



## Brighten Up

### Heal Anxiety, Depression, and Insomnia Through Optimal Wellness

© A Self-Paced Course by Dr Ed Bauman

#### OVERVIEW:

**Brighten Up: Overcoming Depression, Anxiety and Insomnia through Optimal Wellness** is a six (6) hour on-line self –paced, peer-to-peer learning program for individuals, families, recovery centers, group homes, people in prison, schools, employees, consumers, companies, clinics and health professionals to learn to apply the principles and practices of whole food nutrition, self-care, and wellness lifestyle to support physical, mental and emotional well-being. Each lesson runs for an hour or more, based upon participant engagement, of reading, video watching with daily application of Eating for Health™ and wellness practice guidelines.

The aim of **Brighten Up** is to motivate, educate and support learners to become passionately involved in creating health, as a result of improving their diet choices and habits. When one prepares healthier, homemade meals, they build not only their self-efficacy and self-care, but inevitably share their meals and new learning with family, friends and associates expanding their circle of support and wellness community.

Nutrition and self-care practices, presented in the **Brighten Up** program can play a dramatic role in preventing the onset, and slow the progression of depression, anxiety, and insomnia. Many of the noticeable food patterns that precede depression are the same as those that occur during depression. These may include poor appetite, skipping meals, and a dominant desire for sweet foods. Nutritional neuroscience is an emerging discipline shedding light on the fact that nutrition and lifestyle factors are intertwined with human cognition, behavior, and emotions. Community wellness is a cost-effective adjunct to conventional medical and psychological treatment

“It’s extremely important that we recognize that anxiety is contagious, but so is compassion. And there are ways in which we can bring our communities together, even if virtually. We can take advantage of the technologies that are now at our fingertips. We can encourage positive community outcomes such as altruistic behavior, social cohesion, volunteerism, reaching out to those who are living alone or who are seniors.” — Roxane Cohen Silver, Ph.D., Professor of Psychological Science, Medicine, and Public Health at University of California, Irvine

#### LEARNING OBJECTIVES

1. Understanding the holistic view of depressive disorders
2. Knowing which beverages to choose to maintain optimal hydration
3. Understanding the dynamic interplay of the gut-brain connection
4. Knowing which carbohydrates to choose to provide adequate fiber, vitamins, minerals, and antioxidants
5. Understanding how to manage stress and cope with post traumatic stress triggers.
6. Knowing how to practice mindfulness and deepen your relationship with nature and spirit.
7. Understanding how to eat for health and recovery
8. Knowing how to use booster foods to improve mood, energy, and metabolism.
9. Understanding the role food sensitivities play in balancing brain chemistry

10. Knowing which proteins and fats to choose to stabilize your mood
11. Understanding how key herbs and supplements support recovery
12. Knowing which herbs and supplements to choose to optimize mental and emotional well being.

## **PROGRAM STRUCTURE**

A **Brighten Up** research report and syllabus is provided to support the video lessons, online peer-to-peer learning and provide practical information, research, self-evaluation, recipes, and worksheets.

**There are six (6) self-paced lessons, with the following topics:**

### **Lesson One: A Holistic View of Depressive Disorders and Recovery**

- Self Healing Step One: The Right Beverages

### **Lesson Two: The Gut – Brain Connection**

- Self Healing Step Two: The Right Complex Carbohydrates

### **Lesson Three: Managing Stress and Working through Trauma**

- Self Healing Step Three: Mindfulness and Spiritual Practice

### **Lesson Four: Eating for Health and Recovery**

- Self Healing Step Four: Booster Foods to Boost Energy and Resilience

### **Lesson Five: Food and Sensitivity and Neurotransmitter Balance**

- Self Healing Step Five: The Right Proteins and Fats

### **Lesson Six: Restorative Herbal and Dietary Supplements**

- Self Healing Step Six: The Right Supplements and Wellness Lifestyle

## **CURRICULUM:**

### **Lesson One: A Holistic View of Depressive Disorders and Recovery**

- Incidence, prevalence and cost of depression, anxiety, and insomnia.
- Pre-Covid-19 prediction (WHO): By 2020, depression will be the second highest cause of disease burden globally by 2020. Reality: worse than anticipated due to the pandemic.
- Soaring mood disorder and suicide rates are a second pandemic.
- Anxiety: the most prevalent psychiatric disorders; panic disorder exhausting; disabling
- Medication effects and side effects
- Benefits of integrative care: holistic and conventional
- Recommended mood stabilizing beverages
- Homework commitment: improve one aspect of your diet, lifestyle, and attitude

### **Lesson Two: The Gut – Brain Connection**

- Gut ecology
- Gut – brain neurology and communication
- How to Eat for Health and Recovery
- Well balanced main meal

- Portions and proportions
- Nutrition Heroes and Bandits
- The right carbohydrates
- Homework commitment: improve one aspect of your diet, lifestyle, and attitude

### **Lesson Three: Managing Stress and Working through Trauma**

- Maslow's Hierarchy of Needs
- Stress Response
- Emotional Trauma, Adverse Childhood Experiences and Post Traumatic Stress
- Key coping practices Wanted: strong mentoring relationship
- Alcohol, drug, and mood disorder downward cycle
- Adaptogenic herbs stabilize mood, support resilience and recovery
  - a. examples: American ginseng, ashwagandha, licorice, and tulsi
- Mindfulness practice exercise
- Homework commitment: improve one aspect of your diet, lifestyle, and attitude

### **Lesson Four: Eating for Health and Recovery**

- Stress and eating behavior
- Mindful Eating practice
- Eating for Health™ and Recovery approach
- SOULA (seasonal, organic, unprocessed, local, and affordable) food
- Stabilizing mood foods: wild salmon, flax, yogurt, avocado, brown rice, berries, green tea
- Brain building salads: greens, protein, good fat, herb, olive oil, lemon vinaigrette
- Booster food condiments: nutritional yeast, seaweed, algae, herbs and spices, bee pollen
- Fermented food choices and applications: miso, sauerkraut, pickles, yogurt, kimchi, kvass
- Homework commitment: improve one aspect of your diet, lifestyle, and attitude

### **Lesson Five: Food and Sensitivity and Neurotransmitter Balance**

- Positive correlation of mood disorder and food and chemical sensitivity. \Mindful Eating
- Cycle of allergy and addiction
  - eat favorite foods, energy spikes, declines, withdrawal symptoms: craving, irritable, moody; eat or drink to feel better, cycle repeats, weight gain from stress and inflammation
- 7 most commonly consumed, non-organic foods that alter mood, energy, and brain function
- Importance of lean protein and clean fat
- Neurotransmitter biochemistry and nutritional precursors
- Key amino acids, fatty acids, vitamins, minerals, and phytonutrients
- Foods that nourish serotonin, GABA, dopamine, acetylcholine, and calm cortisol
- Homework commitment: improve one aspect of your diet, lifestyle, and attitude

### **Lesson Six: Restorative Herbal and Dietary Supplements**

- Summing it up: building a nutritional program of recovery to resolve multiple nutritional deficiencies of people with depression, anxiety, and insomnia
- Triggers for Insomnia: Foundational foods for recovery
- Specific Herbs to support the gut, brain connection
- Specific Supplements to restore energy, metabolism and support a joyful mood
- How to Build a Wellness Lifestyle