

A wooden boardwalk on a beach, leading towards the ocean under a blue sky with light clouds. The boardwalk is made of weathered wooden planks and has white railings on both sides. Long shadows are cast across the planks, suggesting a low sun position. The ocean is visible in the distance, meeting a clear blue sky with some light, wispy clouds.

10 Easy & Natural Ways to Ease Depression & Anxiety

These tips will help you begin get back into the driver's seat of your life experience.

My Education & Background Include

- Bachelor of Arts Degree in Philosophy at the University of California, Los Angeles, Summa Cum Laude and Phi Beta Kappa
- Doctorate in Nutrition at Ryokan College
- Advanced Certification in Neuro Emotional Technique
- Advanced Training in: Clinical Nutrition, Epigenetics and Functional Biochemistry, Nutritional Response Testing, Contact Reflex Analysis, Brain on Fire Visceral and Immune Dysfunctions Treatment, Neurovascular Dynamics, Applied Kinesiology, Functional Medicine, Injury Recall, Set Point Technique, Acupressure and Bach Flower Therapy.

With each patient I help, I use a unique blend of Clinical Nutritional, Functional Medicine, Neuro Emotional Technique® “NET”, Nutritional Response Testing, Contact Reflex Analysis, Epigenetics, Neurovascular Dynamics, and multiple Kinesiological healing modalities.

I am guided by my desire to see all people enjoy optimal health in mind, body and spirit. I look forward to the opportunity to help you



Sincerely,

Dr. Mary Lou Rane, Ph.D.

10 Easy & Natural Ways to Ease Depression & Anxiety

1- DIET is often a major factor in depression and anxiety because what you eat impacts the brain directly by creating an inflammatory response. Try eliminating these highly inflammatory foods: sugar, gluten, milk products (except butter), corn, soy, peanuts, beef, tomato, chocolate, rice, sesame, peas, eggs (in some cases.) Eat organic chicken, turkey, fish, organic fruits and vegetables, lots of avocado, organic raw nuts, and organic cold pressed oils, which need to be refrigerated upon opening.

2 - EXERCISE stimulates chemicals, endorphins, in the brain that are mood elevators. Any type of exercise is beneficial as blood flow is increased, toxins are eliminated and overall energy is lifted. High intensity exercise, in particular, has been scientifically proven to increase endorphins dramatically as well as formulate new beneficial connections in the brain for energy and joy.

3 - B VITAMINS in particular can alter depression and anxiety. There are many different components of the B complex, and often people are deficient in some or all of them or they cannot convert them to useable forms for making brain chemicals, hormones, ATP (biochemical energy), etc. The best B vitamins are derived from foods and therefore, synthetic versions do not always work the same. Try Brewers Yeast (a nutritional yeast), and check out Cataplex B from Standard Process, the only company in the world that grows their own organic foods and makes nutritional supplements from them.

4 - BODY WORK of any type – massage, acupressure, acupuncture, reflexology, etc. is wonderful for supporting you in very powerful ways to feel optimistic, supported and calm.

5 - SLEEP is essential to not only restore your health and energy but to detoxify the brain. If you are having difficulty sleeping, try Calcium Lactate (it is not from milk) with Vitamin D, and Omega 3 oil, and an herbal sedative such as Valerian, Hops, Kava or Melatonin at bedtime.

6 - CHOOSE TO PUT YOUR ATTENTION ON ANYTHING OTHER THAN THE NEGATIVE THOUGHTS OCCURRING. The science of neurology has substantiated that any thought, emotion and its corresponding chemistry in the brain only lasts for about 90 seconds. But when we have a troubling thought or feeling, we rethink it over and over, which triggers the same chemical cascade to occur resulting in negative feelings on an ongoing basis. A very empowering choice is to “change the channel” by interrupting the pattern. As soon as you are aware of a negativity – either choose in that moment to think of something joyful past, present or future; get up and do something (anything) – the simpler the better such as plant a plant, clean out a drawer, call a friend, engage in a book, CD, DVD, even something uplifting on tv; study something you are interested in; etc. This may be very challenging in the beginning and you may have to repeat it over and over, but there will be a beneficial payoff later when you choose where you want to put your attention.

7 - ALWAYS HAVE PLANS TO LOOK FORWARD TO, even if it is for a short time. Your plans should involve doing something you love, such as: being with someone you can laugh with, doing service for others, spending time with children or pets, going on a trip, even a day trip, going to a museum or anything that is uplifting. Every moment you spend in love with anything or anyone is cumulative in creating a new network in the brain for joy and increasing Dopamine, a neurochemical of joy and passion.

8 - MEDITATION changes the brain from being in the limbic or emotional brain to a higher state of awareness. There are many ways to meditate as it does not have to be a formal discipline. Sit relaxed and stare at something such as the flame of a candle or a flower; or with your eyes closed, envision a symbol you like; play music if it helps; and concentrate on just being in the present moment as you feel your body relax. Another practice can be to sit outside and look at nature. The earth will help revitalize you and separate you from your stress.

9 - SPEND TIME IN NATURE. Just getting outside and being in nature always lifts the spirit!

10 - NEURO EMOTIONAL TECHNIQUE is a scientifically proven, effective process for changing the brain including depression and anxiety. Visit my website: www.DrMaryLouRane.com and go to Neuro Emotional Technique: NET and also First Aid Stress Tool – FAST RELIEF to perform this miraculous stress reducing technique on yourself.



FREE 15 MINUTE CONSULTATION

“If you were free of your health problems and emotional challenges and had renewed vital energy, what would you be able to create and experience?”

I work with people of all ages and demographics who are frustrated with their health challenges, limiting diagnosis and the potential dangerous side effects of conventional treatments.

[BOOK A CONSULTATION](#)