

# **STRESSED OUT!!!**

**Dr. Mary L. Reed Gates, CNHP, MH, ND, CI**



**Understanding How Stress Ravages the Nervous  
System and How to Help Protect and Regain its Health!**

# Stressed Out!!!

by

Dr. Mary L. Reed Gates,  
CNHP, MH, ND, CI  
Traditional Naturopath



© 2005 Dr. Mary L. Reed Gates, CNHP, MH, ND, CI  
Traditional Naturopath  
All Rights Reserved.

*No part of this book may be reproduced, stored in a retrieval system, or transmitted  
by any means without the written permission of the author.*

For more information on health go to:  
<http://www.MarysHerbs.com>

or email: [MarysHerbs@aol.com](mailto:MarysHerbs@aol.com)

Clinical Study: <http://www.OCD-Free.org>

## Table of Contents

Introduction .....	vii
Anatomy and Physiology of the Nervous System.....	1
Functions of Myelin: .....	2
What erodes the cells of myelin? .....	18
Part II.....	33
ADD .....	33
Bell's Palsy or Shingles .....	36
Anxiety, Panic Attacks, Social Anxiety Disorders, etc.....	37
Schizophrenia .....	38
Neuropathy (non-diabetic) .....	40
OCD .....	41
Health Vs Disease.....	43
Suggesting an Herbal Program .....	44
Case Study .....	48
Appendix A.....	40
Appendix B.....	43
BIBLIOGRAPHY.....	50
ABOUT THE AUTHOR .....	52

# Introduction

There are so many books that I have read by someone who believes he or she has discovered “THE Cure” for a certain disease.

For instance Cancer..... One author says that “ALL cancers are caused by parasites” , another says “ALL cancers are caused by stress”, yet another says “THE cause is a hiatal hernia”, some say “that the chemicals in our food is THE cause of cancer”; others are convinced that “pH imbalance is THE source”.

What I think is that sometimes cancer may be caused by parasites, stress, hiatal hernia, chemicals, pH imbalance and/ or diet.

This book is not an “I found the absolute cure” book. Rather it explores a link between a thin myelin sheathing on the nerves and health conditions such as: ADD, OCD, Phobias, Panic Attacks, MS, Parkinson’s, Bell’s Palsy, Shingles, Anxiety, GAD, Trichotillomania, Self Cutting, Mood Swings, Body Dysmorphia, Schizophrenia, Depression etc.

The fact is that not all people with thin myelin sheathing will get one of these conditions, nor does every person who has these conditions have a thin myelin sheathing. But, I have worked with helping others who have had a thin myelin sheathing and the conditions listed above. They then nourished their myelin, and for the vast majority of them symptoms of these conditions improved or totally disappeared.

If the suggestions in this book do not help, then please look beyond this information.

I have written this book straight-forward and simply - in plain English rather than scientific language. Its purpose is to inform in a way that can be easily understood and easily read. I see no reason in baffling the reader with uncommon terms to impress them, if they have no idea what I am talking about.





*Stressed Out!!!*

## Anatomy and Physiology of the Nervous System

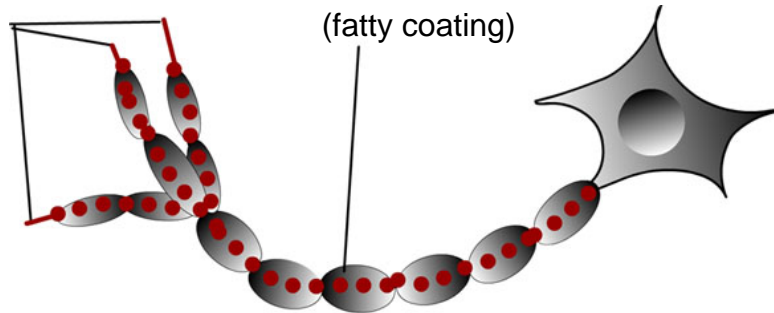
Before going into details about health conditions, it is vital that you understand the anatomy (what it looks like) and physiology (how it works) of the nervous system and myelin sheathing.

The nerve can be compared to a copper wire, which carries an electrical impulse. The nerve transports electrical impulses from the brain to the tissues and back again.

The myelin sheathing of the nervous system can be compared to the plastic coating on the outside of a copper wire.

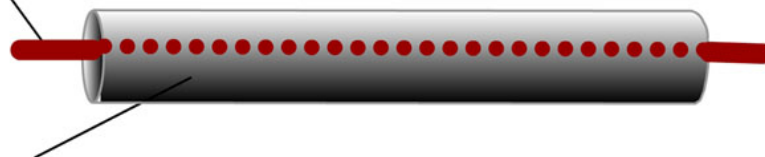
The Nerve  
(Axon)

Myelin Sheathing  
(fatty coating)



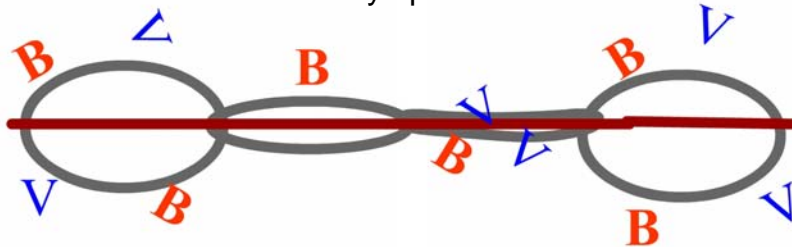
Copper wire

Plastic coating



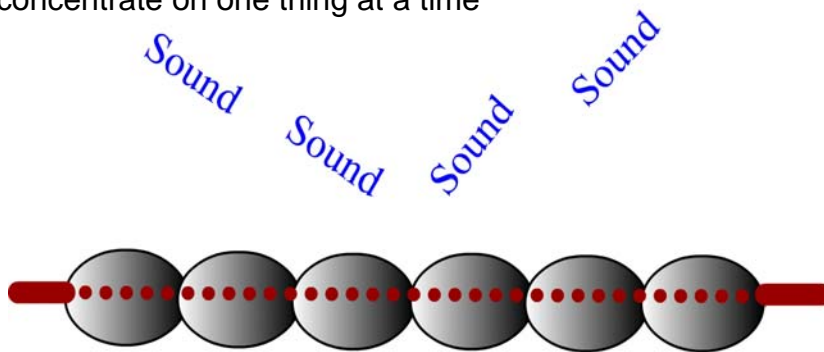
## Functions of Myelin:

Myelin is a fatty substance which coats and protects the axon of the nerve (cells) from viruses such as the ones which cause Shingles and Bell's Palsy. If the myelin is healthy and thick enough, the virus cannot get to the actual nerve and cause symptoms of these conditions.



When the Myelin Sheathing is thin, viruses and bacteria can penetrate to the nerve causing the symptoms of such conditions as, Bell's Palsy or Shingles.

Another function of the myelin is filtering, which can be best understood if you have ever turned on a CB Radio. You initially get all the background noise, static, etc., which can be quite nerve wracking. As you adjust the squelch button to filter out the background noise, you can hone in on the voices. The myelin acts as a type of squelching. It helps filter things out so you can concentrate on one thing at a time



### *Stressed Out!!!*

When your nervous system is unable to filter out the background noise, commotion and people get on your nerves easily. Loud sounds may startle or irritate you; some say it almost hurts.

If it is hard to concentrate (squelch out sound) when things are going on around you, it is often called ADD (Attention Deficit Disorder).

The myelin sheathing filters out sounds; it is important when sleeping; you can sleep through dull noises. Often, people with thin myelin have a hard time sleeping, so sounds wake them up. If you have a thin myelin sheathing, running the air conditioner or fan may help you sleep because of the constant sound. This constant sound (sometimes called white noise) helps keep a barking dog or your partner's snoring or grunting from waking you.

The myelin should also help the body shut off thoughts from the brain. If you have a hard time going to sleep because you can't seem to shut your mind off... suspect thin myelin.

I have had clients have a thin myelin with whom I have worked say that they would have invasive thoughts of violence or immorality. This often disturbs them, because they consider themselves very moral and gentle people.

You do not have to have all of the above symptoms to have a thin myelin. (Refer to the test on pages 4 - 6).

Dr. Mary L. Reed (Gates), CNHP, MH, ND

	Never	Seldom	Often	Always
Do noises, people or commotion get on your nerves? Many people control it. I don't mean do you react to it negatively, but does it bother you?				
Do you avoid large groups of people or noisy places?				
Do you have a hard time concentrating when things are going on around you?				
Do you tend to turn things off or down when someone talks to you?				
Do you have a hard time getting to sleep?				
Do you have invasive thoughts at night?				
Do you play the radio, TV, fan, or air conditioner to help you sleep better or to help you fall asleep?				
Do sudden noises startle you?				
Do you have a hard time shutting your mind off at night to go to sleep?				

Dr. Mary L. Reed (Gates), CNHP, MH, ND

	Never	Seldom	Often	Always
Do you forget where you are or what direction a place is that you have gone often?				
Do you ever forget common words?				
Do you ever do something that is routine and suddenly wonder if you did it wrong?				
Do you ever forget common everyday information? For example, which side of a road barrier you should drive on.				
Do you ever worry that you have caused injury to someone (even if you didn't see anyone) and have to check to make sure you didn't?				

*Stressed Out!!!*

If you choose “Never” do not give yourself any point.

If you chose “Seldom” for any question, give yourself 1 point.

If you choose “Often” for any question, give yourself 2 points.

If you choose “Always” for any question give yourself 3 points.

The number of points indicates the possibility of the following:

0- 6 points - Better than average healthy myelin sheathing.

7- 12 points – Average myelin sheathing.

13 - 19 points - Thin myelin sheathing.

20 - 32 points - Very thin myelin sheathing.

33 - 66 points - Myelin sheathing in a desperate state.

There are exceptions to every rule and every test; this one is no different, but it seems quite accurate in helping someone determine if building their myelin sheathing would be beneficial to them in trying to overcome any symptoms stemming from:

Anxiety	Anorexia
Bell's Palsy	Bi-polarity
Body Dysmorphia	Bulimia
Depression	MS (Multiple Sclerosis)
OCD	Parkinson's disease
Self Injury or Self Cutting	Shingles
Social Phobia /Panic Attacks	Tourette's Syndrome
Trichotillomania	Other neurological disorders

Dr. Mary L. Reed (Gates), CNHP, MH, ND

The myelin also determines the amount of neurotransmitters released.

A neurotransmitter is a substance that chemically connects one nerve ganglia impulse to another ganglia. Let me put it in easier terms.

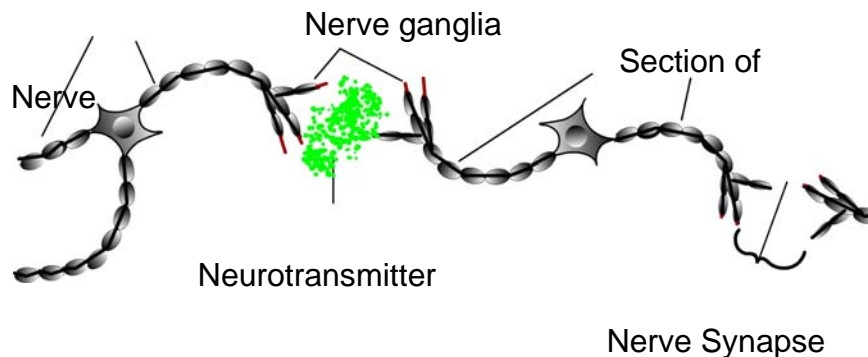


Electrical wire is one solid wire.

Unlike a copper wire, the nervous system is made up of sectioned nerves as seen below.

Nervous System is segmented

Section of Nerve



The brain releases an electrical impulse. It travels down the nerve section to the ganglia, and the axon converts it and releases it as a chemical (neurotransmitter).

The adjacent nerve ganglion then draws in the neurotransmitter translates back it into the original electric impulse and it continues to the next ganglia, etc.

The last section of nerve should receive the exact impulse that traveled the first sections of nerve.

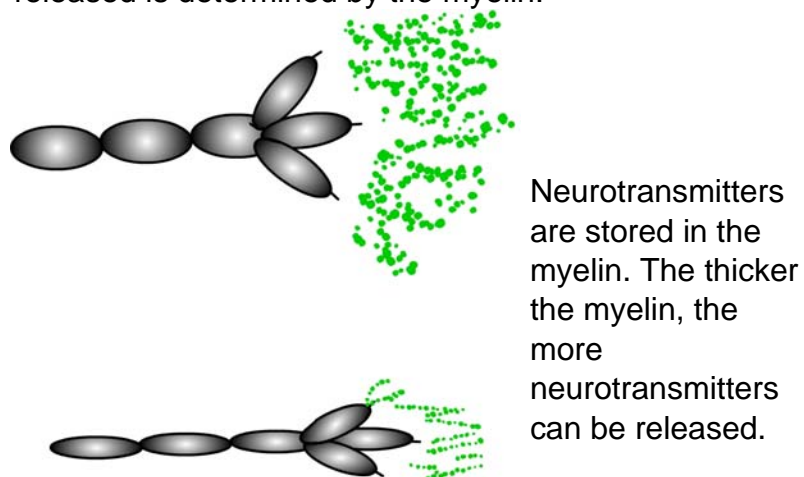
### *Stressed Out!!!*

Messages return to the brain in the same fashion.

For example; you decide to lock a door, the brain sends an electrical signal through this process and when it gets to the hand, your muscles move so your hand locks the door.

Your nerves sense that you touched it and the nerve impulse goes back and you get the sensation of touch. The message that “the door has been locked” is then relayed to the brain.

It is the axon which releases the neurotransmitters. But the potential for the amount of the neurotransmitter released is determined by the myelin.



When the myelin is too thin, an inadequate amount of neurotransmitters are released.



*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

Sometimes the myelin inhibits the ability of the axon to release enough of the neurotransmitters. The message that the burner has been turned off is dulled to the subconscious. It sends the message repeatedly that the burner needs to be turned off. Although you consciously know the burner is turned off, you feel compelled to turn it off again and again. This can be the foundation of one type of Obsessive Compulsive Disorder (OCD).

This whole process of messages going to and from the brain is almost instantaneous. To understand how fast the whole process is, think of when you touch a hot pan. The sensation of pain starts at the nerve endings and the message is sent up the nerve chain until the information is perceived by the brain. The brain then processes the message and sends it back down the nerve chain, telling the muscles to remove your hand. This whole process can happen in a split second.

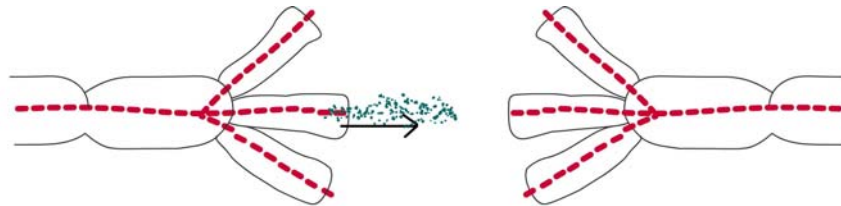
The brain and nervous system also perceive emotions. A signal created by a gentle caress goes to the brain, and the impulse produces a pleasant sensation. The same sensation may occur with a song, a taste, a color, or the warmth of sunlight.

One of the neurotransmitters is Serotonin. If an inadequate amount of neurotransmitters is available, the emotional state of the person will be affected. They will lack a feeling of well-being because the myelin is too thin and the nerve axon may not be able to release enough of this chemical to give them a feeling of well being.

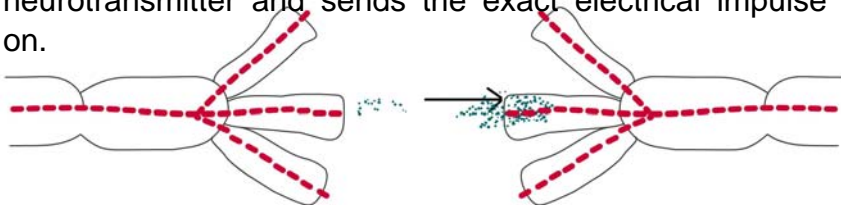
Drug companies have developed a line of drugs they call Selective Serotonin Reuptake Inhibitors (SSRI's).

To understand this, let me explain what ReUptake means.

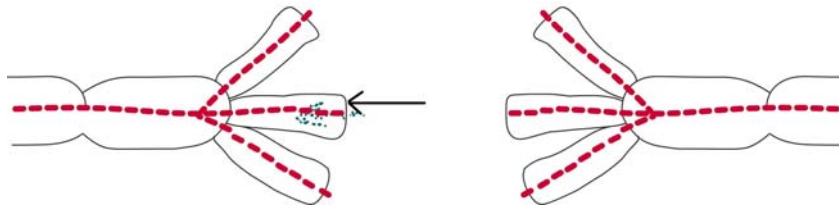
*Stressed Out!!!*



The nerve ganglia releases the chemical at the synapse and the adjoining nerve ganglia draws in most of this neurotransmitter and sends the exact electrical impulse on.

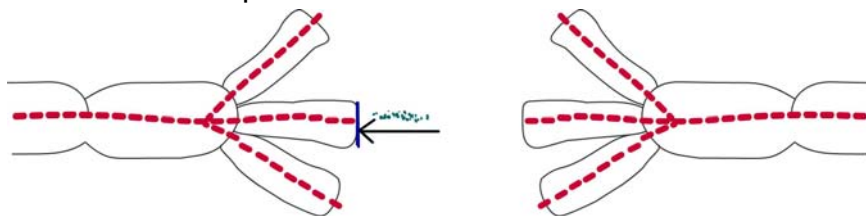


Often there is some chemical left, the original ganglia then cleans out the excess that had not been drawn in.



The process of reuptake is the body's way of cleansing the synapse after the impulse has passed through that section of the nerve.

Selective Serotonin Reuptake Inhibitors prevent the body from cleaning the Serotonin out of the synapse in between impulses.



Some residue is left, in hopes that the next impulse can mingle with what is there to try to compensate for the axon's inability to release enough.

If you are on a Selective Reuptake Inhibitor, DO NOT stop it. There will be a serious decrease in the availability of Serotonin, and you can become suicidal or homicidal.

Since St. John's Wort, 5htp, SAMe and Kava Kava encourages the release of Serotonin, do not take them with SSRI's (Serotonin Reuptake Inhibitors).

Although the theory of this drug may first appear to be the solution, I believe we know so little about how the body works (even though the medical and science community has done a remarkable job at trying to understand), that whenever possible, we shouldn't interfere with the natural functions of the body.





















For one thing many who come to me on these drugs say that their feelings seem "dulled" or "muddled". This is my theory on why they experience this side effect.

The nervous system stimulates; muscles, thoughts, awareness of one's surroundings, etc. The nervous system also produces chemicals, which invoke emotions. We experience emotions by the release of different amounts and combinations of neurotransmitters.

For example, an impulse (signal) created by a gentle caress goes to the brain. The brain and the nervous system release chemicals which gives a pleasant sensation. The person experiences a loving emotional response. This happens due to the mixture of chemicals.

*Stressed Out!!!*

The example below is NOT the actual chemical mixture, but it gives you an idea on how it works.

	Caressed	Lonely	Anger	Joy
Serotonin				
Dopamine				
GABA				
Epinephrine				
Nor epinephrine				

Each emotion and intensity of that emotion is realized because the various mixtures of chemicals. So being caressed produces a different mixture being released than feeling lonely does, etc.

Many people on SSRI's typically tell me... "I don't experience deep depression. I use to and the medication takes the edge off the OCD, but my emotions are dull and grey.

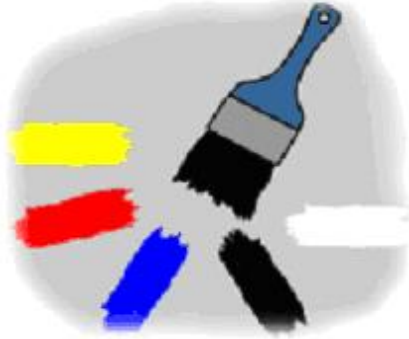
To understand a possible reason for this; let's use this analogy. From 5 basic colors: red, yellow, blue, black and white, you can create every color and hue ever seen by man. An example being red mixed with white creating pink.

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

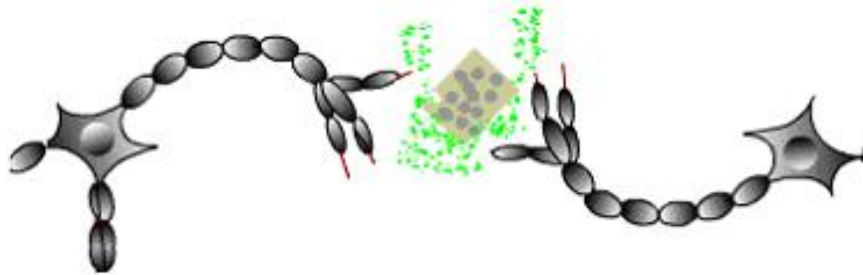
While painting a sunset, an artist would mix these basic colors with his brush until he gets the various shades and hues desired.

Periodically, during the painting, he will either change paint brushes or wipe the paint bristles clean. If he were to neglect this step, soon all his masterpieces would be dulled and grey-looking.

Like the paint, there are 5 basic neurotransmitters or chemicals which can create every emotion. There are many neurotransmitters, but the basic 5 are serotonin, dopamine, gaba., epinephrine, and neuroepinephrine



When gently caressed the body perceives this emotion, through a mixture of chemicals which are released through a long chain of segmented nerves. Or more technically stated, a mixture of neurotransmitters are released by the ends of the nerve ganglia called the axon which is then absorbed by the next ganglia, etc. until it reaches the brain.



After the mixture of these 5 neurotransmitters is pulled into the second ganglia, the body cleans out the gap (or synapse) between the nerves. This step is as necessary as the painter cleaning the bristles on his paint brush before he dips into the next color.

13

### *Stressed Out!!!*

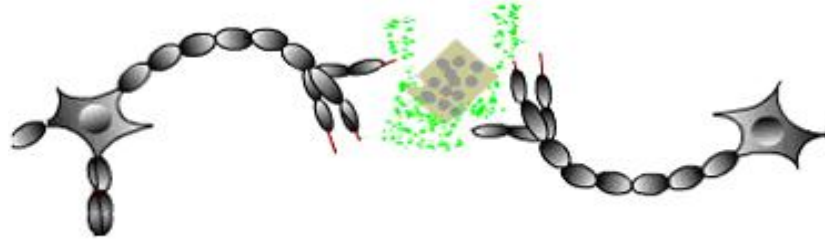
While painting if this step is missed the colors become dulled. For someone with a thin myelin, if the reuptake or cleansing of the synapse is inhibited by medication, emotions often become muddled and dulled.

Selective Serotonin Reuptake Inhibitors (SSRIs), or any neurotransmitter manipulating medicine, blocks the body's

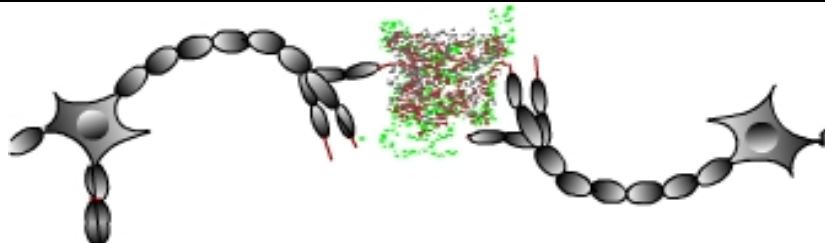
ability to clean out the gap between the nerves after each impulse.

When the next impulse (emotion) is experienced, the chemicals from that impulse mix with the leftover chemicals from the previous impulse. Often leaving the medicated person doomed to living a grey and dulled life.

Naturally the body cleanse out the synapse between impulses.



Neurotransmitter reuptake inhibitors prevent the cleaning out of the synapse causing a mixing of chemicals from various emotions.

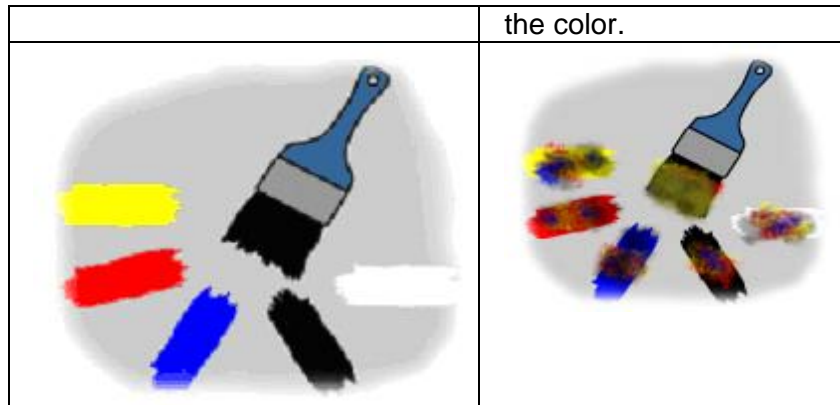


*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

Using the analogy of the dirty paintbrush illustrates the dulling of emotions caused by the mixing of neurotransmitters.

The painter cleans out the paintbrush between color changes.

If the painter neglects to clean the brush between paint changes it can dull



Medical Doctors focus on the symptoms that indicate the body is not releasing enough neurotransmitters. Their solution?... To prescribe medication which inhibit the body's ability to clean out the neurotransmitters between impulses.

Medical books state that the potential for the release of neurotransmitters lies within the health of the myelin sheathing.

If the myelin sheathing is healthy enough, I believe the body would be able to release and uptake a sufficient amount of neurotransmitters making the need of medication unnecessary.

With the body functioning as it was created to, there would be no cross-contamination --- no dulling no graying of emotions.

Most people who have a thin myelin sheathing, or who are on these medications, have no idea how VIBRANT their emotions can be-----how PASSION can inspire----- what PEACE can lie within.

*Stressed Out!!!*

Some common Selective Serotonin Reuptake inhibitors are:  
Fluoxetine HCL (Prozac), Sertraline HCL (Zoloft),

Citalopram (Celexa), Escitalopram (Lexapro),  
Fluvoxamine (Luvox), Paroxetine HCL (Paxil).

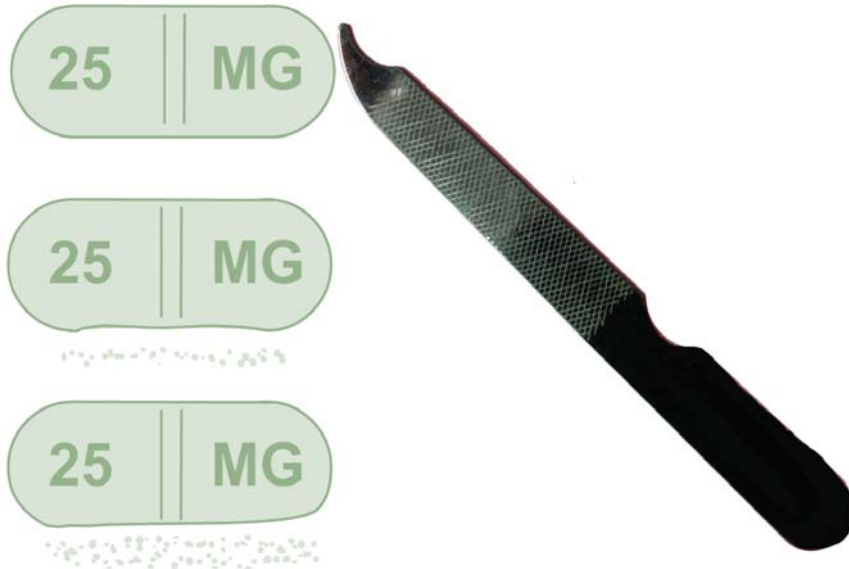
I personally believe in trying to correct what is not functioning properly in the body rather than chemically altering it. Therefore, I suggest trying to rebuild the health of the myelin and when Selective Serotonin Reuptake inhibitor are no longer seem necessary. I suggest they visit their doctor to see if it is possible to **wean them off of the medicine slowly.**

Please do not stop your medication before you are symptom free. Herbs take a LONG time to work and although I believe medication is a flawed treatment, it is sometimes a necessity until you are able to repair your myelin.

This should be done only under a doctor's care. (I do not say this to pacify the Medical Profession or keep myself out of jail. I really believe it is the wisest course).

If you have been on an neurotransmitter manipulator for an extended amount of time, and your doctor tells you can stop abruptly, perhaps educate him on what we call the Tara method of weaning off.





The first step is to drag the tablet over the emory board one time for the first couple days to a week depending on withdrawals experienced during previous attempts of weaning off the drugs.

The next time you drag the tablet over the emory board 2 times for a while, then across it 3 times in a few days. Each time, filing off a little of the tablet. When the pill is too small to hold on to, and no withdrawal symptoms have occurred, many people just stop the tablet all together.

This is a very slow way of weaning off, but people report that they have no backlash or bad effect from stopping their medication using this technique.

\* Make sure you talk to the pharmacist and there is not a protective coating on the pill. Some meds can erode the esophagus or stomach. Ask your pharmacists advice on the Tara method.

The body's ability to heal is amazing. On a daily basis, I am in awe of what people have overcome when they give the body the needed materials.

Compared to conventional medicine, it may take a longer to see a significant improvement, but those who have used this protocol say it is well worth it.

Let's explore what weakens and what the body needs to keep the nervous system healthy.

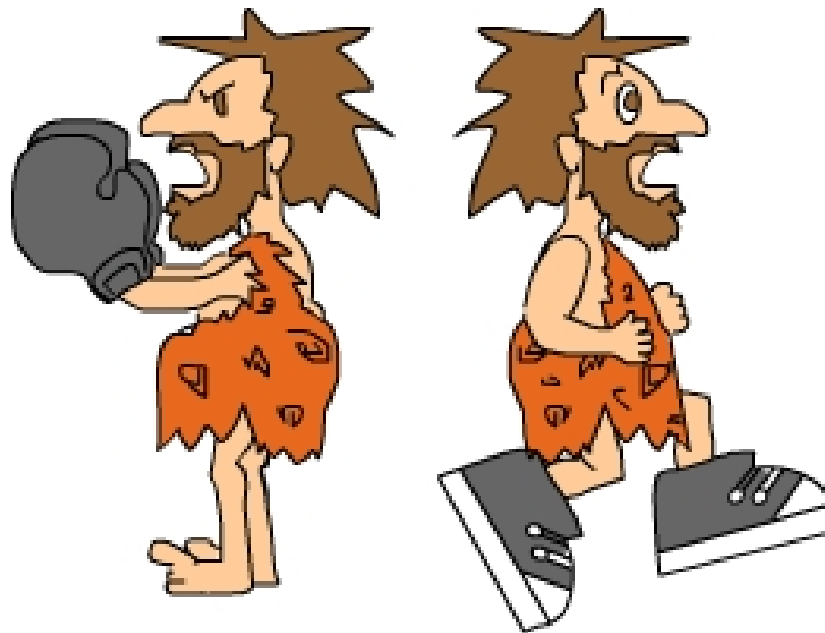
## What erodes the cells of myelin?

### STRESS

Probably one of the hardest things on the nervous system is stress. We often say, "Man, am I stressed!" and laugh or shrug it off. But stress causes many adverse reactions in the body. It plays havoc on the myelin.

B Vitamins, which are vital to the nervous system, are also water soluble and are washed out of the body easily during stressful times.

Stress also causes the adrenal glands to release adrenaline (the fight or flight hormone), to help the body fight off or run away from the perceived danger.



The adrenal glands are called the Fight or Flight glands. One famous herbalist added or "Freeze" glands.

### *Stressed Out!!!*

Our adrenals are on autopilot and are regulated at a unconscious level. It is an essential part of our survival mechanism.

In days passed, when approached by a bear, the adrenals kick into survival mode. Pumping adrenaline into the blood stream to prepare and entice the body through the nervous system to either run or fight.

Most of us today don't happen upon many bears, but if your boss for instance, is very over**bearing**, the adrenals work on the unconscious level and therefore can not differentiate the feelings of the lurking danger.

Because the adrenals work on the Unconscious level.

Perhaps it is best to explain the levels of consciousness.

#### The 3 Levels of Consciousness

- Conscious (daily consciousness – **small**) You are aware of and can use daily in the thinking process.
- Preconscious (stored memory - **medium**): Past memories which aren't as easily brought into conscious thought.
- Unconscious (survival mechanisms - **enormous**): The body's autopilot and survival mechanism **which is not directly accessible to awareness.**

An analogy which might give you an idea on the enormalty of these levels and their interaction, lets use an analogy.

Your Conscious part of your brain is like your RAM on the computer. There are many programs that do not have to be uploaded to your computer every time you use it. On mine it is Chrome, and AOL etc. There is an icon I click and voila it is there. Like our memory. We don't have to think about our name, where we live, loved ones etc. The RAM is a very small part of our computer's capabilities.

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

Then we have a C:/ drive. This is where we store much of our work and favorite things. It takes a little work to retrieve the information but it is there. This is like our preconscious level of consciousness. It is typically much larger than the RAM.

Lastly, there is the internet, with its unlimited capabilities, more than we can conceive. This is our unconscious part of the brain.

The difference is we can not tap in this part of the brain typically. It is on auto-pilot.

For instance, I can't tell the cellulite on my hips to go away.

The function of the adrenals is controlled by this part of the brain. So realizing your boss is a bear, because he is under stress himself, information does not get to the adrenals. It keeps pumping adrenaline into your blood stream so you fight off the danger it perceived.

Since it would be unwise to punch your boss or run away, the adrenaline is not utilized and therefore erodes the myelin.

Often we try to intellectualize our way through the stress, perhaps using yoga or a rationalizing process. However, we can not "think" the adrenaline away. The adrenaline, when released, **needs to be expended**.

I suggest punching something soft enough not to injury the hand but firm enough to give resistance equal to that of the fleshy part of a bear.

Many a time someone would call me in a middle of an anxiety attack and punching helps use up the adrenaline and they report the anxiety completely is alleviated.

.

*Stressed Out!!!*

You have to punch to exhaustion so the adrenals; (unconscious part of the brain) is faked out to believe that you have killed that bear.

It then should stop producing the adrenaline and the activity uses up much of the excess in the blood stream.

Those who punch while nourishing their myelin seem to report quicker results than those who do not.

Additional factors that hyper stimulate the adrenals that should to be avoided.

1. Coffee, tea (including decaf), contain tannic acid, which drains the body of B vitamins and potassium, are both needed to sooth the adrenals.
2. Caffeine is a stimulant which raises blood pressure and encourages the release of excessive adrenaline.  
Common sources of caffeine are:  
Coffee, tea, soda, diet or energy drinks/supplements, chocolate, etc.
3. Video games, activities or movies containing any violence, high suspense or frightening material can be addictive and harmful for those with weak adrenals.

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

## LACK OF FATTY ACIDS

We are taught that fat is bad. I agree that we should not saturate our diet with french fries and potato chips, but we need fatty acids. (To learn more about the body's need for fats, please see appendage #1)

The dry weight of the brain and myelin coating of the nerves is composed of 70% fatty acids.

To eliminate fat completely out of the body would rob the body's source of raw materials needed to repair the brain and myelin.

Sadly, because of the low fat diet fad, fed by misleading information, many people avoid fats like a plague. It is my opinion this mind set is developing the stage for a health catastrophe for those who subscribe to this faulty propaganda.

**Good cooking oils:** Butter, olive oil, and raw unprocessed palm or coconut oils.

**Bad choice of cooking oils:** Canola, shortening, margarine, and vegetable oil

To supplement your fat needs, a mixture from a plant source of fatty acids and a fish source of fatty acids are preferred.

- Plant fatty acids: Flaxseed Oil, Evening Primrose Oil, Hemp, and Borage Oil
- Fish fatty acids: Salmon Oil, Mackerel Oil, and Krill Oil

(\* Our fish supply is very contaminated with heavy metals, petral and radiation, I strongly suggest getting a

professional grade of fish oils AT least with no more impurities than 10 parts per million, preferably billion.)

23

*Stressed Out!!!*

The purpose of taking fatty acids from a fish and a plant combination is two fold.

Firstly, ingesting fatty acids from a plant source will help retain the body's ability to digest and convert fats into active ingredients such as EPA, DHA, etc.

Secondly, ingesting fatty acids from a fish source gives more bioavailability to the nutrients because the fish's body has already done the EPA and DHA conversion.

Some people because of their various convictions want to use only the plant source. If you are such an individual, please know I respect your conviction, but please be aware that this puts a huge burden on a possibly already weakened system. Making it almost impossible for the body to digest and convert all the fats it requires.

NOTE: Isolated fats need to be taken with a protein (see appendage #2)

## **CHOLESTEROL IMPORTANCE**

I am not going to cover all the ills of lowering cholesterol to present day standards. I will state that I think it unhealthy for a person's cholesterol to be too low or out of balance.

I would like to see mine about 220 with a ratio of 3 HDL : 5 LDL : no more than 1 VLDL.

What we are not told is that during times of stress, pregnancy or illness, your cholesterol will rise to help you heal, adapt, nourish and develop anti-bodies. Lowering your cholesterol unnaturally can frustrate the body's attempt in protecting you.



I believe in a good healthy diet, keeping the liver healthy and functioning properly, keeping down inflammation and letting the body keep the cholesterol at levels the body needs.

24

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

To learn more you might want to type “Cholesterol Myths” in a search engine or visit: <http://www.THINCS.org> for more information on what the science community studies which are conducted independent of pharmaceutical funding are reporting.

## LIVER FUNCTION

When fats are ingested, it is the liver’s job to break down the fats small enough so the body can use them.

In general, at least 8 out of 10 people who have come to me exhibited symptoms of a liver functioning at less than peak performance. This is easily understood when considering all the chemicals we come in contact with on a daily basis. (One of the liver's 561 known functions is to filter out chemicals).

There was a lady who came to me, upon doing an Iridology analysis, I was concerned about her fatty acid availability. I asked her what her cholesterol was. She very proudly said, “It is excellent. It is a total of 130 with both HDL and LDL combined.”

**Because the liver is supposed to produce a sufficient level of cholesterol. I was deeply concerned her total cholesterol was a sign that her liver was in distress.**

Again, we are so frightened of high cholesterol that she felt secure because hers was so low.



### *Stressed Out!!!*

I told her with cholesterol levels as low as hers combined with the fat-free diet her doctor put her on, her brain and nerve function could soon be seriously impaired.

She gave me a blank stare and then started to cry. As I tried to comfort her, she said, "You don't understand, I am a nervous wreck, and the doctor told me that I have Alzheimer's."

Over the next 9 months we added fatty acids, modified her diet, and strengthened her liver. Her cholesterol increased to 190. When I saw her again, she was looking absolutely radiant and told me "My life is so much sweeter... I am laid back like I use to be and I have no symptoms of Alzheimer's. "

(note: Not all Alzheimer's suffers can be helped by fatty acids.)

When I saw her 6 years later, she was still feeling great!

## **LOUD NOISES**

Often people who work in an environment where there is constant noise seem to have thin myelin. **Some tell me they get to the point sound almost hurts.**

Whether this is from the sound or the vibration of the sound, it is unsure. (Remember that sound waves aka ultrasound or sonograms are used to break up kidney stones and gallstones).

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

## ULTRASOUND (on fetus)

This brings a point that I would like to discuss. A colleague of mine is writing a book on the damage ultrasound does to the fetus.

Although there is insufficient data on humans, there are at least 35 studies involving animals, clearly indicating the need for research on ultrasound safety for fetus.

Those who work with natural health often compare statistical trends to what is happening to the health of Americans.

The increase of ultrasound is matched by that of the increase of Attention Deficit Disorder. Although statistics cannot solely determine cause and effect, statistics also should not be ignored.

Amongst the medical field, typical protocol for pregnant women is a routine ultrasound merely to estimate gestational age, monitoring fetal growth or position.

The most recent review among experts was published in 1984. The Bureau of Radiological Health, the FDA, the World Health Organization and National Council on Radiation Protection and Measurements studied biological effects of ultrasound, such as: Immune response, change in chromosomal abnormalities, free radical damage and cell/membrane change and death.

The standing position of the official review panel determining the safety of ultrasound is: **“That it should only be used to indicate prenatal morbidity (gross deformation) or mortality (death).”**

Further studies were suggested and this section of the report ended with the quote: **“The existence of these studies is one of the factors that contributed to our decision that routine ultrasound screening cannot be recommended at this time.”**

### *Stressed Out!!!*

Still confused? Let me explain a little about ultrasound. The following is taken from an article by the Science Department of Duke University. Sound (including ultrasound) is a wave of pressure that needs to travel either through air or liquid. Without these mediums, there is no sound.

Sound is measured by its vibratory rate called Hertz (Hz), either kilo or mega. The higher the frequency, the shorter the wavelength.

It is difficult, if not impossible, to accurately measure high frequencies.

There is one quote from this article which deeply concerns me: "Under right conditions, irradiation of a liquid with ultrasound leads to the formation and collapse of gas and vapor filled bubbles or cavities in the solution. The collapse of these bubbles can be violent enough to lead to interesting chemical effects."

For years, doctors have used ultrasound to break up kidney stones, gall stones and calcium deposits from the joints.

A new use for ultrasound is gaining popularity. It is called Ultra Shape... which is ultrasound used on the thigh and stomach to break up the fat and cellulite, enabling the lymphatic system to drain it from the body..... Remember 70% of the dry weight of the brain and nervous system of a fetus is comprised of fats. So the question is...How might ultrasound affect your unborn baby?

After evaluating this information, if I were asked for my opinion in use of ultrasound as routine during pregnancy, I would have to be even more forceful than before when I say "ABSOLUTELY NOT!"

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

I have heard it many times, "Well if it wasn't safe, then it would not be recommended by the AMA.

Medical science does not, in my opinion, have a good track record. For instance, at one time x-ray treatments for enlarged tonsils were accepted as completely safe. My cousin developed thyroid cancer years after her x-ray treatments. It was later discovered; the treatments predisposed many of its victims to cancer. Just because it is accepted, does not necessarily make it safe.

When researching for proof ultra sound is safe I could only find that AMA lacks information regarding the safety of ultrasound but rather the lack of risks is assumed.

*Stressed Out!!!*

## VIRUS or BACTERIA or PARASITE

There is a theory that a virus can attack the myelin as in Multiple Sclerosis (which has other causes). This is one which I have not explored and feel it is a lifetime's work in itself. There is a lot of speculation that MS is caused by something either viral, bacterial or parasitic from a cat.

## TOXICITY

There is another theory that a toxic bowel can cause an auto-immune disease.

The body absorbs nutrients from the bowel. There is a theory that when nutrients from a toxic bowel are absorbed, toxins are absorbed with the nutrients. The cells of the sheathing are made of materials which contain toxic material.

The immune system knows that the cells are inferior and will attack them, destroying them so they can be replaced.

If all the nutrients are toxic because of chronic toxic bowel, the replaced cells will also be toxic; therefore, the immune system never slows down in tearing down the myelin.

This vicious cycle can be one of the causes of auto-immune disease.





## PH IMBALANCE

Through Iridology, I see that there is a relationship between the health of the myelin and the pH of the body. We in America eat a diet that is too processed and imbalanced. I suggest a book called YOUR HEALTH YOUR CHOICE by Dr. Ted Morter that can help you develop a diet that is balanced.

Since the first edition of this book, I have learned how a pH imbalance can prevent the cells from absorbing certain nutrients. Therefore, I suggest testing for a pH imbalance, and if one exist, to correct it by going on a pH balanced diet.

This consists mostly of cutting out coffee, tea, soda, and milk products. Limiting starches and proteins and increasing raw and sweet fruits and raw vegetables.

There are other minor things which tear down the myelin sheathing, but these are the most common.

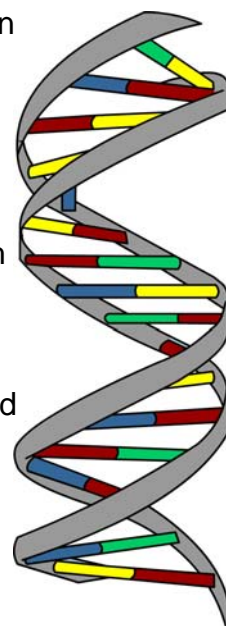
## Improving the health of the myelin.

If you were to build or repair a room, you would need certain things.

You would need a blue print, construction workers, boards, hammers, nails, etc.

The same holds true if you want to repair or build the health of the body (including the myelin sheathing).

First you will need a blue print. DNA - (deoxyribonucleic acid) is like a blue print. It is drawn up and established before birth. Throughout your life, your body's systems try to maintain the specifications of this blueprint.



### *Stressed Out!!!*

The model of DNA (as pictured on the previous page) looks much like a twisted ladder. If you didn't have a health condition at birth, then it is not in your DNA or blue print and theoretically you should be able to reverse conditions which develop later on by giving the body what it needs to repair.

The human body starts out as a sperm and an egg. With no outside prompting, it grows into a human being. This self motivated mechanism stays with you and is what heals your body when there is an injury or sickness.

If something gets in its way or if it is lacking the proper raw building materials, it will not be able to keep up the specifications.

**RNA** - (ribonucleic acid) could be compared to construction workers which implement the blue print (DNA).

The more construction workers the faster the building. The more RNA available the faster the body's health can be rebuilt.

The RNA helps the body replace inferior cells. Spirulina helps increase the availability of the RNA. It appears to speed up the healing process of the nervous system.

If someone is young, or if their methylation cycle is off, or if their adrenals are weak Spirulina can cause anxiety.

B Vitamins could be compared to nails. These micronutrients are necessary for the health of the body. The health of the nervous system is especially reliant on B Vitamins.

Methylation function should be evaluated before taking Spirulina, B Vitamins and Inositol. This can be done through medical test and can help prevent any adverse reaction to those nutrients.



Although there are foods which contain B vitamins, the body should be able to manufacture most of your B vitamins.

There should be bacteria in the intestine (called acidophilus, bifidophilus, etc.) that basically eats (yeast) and excretes (poops out) B-Vitamins.

Fermented foods provide a larger various species of friendly bacteria. I strongly suggest a daily consumption of fermented foods.

Antibiotics kill off the bacteria in the intestine. Those who have taken large amounts of antibiotics, more likely than not don't have enough of this bacteria.

Those who eat a diet high in commercially raised meat, might be ingesting the fat soluble antibiotics used on the animals. causing a similar imbalance caused by lack of the friendly bacteria.

A book that I usually recommend on this subject is THE YEAST CONNECTION by Dr. Crook.

Vitamin B supplements are best taken as a combination of the complex of B vitamins.

Common symptoms of a Vitamin B deficiency are: Sunlight bothering your eyes, dry eyes, cracks at the corner of your mouth, the restless leg syndrome (rhythmically jiggling your leg), irritability, and muscle twitches.

Continuing the analogy of building or repairing a room, think of the fatty acids like the boards of the myelin. It is the number one building block of the myelin.

The main reasons for a lack of fatty acids are: a diet insufficient of fatty acids, which is a growing condition since people have been taught to be so afraid of fats. and a liver which is unable to break fats down into a useable size of fatty acids.

Flaxseed oil, borage oil and evening primrose oil which are fatty acids from plant source are preferred over the animal fats. As a general guideline, I suggest 2 Flaxseed capsules for every 10 to 15 pounds (not to exceed 32 capsules a day) OR 1 Evening Primrose oil for every 12 to 17 pounds daily (not to exceed 15 a day).

What seems to produce the best reports from people is Hemp oil about 4 tsp for an adult.

It takes time to build a house. The body has a set time in which it slows down other functions so it can concentrate on healing the body. The time is when you are sleeping. You need an adequate amount of sleep to heal and build.

Often when someone has been sick or in an accident or after an operation, they sleep a lot. The body induces the sleep so it can concentrate on healing.

Without adequate amount of good sleep the body can not heal efficiently.

An indication that you are in a good level of sleep (also known as the 4th level of sleep or REM) is dreaming.

Dreaming indicates that your body has the nutrients it needs to get into the level of sleep where you can heal efficiently.

It is therefore important to get into the right level sleep (REM) and get the amount of sleep needed. You wouldn't expect your house to be built quickly if you limit the time you allow the construction workers to build.

You can't expect your body to heal if you limit the amount of

sleep you get.

Often when people start on Nervine herbs such as Scullcap, Valerian, Lobelia, Catnip, Passion flower etc. initially it makes them drowsy. Often this levels out after a week or so.

What seems to happen is the body having the herbs to heal will induce the sleep so it can heal. Usually after the body is use to these nutrients, it will not induce sleep except at night.

I believe nervine herbal combination work so much better than single herbs. Some will be suggested later on.

It is absolutely amazing what the human body can overcome when it has the right raw materials. In the following pages are different health conditions and what might be achieved when the regimens are followed.

NOTE: It may take months to years of supplementation to rebuild the myelin.

*Stressed Out!!!*

## Part II

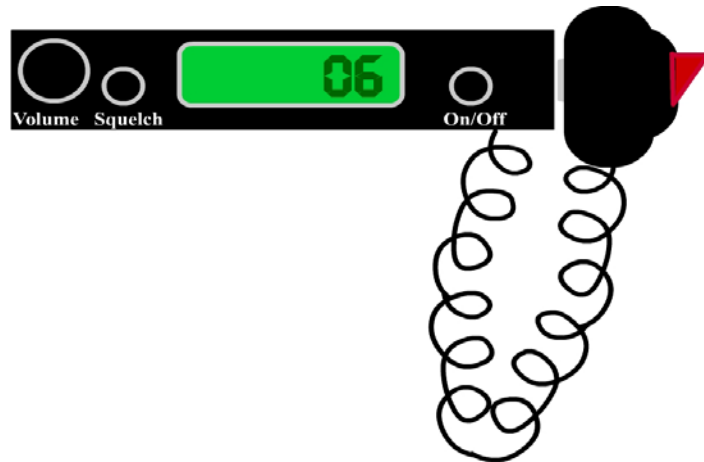
Making the connection between nerve health and health conditions.

The functions of the myelin and the symptoms of a thin myelin are not commonly connected.

Let's examine health conditions, accompanying symptoms and some of the functions of the myelin a bit closer.

The myelin helps you filter out noise and commotion.

## ADD



To understand one of the functions of the myelin, imagine it having a squelch button like that on an old fashion Citizens' band radio.

The CB Radio button helps squelch out background noise so you can hone in on whomever it is you are speaking. Imagine how difficult it would be to communicate and concentrate if that filtering button was not there.

The back ground noise would easily distract you. People who are easily distracted easily are often labeled as having ADD (Attention Deficit Disorder)

Often children who are diagnosed with ADD before they have come to me have possible Iris signs of a thin myelin sheathing.

ADD is running rampant. A friend of mine, who is a school nurse, said it is unbelievable how many children line up every day for her to administer Ritalin. It takes her both lunch hours just to administer it.

Knowing that building the myelin of the nervous system can help the symptoms of ADD, It makes me cringe when someone puts their child on Ritalin. Before I knew about herbs, I had put my son on Ritalin and during that time his liver function was impaired.

From those with whom I have worked, I would estimate that about one third of all those who have faithfully tried to improve the health of their myelin report the symptoms of ADD improve dramatically.

They tell me how much easier it is to concentrate.

They tell me that their thoughts are not as scattered. When they start a task they finish it without jumping to something else.

Many people say that they used to work all day, but didn't get much done.

I was one of them. For instance; once I start drawing the water for doing the dishes and notice I was getting low on clean towels. I would run up quickly to get the towels in the bathroom to wash with them.

Noticed I hadn't made my bed and while doing that started to clean out my drawer. In the mean time the water was spilling over the side of the sink onto the floor.

After I nourished the myelin, I like many others I talk to, noticed they could complete a task and not get distracted.

*Stressed Out!!!*

## **Bell's Palsy or Shingles**

(When a virus attacks the nerve)

As stated before, one of the functions of the myelin is to protect the nerve. When the myelin is healthy, a virus has a harder time getting to the nerve.

I always suspect a thin myelin when someone has suffered from Bell's Palsy (a swelling of the nerve causing weakness or sagging of the muscles in the face) or Shingles (pain and blistering which scabs over, running the length of a nerve).

After all, if the myelin was healthy, how could the virus get to the nerve?

Both of these conditions typically last months to even a year or more, but to date when people have taken VS-C and L-Lysine, they have not had the symptoms for longer than 1 week.

I usually suggest aggressive amounts of those herbs .... VS-C (a Chinese viral combination - 1 capsule for every 6 to 8 pounds of body weight a day) and L-lysine (an amino acid - 4 to 6 a day).

After the symptoms are gone, I always suggest they build the myelin sheathing to avoid reoccurrence. The two viruses that cause Bell's and Shingles can lay dormant in the body for years.

The virus can become active again during times of stress or when the immune system has been compromised. It is not uncommon to go through several bouts of the same condition.



*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

## **Anxiety, Panic Attacks, Phobias, Social Anxiety Disorders, etc.**

I have grouped these together because the symptoms are quite close. Panic, anxiety and phobias are felt more strongly by the sufferer than the situation would invoke in the average person.

Besides soothing the nerve, the myelin helps in the release of serotonin. Many people who have anxiety, panic attacks, phobias social anxiety disorder, etc., often notice a difference when they take serotonin reuptake inhibitors, which would strongly indicate a thin myelin.

Often these are considered psychological (mental) rather than physiological (physical). I totally disagree. If it were psychological only, why would administering SSRI drugs help these conditions?

Another indicator that they are physiological is that those who have the anxiety, panic, etc., often have accompanying symptoms of thin myelin. They usually respond very well over a long-term program focusing on improving the health of the sheathing of the nerve.

I often suggest a quick but temporary fix, because this feeling can become overwhelming and the herbs can take a long time to see significant improvements (often several months).

Distress remedy, Parsley and Anxious combination seem to help sufferers cope during this process.

*Stressed Out!!!*

## Schizophrenia

(Loss of reality, paranoia often accompanied by visual and audio hallucination.)

Schizophrenia is also considered by most to be totally psychological. This might be true for some, but I had people tell me they stop hallucinating when they have taken a certain combination of herbs to nutritionally support the nervous system.

The intensity of the symptoms of those who have been helped, are usually very subtle, like seeing movement, shadow or someone standing in their peripheral (out the side of the eye) vision.

People have told me they felt someone standing near them or sitting down next to them and when they look no one is there.

Some also report that they hear someone call their name or hear music or something in the distance, which is not there.

They are totally functioning in the world. As a matter of fact, when I first mention it, many have giggled nervously and when they feel comfortable, affirm that they experience this.

Sometimes they burst out in tears because they feared they were going crazy and afraid to tell anyone.

These mild symptoms of schizophrenia over seem to respond very well with the program to build the myelin sheathing. Of course it is always a possibility this condition is caused by a deficiency, which is satisfied when trying to nourish the nerves. Most do not care which it is, they are just glad the hallucinations are gone.



*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

## Neuropathy (non-diabetic) Disruption in the nerve health

Neuropathy causes numbness and pain of the nerves.

I would like to make brief mention of neuropathy. Although it is best for the sufferer to work with the health of the myelin, I usually suggest castor oil topically when it affects the feet.

I am not sure exactly how it works, but it seems to produce dramatic results in many people.

*Stressed Out!!!*

## OCD (Obsessive Compulsive Disorder)

OCD is defined as a neurotic (severe depression and anxiety) condition characterized by persistent unwanted thoughts and/ or repeated, ritualistic behavior.

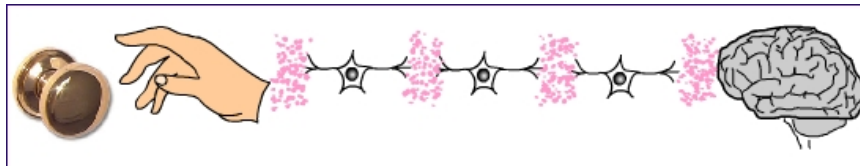
Basically you check or think about things over and over again. I believe this to be caused by thin myelin sheathing.

This is my theory of what happens...

Let us take for example, deciding to lock the door. The brain releases an electrical impulse to lock the door. The impulse goes to the synapse, where a chemical (neurotransmitter) is released.

The next nerve ganglia draws it up, which travels down the nerve chain until it gets to the muscle in the hand and the hand locks the door.

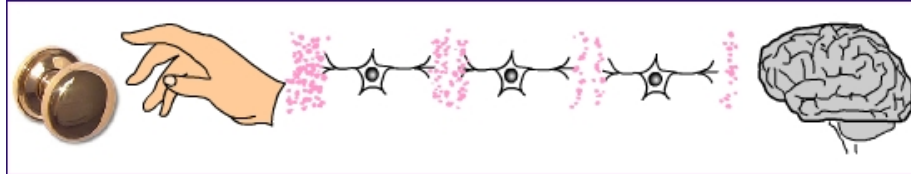
When the hand has locked the door, an impulse goes from the hand up the nerve chain to tell the brain the mission is accomplished.



If the myelin is too thin, it is not able to release enough of the neurotransmitters to get the “mission accomplished” impulse back to the brain.

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

If the neurotransmitters are released less than 100% between each ganglia, the impulse may be dulled or fade away.



Although consciously the person knows they have locked the door, their subconscious is not sure, so the brain sends out the signal again to lock the door.

Since the brain is not getting all the input of what the body is doing, it has a difficult time. Fears and uncertainties might develop.

The favored conventional treatment for OCD is behavior modification. I truly believe this is not just a bad habit someone has developed.

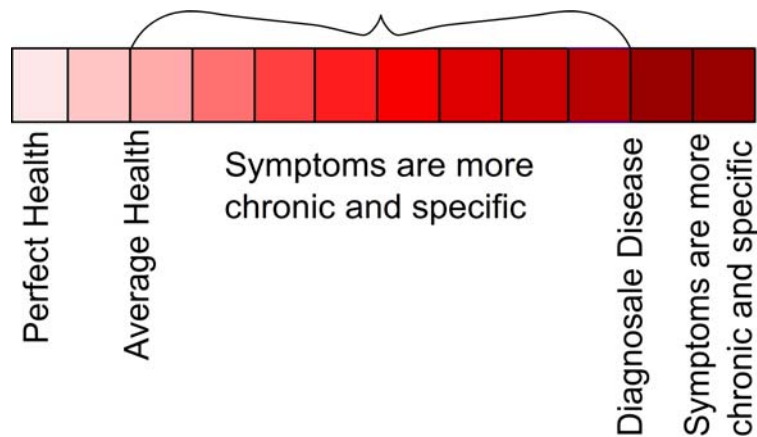
Many people who start the symptoms of OCD, trace it to stress and forgetting to do something which puts undue emphasis on that task. I believe emphasizing the behavior might cause as many problems as it will help.

*Stressed Out!!!*

## Health Vs Disease

Many people believe you are either healthy or you have a disease and the distance between the two is narrow. This is not so. Your body is not healthy one day and diseased the next.

There is a wide band between Health and Disease. The following chart illustrates more closely, the progression of disease.



There are many degrees of health at which conventional diagnostics finally recognizes a decline in health, which is at the point of disease.

MS (Multiple Sclerosis) and Parkinson's are diseases of the nervous system. Often people can remember back to vague symptoms years before they were diagnosed or diagnosable.

Medical tests are designed to diagnose Disease and do not measure Health.

I believe in working with a toxin or deficiency as soon as it starts to produce any symptoms. It is through seemingly unrelated symptoms that I try to find signs of deficiencies which need balanced out. This kind of "Stitch in Time Saves Nine" approach, I believe can ward off disease before it ever starts.

## Suggesting an Herbal Program

On the following pages are guidelines to help you determine what nutrients your nervous system may need in order to be healthy.

Answering yes to more than 3 questions on pages 4 thru 6 indicates you may benefit from taking the foundation herbs of Flaxseed Oil (or Evening Primrose Oil) and Spirulina. I would then build on the program, adding other herbs as the symptoms would indicate.

NOTE: I can not make medical claims (it is illegal to do so) and I can not guarantee these combinations will do for you what I believe they have done for me. But they are combinations I believed should be talked about. This information is of historical value only.

SYMPTOM	SUGGESTED SUPPLEMENT	COMMENTS
If you catch yourself double checking things and you have an average reaction to stimulants or depressants, for example caffeine keeping you awake.	Nerve Control (RE-X) *	
If you see things out of the corner of your eye like movement or shadows.	Chinese Stress Relief (STR-C) *	
If you have a really hard time falling asleep.	Herbal Sleep *	
If you are under 16, unless you react the opposite to stimulants and depressants.	Stress Relief (STR-J) *	
Restless legs, sunlight bothering your eyes, dry eyes.	B-COMPLEX	Caution check methylation first.
If you have all of the following: Eczema, Hair loss, Constipation (for children do under the supervision of a competent professional)	Inositol	1 Gram per every 15 – 20 pounds (don't exceed 14 gram a day) Caution check methylation first.



Most people start taking the amount suggested on the bottle and increase until they dream nightly and remember those dreams for approximately 20 min after they wake up. Increase under the guidance of a competent health professional only.

After a period of time you can decrease but keep using dreaming nightly as your guide to do so.

SYMPTOMS	SUGGESTED SUPPLEMENTS	COMMENTS
	***Evening Primrose Oil	No more than 1 capsule for every 15 - 20 pounds (not to exceed 15 gram of fatty acids a day)
	***Flaxeed Oil	No more than 1 capsules for every 10 -15 pounds (not to exceed 15 gram of fatty acids a day)
	***Super Omega 3 Oil	No more than 1 capsules for every 15 pounds (not to exceed 15 gram of fatty acids a day)
	Hemp Oil	No more than 4 tsp a day.
If you symptoms which indicate a weak liver, such as: Bloating or gassiness more than 1 times a week. Sluggish bowels, less than 2 times a day. Waking up during the night. Blood sugar imbalances. For females, heavy or clotty periods, tenderness of the breast or PMS	**Liver Cleanse	

SYMPTOMS	SUGGESTED SUPPLEMENT	SUGGESTED AMOUNT
Lack of ambition, thinning hair, weight gain (for women usually)	ProGYam 500	Depends on your hormone levels, age, balance and gender.
For those who are over 21 and do not have adrenal symptoms	Spirulina	1 capsule per every 25 pounds
pH imbalance, weak back, mucus, lack of muscle strength. (for adults only)	Skeletal Strength (SKL) Or Cal/Mag	1 tablet per every 10 to 15 pound (not to exceed 1200 mg a day)

\*\*If your liver has all the nutrients it needs and is working efficiently you should sleep without waking up at night, not even to urinate. I would start with what is on the bottle and increase until you sleep all night without waking up. Increase under the guidance of a competent health professional only

\*\*\* All fat soluble supplements (such as Flaxseed Oil Evening Primrose Oil and Super Omega 3 Oils), should be taken with a protein to help ensure the needed liver producing digestion to emulsify the fats to help prevent liver damage.

*Stressed Out!!!*

The information above is just a suggested guideline. Every person is different. Learning to listen to what your body needs is very advantageous in regaining and maintaining its health.

A healthy diet comprised of raw vegetables, fruits, legumes, beans, and good water is a very good base for all health.

I work with herbs and herbal combinations which have presently no known interactions with any meds. However, you may want to ask your pharmacist for dietary or herbal restrictions if you are on meds.

Turkey is a source of L-tryptophan. This amino acid is the precursor of serotonin.

Dr. Mary L. Reed (Gates), CNHP, MH, ND

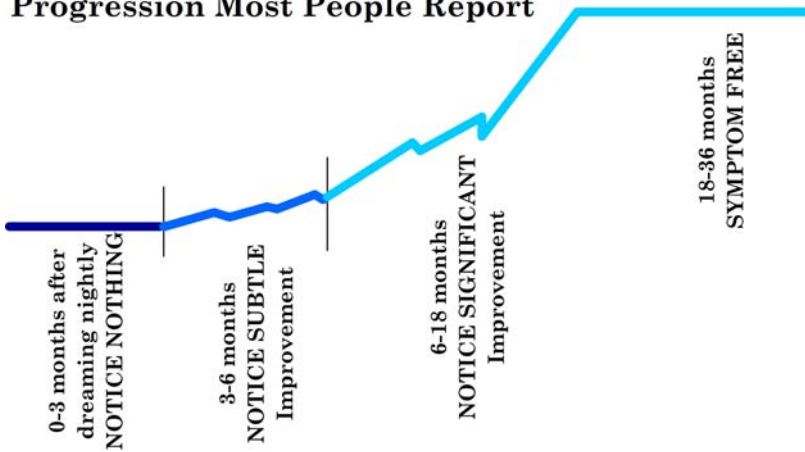
## How the Nervous System Heals

The nervous system has the slowest healing of the entire body. Typically people do not report improvement for at least 3 months after they have enough nutrients in their body to be dreaming nightly.

As the body heals, often there is 2 steps forward, 1 step back in symptoms the person experiences.

The average person supplements for a full 18 months

### Progression Most People Report



*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

## Case Study

Most health books mention case studies. For example, John D from Montana was cured of something. Although most of them are probably accurate and honest, I am a skeptic so I do not mention case studies throughout the book.

I am going to make one exception. It was this case that led me to make the connection between a thin myelin and some of the symptoms and health conditions discussed in this book.

The history of this case starts in 1979. She was 22 (years old) and had just escaped an extremely physically and emotionally abusive and stressful marriage. Then side effects of medication robbed her of her good health.

When she first started developing the symptoms on the questionnaire, she didn't tell people because she had two small children and thought she was going insane. She was afraid her children would be taken from her.

She would be introduced to and helped dramatically with Alternative Therapies. Herbs and nutrition helped her with the health of her kidneys, menses, thyroid and heart.

Although she did not have a name for the symptoms, she was experiencing at the time, the symptoms were typical of OCD and agoraphobia. So severe were her symptoms that she couldn't step outside her home for a little over 6 months.

Later on it was determined that she had a weak liver and thin myelin, she took LIV-A, RE-X (Now called Liver Cleanse and Nerve Control), Evening Primrose Oil and Spirulina. She had no idea why her symptoms had started to go away.

*Stressed Out!!!*

Having most of her health restored profoundly affected her life and she studied to become a Natural Health Practitioner. She started to work with others and noticed that those who had a thin myelin experienced many of her old symptoms. When they took the herbs, they reported to her that their symptoms went away.

Since 1992 she has been totally free of her panic attacks, anxiety, OCD and Agoraphobia.

She then learned all she could about nutrition, anatomy/physiology and herbs and worked with thousands of people who reported some of the same results.

Wanting to help others who had been stressed out to the point of ruining their lives, she decided to help others by writing a book called STRESSED OUT...

Yours in Good Health,

Dr. Mary L Reed (Gates), CNHP, MH, ND

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

## BIBLIOGRAPHY

Velma J. Keith and Monteen Gordon, THE HOW TO HERB BOOK, Mayfield Publications, Pleasant Grove, UT 1991

Stephen Cherniske, CAFFEINE BLUES, Warner Books, New York, NY, 1998

John W. Hole, Jr, Human Anatomy and Physiology, Web pub, Pages 310-313, 320-331

Robert E. Rothenberg, M.D., F.A.C.S, The New Illustrated Medical Encyclopedia and Guide to Family Health, Grolier pub, Page 777

Frances Sizer and Eleanor Whitney, Nutrition Concepts and Controversies, 7th Ed, West Wadsworth, Page 161-162

The Encyclopedia of Natural Remedies, Pages 191, 194, 195, 199, 213, 262

The Burton Goldberg Group, Alternative Medicine the Definitive Guide, Future Medicine Publishing, Page 850

James F. Balch, MD, Phyllis A. Balch, CNC, Prescription for Nutritional Healing, Avery, Page 131, 330

Janet Zand, LAc, OMD, Rachel Walton, RN, Bob Rountree, MD, Smart Medicine for a Healthier Child, Avery, Page 221

Wynn Kapit/Lawrence M. Elson, The Anatomy Coloring Book, Harper Collins, Page 11

*Stressed Out!!!*

Dr. Michael Colgan, *The New Nutrition Medicine for the Millennium*, CI Publications, Page 210-217

Michael T Murray, ND and Jade Beutler, RRT, RCP, *Understanding Fat and Oils your Guide to Healing with Essential Fatty Acids*, Apple Publishers, Page 41

DIAGNOSTIC ULTRASOUND IMAGING IN PREGNANCY,

National Institutes of Health Consensus Development Conference Statement, February 6-8, 1984 (can be viewed at:)

<http://text.nlm.nih.gov/nih/cdc/www/41txt.html#Head3>

Editors of TIME LIFE, *The Medical Advisor the Complete Guide to Alternative and Conventional Treatments*, TIME-LIFE Publishing, Page 603, 658-663

Dr. George Watson, *Nutrition and Your Mind*, Bantam 1978

Dr. Paul Holmon, OCOF:MT Waverly, Australia, Nov-Dec: 3-5, 1992, OC-51034

*The Merck Manual of Medical Information*, Pocket Books Health, Page 347





*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

## ABOUT THE AUTHOR

Mary L. Reed (Gates) is a Certified Natural Health Professional,  
Master Herbalist and Doctor of Naturopathy.

She is currently gathering information to help prove and fine tune her protocol via her website <http://www.OCD-Free.org>

She herself being symptom free from OCD since 1992, is dedicating the rest of her life, helping others become symptom free as well.

### *Stressed Out!!!*

Understanding omega 3 fish oils, omega 3 oils, omega 3 fatty acids, fatty acids, essential fatty acids.

Until the 1900's most diseases were caused by infectious contamination such as: the black plague, TB, small pox, diphtheria, typhoid, etc. The cause was identified easily because they were acute, called so because they attacked quickly. They spread rapidly due to poor hygiene and a lack of understanding germs (bacteria and virus).

Today most diseases are usually chronic conditions. Now we battle: diabetes, heart disease, cancer, stroke, obesity, arthritis, allergies, Celiac Disease, ADD, MS, fibromyalgia, anxiety, depression, hyperactivity, schizophrenia, bi-polar disorder, body dysmorphia, self cutting, etc. These diseases are not recognized as plagues because they usually develop over years and are caused by toxins and/or deficiencies.

As we started processing foods, nutrients were sacrificed for shelf life and convenience. This gave birth to maladies, as those mentioned above, unknown to earlier generations. This, coupled with the new fear of fats, led to low-fat diets and foods depleted of vitamins and minerals causing a nutrient deficient yet obese generation.

You might be thinking how can poor nutrition cause a disease? Well there are many well known diseases that are just that, a lack of a nutrient. Examples being:

- Beri beri which is a B1 vitamin deficiency characterized by a nerve and muscle deterioration and if deficiency last long enough severe psychosis.
- Pellagra where slaves in the US went insane from a lack of B3 aka niacin cause by a diet consisting of only corn.

- Scurvy, the most commonly known condition caused tissue deterioration and shipmen's flesh to seep blood from their vitamin C deficient bodies.

54

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

All of these conditions were virtually cured by ingesting the missing substance.

Our bodies are beautifully and wonderfully made, and are quite resilient. As a matter of fact, the body can manufacture all vitamins but C and 20 different amino acids. There are some nutrients called "essential", named such, because they are both "essential" and they must be ingested as the body can not produce them.

Essential Fatty Acids (EFA's) aka Vitamin F, are needed by every cell and function of the body. It is often underestimated how much of these oils our bodies need. Our **brain** alone is made up of **70%** of fatty acids.

Just like the B vitamins, there are several members of the Vitamin F family. Let's take them one by one.

The Omega brothers, i.e. Omega 3, 6 and 9. Given their number because of their molecular make up.

Fatty acid molecules form in a chain of carbons "**C**" to which is attached to Hydrogen "**H**" and Oxygen "**O**".

Some fats are saturated where there are no missing hydrogen and are no double bonds, these fats are straight, unbendable.

Other fats are unsaturated mono (one) or poly (man) To understand this think of a unsaturated fatty acid chain as a centipede, and to each of its section where the leg comes out the centipede is wearing a sneaker.

These 3 centipede triplets look very much the same except they have all lost sneakers on their legs starting

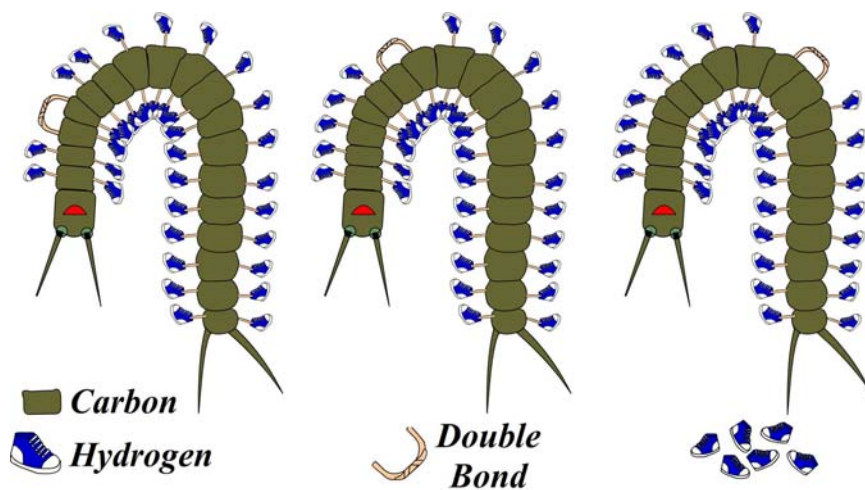
on different sections of their body. That is how you tell them apart.

55

*Stressed Out!!!*

You start at their head and count back 3 and notice the first centipede is lacking 1 pair of sneakers starting on his 3<sup>rd</sup> section, so he binds them together to keep his balance. His brother has those sneakers, but missing a pair starting on the 6<sup>th</sup> section of his body and the last one has all his sneakers except starting on the 9<sup>th</sup> section of his body.

*Stressed Out!!!*



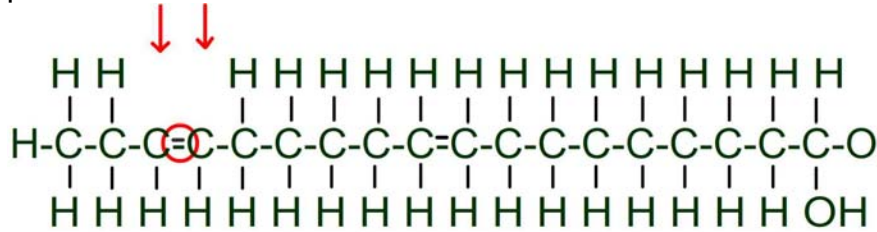
Omega 3  
Omega 9

Omega 6

Now visualize the centipede as molecules. The sections of their body are Carbons, the legs are a place that can bond onto something and their sneakers are hydrogens.

This is Omega 3 oil (aka linolenic acid) names such because the **first carbon lacking a hydrogen is the 3<sup>rd</sup> carbon**. Since there is only one pair of hydrogens

(MONO) missing it is categorized as a Mono Saturated fat. In other words it's saturated with hydrogen except for one pair.



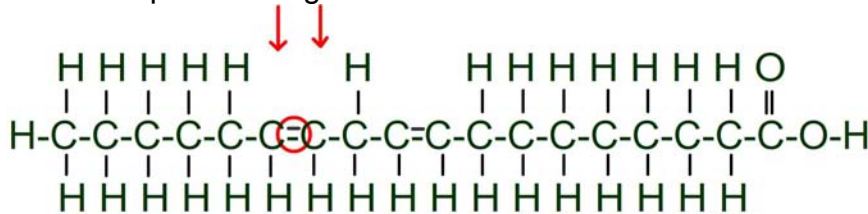
56

Dr. Mary L. Reed (Gates), CNHP, MH, ND

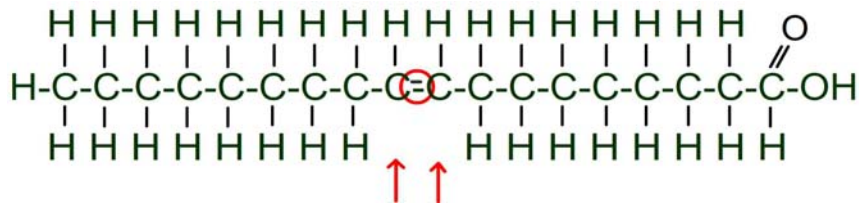
Since the carbons do not have hydrogen to attach to they double bond with each other. Notice the two lines.

Unlike oils where no carbons are lacking a hydrogen (making it saturated and solid or semi solid at room temperature), mono saturated fats are typically liquid at room temperature.

Omega 6 oil (aka linoleic acid) is called a poly unsaturated fat because the **first carbon lacking a pair of hydrogen is the 6<sup>th</sup> carbon** and it is lacking at least one other pair missing later on.



Likewise, the Omega 9 (aka oleic acid) oil, the **first carbon lacking a pair of hydrogen is the 9<sup>th</sup> carbon**.



Hydrogenated oils, such as shortening or margarine, are saturated fats. Since they are unable to alter shape, the

cell they attach to becomes rigid. Unlike their natural counterparts, omega oils, being flexible, keep the cell it attaches to supple.

If the cell membrane becomes rigid it has a harder time pulling in nourishment and expelling toxins. Supple cell membranes can freely exchange both.

57

### *Stressed Out!!!*

Likewise, when a bad fat attaches to a cell, it inhibits good fat from adhering to that cell. So, not only is taking in good fats important, but avoiding the bad fats is equally important.

So what does this mean in our bodies?

- 70% of the myelin sheath is made up of cholesterol and fatty acids
- Low fat diets and fear of cholesterol can compound thin myelin problems
- Low levels of available EFA's prohibit the healing of the myelin sheathing during time of stress
- The thickness of the myelin is proportionate to its ability to release neurotransmitters
- A lack of these transmitters have been linked to: ADD, Dyslexia, OCD, Bi-polarity, Trichotillomania, Parkinson's disease, MS (Multiple Sclerosis), Anorexia, Bulimia, Body Dysmorphia, Self Injury or Self Cutting, Panic Attacks, Social Phobia, Tourette's, and other neurological disorders
- Many people also report a drop in mood when they switch to a low-fat diet
- Transfatty acids, such as margarine and shortening destroy the essential nutritional character of the oils and block the use of normal essential fatty acids, which are necessary for healthy cell function

There have been increasing studies over the last decade by neuroscientists examining the consequences of Omega-3 deficiencies in the central nervous system.

Evidence proves that deficiencies in Omega 3s:

- Alter the serotonin and dopamine levels, two very important neurotransmitters
- Compromises the blood-brain barrier, which protects the brain from unwanted invaders.
- Decreases normal blood flow to the brain
- 35% reduction in brain phosphatidylserine (PS) levels (antidepressant activity)

58

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

Our diets often have enough Omega 6 oils. So the need of supplementing them is typically less than the other Omega oils.

The optimum ratio between Omega 6 and Omega 3 are 4:1 or less.

Flaxseed oil has a ratio of 3:1 which is the richest source of plant omega 3's.

However, when a person eats a plant source of omega oils such as flaxseeds, their body has to extract and convert the oils so they can be used. When taking fish omega oils, the fish's body has already done the extraction and is therefore more bioavailable.

There are many people who are taking oil based supplements who are not getting the full benefit from them.

The oils can actually cause stress on the liver. The reason for this is fats are oil soluble and the blood is water soluble. To understand the significance of this, think about trying to wash oil off of a pan. The water can't transport the oil. Soap is needed to emulsify (make the oil particles smaller), so that the water can wash away the oil. So it is with the blood and oil supplements.

To remedy this, take oil soluble supplements with a protein so it encourages the liver to produce bile salts (much like the soap) which will then help emulsify the oils





13																			
14																			
15																			
16																			
17																			
18																			
19																			
20																			
21																			
22																			

*Dr. Mary L. Reed (Gates), CNHP, MH, ND*

## **Taking Oil Supplements**

There are many people who are taking oil based supplements such as: Vitamins A, D, E and K as well as Flax seed oil, Evening Primrose oils, Black currant oil etc., are not getting the full benefit from them.

If not taken with a protein oils can cause stress or fat to be deposited on the liver. Oil soluble vitamins without protein are also more likely to be toxic.

The reason for this is that these supplements are oil soluble and the blood is water soluble. To understand this, think about trying to wash oil off of a pan. The water can't transport the oil. When dish detergent is added it emulsifies (make the oil particles smaller), so that the water can wash away the oil. So it is with the blood and oil supplements.

To remedy this, I suggest that you take oil soluble supplements with a protein so it encourages the liver to produce bile salts (much like dish detergent) which will then help emulsify the oils, so the blood can transport them to the tissue instead of settling in the liver.

Good sources of protein are: Nuts, Seeds, Legumes/  
Beans, Eggs and Meats.