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Diet, Exercise and Mental Health: Dealing With Mental Issues as a Teen

Topics Covered:

Battling Bulimia: Information You Should Know

Body Dysmorphic Disorder: Paying the Price for Perceived Perfection

Dealing with Diets: Positive Effects in Mental Illness Treatments?

Exercises Rules in Mental Illness and Depression Treatments

How to Identify an Eating Disorder and Get Some Help

Weight Matters of Anorexia Nervosa

Alcohol and Drug Abuse in Mental Health

Holistic Approach to Mental Illness Therapy

Self-Mutilation: Control Issues in Teens

Top Five Mental Disorders in Children

Mental Illness in Underdeveloped Child Separation

Diet, Exercise and Mental Health: Dealing With Mental Issues as a Teen

Battling Bulimia: Information You Should Know

Bulimia is a mental illness that is common in teens as well as in adults. If you have bulimia, it is important to know not only how to identify it, but also the important steps that you can take in order to become healthy. By eliminating this eating disorder, you will have more energy, and will be able to function at a higher level in your every day life.

Bulimia is an eating disorder that is defined by over eating. This over eating is then balanced out by purging the food back out of the system. This is usually done by vomiting, taking a laxative or water pill. The main reason why people become bulimic is because of problems with weight and self identity. They will then become overly critical of weight as well as body shape and type. This is often reinforced by the thin image that is accepted as healthy by society.

Bulimia can cause several physical problems. The first thing that happens is the body tries to balance out in other ways. If you are vomiting or getting rid of the food through pills, it will cause acid to continuously be moving through your body, which is not naturally there. This can cause the outer layers of your teeth to wear down and become permanently damaged. It will also cause your throat to become damaged by inflaming the esophagus. The glands near the cheeks may also become swollen from the excess acid moving through your system.

More internal problems may also occur as a result from bulimia. Damage to your stomach will often occur. This damage may never be solved, depending on how long you are bulimic for. This problem is furthered by your digestive system not being able to function properly when you become bulimic and also after you have started to become healthier. This problem eventually moves upwards into the heart. Several who are bulimic may experience heart failure, which can eventually lead to death. This is a result of the chemical imbalances that occur from the lack of food and minerals being lost from the body.

Another result that often occurs from bulimia is ulcers and inflammation of the pancreas. This is a result from the pancreas not being able to digest properly. If it remains inactive or is confused from the vomiting and pills, then it will respond by inflaming and causing ulcers. After you begin to get healthy, it will take a while for the pancreas to respond and function at a normal level again.

If you are recognizing that you have a bulimic eating disorder, it is best to get it solved right away. Bulimia and obsession over your weight and body type can become addictive. As time goes on, it is harder to stop the problem and becomes more difficult for your body to begin functioning at a normal level again.

If you have been binge eating and purging your food for more than three months, than you are considered bulimic. This, as well as an obsession with your body weight and type will add onto the bulimia. If you have been involved in these behaviors then it is best to get help now.

The first thing to do is to meet with your physician and tell him or her of your problem. They can help you in recovering and changing these habits. The first thing that will need to happen is a change in your way of thinking towards eating as well as the habits that have begun as a result from bulimia. If the problem has become out of control, doctors will usually check you into a hospital until your body becomes more able to function at a healthy level. They will most likely monitor your behaviors as well as your eating habits.

The next step is to make sure that you remain healthy. A better diet will help you in fighting this disorder. Behavioral therapy is one option to take part in. You can also get on medication to allow you to begin a better eating lifestyle. Fighting off the mental affects that bulimia has, including the addictive behaviors and the habit of not keeping food down will be continuous battles after you begin to get healthy with bulimia.

The effects of bulimia are not only detrimental to you physically, but also mentally. Bulimia will be a mental disorder that you will have to fight off after you have ended bulimia. If you are bulimic, it is best to begin getting help now. The physical damage, as well as the mental problems that may result from bulimia are reasons why you should not become bulimic or learn to fight off the disorder.

Body Dysmorphic Disorder: Paying the Price for Perceived Perfection

Self-image is one of the ways in which one will often times look at them from a different type of reality. One's perceived image often causes a reaction from an individual. If this is brought to an extreme, it causes body dysmorphic disorder. This causes one to believe that they must continue to work on their self-image until it is perfected. As a result, plastic surgery and other forms of trying to reconstruct one become a dominant factor in one trying to find the perfect look.

Self-image begins as a way for one to express their personality. If someone has a negative impression of their image, then they will try to find ways to perfect it or make it better. They may often feel that the looks that they have are abnormal or not good enough. This feeling becomes so dominant that it will cause them to begin looking at options for them to fix this problem.

Body dysmorphic disorder is complete obsession over one's self image. This may be a minor flaw, however, according to the person that is experiencing this disorder, it is a larger issue. It causes feelings of anxiety to become dominant in their life. This can become so drastic that those with body dysmorphic disorder will begin to affect academic and professional functioning. It may also cause relationships to become a problem. Those with this disorder may become so self-conscious of their flaw that they will avoid contact with others in order to not be observed by them.

There are several different types of parts that are most common in being obsessed over with body dysmorphic disorder. Moles and freckles may be too large. Acne is often times overbearing. Scars or skin irritations, facial or body hair, and other external body image factors

are part of this. Muscles being too small are another obsession that many will try to fix either through excessive working out or through different types of surgery.

Others will become obsessed with the size and shape of genitalia or breast size. The face and shape of the face and body parts is another obsession towards perfection that those with this disorder will begin to recognize and try to fix.

Body dysmorphic disorder then begins to take part in this person's life. At the most extreme level, those with body dysmorphic disorder will continuously get cosmetic surgery or plastic surgery. Even this will cause the person to not be satisfied with their image. It is known that those who have this personality disorder will not be satisfied with the results of the surgery and will request more surgery to be done in order to fix their self-image. If they do not go to the extreme of getting surgery, they may often go to get medical check-ups on a consistent basis, especially by visiting dermatologists.

For smaller ways for this person to fix the problem of their self-image, they will also take several different measures. They will either avoid mirrors completely or they will check in mirrors continuously to make sure that they don't have any extra flaws on their face. Several will also avoid having their picture taken.

Another action that may be taken is repetition in checking to make sure that they look ok, and continuous grooming and shaving. Camouflaging what one believes the defects are is another part of this disorder. Wearing clothes to cover up what they believe the flaws are and wearing make-up in order to cover up different areas of their face are done consistently.

It is also known that this disorder may be representative of other types of disorders as well. Narcissism, antisocial personality disorder, obsessive-compulsive disorder, and paranoia were some of the personality disorders that have been associated with self-image and body dysmorphic disorder.

Body dysmorphic disorder is an obsession with self-image that one begins by having a low sense of self. As a result, those with this disorder will try to find ways to either cover up what they believe their flaws are either through how they present themselves or through surgery. By their desire to have perfection in their self-image, they will usually take whatever measures they find necessary in order to fix their appearance.

Dealing with Diets: Positive Effects in Mental Illness Treatments?

Although often overlooked, a well-rounded and nutrient rich diet can be a very important part of a holistic approach to treating mental illness. The old adage "You are what you eat" holds water: everything we put into our bodies affects our physical and mental health, even if we are not always conscious of it. Adopting a sound and healthy nutritional therapy as part of a patient's larger therapy can have significant benefits.

Positive Effects of Nutrient Rich Foods on Mental Illness Treatments

What sort of positive effects can a good diet have on mental health patients? Doctors may prescribe small or significant changes in their patient's diets to complement their conventional therapy. For example, research shows us that herbal treatments can be used effectively to treat anxiety and depression. The herb St. John's Wort has been shown to help relieve symptoms of depressive and anxiety disorders. Foods high in riboflavin, magnesium, thiamine and B-complex vitamins have also been shown to alleviate anxiety in some patients.

Foods rich in these nutrients and vitamins may also help treat autism, hyperactivity, psychoses, and depressive disorders. Research also indicates that patients suffering from schizophrenia may benefit significantly from eliminating milk and wheat products from their diet. Children with autism may also benefit from eliminating milk and wheat products.

Poor Diets Linked to Rise in Mental Health Problems

With the dramatic rise in mental health problems in the past 50 years, scientists and other researchers have sought answers as to why so many more people seem to suffer from serious mental illnesses. Part of the reason may be social. Mental health no longer has the negative stigma it once had. With the increasing awareness of mental health problems and public campaigns, people are more likely to seek out a mental health professional than ever before.

But researchers have also pinpointed another reason for the increase in mental health illness. Some researchers posit that the rise of poor diets can be linked to the rise in mental health disorders.

Changes in diet have been linked to numerous mental health disorders, including schizophrenia, depression, Alzheimer's disease, attention deficit disorder, and other disorders. Researchers point at the widespread consumption of highly processed foods, the availability of junk food and fast food, and the poor quality food that is often at schools to children. These foods, researchers say, lacks vitamins, minerals, and essential fats.

Studies indicate that connection between food, mood, and mental health is perhaps more salient than we previously believed. Research indicates that in countries where fish oil and other omega-3 fatty acids are not consumed regularly, the depression rates appear to be higher. Lack of essential fatty acids has also been linked to schizophrenia. Other studies also indicate that lack of folic acid, selenium, and tryptophan (an amino acid crucial to healthy cell-building) may also play a role in mental illness.

How exactly does food affect our mental health? A poor diet lacks the nutrients and vitamins that are crucial to developing healthy brain structure and function. Individuals who are already vulnerable to mental health problems may find themselves even more vulnerable if they consume a nutrient-deficit diet.

The Best Diet for Good Mental Health

What kinds of food should you eat to promote good mental health? Dieticians and researchers recommend a diet rich in omega-3 fatty acids. Foods rich in omega-3 fatty acids include oily fish and nuts. Leafy green vegetables are recommended because they are rich in folic acid. Nuts, and especially Brazil nuts, should be consumed for selenium.

Junk food and fast food should be cut out of the diet altogether. A diet aiming for good mental health should be rich in fresh vegetables, fruits, nuts, and whole grains.

Good Food, Bad Policy

Although researchers continue to compile a growing body of scientific evidence that good food is conducive to good mental health, food policy has yet to catch up. Most mental health facilities continue to serve their patients lower quality food.

Schools also continue to feed students highly processed and convenience foods. Until governmental institutions adopt a good food policy and mental health providers adopt good nutritional therapies as part of their patient's overall therapy, researchers fear that the number of mental health disorders will continue to rise.

Exercises Rules in Mental Illness and Depression Treatments

Good news for mental health patients suffering from depression. Recent research indicates that exercise can be just as, or even more effective than simply taking prescription drugs. For those accustomed to a life of inactivity, the prospect of daily exercise can seem overwhelming. Indeed, simply taking a pill can seem much easier and accessible than the commitment necessary to maintain a daily exercise regime. However, the cost and side effects associated with drugs makes the prospect of exercise as an effective therapy appear increasingly more attractive to doctors and their patients.

Exercise therapy can be particularly more effective in patients who have not wholly benefited from drugs, although it appears almost anyone can benefit. Researchers at Duke University found that exercise can lift the mood of just about anyone suffering from symptoms of depression. In the Duke University study, 156 people suffering from severe depression were studied. One third of the group participated in an exercise regime for four months.

Another third of the group also participated in an exercise regime, but their therapy was augmented with the use of the antidepressant drug Zoloft. The final third did not participate in the exercise program, but instead were only treated with the antidepressant.

The results were surprising and encouraging. The group that took no antidepressant drugs, whose treatment consisted solely of exercise, reported the greatest improvement. Although researchers were not able to pinpoint the exact ways exercise can help lift depression, the study revealed that exercise alone can be an effective treatment option for people suffering from major depression. Doctors, it appears, have a new weapon in their arsenal against depression.

Some doctors speculate that exercise may be helpful for a variety of physical and psychological reasons. Exercise can improve appearance, thus boosting one's self-esteem tremendously. Individuals suffering from major depression often complain of a physical and emotional "numbness." Exercise can apparently "jolt" people out of depression by making them conscious

of movement and their body at work. Exercise can also give people a sense of control. They can develop a sense that they are in charge of their own bodies, and over their lives.

What other benefits might exercise have on people suffering from depression? Exercise helps counter the feelings of malaise and lethargy that accompany most bouts of depression. Exercise can help ease the physical pain associated with depression by increasing flexibility and strength. Backaches and headaches both appear to be eased by regular exercise. Exercise can also be a strong mood stabilizer. Exercise also helps ease insomnia and promotes healthy sleep patterns.

Exercise can also be very effective at reducing feelings of loneliness. Individuals suffering from major depression are encouraged to exercise with someone else or a group. This can help build a bond and support community that can be an invaluable source of security. Motivation appears to be one of the biggest obstacles that patients must overcome. Exercising with a friend or group can be excellent motivation. Committing to a supportive friend or group can help patients gradually make exercise a lifetime habit.

The Duke University study indicates that the positive effects of exercise can be sustained.

Unlike drug therapy, which can stop working if a patient ceases to take their medication, the effects of exercise can linger indefinitely. As long as patients continue to exercise regularly, it appears that the soothing effects of exercise will persist.

What type of exercise program is most recommended to individuals suffering from depression? Clinical trials are still being conducted to determine the best way to administer this type of exercise therapy. However, current research demonstrates that in order to receive the maximum benefits from exercise, patients should participate in a program that is at least nine weeks long. The exercise program should ideally be as performed five to six times a week.

It appears that the longer and more intense the exercise workouts are, the more benefits the patient may expect to reap. However, any kind of exercise, including a short walk around the block, appears to be beneficial.

It is recommended that they consult their physician or mental health professional before beginning an exercise therapy program, particularly if they have not been active in year or are over 40.

How to Identify an Eating Disorder and Get Some Help

Eating disorders can be a large detriment to your lifestyle and to you being healthy. There are several factors that will allow you to recognize an eating disorder. Once you have done this, it is important to get the right help. This will allow you to bring your health back up to normal, and will give you the energy to live your life more fully.

An eating disorder is anything that involves an obsession with weight, body shape and eating. It is defined as an effect from mental health. Usually, this obsession causes you to react by

eating badly. This may include things such as under eating, eating too much, and trying to maintain your weight and body shape through forming responses to the food that you eat around you.

There are three major types of eating disorders. The first is known as anorexia. Those with anorexia will often tell others that they are overweight, even though they are thin. Eating, with anorexia, becomes something that is obsessed over.

Because of this, there are often obsessive behaviors that follow. Avoiding food and eating is one of the first signs of anorexia. The next thing that you may find yourself doing is obsessing about body weight and constantly checking to see how much you weigh. Compulsive exercise may also become a part of the routine.

The second type is bulimia. In this case, one will over eat food. Later, they will purge the food out of their system. They can do this by vomiting, using medication, and laxatives or over exercise. You can recognize this type of eating disorder if you feel like you have a lack of control over the food you are eating.

If you feel this and are still over eating, than this is a good sign that you have bulimia. The next sign that you have this disorder is if you begin to use a method to try to use weight. Overtime, the weight loss and your body shape will become an obsession for you to change.

A third type of eating disorder is known as binge-eating disorder. This has not been defined as a mental illness; however, it is being seen more frequently in those with eating disorders. This is where you will continuously loose control of how much you eat, often over-eating. The difference between this and bulimia is that there is no sign of one trying to control the food by purging it out of the body. Instead of trying to control weight, those with a binge-eating disorder will often be overweight.

One of the things to keep in mind with these eating disorders is that it is a mental illness. Because of this, there are several factors that are related to those with these types of eating disorders. Usually, those with low self-esteem and constant feelings of guilt and shame will try to find a way to balance these feelings. Controlling, or not controlling, the food in their system is one way of compensating for this. This, as well as responding to the style of being thin that is popular in society both lead to these eating disorders.

If you have one of these disorders, then there is hope for you to be able to treat it. The first thing to do is to recognize that you have an eating disorder. The sooner you are able to take care of it, the less chance you will have of becoming unhealthy and will be able to reverse the problems with the eating disorder. While each of these eating disorders will have fairly different ways of treatment, they all follow certain methods.

If the eating disorder is extreme, it is possible that you will be hospitalized for a short time. This is so your body can begin to react to food in a healthy way again. Once you begin to regain weight, then you will be given anti-depressants in order to help with shifting moods and weight maintenance. The second factor to the eating disorder is psychotherapy. This is to help one in regaining their self-esteem as well as allowing them to break the habit and cycle of the eating disorder.

There are also several eating treatment plans to help overcome the eating disorder. By doing this, you will be able to regain control over your eating habits. If you believe that you have an eating disorder, it is important to start getting help now so that you can overcome this problem and live a healthy and balanced life.

Weight Matters of Anorexia Nervosa

Anorexia nervosa is a problem that is related to weight problems. This is an especially well-known disorder among teens and young adults. Through anorexia nervosa, there are several different eating habits that are established that are unhealthy. These usually begin because of one's belief that they have problems with weight. Solving anorexia in you or in another often involves knowing the different mental and physical aspects that are involved with anorexia.

The first thing that one who is developing anorexia will do is monitor their food. This can be done in several extremes. The first thing that may be noticed is that there will be avoidance in eating certain meals and food. This can happen by one meal being skipped to several days of someone going without eating food.

Other times, food will be picked out in relation to the amount that is contained in the food. These will then be eaten in very small amounts. Before the food is eaten it will often times be weighed. This is done in order to ensure that not too much food is being eaten. Those who become more obsessive of the food will count the calories that are in the food and keep track of how much they are eating daily.

If they feel like they are eating too much, then they will try to balance this out with their bodies. Purging food and vomiting is often a resource for one who thinks they have too much food in their system.

Body shape and image is another part of anorexia that becomes obsessed over. Those who have anorexia will continuously be weighing themselves to make sure they are either losing weight or don't lose weight. There will also be an obsession with exercising for large periods of time. Because of the nature of anorexia, body image and size is one of the important factors that those with the disorder will obsess over. If one takes anorexia to another extreme, then they might use laxatives, enemas, and other forms of drugs in order to help them purge food.

Anorexia usually begins through several mental factors. One of these major mental factors is low self-esteem and inability for one to be able to accept them internally. As a result, they look towards image and body weight. This is then reinforced by images that are seen in media by those who appear to be more accepted because of their body image. If there is not good peer and family support around one to stop the problems with self-esteem and body image from becoming a problem, then it can lead to anorexia.

Another part of the mental problems that are established in relation to anorexia include a trigger that one has in relation to weight. Often times, there will be a fear that occurs. Those with anorexia will become afraid to lose weight, giving them reason to try to control their

weight and food. This fear builds up in one's mind, causing them to become more extreme and obsessive over weight control over time.

The results of anorexia can become severe enough to lead to death. When your body stops receiving the right nutrients, it will cause for major adjustments to have to be made. The first thing that will happen is your heart rate and blood pressure will begin to change, as it has to work harder to maintain your body. Another thing that will begin occurring is hair will begin to fall out and nails will become brittle. Skin will often times become dry and become yellow. Calcium loss will also cause your bones to break easily and cause swollen joints.

If these symptoms occur for too long of a period then it can lead to hospitalization. If it gets to this point, then those with anorexia will need to stay in the hospitalized area until they begin to gain weight again. They will need to be treated by maintaining a regular eating schedule, which allow their bodies to begin to function at a normal level again.

Anorexia nervosa can be a dangerous symptom that results in your physical health deteriorating. Those with anorexia become obsessed with physical appearance and eating, causing them to slowly have problems with their body and how it functions. If you know someone who has anorexia, then it is important to get help so that they can start functioning at a normal level.

Alcohol and Drug Abuse in Mental Health

Alcohol abuse is overrated, while drug abuse is underrated. The DSM manual suggests that substance abuse there are differences in the definition of drug and alcohol use. To confuse matters worse the law has its own version of who is an alcoholic or drug addict. Some of the symptoms that help professionals determine if alcohol and drugs are a problem include, excessive drinking/drugging, problems with the law, withdrawal symptoms, shaking of the hands, and so forth.

If a person drinks everyday of the week and relies on alcohol, then you are probably dealing with an alcoholic. There are philosophers who claim if a person needs a drink at breakfast, that he or she is an alcoholic. Some philosophers claim that if you drink more than six-pack weeks then you are an alcoholic. The fact is, most of the people nagging or evaluating alcohol and drugs has a problem them self or has gotten help someone in their lifetime to treat their own problems.

Therefore, as you can see addictions, dependant alcoholics, and other types of alcoholics and drug addicts may alter. First all, any chemical that causes harm is a potential danger to your being. In other words if you start out drinking when you are fourteen and continue through your lifetime without alcohol causing you trouble, or else landing you a spot in jail, then you are probably not an alcoholic according to few.

The fact is the ones that are drinking and driving and getting caught are alcoholics according to the system although the level of alcohol in the blood plays a role in the determination. The truth is the law sometimes over dramatizes and the system is out to make all the money they

can, so we all might be alcoholics by the time they are done with us. Alcoholism and drug addictions are complex, in the sense there are too many misconstrued inputs and often the label is placed on individuals according to culture and history.

If your parents drank alcohol then the system sometimes will claim you as an alcoholic. The fact is, Jesus drank wine in moderation, so drinking in moderation is not a bad thing. The problem becomes a problem when the person has difficulty putting down the bottle and/or increases their intake as well as combining drugs with the alcohol to get an affect they was had. If someone will steal or lie to get alcohol or drugs then you know they have a real problem.

However, most alcoholics and drug addicts have bigger problems than addictions and this is often ignored. For example, people with mental illnesses often resort to alcohol and/or drugs to find relief of their symptoms. Now if a professional is treating this person for his or her diagnosis and progress is moving along the person often feels healthy and the alcohol and drugs are out the door. In my studies and opinions, I disagree with alcoholism and drug addictions if the person is able to stop once the mental illness is treated.

This means that the person was suffering and the substances were a mechanism to help them cope. On the other hand, if the person is treated for mental illnesses and his or her drug and alcohol habits continue, then I think you had better get out the chair and start talking "one day at a time." Alcohol was once known as the "Devils Drink." The White men are the originator of the source, and since its beginning it has caused serious complications, including death, abuse, and other related crimes.

Drugs are optional since the system often makes them available by teaching individuals what the drugs contain. The root of all-evil is money, and if a person sees that he or she can gain, they may take advantage, but fall into a snare in between. The system is overwrought, since they put alcoholics and drugs addicts in jail and not seeking help for them. The solution to humankind's problem is helping and not hurting or promoting. If we can't get along now, what makes you think you are going to heaven?

Holistic Approach to Mental Illness Therapy

Mental illness once occupied the harsh frontier of medicine. In the past, mental health patients were often treated with disregard for their whole person. Physicians went after their symptoms, hoping to extinguish their symptoms with radical therapies and strong drugs. Studies show that current mental health patients are still receiving substandard care. Individuals with mental illness are much more vulnerable to developing health problems than the general population.

In fact, a recent UK study found that mental health patients were five times more likely to develop diabetes, and twice the risk of developing cardiovascular disease, than the general population. Mental health patients often lack lifestyle management advice and training, as well as the social interaction that is key to maintaining good health.

Fortunately, the medical and psychiatric community is beginning to adopt a more holistic approach to mental illness. What exactly do we mean by a 'holistic approach?' Holistic therapy and medicine refers to treating the whole person. This means that disease is viewed as affecting a person's mind, body, and spirit. A holistic view infers that disease does not merely inhabit the body, but that it can infiltrate the mind and spirit as well.

Therefore, holistic medicine uses both conventional and alternative medicine to treat disease. In a sense, holistic medicine is very practical. It seeks to use several avenues to reach and treat disease, rather than the more single-minded approach of other therapies.

A holistic approach to mental illness means the patient's physical, mental, and spiritual health will be diagnosed. The patient's overall health will be analyzed according to their physical health, mental health, nutrition, emotional state, as well as lifestyle and social factors. A holistic approach to treatment is particularly important in cases where the patient suffers from more than one disorder or illness at the same time, known as co morbidity.

What sort of therapies might be part of a holistic approach to mental illness? Conventional therapy might include drug therapy, as well as psychiatric and psychological therapy. Complementary therapies might include art therapy, music therapy, relaxation therapy, and traditional Chinese medicine, including acupuncture, naturopathy, and Bach flower therapy. Other techniques used may include hypnotherapy, reiki healing therapy, dance and movement therapy, addressing diet and nutrition, lifestyle management classes, aromatherapy, and exercise therapy.

What kind of benefits can these therapies have? Research has shown that acupuncture can help people with schizophrenia. Addressing diet and nutrition can also be beneficial to schizophrenia patients, whose diets have been shown to lack folic acid, and whose depression may be eased through the use of certain amino acids. Meditation, yoga, aromatherapy, and hypnotherapy are all proven methods for reducing mental stress and anxiety.

Reflexology, which involves placing pressure with one's fingers and thumbs on certain pressure points on the feet and hands, has been proven effective in relieving anxiety and reduce the side effects of certain anti-psychotic drugs. Herbal therapies, such as the use of St. John's Wort, can also be useful in relieving depression and anxiety.

A shift is beginning to evolve in the way we view mental health. Before, good mental health simply meant not having any overt symptoms that indicated a mental illness. Now, the psychiatric community is beginning to study the prevention of mental illness. Like other illnesses, recent research indicates that some mental health problems can be prevented or greatly eased by exercising good 'mental fitness.' What sort of things can just about anyone do to prevent mental illness?

The first thing everyone can and should do is to take a periodic mental health inventory. Ask yourself: how is my mental health? Do I feel anxious, depressed, calm or frazzled? The second thing you can do is to give yourself permission to be proactive about your mental health. Make deliberate choices that will help put your mind at ease. What sort of things can you do that will help you maintain good mental health? Psychologists recommend journaling, a proven method for relieving stress and tension.

Physical exercise has also been proven to relieve stress. Other things you can practice include daydreaming, learning to deal with negative thoughts, laugh often and share laughter with others, set small personal goals, learn to take time for yourself, and establish a secure personal network of emotional support.

Self-Mutilation: Control Issues in Teens

One of the problems that are becoming more apparent in teenagers is the concept of self-mutilation and self-injury. This is where a teen abuses their body through several different methods. By understanding why a teen decides to do this, they can help them cope and stop the self-mutilation.

Most teens will begin self-mutilation at this age. This will then continue through their twenties and thirties, causing an addictive cycle of hurting themselves. It is known that there is a higher rate of self-mutilation from women than men. There are several reasons behind self-mutilation among teens.

It is known that being a youth is a stressful times for most teens. They are going through several changes emotionally as well as noticing things that have a different level of value in the external environment. If they don't feel like they are able to control things internally or externally, it can lead to several cries for help, including several different ways of self-mutilation.

Self-mutilation can take on several different forms. The most common form of mutilation is in cutting. This form has also been seen with burning, the second most common way of self-mutilation. Self-hitting, interference with wound healing, hair pulling and bone breaking are other types of self-mutilation that may occur.

There are several psychological reasons why teens may decide to self-mutilate. The first and major reason why teens decide to self-mutilate is from a dislike and invalidation of themselves. By having a low sense of self-esteem and not thinking of themselves highly, they will tend to move towards hurting themselves more. It is known that those who have been through a type of physical or sexual abuse are more likely to self-mutilate.

Another reason why teens may begin to self-mutilate is from a suppression of their feelings. If they have not been taught to express themselves, they will have built up anxiety, anger and other feelings. Because of the age they are at, they have to find a way to express the things and feelings that are suppressed in other events. Sub-consciously, self-mutilation is a way in which they can express their feelings of anger and anxiety.

There are several that use self-mutilation as a way of calming themselves down. When you get hurt, there are endorphins that move into your brain. This then affects a nerve in your brain that allows the pain to not be felt and causes a calming feeling throughout your body. This releases a feeling that is like a high. Because of this, several teens become addicted to the feeling of feeling better after they have caused self injury.

Another reason why self-mutilation is popular among teens is because of the idea of control. This is a response to the before mentioned problems. If teens seem to sense a lack of control in the environment around them, as well as a lack of control from internal feelings, they will use self-mutilation as a way to control something in their environment. If a teen has a sense of feeling out of control with what is happening around them, then resorting to self-mutilation is a subconscious way of them feeling like they are able to control something, even though it is negative.

Another part of this control behavior through self-mutilation is that teens begin to believe that by causing self-mutilation it will allow others to come forward and help them. Because of this, it is important to recognize when a teen is beginning to self-mutilate. As a response, you should not react by condemning them or responding negatively. Instead, you should be patient and get them the proper help in order to treat the problem.

Self-mutilation in teens is a growing problem occurring world wide. Because of the pressures that arise internally and externally, teens are responding by hurting their bodies in some form. It should be kept in mind that self-mutilation is not a path towards suicide, but rather, a way for a teen to want one to recognize that they need help. By finding the control problems that teens are having with self-mutilation, you can help them to overcome this problem and begin to think more positively about their external environment as well as with their emotions.

Top Five Mental Disorders in Children

Mental disorders in children are often times not spoken of or given attention to. However, with the shifts that are taking place rapidly in every day life, it has caused several children to react to the changes by developing a mental disorder. Over twenty percent of children today are affected by a mental disorder. Following are the five most common disorders that may be found in children.

1. Anxiety disorders. This includes a consistent change in anxiety and mood. If your child has gone through severe changes or a trauma, it often moves into an anxiety disorder. It can also be a result of emotional stress. If there were feelings of fear, anger or low self-esteem associated with a situation, it can move into anxiety by the child. Anxiety disorder is often highlighted by different phobias that your child may have.

If your child seems to be secluding themselves continuously, are having problems at school or their attitude has changed, then they may be suffering from an anxiety disorder. Counseling, as well as medication is available for anxiety disorders.

2. Attention-deficit disorder. Attention-deficit disorder is also known as ADD or with hyperactivity, ADHD. This is becoming a more common problem in many children. It often includes the characteristics of hyper-activity, a lack of a retention span, and the inability to concentrate. Often times, this mental disorder will cause disruptions in school and family life. It will most often be seen by the child's continuous movement at school and at home.

They will also not be able to stay on one task for long and often times cannot complete it. The child, because of the inability to concentrate and the amounts of energy that accompany this, will disrupt the order and culture of the school, social and home environments. This disorder can be diagnosed and treated with medication.

3. Autism and development disorders. These types of mental disorders have several levels of functioning and problems. Often times, children with these disorders will have a hard time understanding language, feelings, and the culture and world around them. Learning difficulties are often accompanied by autism and development disorders.

If your child has a hard time reading, writing, communicating, or functioning at school, they may have autism or a development disorder. There are several special programs that are available for those with autism and development disorders. Those who have studied this disorder have several programs that they can offer for severe or normal cases in order to allow your child to learn and function at a normal level.

4. Mood Disorders. This includes things like depression, anger, fear and sadness. It is natural for a child to have these feelings and express them. However, if it is a mood disorder, than these different feelings are out of control. As a result, they are either oppressed or expressed in destructive manners.

They will often have a hard time being consistent in functioning at home or in school because of the mood swings that they are going through. This can also be solved through medication and therapy. Often times, mood disorders are caused by constant shifts and changes that are happening at home and school. By allowing your child to express this and make them feel secure about these changes, it can help in eliminating mood disorders.

5. Depression disorder. This is similar to mood disorder; however, it is one of the most common types of mental illnesses that children are faced with. Many times, this comes from a child going through a tragic event, such as a loss in the family or a natural disaster. Usually, the child will become quiet and not be as sociable. Their grades in school may also drop and repressed feelings will begin to show up in ways that are not controlled. If your child seems to be showing behaviors that are not normal, then they may be having a problem with depression.

There are several different behaviors that affect both adults and children. It is becoming more apparent that these mental illnesses are apparent in children. If you are finding that your child is not acting as they ordinarily would, or are being disruptive with daily activities, then it is possible that they could have a mental disorder. If you believe this is true, then it is best to take them to a physician to get the disorder diagnosed. You will then be offered a variety of options, depending on the disorder, from psychotherapy to medication.

If you believe that your child is having problems functioning in home or school life, or is repressing feelings, then it is best to act accordingly. By defining the mental disorder that your child has, you will be able to move in the appropriate ways in order to allow them to have a normal childhood.

Mental Illness in Underdeveloped Child Separation

To understand the many emotional breakdowns in our society we must understand how a person with a mental health has not separated from his or her inner person at childhood. Many mental illnesses and other problems in society are complicated simply because we do not always see the problem, which lies beneath the mental and physical disabilities. Our child within will exist throughout our lifetime, and if we do not recognize this "inner child" we often suffer emotional breakdowns.

As a result, most professionals struggle to find a way to treat patients with mental disabilities, yet often fail to see that the problem is buried deep within the individual's mind structure. The child that was ignored, emotionally neglected, possibly abused physically, or witnessed many bad disturbances, is buried beneath a shattering mind disorder and until the main problem is dealt with, the problem will continue to grow.

To contact the inner self one has to have a basic knowledge of his or her problems. Once a basic knowledge is situated, the person can move to the next step. Having a basic understanding of you, disability can bring forth rewards by helping the patient to accept his or her handicap. Emotional interruptions often stem from a lifelong childhood that has been ignored. Once the person comes to his or her agreement with that child of the past it is often easier to help the person move forward in recovery.

After seeing, what lead to the mental illness the person can find a way to deal with his or her symptoms better? Some diagnoses however a stemmed from brain injuries, chemical and physical imbalances and so forth. While the underlying problem exist, effective treatment is not possible until someone deals with the biological aspect of the problem. For example, Schizophrenia was recently found to be a disease of the mind because the Twin Holes have a larger side to the cavity of the brain organ.

Other factors key into the understanding of schizophrenia, including genetics. Many patients that suffer with schizophrenia also had a disruptive childhood and often will deny any such happenings whether it is proved or not. The key then on the therapeutic level is to get the patient to get in touch with his childhood and attempt to remove denial. As long as a patient is in denial it is more complicated to treat him or her. Another example can be seen with patients that are diagnosed with posttraumatic stress disorder.

Often these patients were subjected to trauma as a child and the disorder escalated during a traumatic experience. The solution then is to addressing the child buried beneath the disorder and moving forward to the traumatic trigger that put the disorder in severe state of mind. Once you dig deep into the childhood and help the patient to become acquainted with the child within then it is possible to treat the patient more effectively. The problem with many counselors is that they fail to listen to the patient.

Often a few believe I am the one holding the degree so I know more than you do. However, this is far from the truth. If more people listened to the patient mental health would not be as extreme as it is today. No one can know more about a condition than the one suffering. The best solution is to following a set of steps, starting with listening and hearing what the patient is

telling you. If the patient does not understand his or her problem then you have to reach down deep inside the patient's child and ask this person questions.

After you reach the child within then you can learn more about the patient. This can help you find a strategy that might work best for the patient. Remember all people are different and each person should have his or her own set of strategies. If you found that a therapeutic strategy works for one person and not another, then you know that there are differences that need immediate attention. Taking it one-step and "one day at a time" is also useful and this strategy has worked wonders for many regardless of what they are suffering.

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