

Safe Harbor ([www.AlternativeMentalHealth.com](http://www.AlternativeMentalHealth.com))



Welcome to Alternative Mental Health News from [Safe Harbor](http://www.SafeHarbor.org), a 501(c)(3) nonprofit.

I am very pleased to welcome our new editor, Alexis Manglona. Alexis has proven herself to be a terrific asset to Safe Harbor with great writing and research skills.

Check out the latest research, information, and events below!

Dan Stradford  
Senior Editor

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## Biomedical Research

**Can Lyme Steal Your Mind?** [Lyme disease](#) is a common tick-borne illness seen in the United States and its numbers are currently increasing. About 30,000-36,000 cases of Lyme disease are reported annually and this disease is currently present in 43 U.S. states, which is a 45% increase since the year 1998. This disease is fairly easy to identify in its early stages. However, there is a chance it can be misdiagnosed in its later stages. Late stage symptoms can include hallucinations and behavioral changes which is most commonly seen in adults. In addition, Lyme disease can mimic other illnesses such as ALS, ADHD, and Alzheimer's. Avoiding bushy areas where deer ticks are prevalent is the best way to protect yourself from Lyme disease.

## Psychosocial Research

**Sense of Purpose Reduces Negative Effects of Social Media Use.** Researchers at Cornell University looked at the influence of [social media likes on self-esteem](#). This consisted of two studies. One study involved 300 adult participants and examined self-esteem on a ten-item scale and sense of purpose on a six-item scale. The other study recruited 102 undergraduate participants and required them to upload a selfie. A few minutes later the participants were asked how many likes they received (below average, average, or above average) and afterwards they filled out a self-esteem scale. The results showed more likes were associated with higher self-esteem while fewer likes were linked to lower self-esteem. When looking at individuals who had a strong connection to personal meaning, social media likes were less influential on self-esteem. Having a sense of meaning in one's life is very beneficial when exposed to negative effects of social media.

## Wellness Research

**Tai chi significantly reduces depression symptoms in Chinese-Americans.** [A twelve week program](#) conducted by investigators at Massachusetts General Hospital revealed a reduction in depression symptoms in Chinese-American participants as a result of Tai Chi practice. Participant selection involved in-person interviews and testing, diagnosis of major depressive disorder, an examination of the participant's ability to fluently speak Mandarin or Cantonese among several other deciding factors. Participants were separated into three groups. One group received tai chi intervention, another group educational sessions about mental health and related topics, and the last group was tested regularly during and after the twelve weeks. Results of this study showed that participants who received the tai chi intervention had significant improvement in their depression symptoms.

**A 1-Hour Walk, 3 Times a Week, Has Benefits for Dementia.** Researchers at the University of British Columbia in Canada along with several other institutions examined the effects of walking on [vascular cognitive impairment](#). Thirty-eight older individuals who currently did not exercise and were diagnosed with a mild vascular cognitive impairment were recruited to participate in this study. Before the start of the study, each volunteer was given a brain scan to observe neural activity that affected concentration and decision-making skills. Each participant was assigned to one of three groups. One group exercised by walking one hour three times a week, another group attended educational sessions on nutrition, and the last group received no treatment. The brain scans taken at the end of the study indicated that participants who walked had lower blood pressure and required less activation for attention and decision-making when compared to the other groups.

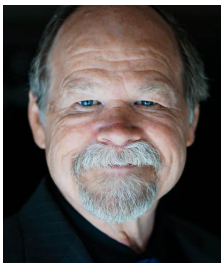
## Conferences & Events

See our [robust practitioner events calendar](#)! Safe Harbor has created what we believe to be the most extensive practitioner events calendar for integrative mental health found anywhere.

The list spans nutrient and biomedical workshops (e.g. Walsh protocols), energy therapies (e.g. yoga and breathwork), psychosocial interventions (e.g. Open Dialogue, Hearing Voices Congress), drug withdrawal workshops, low-voltage brain stimulation (e.g. tDCS), spiritual approaches (e.g. Spiritist hospitals in Brazil), and more.

Please [send us](#) information on other events we should add to the calendar.

## 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.



### Alexis Manglona, Editor

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