



Free Indeed!

Freedom from Addiction Part 2



Free Indeed!

Freedom from Addiction

Living Life to the Fullest in a Broken World

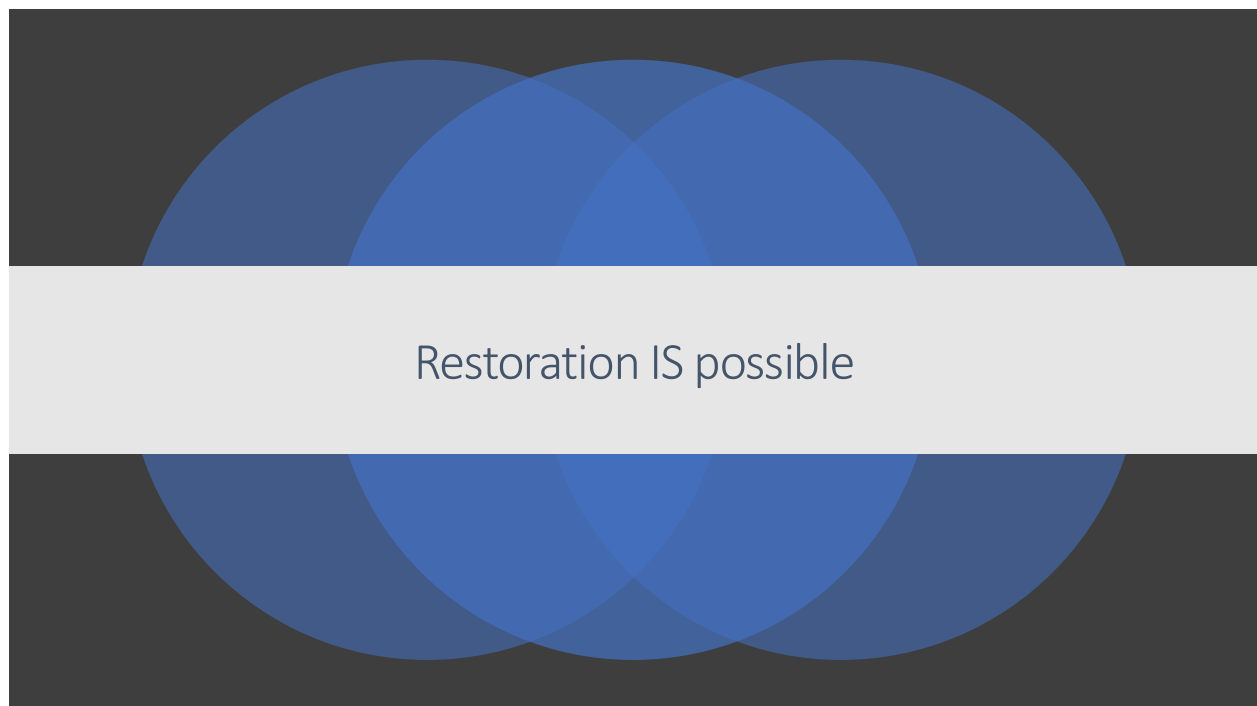
The role of depression in developing addiction, addressing the root causes and the introduction of lifestyle methods for overcoming.

Disclaimer:

- These program materials are for educational purposes not intended to take the place of physicians' advice
- These program materials do not establish nor constitute any medical relationship between participants and presenters/sponsoring organizations
- Implementation of exercise and nutrition promoted throughout the *Free Indeed!* series of seminars and workshops may impact medications

- In-person and online participants, and readers are responsible to seek medical advice before implementing the principles presented in this and any of the parts contained within the *Free Indeed!* series of seminars and workshops

Family Health & Education Resources is a Christian Ministry that partners with community services organizations, churches of various denominational backgrounds, local government agencies, and health & wellness organizations in order to provide these workshops within communities, through online materials download, and interactive online programming without cost or obligation.



As mentioned, Family Health & Education Resources is a Christian Ministry. The Freedom from Depression & Addiction Series utilizes the biblical principles of victorious living. The information shared throughout this and each of our different online programs, as well as live seminars and workshops is done so from the biblical perspective, and always with kindness and compassion. We firmly believe that recovery and restoration are absolutely possible. You can live **FREE FROM DEPRESSION & ADDICTION**.

Each of our live online or in-person meetings begins and ends with a brief prayer, but no one is obligated to participate. We invite those who are comfortable joining

us in bowing our heads for a brief prayer to do so (but no one is ever forced or shamed if they aren't comfortable).

“Loving Father in heaven, thank You for the opportunity to come together to discover the keys to victory over addiction. Please guide us as we discuss these important topics and bless us with the sweet Spirit of Jesus. In Jesus' name, Amen.”

Learning Objectives



The role of depression in developing addictions



Addressing the root cause



Introduction of lifestyle treatments

A bit of review from part 1:

This series focuses primarily on substance abuse and its effects. We recognize fully that there are myriad addictions that hold people in bondage:

Alcohol and drugs, sex and pornography, gambling, food, money, shopping, work, fitness, and media in all forms.

Again, The principles that will be shared throughout this series are applicable to any form of addiction, and if you are struggling with anything on this list or something not listed, we are confident that you will find freedom.

The most important thing to remember is that restoration is possible. You can live **FREE FROM ADDICTION**.



The Many Faces of Addiction

The *Free Indeed!* Series is a set of principles designed for deliverance, recovery, and restoration. It is also important to recognize that the addict him/herself is not the only one who has suffered through addiction. The ones who love the one chained to addiction suffer on the sidelines while watching destructive behaviors rob them of their loved ones. This series is for you, too.

We know that the brain is incredibly complex; easily the most complex organ ever investigated by science. It is the motherboard of the human machine. The Psalmist



Fearfully and Wonderfully
Made

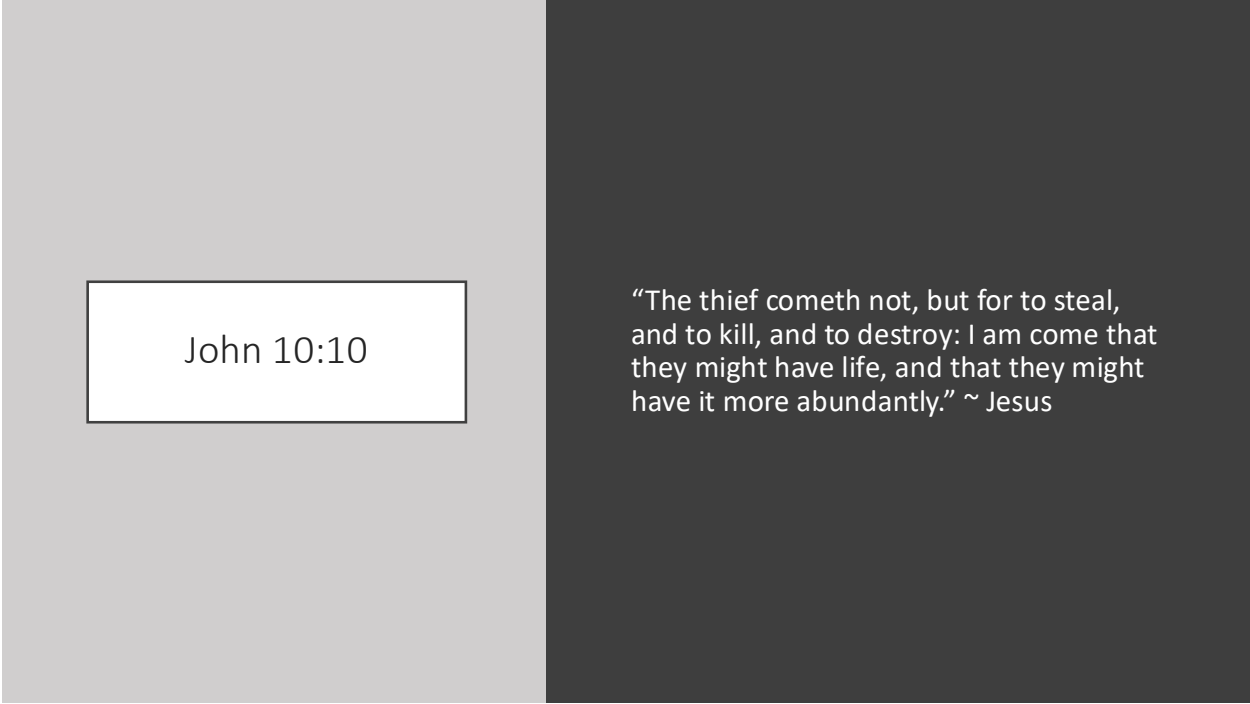
Psalm 139:14

Subject to Technical Issues

declares that we are fearfully and wonderfully made. It doesn't serve our purposes to go into all of the estimated 100 BILLION different types of nerve cells nor the conservatively estimated hundreds of TRILLIONS of connections made by the human brain for the day to day functions of the human body, decision making, data processing, emotional responses, and so on.

But after 6,000 years of degradation, is it any wonder that things can go haywire? Big Pharma is trying to manipulate the connection points of the neurons in the brain in order to address and treat an ever growing number of the world's population who suffer from depression and anxiety issues.

A war is being waged for every man, woman, and child on planet Earth. It is a war for your heart and mind, but Jesus said:



John 10:10

"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly." ~ Jesus

In part 2 we examine the connection between addiction and depression in an effort to better understand what leads a person to substance use/abuse in the first place. We believe that better understanding the connection between depression and addiction and learning how to combat the one will increase likelihood of victory over both.

The Addiction/Depression Connection

The *Free Indeed!* series on includes specific workshops on overcoming depression to live life to the fullest. We are not going to repeat all of that information in this part, rather give a brief overview for an understanding of the far-reaching implications of living with depression as it relates to addictive behaviors.

The Criteria for major depression would be five of the following nine symptoms of depression for at least two weeks without having faced a recent emotional trauma.

DSM-V Major Depression Criteria

Symptoms

- Deep sadness or emptiness
- Apathy or loss of interest
- Agitation or slowing down
- Sleep disorders
- Weight or appetite changes
- Lack of concentration
- Fatigue
- Feelings of worthlessness
- Morbid thoughts

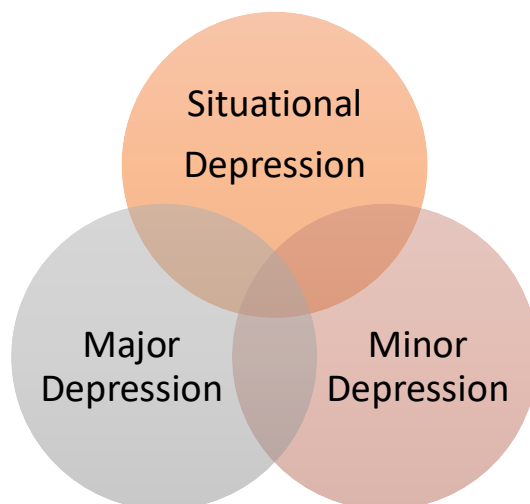
Keeping in mind that this information is strictly for your own purposes, to give you an idea of what you may be dealing with, and based on the list of symptoms cited from the DMS-5, ask yourself the following questions:

1. Have you experienced deep sadness or a feeling of emptiness nearly every day for the past two weeks or more? _____
2. Are you experiencing a noticeably diminished interest in all or nearly all activities for the past two weeks or more? _____
3. Have you experienced an increase/decrease in appetite? OR gained/lost significant weight? _____
4. Are you sleeping significantly more or less than you used to? _____
5. Have you been more agitated with yourself or others? _____
6. Have you experienced fatigue or a lack of energy/energy loss? _____
7. Have you experienced feelings of worthlessness or feelings of excessive or inappropriate guilt? _____
8. Have you experienced a diminished ability to think or concentrate? OR Have you experience a decrease in your ability to make sound decisions? _____
9. Do you have recurrent thoughts of death? Have you seriously contemplated harming someone else? Have you seriously considered suicide or even attempted suicide? _____

Scoring

5 of 9 symptoms present indicates depression

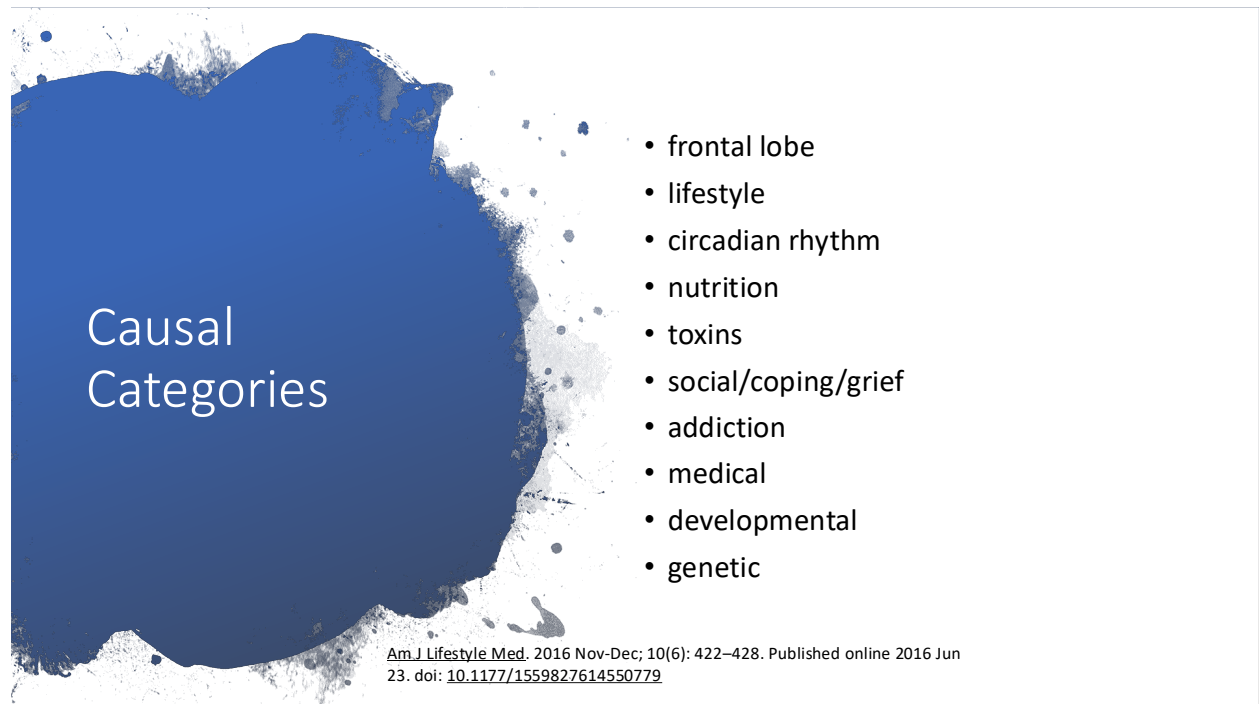
2 to 4 symptoms present indicates minor depression



Scoring the
DSM-V
Criteria

This is NOT to establish any type of diagnosis. To remind you that the scorecard is for your own understanding of how the struggle with depression or anxiety directly affects the realities of addiction.

In the November 2016 publication of the American Journal of Lifestyle Medicine, Doctors Francisco Ramirez and Neil Nedley published a joint hypothesis that that innumerable causes of depression can be categorized within what they describe as “hit categories.” In other words, each cause of depression can be classified into one of the following categories.



Causal Categories

- frontal lobe
- lifestyle
- circadian rhythm
- nutrition
- toxins
- social/coping/grief
- addiction
- medical
- developmental
- genetic

Am J Lifestyle Med. 2016 Nov-Dec; 10(6): 422–428. Published online 2016 Jun 23. doi: [10.1177/1559827614550779](https://doi.org/10.1177/1559827614550779)

Before delving into these categories and how they may apply to any specific situation, an important truth to remember is that unfortunately, some things can’t be undone. The famed serenity prayer becomes very real and applicable in this case.

Serenity

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

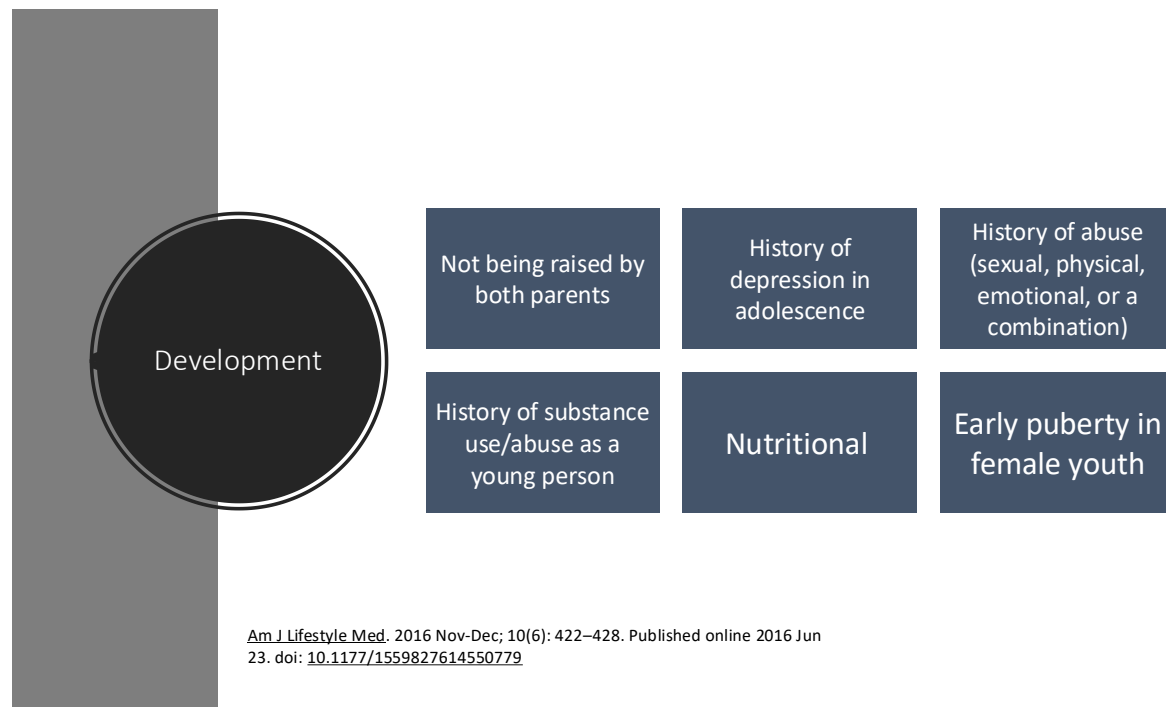
It is important to understand the things we cannot change before addressing the things we can.

We are stuck with the genes we were dealt. The report from the American Journal of Lifestyle Medicine identified 5 separate genes for depression. Family history of depression in a 1st degree (mother or father) increases the likelihood 1.5 to 3 times of you experiencing major depression at some point in your life.

Heredity and Development

We cannot go back and change the past. We cannot change the way we were raised, by whom, or the conditions or details surrounding our respective childhoods. In future workshops in the *Free Indeed!* series we explore healthy ways of responding to our history so that we are no longer captive to a painful past.

According to the Ramirez/Nedley hypothesis, developmental causes for depression and/or anxiety are:



In the case of a broken home and individuals who have a history of abuse, this causal category can have specific weight when it comes to overcoming depression and/or anxiety. Later in this series we take a closer look at how to implement specific methods of healthy coping with these painful and often devastating realities.

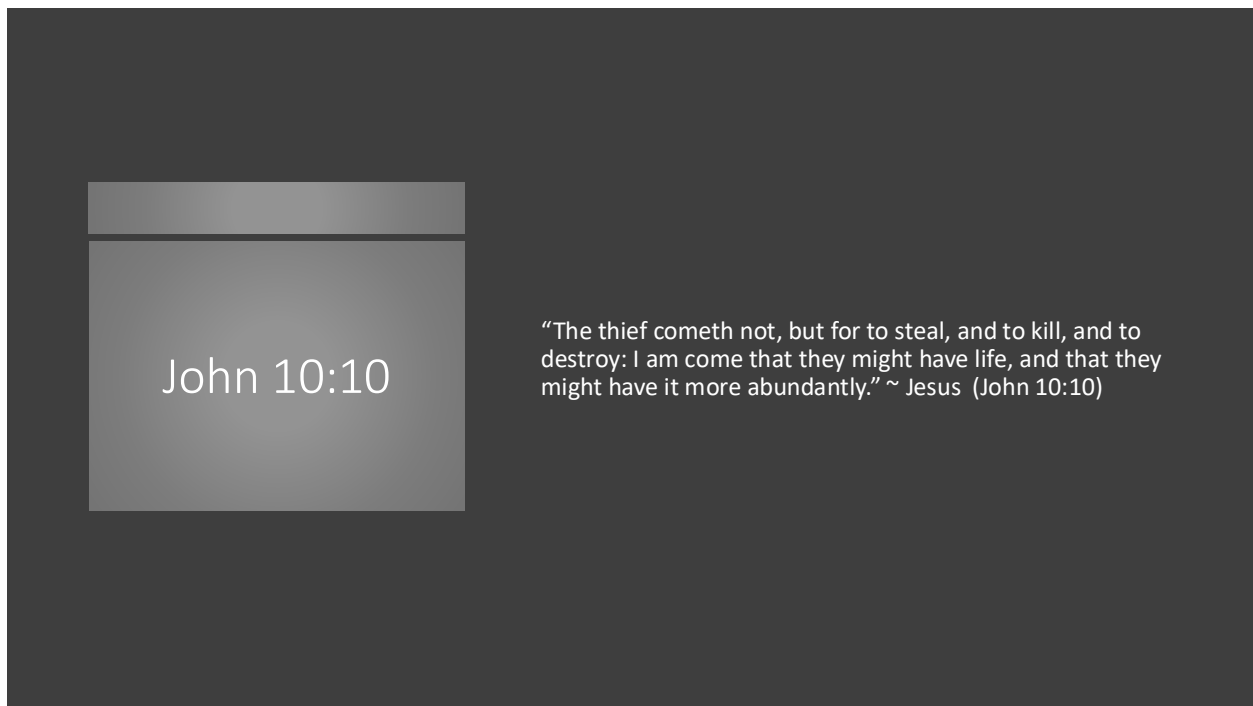
The remaining categories identified by Drs Nedley and Ramirez are the areas of our lives over which we do have direct control through the informed choices we make.



- Within the scope of the Freedom from Depression series we explore ways in which we can care for our brain itself and explore ways to:
- Improve and protect our frontal lobe health
- Make choices that tend toward health and happiness and completely eliminate the causes of depression and/or anxiety and develop a lifestyle that contribute to our mental and emotional well-being.
- Re-train our bodies to properly function with the optimal amount of rest required for physical, mental, and emotional restoration.
- Examine how nutrition affects our mental and emotional health and learn how to eat (and drink) to live life to the absolute fullest.
- Explore how to detoxify our lives and our immediate environments and see just how much these things impact our daily lives.
- Discover ways to develop healthy Social/Coping skills
- In this series, by addressing addiction and addictive behaviors we are going to learn how to overcome the things that are holding us captive. Once and for all.
- Implement improvements in the previously listed areas, and if you choose to follow through with the entire *Free Indeed!* series of seminars and workshops, many of the illnesses and diseases with which our society is plagued can be reversed and overcome.

This is not a quick fix. If you're accessing these materials because you're struggling in the cycle of addiction and self-destruction, it didn't happen overnight and it won't be "fixed" overnight.

We promise it will take genuine effort. Implementation of the principles outlined in this series will be easier for some and harder for others. It is an individual battle that you don't have to fight alone anymore. We exist for the singular purpose of sharing the information and offering the support to equip and empower people to realize the life of abundance in John 10:10. We will revisit this promise throughout the series.



An enemy is at ceaseless work seeking to rob you of your health and happiness in a war being waged for every man, woman, and child on planet earth.

Recommended reading assignments are specifically selected to help you along your journey, along with practical daily healthful exercises designed to help you build habits that heal. Everything that is recommended is provided within the program materials for free download.

In this part, we're going to jump right in and take a look at something that needs to be understood before anything else will really matter.

The frontal lobe of the human brain is roughly 33% of all brain function and is the seat of:

Frontal Lobe

- spirituality
- morality
- decision-making/choice/will
- advanced planning
- creativity
- critical analysis

<https://www.stepstolife.org/article/health-function-frontal-lobe/>

Some of the effects of a compromised frontal lobe include:



Impaired moral principle



lack of foresight



Impaired abstract reasoning



Diminished mathematical understanding



Loss of empathy

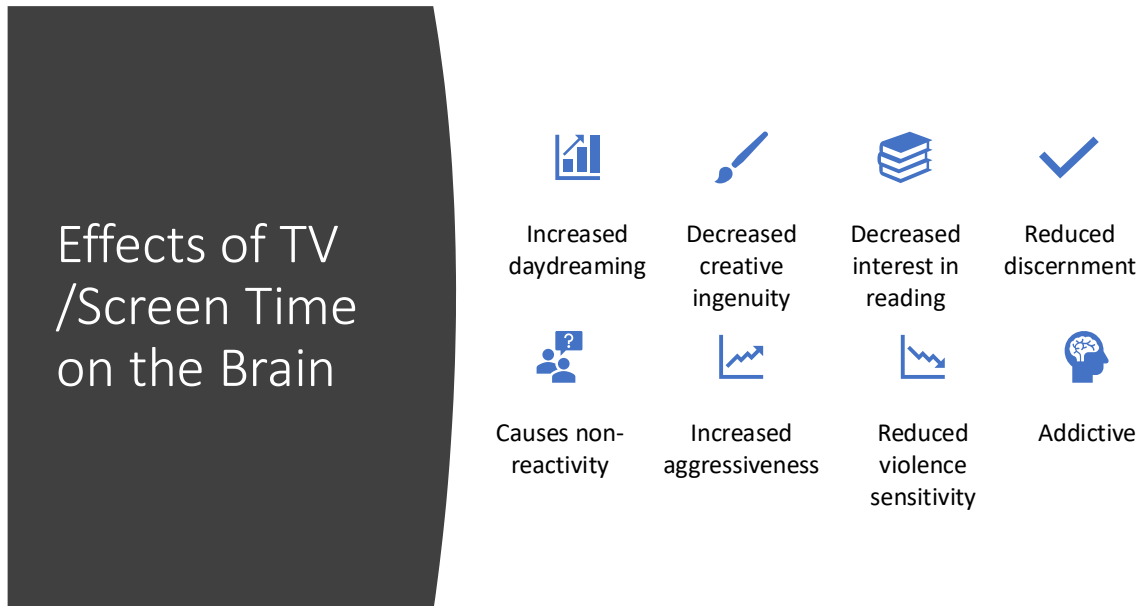


Lack of restraint

<https://creationhealth.com/Articles/Article-View/id/13?returnUrl=http://creationhealth.com/Default.aspx?TabId=136>

Effects of a Compromised Frontal Lobe

Over 2000 analytical studies and over 300 books written on the effect of entertainment TV/screen time on the brain. They all agree on the following:

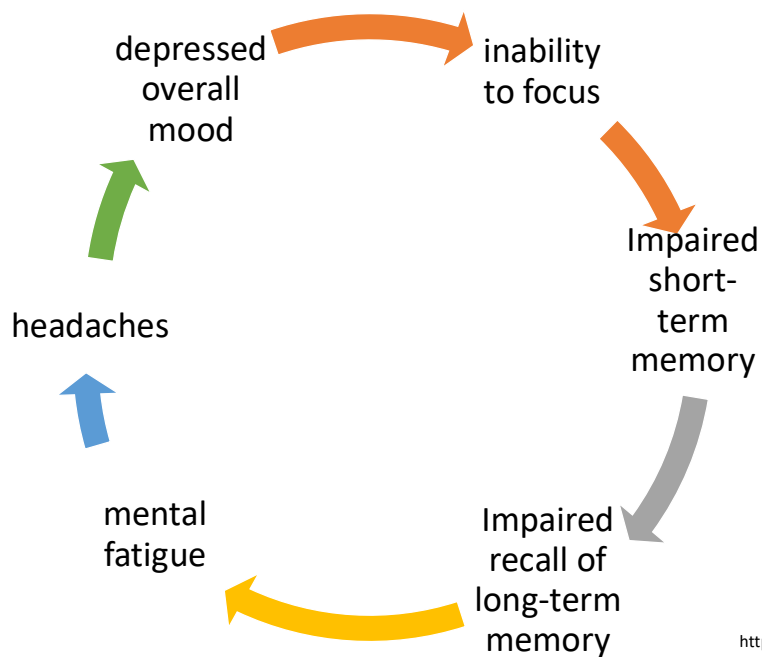


The above list demonstrates the impact that TV/social media/screen time has on the frontal lobe and thus on the spirituality, morality, decision-making ability, advanced planning, creativity and critical analysis of the society.

Interestingly, people who are habituated to watching a lot of TV will experience physical withdrawal symptoms when they stop TV suddenly for a prolonged period of time.

A great way to immediately begin improving frontal lobe function is to begin a digital fast.

According to a 2011 paper published in the US. National Library of Medicine, the effects of dehydration on the frontal lobe included:



Effects of a Dehydration on the Frontal Lobe

<https://www.ncbi.nlm.nih.gov/pubmed/20336685>

One of the simplest ways to enhance frontal lobe function is adequate water intake. It really is that simple. Common recommendations for daily hydration is 1/2 of a person's body weight in ounces on an empty stomach for optimal results.

Additional methods of improving frontal lobe health & function is creating healthy habits.

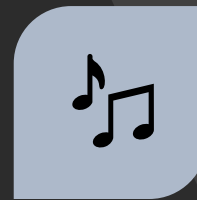
Frontal Lobe Improvement



LITERATURE



HOBBIES



MUSIC

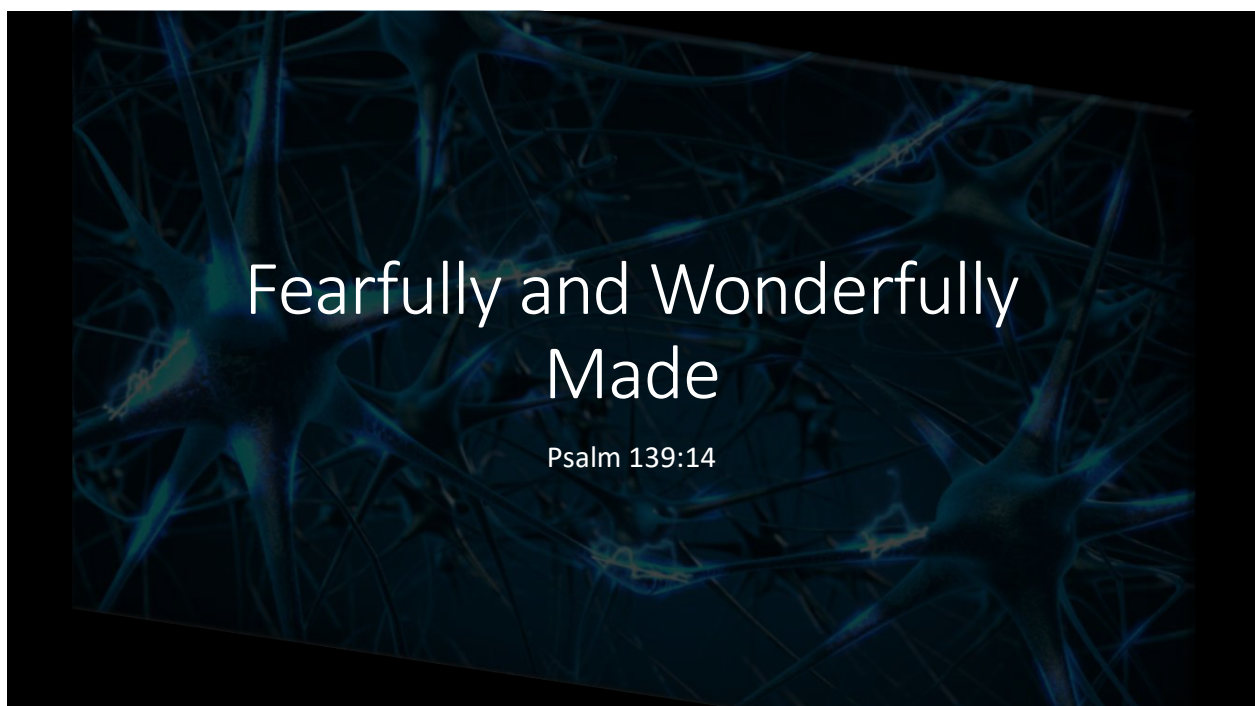
Reading material which incites analytical thinking improves frontal lobe health and function. We highly recommend classical literature, and books of Scripture like the Proverbs or the prophetic books such as the Book of Daniel. In the FHER app ([download here](#)) includes a Bible and download links to recommended reading material. The Bible is one of the most effective collections of writings shown to improve frontal lobe function.

We don't think it's a coincidence that the frontal lobe is the seat of spirituality and that the Bible is the most effective literature to improve the function of the frontal lobe.

Working with your hands is also shown to improve frontal lobe function. Hobbies like gardening, creating, artwork, woodworking, sewing, etc. work to repair prolonged damage to the frontal lobe.

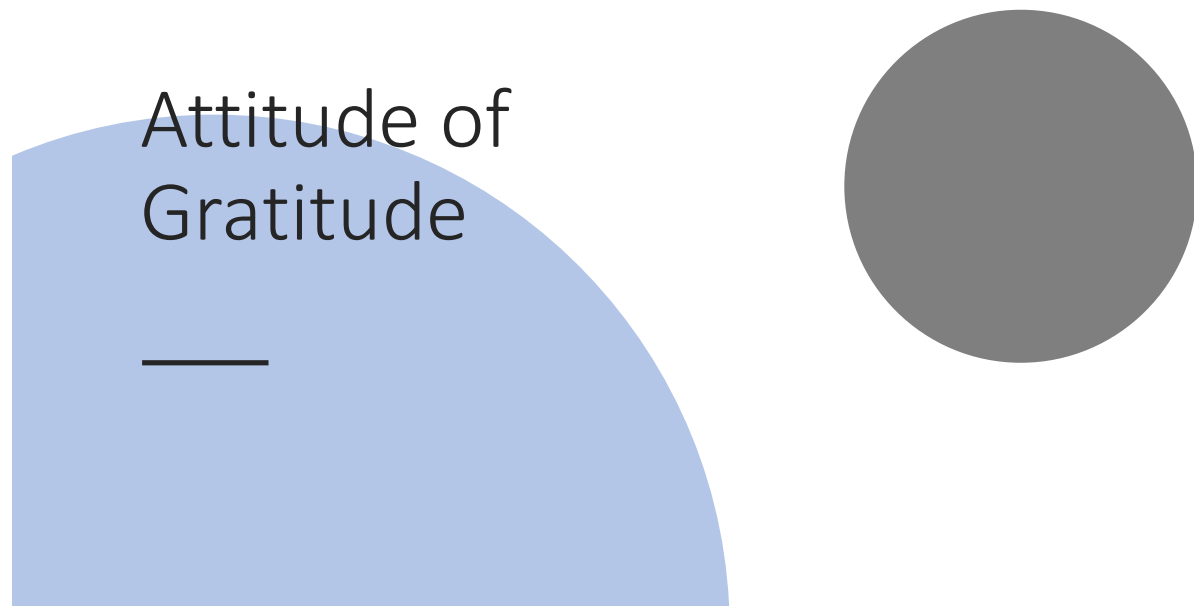
Music can either enhance frontal lobe function or inhibit frontal lobe activity because music enters the brain through the emotional regions (frontal lobe *and* limbic system). Studies have shown that the best music for academic study time is traditional classical. Mozart is a favorite of students who take their studies seriously. Music that is driven by synopation works to bypass the frontal lobe and further inhibit critical reasoning.

We mentioned the Psalmist's declaration that we are fearfully and wonderfully made. It's important to keep this in mind as we progress. This simple concept is the



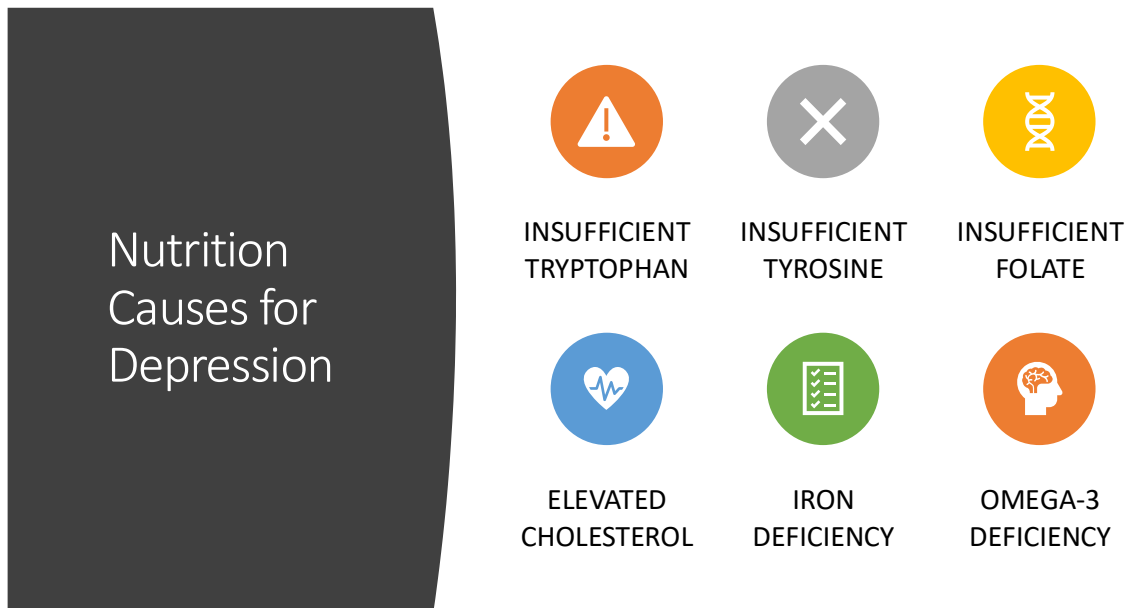
golden thread that ties all of the information we will be sharing throughout this series together. Everything is connected.

As an intentional approach to help retrain our thinking, we have adopted a 10-day challenge that was first introduced in its current form by a Christian speaker in 1977.



The exercise is simple. Every day for ten days, you're going to list 10 things for which you are thankful. Keep a post-it or index card with you throughout the day in a pocket or somewhere to serve as a discrete reminder. **DON'T PUT IT IN YOUR PHONE.** As you are reminded of your list, say (yes, out loud) two things on that list. You'll be amazed how just this little exercise can make a tremendous difference.

It's time to take control of your health and happiness. When I was first implementing this practice into my daily life, I would say, "Today I *choose* to be thankful" and then list my things for the day. It doesn't have to be deep or profound. My personal list today included my car and the way my dog snuggles me while I'm working on my laptop.



Nutritional factors greatly contribute to depression.

Truly we are fearfully and wonderfully made. Specific nutrients taken in through a balanced, healthy diet containing bioavailable nutrients specific to brain health are a powerful weapon in the victory over depression.

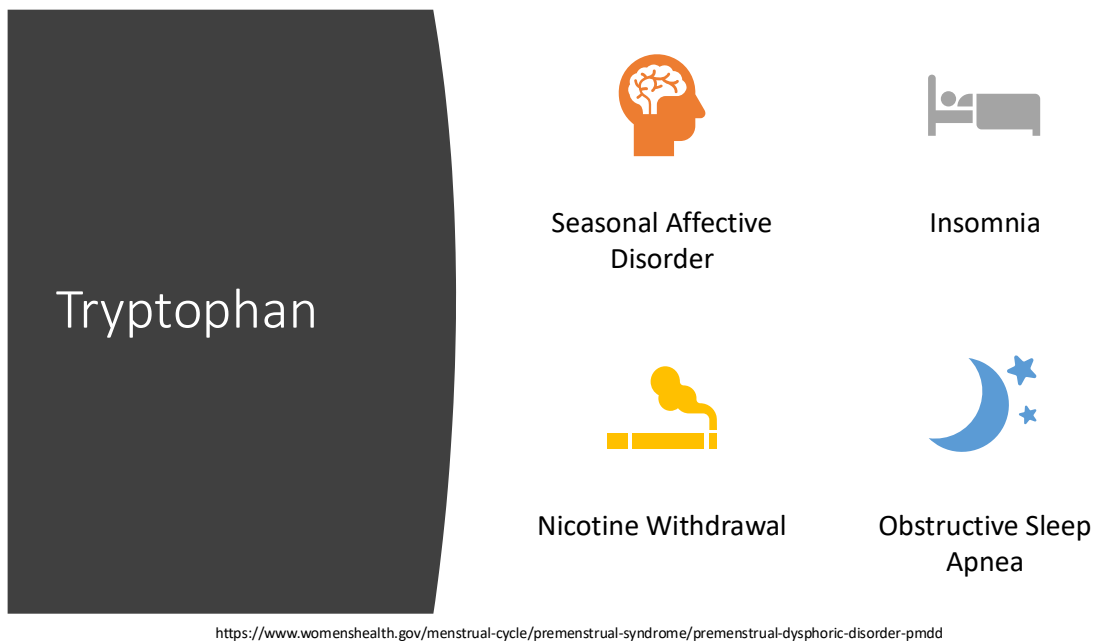
Tryptophan converts into serotonin, melatonin, and niacin which are essential for regulating sleep, mood, and nervous system. Those conversions are inhibited by stress, insulin resistance, magnesium or vitamin B6 deficiency, lack of light, and increasing age.

In addition to the factors that inhibit tryptophan from converting to serotonin, melatonin, and/or niacin, there are amino acids that actually compete with tryptophan and keep it from crossing the blood brain barrier.

To maximize the bioavailability of tryptophan for conversion, we need to be sure we are eating the foods that have the tryptophan with the naturally occurring accompanying carbohydrates that serve as defense against these competing amino acids.

Each of these things can be directly addressed and corrected to enable our bodies to supply itself with the tools necessary for optimal brain health and function.

According to the Alternative Medicine Review Volume 11, Number 1 2006, Increasing Tryptophan in your diet has been shown to have amazing effects on the human machine. According to the U.S. Department of Health & Human Services office on Women's Health Increasing tryptophan also helps alleviate symptoms associated with:



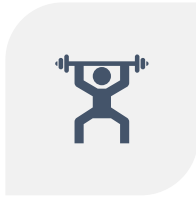
Tyrosine is another amino acid and neurotransmitter precursor vitally important to brain function and cognitive health. A study published in 1989 plainly stated :

The infographic is split into two vertical panels. The left panel is light grey and contains a white box with the word "Tyrosine". The right panel is dark grey and contains a quote in white text. At the bottom of the left panel, there is a small line of text in white.

Tyrosine

"Tyrosine significantly decreased symptoms, adverse moods, and performance impairments in subjects who exhibited average or greater responses to these environmental conditions."

Banderet LE, Leiberman HR. Treatment with tyrosine, a neurotransmitter precursor, reduces environmental stress sin humans. Brain Res Bull. 1989 Apr;22(4):759-62.



PHYSICAL STAMINA



SCHOLASTIC
PERFORMANCE



COGNITIVE FUNCTION

Healthy Iron Levels Imperative

According to a report from the National Institute of Mental Health in 2012:

Omega-3

“Research suggests omega-3s can help mild to major depression and even schizophrenia. Long recognized for their heart-health benefits, omega-3 fatty acids are emerging as an effective therapy for mood disorders ranging from major depression and postpartum depression to bipolar disorder and schizophrenia.”

Harrar S. Omega-3 Fatty Acids and Mood Disorders. Jan 2012; Vol. 14 No. 1 P. 22

Brain Benefits of Omega-3

- Improved frontal lobe function
- Improved sense of well-being
- increased energy
- improved focus
- better control of thoughts and behavior
- helps prevent depression/anxiety in women with psychological distress
- decreases anger in men with aggressive behaviors
- 50% clinical response in patients with MDD
- improved bipolar disorder
- lowers risk of dementia



Fontai G, Corradeschi F, Felici A, et al. Cognitive and physiological effects of omega-3 polyunsaturated fatty acid supplementatyion in healthy subjects. Clin Invest 2005; 35:691-699

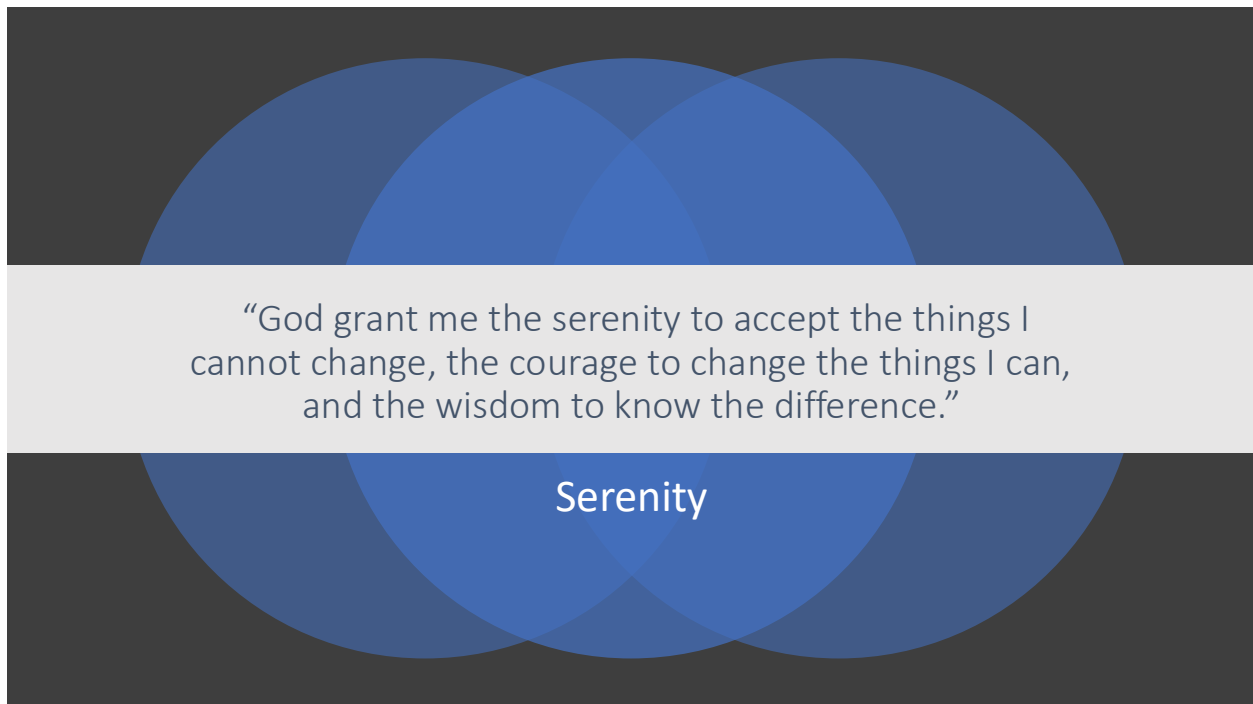
In the separate additional materials for this study you have access to a list of foods that are high in these factors in order to begin increasing your daily intake.

Part 2 of Freedom from Addiction is loaded with technical information that hits very many in an area of special sensitivity. Many addictive tendencies have their root in self-medicating to alleviate the effects of depression and/or anxiety.



We understand and are here to help. Nothing happens overnight, and we appreciate that this presentation study only scratches the surface when it comes to the addressing depression as a whole. Our Freedom from Depression series is designed to dig deeper and equip people with the tools and encouragement needed to live a life of contentment and peace. Those program materials are available alongside the Freedom from Addiction materials in the *Free Indeed!* Section of the website fheronline.org and by direct link in the FHER mobile app.

As a Christian ministry, we know first hand the struggle involved when striving to win the war being waged over our hearts and minds. We don't take this information nor the struggle associated with it lightly.



We know that this journey will be challenging. You're worth it. Restoration to a life of fulfillment and well-being is absolutely possible. And we believe in you. This war on for minds and hearts is win-able and bears repeating. The war for our hearts and minds can be won; hope can be restored, and a full life of health and happiness is not only possible but promised.

fheronline.org