

Safe Harbor (www.AlternativeMentalHealth.com)



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Biomedical Research

Treating Autism by Targeting the Gut. Many papers have been written explaining the link between the imbalance of gut bacteria and [Autism Spectrum Disorder](#). Factors that influence the imbalance of gut bacteria include breastfeeding duration, frequency of taking antibiotics, maternal obesity, etc. Recently, rehabilitative and drug approaches have been the most accepted forms of treatment. However, current research has shown that balancing gut bacteria for such individuals through diets such as gluten and casein-free diets has resulted in improvement in social ability and appropriate behavior.

Do You Have Mold Toxicity or Mental Illness? A significant number of buildings in the United States have been exposed to water damage. Water damage allows fungal populations to thrive, and this has a negative effect on the human body, particularly the brain and the actions it produces. [Mold exposure](#) can have two great effects on the physical airway and the central nervous system. The physical airway can get irritated by mold exposure and produce symptoms similar to being allergic to something. Mold exposure presents a more serious issue to the central nervous system because it produces symptoms similar to mental disorders, such as depression, anxiety, and confusion. If an individual is experiencing symptoms such as these and they seem arise from nowhere it is worth considering what places one has visited and if there is any possibility they were exposed to mold.

Half of Adults with Anxiety or Depression Report Chronic Pain. [A survey on anxiety and mood disorders](#) has shed light on the strong correlation between mental disorders and chronic pain. A population of 5,037 individuals living in Sao Paulo, Brazil, was used for this survey. The results show that, among those with an anxiety or depression disorder, fifty percent experienced chronic pain, while thirty-three percent suffered from respiratory diseases, ten percent had a cardiovascular disease, nine percent have arthritis, and seven percent have diabetes. People who have multiple diseases are at higher risk of developing a mood or anxiety disorder. Silvia Martins who is a professor at the Mailman School of Public Health stated that physicians should be aware of the dangerous coupling of mental disorders and physical illness when creating treatment plans for their patients.

Psychosocial Research

Those at High Risk for Psychosis More Likely From Deprived Neighborhoods. [A study](#) aimed to figure out the ultra-high risk (UHR) rates of multiple neighborhoods over a period of fourteen years. UHR denotes which individuals are at severe risk for psychotic disorders. Clinical assessment was used to categorize whether an individual was UHR positive or UHR negative. There are seven types of deprivation that were accounted for in this study which includes barriers to housing and services, health, education, income, employment, and living conditions. After examining each deprivation and its relationship to psychosis, a positive correlation was only found between UHR positive rates and neighborhoods that experience deprivation.

Wellness Research

How to Stay Calm Among Chaos. [A survey](#) conducted by the American Psychiatric Association in 2015 revealed that twenty-four percent of adults in the United States experience high stress. This is due to our modern lifestyle which includes daily situations such as running late for work. When the human body experiences stress, certain hormones are secreted, including cortisol, epinephrine, and norepinephrine to help us respond. However, since modern humans experience some sort of stress every day, these hormones are released frequently, giving rise to a variety of issues such as inflammation. Inflammation worsens the stress situation by making it difficult to sleep and making the body function irregularly. Activities that help individuals deal with stressful situations include yoga, massage therapy, guided imagery, and many others. These relaxation techniques are very beneficial for the body and positively contribute to mental health, fertility, the immune system, heart health, and digestion. In addition, research done by Dr. Herbert Benson showed that individuals who take part in relaxation techniques have more disease resistant genes turned on. Implementing relaxation techniques in our daily lives is an important component to feeling and being healthier.

Extra-virgin Olive Oil May Prevent Alzheimer's. Roughly five million people have [Alzheimer's Disease](#) in the United States. There is currently no cure for this disease, but a type of oil shows promising results. Domenico Practicó and his colleagues studied mice that were genetically modified to present certain symptoms of Alzheimer's disease. These symptoms included neurofibrillary tangles, memory damage, and amyloid plaque. The mice were then separated into one of two groups. One group had olive oil added to their food while the other group ate their food without the addition of olive oil. Initially, there were no differences found between the two groups concerning memory and learning abilities. However, when the mice got older and were tested again a difference was found. The mice that consumed the olive oil diet outperformed the control group. Practicó determined that olive oil has a positive effect on the reduction of amyloid plaques associated with Alzheimer's.

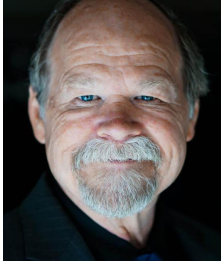
Yoga Offers New Hope for Victims of Trauma and Sexual Abuse. [Studies](#) have revealed numerous benefits of yoga for individuals who have experienced traumatic situations. For this population, yoga has resulted in improved coping skills, emotion regulation, relationship skills, body awareness, etc. Yoga also has positive effects on individuals with depression, anxiety, and osteoporosis. A study on depression revealed fifty percent of the population tested had reduced symptoms of depression after engaging in yoga. Individuals who have anxiety displayed less stress and improved mood. Lastly, populations with osteoporosis showed improved bone density.

Conferences & Events

- **July 13-15, 2017.** Re-establishing Hormonal Balance in the hypothalamic, pituitary, adrenal, thyroid, and gonadal axis.
- **July 14-16, 2017.** Master Practitioner Workshop.
- **July 16-21, 2017.** Breath-Body-Mind Teacher Training Level-1.
- **July 21-23, 2017.** Natural Treatments for ADHD - Emotional Regulation and Learning with Breath-Body-Mind.
- **July 30-August 2, 2017.** International Society for Nutritional Psychiatry Research 2017 Conference.
- **August 16-18, 2017.** 9th Annual World Hearing Voices Congress.
- **August 18-21, 2017.** Alternatives Conference 2017.

Please [send us](#) information on other events we should add to the calendar. For detailed information on upcoming events [click here](#).

Staff



Dan Stradford, Safe Harbor President/Founder

Dan is the lead author of a book for physicians, [Complementary and Alternative Medicine Treatments in Psychiatry](#).

He has published over 250 articles and technical papers. His writings and commentary have appeared in *Time Magazine*, the *Los Angeles Times*, *Chicago Tribune*, *The Daily Record* (Scotland), the college textbook *Social Problems* and many other publications.



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