

## **Depression is a Disconnection Disorder**

They say happiness is in your mind, OR what you believe or think... determines your actions (Mark Hansen)— -But not if your body and mind is disrupted by toxic exposures and hormonal imbalances most of your life. Your body's communication system can be interrupted which connects your belief system, nervous system, digestive system and immune system. Depression takes hold and can be considered a disconnection disorder.

{Adapted from my natural news blog}

## **It's the year 2016 and children are targets for depressive disorders.**

In my book, Path to a Healthy Mind & Body, I talk about how we can incorporate habits that will lead us to optimal wellness. Feeding our brain what it needs to stay healthy is essential at any age. But what does the brain eat?

Answer: Our brain eats what we put in our mouth!

It seems the school cafeteria, that is responsible in feeding our child's brain, hasn't caught on yet. Our brain is about 60% fat and 78% water. What can harm our brain and cause abnormal thinking, poor comprehension and depressive moods are exposures to hundreds of well accepted exposures to toxins. These toxins are found in our schools, homes and business environment. Here you may be able see the hidden connection with depression/ disconnection disorder in a new light, and how these toxins target our children.

## **From my last blog, people have asked me to show some examples of these toxins.**

1-For one, we are a nation that still continues to feed **trans-fats** to our children. Our children eat fried foods, chicken nuggets, crackers,

french fries, breads, popcorn, onion rings and fried shrimp and more- all containing trans-fats. Trans-fats have a half life of over 45 days. That means that our body can still be dealing with them days after they are ingested. Why is this important? Because trans-fats are toxic to our brain and digestive system. They compromise cell metabolism, interfering with all membrane function. Trans-fats can penetrate the blood brain barrier, limit blood flow and increases oxidative stress. Trans-fats attack the hippocampus and adds to the disconnect of emotional responses. The Hippocampus directs bodily functions and is involved in long term memory. Chronic consumption of trans-fats over two generations can facilitate the development of mania-like behavior. The wrong types of fats in our diet will impact depression, digestion, pain and inflammation in a negative way.(1)

2-The facts on **Sugar** can no longer be ignored. What child doesn't love sugar? Sugar acts like a drug to a child's brain and an abundance can cause tantrums, depression and dehydration. The brain is considered an insulin sensitive organ.(9) Insulin can penetrate the blood brain barrier. In high schools, I have found teachers handing out candy as a reward system. In the grocery stores, I have seen moms handing out candy just to keep their child quiet.

3-**MSG** is a flavor enhancer and a neurotransmitter toxin. According to Dr Russell Blaylock, MSG excites brain cells to death. Children are the most at risk especially when they eat junk foods. MSG is found in can soups, juices, crackers, gelatin, bouillon and more. **MSG's attacks the hippocampus.** The brain barrier breaks down in people that are exposed to these toxins over a lifetime. (2)  
4-**Aluminum** damages the central nervous system. Aluminum can be found in vaccines and TPN in hospitals. This means that

premature babies get more than 10 micrograms of aluminum per day in their IV solution. This aluminum may accumulate in their bones and their brain in toxic levels. Aluminum can also be found in drinking water, deodorants, pots and pans, aluminum foil and more.

Aluminum increases oxidative stress and damages DNA, adding to Depression, MS, Chronic Fatigue and poor Kidney function.(3)

**5-Pesticides** such as Roundup Ready®, may increase this disconnection disorder. Pesticides harm gut bacteria and increase anxiety and depression. Pesticides “affects early programming and how we respond to acute and chronic stress not only the brain, but also the immune system and endocrine systems.” (4) These can be found in everyday GMO foods such as corn, canned and frozen products. They can also be found in pizza.

**6-EMF's** ‘electro-magnetic fields’ target children in school playgrounds, and wi-fi in the classrooms. They increase their exposures at home on computers, smart meters, TV's, and cell phones. EMF's and wi-fi's increase feelings of suicide and depression. EMF's may increase blood brain barrier permeability. Recommended reading is Douglas McGregor's pdf on depression and exposure to EMF's:(5)

7- Young girls are asking for and receiving **breast implants** in place of a car for their 16th birthday. The mold that can accumulate in their young bodies can increase depression and cause cognitive difficulty. Dr. Susan Kolb states: “Many of the chemicals involved in breast implants are neurotoxic.” (7)

**The Brain Disconnects from Toxic Medications & Negative Self-Talk**

Medications, foods, toxins and negative self-talk surround our environment and disrupt our connections with self, family and society as a whole. Depressed people are then given additional disruptive medications. Medications encourage depression/disconnection disorder even further. The highest rates of suicide today are between 10 and 24 years of age. If this doesn't get your attention, nothing will.

**a-**The number one drug in the U.S., is **Abilify**. This is a drug originally created for manic depression and bi-polar disorders. Now they advertise taking Amilify in addition to taking an antidepressant. Six year olds are put on this drug for ADHD.(6) Abilify can cause irritability to regression. Side effects include changing white cell count, changes in brain function, and breathing. Last time I checked, brain function and breathing were important life functions.

**b-**Cholesterol is needed for all functions in the body including the brain. **Statins** seem to be the drug of choice for older adults but now they are thinking of prescribing them to children – in relation to the obesity epidemic. An evidence-based article (Cable, 2009) found that statin drug users had a high incidence of neurological disorders, adds to depression, dementia and Parkinson's disease.

**c-**Having a healthy digestive system is key to a healthy brain. Medications such as **Zantac** is promoted to deal with heartburn and excess stomach acid. This may increase the risk of cognitive impairment. I've seen this drug given to babies. Antacids taken to fight indigestion actually diminish the enzymes needed to digest foods and nutrients critical to proper brain function.

**d-Fluoride** began as a waste product from aluminum plants.(8) It was an experiment to put it in our drinking water. Fluoride can be

linked to changing the permeability of the cell membrane. Dr. Robert Carton, a scientist who spent 20 years working for the US Environmental Protection Agency said, *“Fluoridation is the greatest case of scientific fraud of this century, if not all time!”*

e- There are several causes where **vaccines** can be linked to depression, inflammation and immunological challenges in the elderly. (10)

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We all want our children to be healthy and happy and depression-free. It may be time to review yours and your child’s toxic and silent exposures today.

**Negative self-talk happens when we feel no one is listening- It is also a BIG warning sound for depression/disconnection disorder.**

**footnotes:**

1-<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4073499/> see also <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4470692/> see also <http://www.ncbi.nlm.nih.gov/pubmed/25394793>

2-<http://www.alzforum.org/news/research-news/aging-brain-blood-brain-barrier-starts-leaking-hippocampus> see also <http://www.sciencedirect.com/science/article/pii/S0896627314011416>

3-<http://www.askdrsears.com/topics/health-concerns/vaccines/vaccine-faqs>

4-<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4392553/>

5-<http://www.irsst.qc.ca/media/documents/PubIRSST/R-301.pdf> see also <http://www.emfs.info/research/abstracts/suicide-abstracts/>

6-<http://www.circleofmoms.com/moms-kids-adhd/6-yr-old-son-with-adhd-put-on-ambilify-not-2-sure-how-to-feel-about-it-607049>

7-<http://articles.mercola.com/sites/articles/archive/2012/11/18/dr-kolb-discusses-breast-implants.aspx>

8-<http://fluoridealert.org/articles/aluminum-industry/>

9-<http://journal.frontiersin.org/article/10.3389/fendo.2014.00161/full>

10- <http://www.ncbi.nlm.nih.gov/pubmed/14557146> see also <http://www.ncbi.nlm.nih.gov/pubmed/26348610>