

## Treating Pain and Soft Tissue Injuries

- Car Accidents
- Work Injuries
- Back Pain-Sciatica
- Sports Injuries
- Frozen Shoulder
- Headaches-TMJ
- Carpal Tunnel
- Plantar Fasciitis
- Hip-Knee Pain
- Tennis Elbow



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## Psychiatry the Natural Way

By Judith Pentz, M.D.

**D**id you know that there are safe and effective ways to supporting your mental well being, even with a diagnosis of depression or anxiety? As a child, adolescent, adult psychiatrist in practice for the past 17 years, I have spent the last few years looking for these options.

One such possibility is through the introduction of targeted amino acid therapy. This area of nutrition supplementation has been around for a while in a less formal way---body builders have found the benefits of amino acids in sculpting their muscles. Now we are able to introduce amino acids to support the brain/mind in achieving balance in the production of neurotransmitters (serotonin, dopamine, norepinephrine are a few).

One case comes to mind—a teenager came for an evaluation for anxiety, school phobia and insomnia. She did not want medication due problems with side effects. We ended up with a combination of serotonin support as well as dopamine/norepinephrine support. Adding Theanine and Rescue Remedy to her as needed regimen reduced her anxiety before certain social events. She also benefited from changes in her nutrition—adding breakfast, Omega-3, multivitamin with B complex vitamins. Situational changes included finding a school that would accommodate late starts to her day, which allowed her to receive enough sleep. Supportive therapy assisted her in her choices day to day. After about a year on this regimen, she was able to stop the TAAT and supportive therapy with no more social anxiety.

I have much gratitude for the opportunity to work with individuals from all age groups to assist in the exploration of how to support ones mental well being through gentle, balancing options. I have opened a new clinic with that goal in mind... Green Lotus Healing Center, a holistic approach to healing the wounded mind and heart. I welcome those individuals who would enjoy working in this environment as well as those seeking a more balanced approach to their mental well being.

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