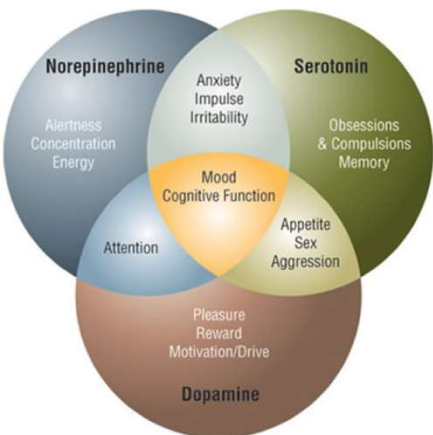
---

---

---

---

---



8

---

---

---

---





---

---

---

---

Major contributors to neurotransmitter imbalance

- High levels of stress 
- Poor dietary habits 
- Toxins/Drugs 
- Genetics 

9

---

---

---

---

---

---

---

---

### Major contributors to neurotransmitter imbalance

- Chronic stress leads to imbalances in the nervous system
- Busy schedules
- Emotional trauma
- Personal issues



---

---

---

---

---

---

---

---

10

### Major contributors to neurotransmitter imbalance

- Poor dietary habits: (fast-food, junk food, sugars, etc.) do not provide the body with the building blocks needed to make neurotransmitters.



---

---

---

---

---

---

---

---

11

### Major contributors to neurotransmitter imbalance

- Toxins and Drugs: environmental, occupational, and recreational poisons (such as drugs) can disrupt proper communication in the nervous system.



---

---

---

---

---

---

---

---

12

## Major contributors to neurotransmitter imbalance

- Some people have poor neurotransmitter levels due to their genetics.



13

---

---

---

---

---

---

---

---

## Neurotransmitter Imbalances Have Been Linked to:

- Insomnia
- Weight Problems
- Anxiety
- Depression
- Fatigue
- Migraines
- ADD/ADHD
- Autism
- OCD
- Behavioral Issues
- Menopausal Symptoms
- Other

14

---

---

---

---

---

---

---

---

## Neurotransmitter Function

- Neurotransmitters are divided into two categories

- |                     |                      |
|---------------------|----------------------|
| • Excitatory        | Inhibitory           |
| – Energizing        | Calming              |
| – Motivating        | Relaxing             |
| – Provide Focus     | Sleep Inducing       |
| – Rev Up the System | Slow Down the System |

15

---

---

---

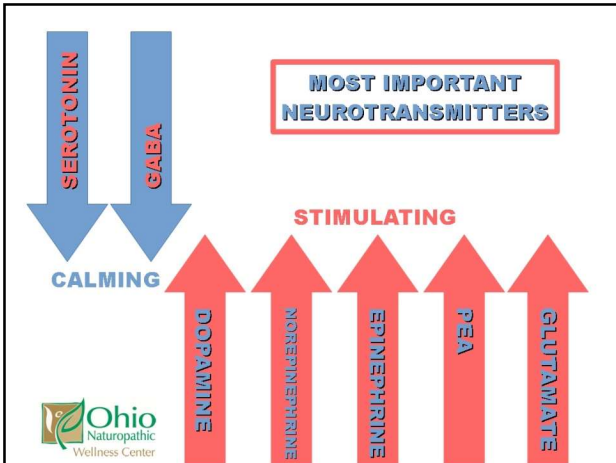
---

---

---

---

---



16

---

---

---

---

---

---

---

---

### What can be done?

- Healthy lifestyle choices can improve neurotransmitter & hormone levels, leading to better health.
  - Eat a healthy diet, avoiding foods high in sugar
  - Exercise
  - Avoiding neurotoxins
  - Targeted Amino Acid Therapy (TAAT)

17

---

---

---

---

---

---

---

---

### Benefits of a Healthy Diet

- Neurotransmitters are made from protein-containing foods in our diet.
- Sugar can accelerate depletion of certain neurotransmitters.
- Allergies can also cause imbalances in neurotransmitters.

18

---

---

---

---

---

---

---

---

## Benefits of Exercise

- Exercise raises the levels of many neurotransmitters, including serotonin.
- Exercise during the day has been scientifically shown to help people sleep more soundly.

---

---

---

---

---

---

---

---

19

## Avoiding Neurotoxins

- Avoiding and/or removing neurological toxins will help to ensure healthy neurotransmission in the future.

---

---

---

---

---

---

---

---

20

## Shaping Your Genetics

- With new, inexpensive genetic testing, we can now target some of our suboptimal genetic traits and essentially work around them for a more optimal physical well being.

---

---

---

---

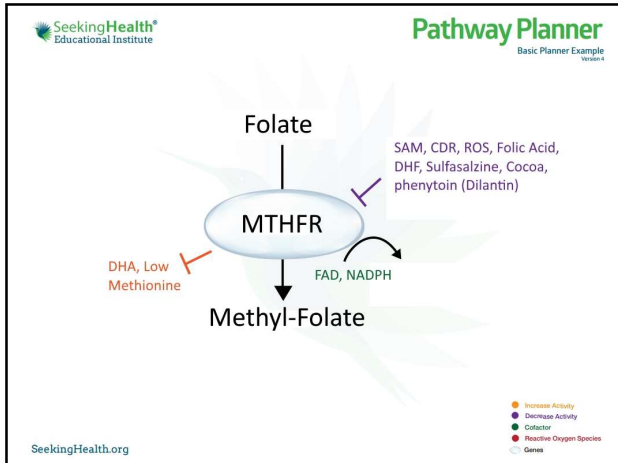
---

---

---

---

21



22

---

---

---

---

---

---

---

---

---

---

## Amino Acids in Neurobiology

- Neurotransmitters are synthesized from amino acids in the body with the help of enzymes, vitamins, and minerals.
- Increasing the availability of precursors through oral loading can effectively increase neurotransmitter levels.
- Extensively studied from the 1950's up to the introduction of SSRI's.

23

---

---

---

---

---

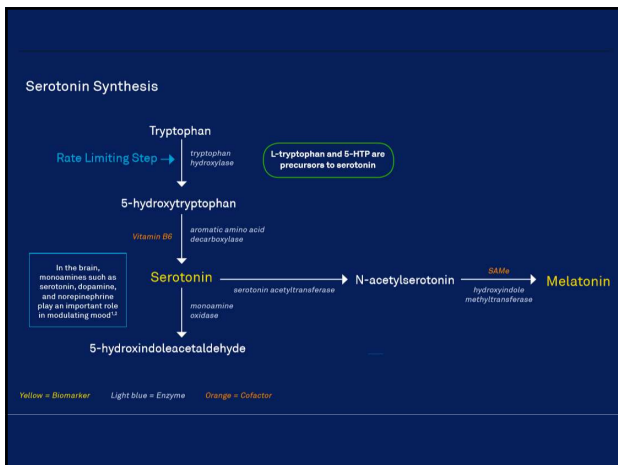
---

---

---

---

---



24

---

---

---

---

---

---

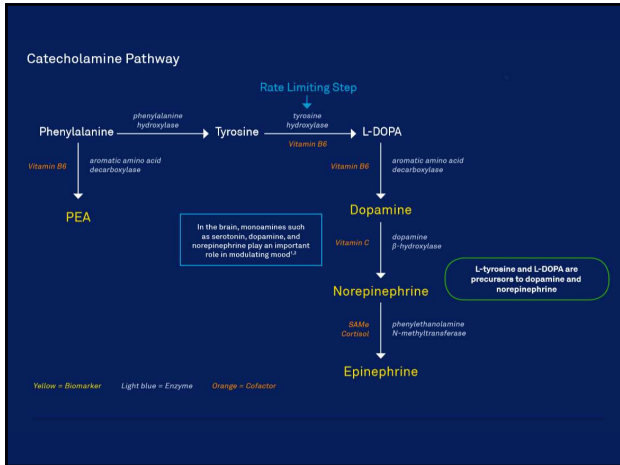
---

---

---

---





25

---

---

---

---

---

---

---

---

---

---

---

---

**Dr. Ted's Approach**

- Evaluate and develop a plan to address underlying causes of your health issues
  - Vitamin/Mineral/Other Nutrient Deficiencies
  - Lifestyle: diet/exercise/stress/toxic exposures
  - Hormonal
  - Genetic weaknesses
- Implement a plan to both calm current symptoms while also helping to heal the underlying causes of your health issues

26

---

---

---

---

---

---

---

---

---

---

---

---

**Dr. Ted's Approach**

- Initial Consultation – 90 minutes
  - Discuss current and past health concerns in detail
  - Discuss current and past medications, supplements, and dietary patterns
  - Electrodermal Screening Testing (EDS): non-invasive screening to measure acupuncture points on hand and food related to all areas of the body
  - Put together an initial plan
    - Customized eating plan to make food your medicine
    - Initial vitamin and supplement plan
    - Potential tests that could be valuable

27

---

---

---

---

---

---

---

---

---

---

---

---



28

---

---

---

---

---

---

---

---

**CLIENT DIET AND SUPPLEMENT PROGRAM**

Name: Jane Doe Date: 9/10/2019

Return to Office: 1 month

**VITAMINS AND SUPPLEMENTS**

1. Optimal Nutrients: 1 cap – 2 times a day
2. Gut Nutrients: 2 caps – 2 times a day
3. Ultra Pure Fish Oil 1400: 1 teaspoon per day; refrigerate after opening

**SPECIAL INSTRUCTIONS**

**Dietary Suggestions:**  
Start blood type AB diet: especially avoiding chicken, corn, and peppers

**Type AB – Anti-Inflammatory Super Foods:** soy foods, fish (mackerel, salmon, sardines), cultured dairy (kefir, yogurt), eggs, olive oil, flaxseed oil, walnuts, broccoli, cauliflower, tomatoes, onion and garlic, berries (blueberry, cherry, elderberry), grape juice, turmeric, green tea

**Type AB – Pro-Inflammatory Foods to Avoid:** Chicken, corn and corn products, buckwheat, oils/seeds (sesame, sunflower), kidney/lima beans, bell peppers, banana, coffee, food additives, processed sugar

29

---

---

---

---

---

---

---

---

## Summary

**It's not all in your head!**

- There are many factors you can control to help you feel better, including diet, exercise, and avoidance of neurotoxic chemicals
- There are also factors that we can work on together, including genetic predispositions and supplementation to balance neurotransmitters naturally.

30

---

---

---

---

---

---

---

---

## Summary

**Prescription medications can help, but they don't address the underlying causes of your health problems.**

- Natural therapies will work with your body to help correct the underlying problems, not cover up the symptoms.

---

---

---

---

---

---

---

---

31

## Summary

**Knowing you have a genetic disposition toward any of these problems can actually empower you instead of making you feel worse.**

- Through genetic testing and supplementation (when appropriate), you can actually bypass certain genes that aren't working properly to help your body function more optimally.

---

---

---

---

---

---

---

---

32



755 Boardman-Canfield Rd, Suite D3  
Boardman, OH 44512  
330.729.1350  
OhioND.com

---

---

---

---

---

---

---

---

33