

Your brain can change!- New research is showing us how to change our brain chemistry, structure and function in ways that make you happier, decrease anxiety, and help you function more effectively in your life and relationships. Most people have heard that depression, anxiety and other mental health concerns are affected by “chemical imbalance” or genetics. And that is true, our biology has a huge impact on our mental health. Depression and Anxiety are real disorders, and around 35% of people will experience them in their life. But then some people assume that because there is a biological basis to their depression or anxiety that they are stuck feeling that way forever, or that the only way to change that biology is through medication. Well, recent research and new technology is showing us that we have more influence than we realized over how our brain is functioning. In this course we’ll discuss ten alternatives to medication that have been shown to change brain chemistry and decrease symptoms of mental illness. These simple changes can make you healthier and happier.

Brief Course Introduction:

When I was in Graduate school studying to become a therapist we took a course on psychopharmacology- medication meant to help people with mental illness. We spent 4 months studying 300 pages on various types of medications, their benefits and their side effects. At the end of the course and textbook we read a short chapter that basically said “other treatments that have been shown to be effective at treating mental illness” with a list that included some of the things you’ll see later in this course. As I read through the research I learned that some of these “Alternative treatments” actually outperformed the medications in research studies, with less side effects. Now I am not opposed to medication, I actually recommend to many of my clients that they consider it as part of their treatment.

But, after doing further study I discovered that there are lots of things we can do to change our brain without medication. I’ve boiled all that research including dozens of books down into this short course.

This Course is for:

- Anyone who wants to know ways to change their brain, with or without medication
- The techniques taught here can help people with Anxiety, Depression, and other forms of mental illness, plus people who just want to be happier and improve their outlook on life.
- The information taught is often simple changes, some taking only minutes a day, that have been shown to change brain structure, chemistry, and function.
- This course is research based, backed up by multiple peer-reviewed scientific studies. This isn’t voodoo science or snake-oils, this is information that the mainstream scientific community has found to improve mental health, but most people just don’t know about it.

I’m making this course for all my clients- It teaches fundamentals of mental health. So if you’re ready to learn how to change your brain and improve your life, hop on in!