

Mental Health:

Overview:

Is chronic stress impacting your health and your quality of life?

Among other elements of your health and physiology, chronic stress can harm the equilibrium of your hormones and the structure and function of your brain. When infrastructure is negatively damaged and corroded, daily stressors are pretty challenging.

Chronic stress may result in blood sugar fluctuations, immune system decline, weight gain, high blood pressure, an increased risk of heart attacks, and increased oxidative stress, which will hasten aging and damage brain cells. Stress has been called the silent killer because of the chronic diseases and generalized ill health it can lead to.

Chronic stress can affect many people for years before its harmful effects manifest as mental, emotional, and physiological.

Adults in America claim to be moderately to severely stressed at least once every month. It is now accepted practice in America to lead a busy, stressed life, which has had serious negative health consequences. I'll underline that unexpected events like financial hardships, work challenges, and interpersonal or interpersonal confrontations have set off a domino effect of detrimental consequences on the brain.

Examples of conditions and results from chronic stress include

1. **decrease concentration**
2. Mental or brain fog
3. Decrease memory capacity
4. insomnia
5. depression
6. anxiety
7. fatigue
8. Muscle or back pain
9. blood sugar dysregulation
10. increased risk of type 2 diabetes
11. high blood pressure
12. headaches or migraines
13. Hormonal and thyroid imbalances
14. Weight gain
15. Addiction (smoking alcohol or drug abuse)
16. GI conditions such as irritable bowel syndrome
17. Frequent infections such as cold or flu

18. Accelerated aging

Anxiety, depression, ADHD, migraines, insomnia, PTSD, and IBS can be rooted in other conditions. For example, mental health problems can be attributed to poor diet and lifestyle choices, micronutrient deficiencies, elevated total body toxic burden, mold toxicity, deep-seated infection, mitochondrial dysfunction, digestive issues such as gastrointestinal inflammation, leaky gut, and an imbalanced microbiome. Furthermore, genetics, neurotransmitter, and hormone imbalances, including sex, thyroid, cortisol, and insulin hormones, are important factors when evaluating mental health disorders. Additionally, Chronic stress, insomnia, and past traumas contribute to mental health problems and difficulty coping.

We can help enhance your mental well-being and overall brain function. Our integrated approach to treatment gives careful consideration to your mental health. When one is out of equilibrium, one can quickly become susceptible to symptoms like irritability, mood swings, stress, anxiety, restlessness, depression, lack of focus, lack of sleep, decreased memory, and more.

We have a broad range of natural therapies and functional approaches that can help restore your mental and emotional harmony. In addition, functional neurotransmitters and genetic testing can shed light on the inner works of your physiology.

We examine various issues to determine the underlying causes of mental and emotional disharmony, including sleep difficulties, past trauma, nutritional deficiencies, dysbiotic gut flora, environmental toxins, and untreated chronic infections.

Who we treat:

- Stress, anxiety, generalized anxiety disorder, panic attacks, and PTSD
- Depression, OCD, and bipolar disorders
- PMS and PMDD ((Premenstrual Dysphoric Disorder)
- Postpartum depression
- Thyroid Patients
- ADD and ADHD
- Insomnia and migraines
- Gut conditions such as IBS/IBD and ulcers
- Dementia

Our Process:

Initial consultation and lab testing

During the initial appointment, patients get to discuss their health objectives. At the end of the initial consultation, we will order basic and functional lab tests and provide a treatment plan according to medical standards of care. The treatment plan includes diet and lifestyle modification, herbal medicine, homeopathy, supplements, and mental body sessions.

An initial follow-up visit for lab review and extended treatment

The doctor explains lab results and provides a comprehensive treatment plan roadmap.

Consecutive follow-up visits

As discussed in the road map, we will manage patient progress, modify the treatment plan, and address other conditions.

Our Transformative Mental Health Program:

- Comprehensive evaluation and determination of the root cause of the condition
 - Addressing neurotransmitter imbalance
 - Addressing micronutrient deficiencies
 - Addressing hormonal imbalance
 - Addressing gut inflammation, microbiome, and leaky gut
 - Addressing the body's total toxic burden
 - Managing mitochondrial function and energy production
 - Liver, adrenal, and kidney detoxification
 - The art of individualized medicine is finding and treating the root cause of the problem while meeting patients where they are at.
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- All content on Dr. Rasha El Naggar's website is intended for educational purposes, not medical advice.