

You're receiving this email because you expressed an interest in Quintessential Health Care. Don't forget to add [info@quintessentialhealth.net](mailto:info@quintessentialhealth.net) to your address book so we'll be sure to land in your inbox!

You may [unsubscribe](#) if you no longer wish to receive our emails.



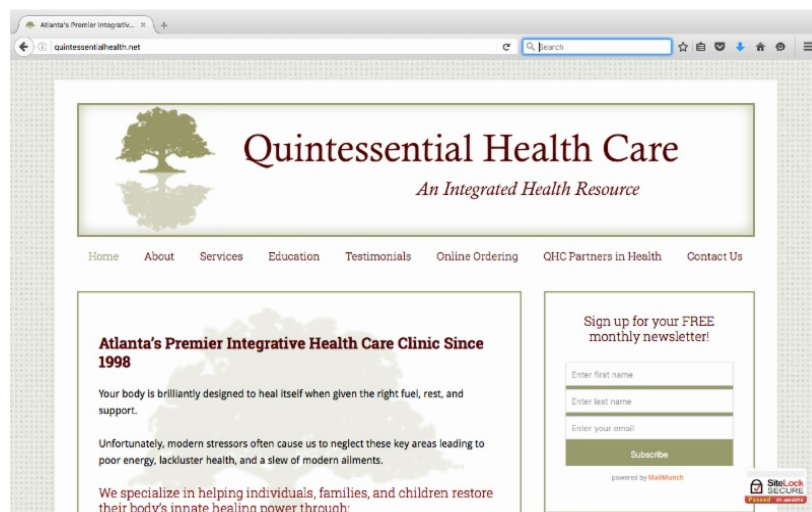
## Greetings!

Before we get into the meat of this month's topic: anxiety, depression, and your microbiome, we have a BIG announcement, and a small favor to ask.

### First, the announcement.

After a long stint of deliberate procrastination...[Quintessential Health Care now has a new website \(same domain, just a brand new design and format\)!](#)

Our new site is clean, easy to navigate (with no broken links), with simple online ordering, and loads of new educational resources, including past newsletters (in case you missed it, last month we told you why you *should* eat chocolate), which will be updated monthly.



Check out our new look at: [www.quintessentialhealth.net](http://www.quintessentialhealth.net)

### Second, the favor.

In the spirit of "all things being made new" we will be revamping our newsletter format

next month and **would love your ideas on topics for the next few months.**

Would you like to learn more about natural remedies for children? How about menopause? How to choose a diet/eating style, or supplement safety?

We write these newsletters for YOU and wish to educate on what is meaningful and helpful, so please take a moment and [email us](#) with your suggestions.

We will read every single email and consider each suggestion with our marketing team so thank you in advance for your input. [Don't be shy, email us now \(-:](#)

Now, onto solving the anxiety, depression, microbiome puzzle....enjoy!

---

## *Message from Milly*

I often wonder why, in the most affluent country in the world, we have such high rates of anxiety and depression.



According to the National Institute of Mental Health, **Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults age 18 and older, or 18% of the population.**

It is common knowledge now that there is a gut/brain connection and I certainly see the evidence of this in the work that I do.

The American Psychological Association states:

*"Evidence has mounted that the gut microbiome can influence neural function...for example, gut bacteria manufacture about 95 percent of the body's supply of serotonin..."*

**Serotonin is one of the key neurotransmitters that regulate feelings of well-being, mood, appetite, and sleep.**

Given the deluge of environmental toxins that adversely compromise our gut microbiome, it is no wonder so many suffer from emotional illness.

**It has been said knowledge is power, so now that we are aware of potential factors**

influencing our emotional health, we have the key to unlock the mystery.

## Heal the gut and you heal the brain!!

There is another aspect I'd like to touch on. Many years ago Prince Charles made the following statement:

*"What is the modern physician's response to the stricken spirit who comes to him with his sick soul disguised as an ailment of the body?"*

There are not too many physicians, or health practitioners in general who are trained to assist with this. **Most "sick souls" are prescribed anti-depressants which do little to enliven the stricken spirit.**

Dr. Edward Bach, father of the Bach Remedies, in the early 1900's stated:

*"Illness is a message from our inner being calling for a change in our way of living and our mental outlook."*

**The real crux of healing in order to mend the "sick soul" is to change our way of living and our mental outlook.**

Natural medicine is amazing in this regard. It empowers the body to heal itself which, in turn, uplifts the spirit, leading to greater health and well-being for the individual.

I would like to invite you to [explore our new website, especially the educational tab](#), where we have the PowerPoint presentation entitled: "The Healing Power of the Bach Flower Remedies".

At the end you will find a list of "Personality Traits That Lead to Emotional Stress". They are well worth memorizing and I would encourage everyone to take a look.

Blessings and emotional well-being to all,

-Milly

---

***Ancient Wisdom Modern Medicine***  
***Natural Solutions for Emotional/Gut Well-being***

**1. Get a daily dose of unfiltered morning sunshine**



Bright morning sunlight helps your body produce melatonin (your master sleep hormone) AND gives you a good hit of hormone-and-mood-regulating Vitamin D.

Since quality of sleep plays such a key role in anxiety and depression, getting outside in the morning could go a LONG way toward brighter, happier days.

Try and get outside between sunrise and noon, and leave your sunglasses and hats at home. This way you get unfiltered light into your eyes and pineal gland (where melatonin is produced).

## 2. If you're prone to anxiety and depression, take a daily probiotic

For emotional issues, we recommend Flora 12+ for adults, and Flora Chewable for children.

Though eating cultured foods is also advised, a probiotic supplement will help accelerate your gut (and brain's) return to normal health.



## 3. Keep Bach Flower Remedies at-hand to manage stress:

We love homeopathic Fields of Flowers for general emotional issues, and Rescue-Calm for anxiety or emergency situations.

**Need a custom strategy for supporting emotional health?  
Call: 770-446-1140, or [email us](#) to schedule a consultation  
today.**

---

***Heal Thyself and Never Stop Learning***  
***Stress busting solutions from around the web***

**How to Find Love and Gratitude in the Gravest Circumstances**

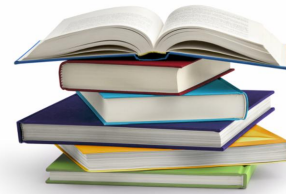


[This inspiring TED Talk was given by Gill Hicks \(watch it here\)](#), who lost both her legs in the 2006 London terrorist attack.

Though it's not typical of our usual educational recommendations, we felt her indomitable attitude of thankfulness and love, not hate or retribution, in the face of such dire circumstances was worth sharing.

## Our Gut Health Book Picks of the Month (no, we couldn't choose just one!)

- For a superb education on the gut-brain-connection (many believe this book sparked the microbiome movement):
  - ["The Second Brain" by Michael Gershon](#)
- For parents of children with emotional or neurological issues (unbeatable step-by-step instructions on restoring your child's digestive health. Check out her website for testimonials):
  - ["The GAPS Diet" by Natasha Campbell-McBride](#)
- For practical tips on gut health, weight, mood and up-to-date research:
  - ["The Good Gut: Taking Control of your Weight, Your Mood, and your Long-term Health" by Stanford University PhDs: Justin and Erica Sonnenburg](#)



## Get Free Advice from Kelly Brogan, MD on Healing Depression Naturally



Kelly Brogan, holistic women's health psychiatrist, has been making waves in the health community with the censored release of her [New York Times best-selling book: "A Mind of Your Own"](#) (another book we highly recommend).

Dr. Brogan has a deep understanding of the causal factors, such as nutrition and gut health, behind mental illness. Her site has an entire article section dedicated to [Gut Health and Mood, that is definitely worth following.](#)

---

### ***The Attitude of Health***

### ***Mantras to Control Food Cravings and Heal your Gut Microbiome***

If there's one thing all the experts agree on: you can't reset your gut microbiome and

achieve optimal emotional well-being unless you stop eating sugars.

It's an inconvenient and downright daunting truth. For gut health, sugar has to go...at least for a time.



Though supplements and good nutrition will help with cravings, often times you'll find yourself caught in a mind game with your old comfort foods.

When you find yourself in that predicament, here are 3 simple mantras you can repeat to yourself to help you overcome old habits and stay true to your emotional healing:

- "I am grateful for the abundance of nutrition I receive whenever I need it, and I can say no to foods that rob me of nutrients." **(Focus: gratitude)**
- "Balanced energy is my most valuable asset. I will not succumb to foods that rob me of my happiness and life force." **(Focus: energy)**
- "I am not doing this for myself, but so that I may be a greater, more energetic, and vibrant source of light in a dark world." **(Focus: purpose beyond oneself)**

Best wishes on this journey, and let us know how we can help.

---

**FORWARD TO A FRIEND**

**FORWARD**

**NOT YET SIGNED UP TO RECEIVE THIS  
NEWSLETTER?**

**SIGN UP**

---

5672 Peachtree Parkway  
Suite H, Norcross, GA 30092  
770-446-1140  
info@quintessentialhealth.net

---