



Outsmarting Anxiety: Finding Peace Inside & Out

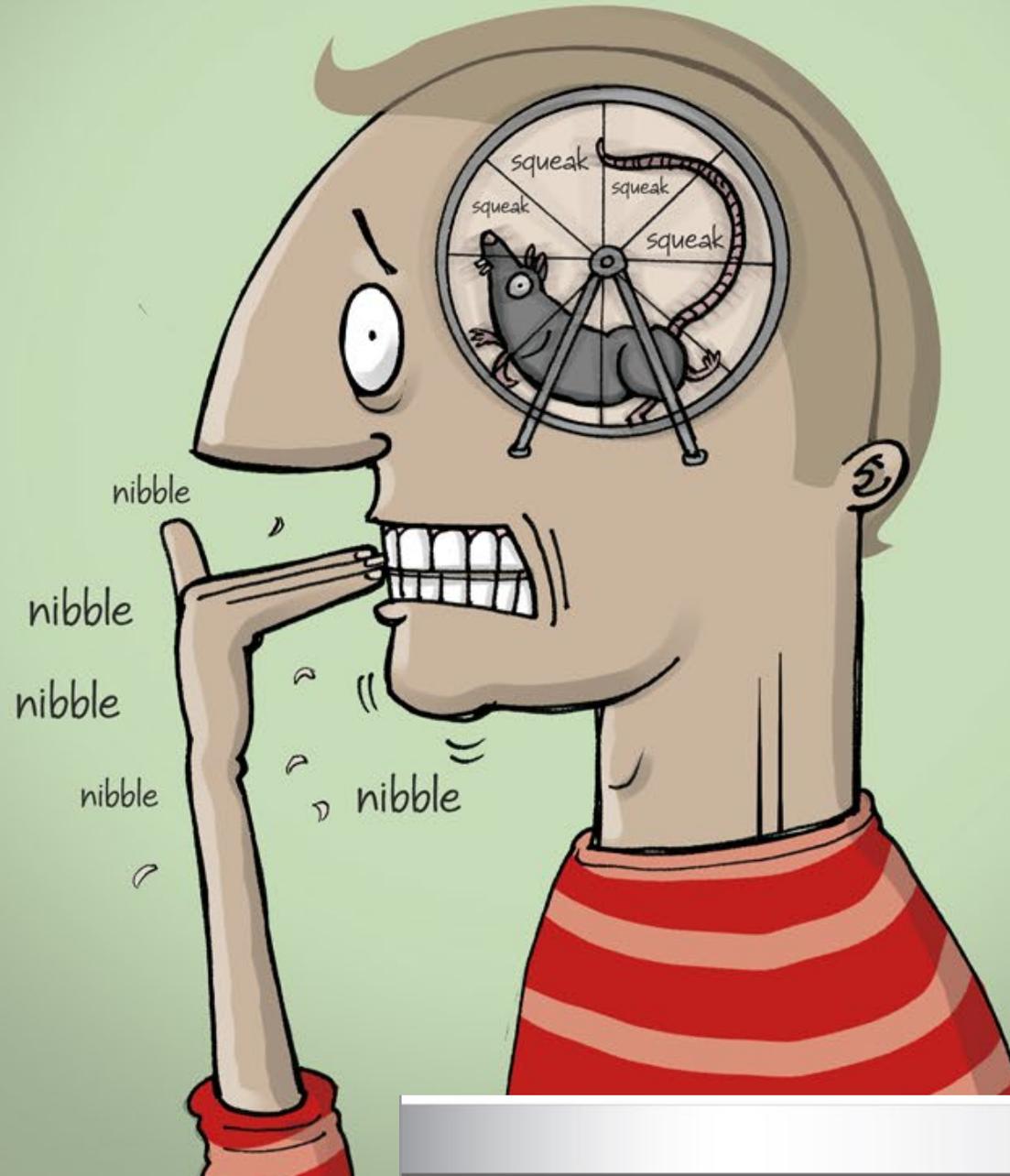
Dian Ginsberg, MD

Sheila Vuckovic, M.Ed, NTP

THE GINSTITUTE
of Functional Medicine

We live in a society bloated with data yet starved for wisdom. We're connected 24/7, yet anxiety, fear, depression and loneliness is at an all-time high. We must course-correct.

[Elizabeth Kapu'uwailani Lindsey](#)



Surprisingly Positive Things About Anxiety

- Famous philosopher, Kierkegaard: You cannot be a creative, imaginative human being without anxiety. Can be seen as a motivator for life change.
- During the Cold War, anxiety was celebrated. It is a side effect of a democratic society: anxiety was a response to the freedom we face, and the responsibility we bear for each of our decisions in light of that freedom.
- “Anxiety tends to be associated with the genetic profile of someone whose temperament is characterized by honesty, attention to detail, a strong drive, pursuit of excellence, and social attunement to the needs of others”



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Anxiety - Definition

Fear is an automatic neurophysiological state of alarm:

characterized by a fight or flight response to an evaluation of present or imminent danger (real or perceived).

Anxiety is fear that developed into a future-focused mood state

*symptoms: complex cognitive
affective
physiological
behavioral*

response system associated with preparation for the anticipated events or circumstances perceived as threatening.

Pathological anxiety is triggered when there is an overestimation of perceived threat or an erroneous danger appraisal of a situation which leads to excessive and inappropriate responses.

<https://www.ncbi.nlm.nih.gov/books/NBK470361/>

Anxiety By the Numbers...

- Most common mental “illness” in US – more than 40 million adults affected
- Women are twice as likely to be affected as men
- Only 37% of people seek treatment even though anxiety is one of the most treatable conditions

*Data courtesy of the Anxiety and Depression Association of America for 2018

Anxious Thoughts Prevail for Survival

- Modern brain formed in the immediate return environment.

A lion appears across the plain > you feel stressed > you run away > your stress is relieved.

A storm rumbles in the distance > you worry about finding shelter > you find shelter > your anxiety is relieved.

You haven't drunk any water today > you feel stressed and dehydrated > you find water > your stress is relieved.

The resolution of the above stressors turned off the anxiety/panic signal in the brain

- We now live in a delayed return environment



Delayed Return Environment

Dominated by what if thoughts with uncertain resolution:

- What if I lose my job?
- What if my kids don't get into a good college?
- What if my elderly parents fall?
- What if I get cancer?
- What if I have another panic attack?

No immediate resolution leads to continuation of anxiety/panic signal = ruminating thoughts/stress.



Anxiety: "What if this happens?"
Me: "But it won't."
Anxiety: "But what if it does?"
Me:



Loss of Tribal Identity



- We have a strong instinctive drive to belong to small groups defined by clear purpose and understanding (tribes)
- Self-Determination Theory: Human beings need three basic things for well-being
 1. Feel competent about what they do
 2. Feel authentic in their lives
 3. Feel connected to others
- Tribes share the burden of anxiety (no need to be on constant lookout for threats, the tribe shares that responsibility!)

The Problem of Dominance of Negative Thoughts

- We have about 4000 distinctive thoughts daily
- 95% of our thoughts are repetitive
- 80% of them are negative
- Hypervigilant negative thinking gives us a survival advantage



*Data courtesy of the Cleveland Clinic

Talking Points

- **Brain Waves**
- Earth's Environment and Its effect on Us
- Pyroluria
- Nutrient Deficiencies
- Hormone Imbalance

Brain Waves

Organized electrical currents that produce our thoughts

Beta waves (14-30 Hz)

- * Linear, externally directed left-brain thinking
- * Associated with stress, anxiety and fear.
- * Unsynchronized waves
- * Useful for short term memory and routine jobs.



Alpha waves (8-13.9 Hz)

- * Relaxed focus and good health
- * Mental coordination
- * Long-term memory
- * Creativity and visualization.
- * Associated with light meditation.



Theta waves (4-7.9 Hz)

- * Reduced consciousness
- * Deep meditation, intuition
- * Vital for learning & memory
- * High creativity, flashes of insight and inspirations.
- * Spontaneous healing



Delta waves (1-3.9 Hz)

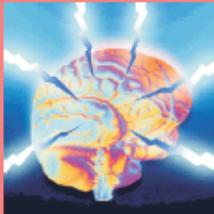
- * Deep sleep, unconsciousness
- * Growth hormone released
- * Loss of body awareness.
- * Deep physical relaxation.
- * Access to collective unconscious mind.



Genius Brain waves

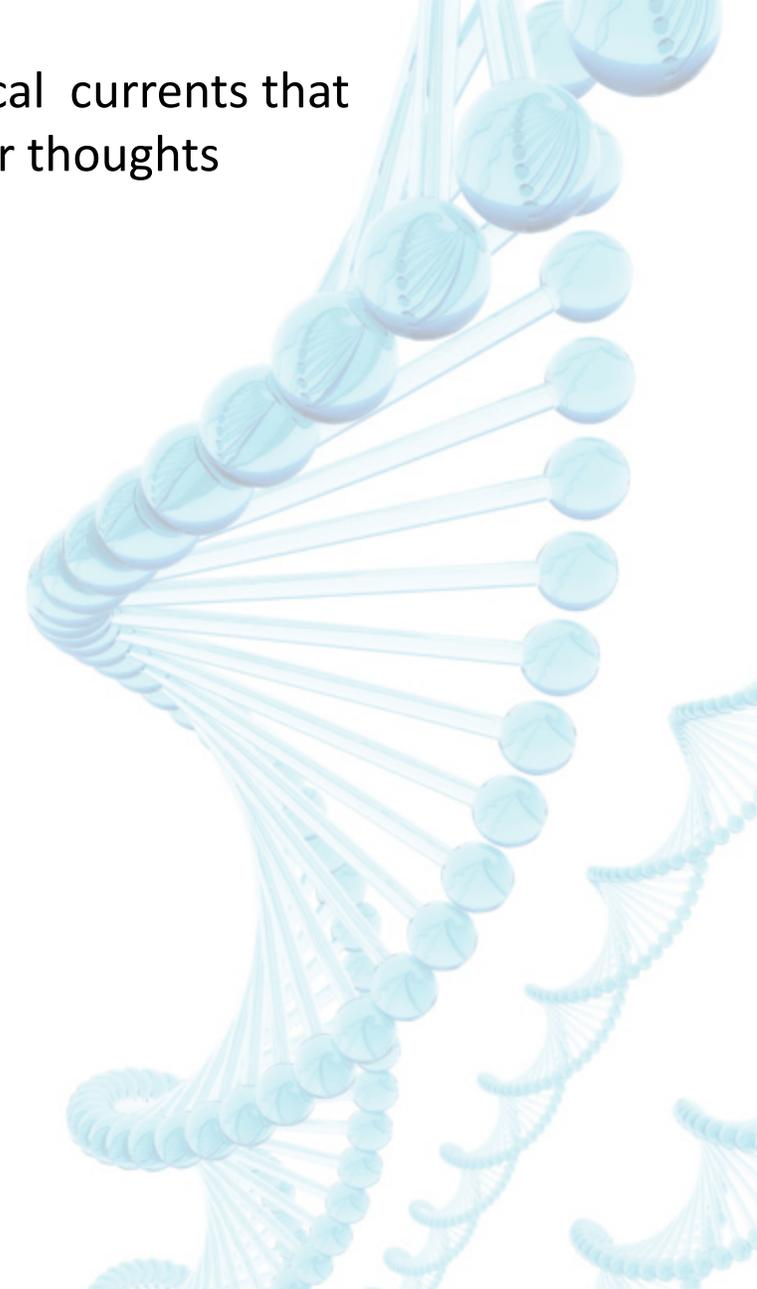
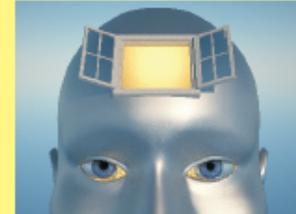
Gamma waves (40 to 200/sec)

- * Genius brain waves
- * Higher level of consciousness.
- * Experienced by monks & visionaries.
- * Mystical experiences and out of body experiences.
- * Hyper concentration & focus
- * Crucial for "Self awareness & insight."



Epsilon waves (below 0.5 Hz)

- * Experienced in very deep and advanced states of meditation
- * Ecstatic states of consciousness
- * High-level inspiration and creation.
- * Spiritual insight and out-of-body and mystical experiences.



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Beta Waves Have a Huge Impact on Anxiety

- Beta is divided into two parts: High beta (15 to 40 hz) and low beta (12 to 15 hz)
- High Beta = monkey primitive brain. This is the signature brain wave of people with anxiety, experiencing frustration and when under stress
- More stress = more beta. Negative emotions such as anger, fear, blame, guilt and shame produce large beta waves
- **High beta shunts blood flow from the brain regions that handle rational thinking, decision making, memory and objective evaluation**

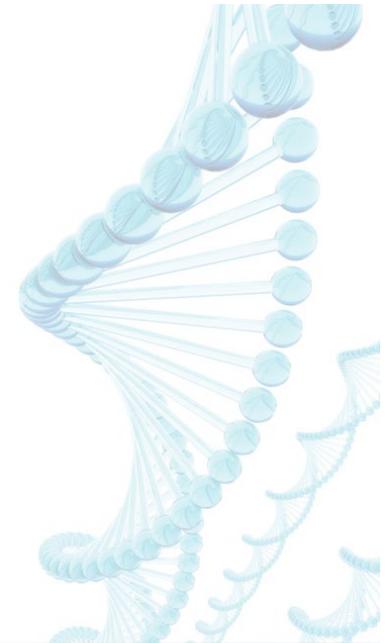
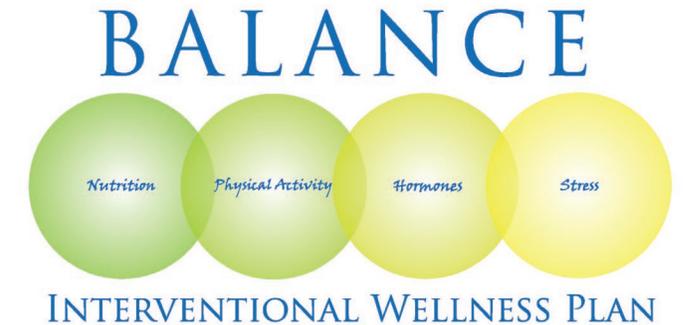


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High Beta Reduces You to Primitive Self

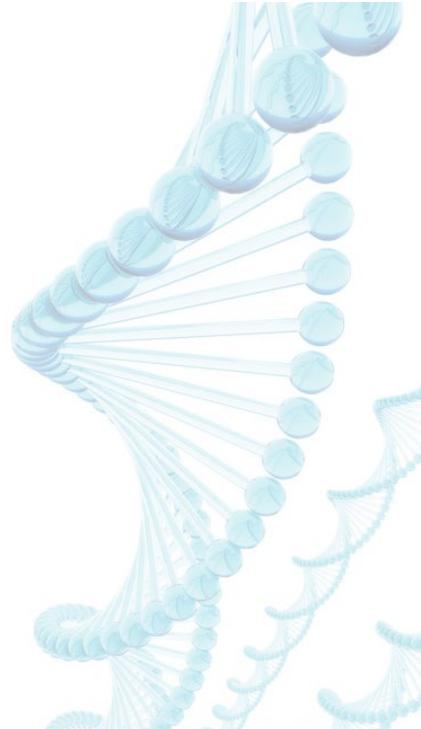
Beta Waves Are Necessary and Not All Bad

- Beta is required for processing information. Helps with problem solving.
- Low beta synchronizes bodies' automatic functions
- Just like in other areas of the body – a balanced brain is the ideal brain!



Finding Balance

- The brain is designed to **default to beta brain waves** under survival conditions – Beta is the signature brain wave of fear!
- This state of fear blocks our alpha bridge which connects us to higher thinking theta and delta waves. Creativity, learning and other higher executive functions are decreased by 80%.
- Stress hormone, cortisol, accompanies high beta waves
- Body can't tell the difference between perceived threat and actual threat – reacts to both the same!



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Calming the Beta

Neurofeedback - works by providing feedback to the brain so it can heal itself through neuroplasticity.



NEUROFEEDBACK
THERAPY

Calming the Beta

Emotional Freedom Technique (EFT)

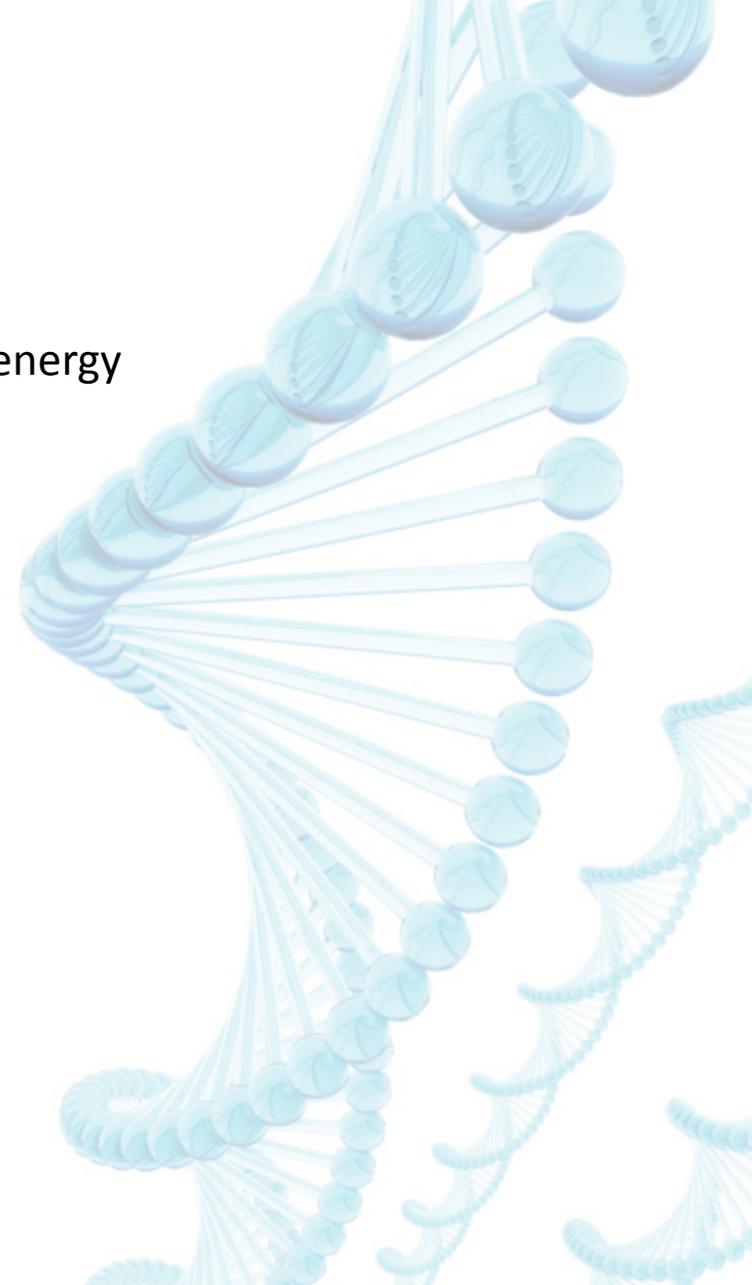
A form of intervention to help anxiety --acupuncture, neuro-linguistic programming, energy medicine, and Thought Field Therapy

Tapping on Acupressure points:

-helps you access your body's energy and send signals to areas of the brain that process stress. Stimulating the key points through EFT tapping can reduce the stress or negative emotion you feel. Ultimately balance to your disrupted energy is restored.

Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6381429/>



Calming the Beta

Deep Breaths (Inhale for 6 seconds and Exhale for 6 seconds)

Block Breathing

Step 1. Sit upright, slowly exhale cleansing breath through your mouth, removing all the oxygen out of your lungs.

Step 2: Slowly inhale. Inhale slowly and deeply through your nose to the count of 6.

Step 3: Exhale again slowly as you count to 6

Step 5: Relax—Breathe in Again



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5769199/>

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Calming the Beta

Music – Specific theta stimulation music online but studies show that music **YOU** like changes your brain waves for better.



The music that helps people sleep and the reasons they believe it works: A mixed methods analysis of online survey reports

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6235300/>

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Calming the Beta

Meditation/EcoMeditation –a way to take the *PRESSURE* off meditation

A recent study in Journal of Evidence-Based Integrative Medicine showed that after 2 days of practicing eco-meditation, anxiety declined by 25% and cortisol levels dropped by 29%.

“That's because traditional meditation is shrouded with so many spiritual and religious beliefs, and takes a lot of practice to master. Sad. So all those people, who would reap the health benefits of meditation, miss out”-Dawson Church

The Interrelated Physiological and Psychological Effects of EcoMeditation

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5871048/>

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How to Increase the Other Brain Waves

- One study showed eating nuts improved gamma and alpha waves (especially pistachios)
- L-theanine has been shown to increase alpha waves (alpha waves seem to improve serotonin and provide a bridge for the other brain waves)
- Exercise improves theta and alpha states
- Binaural Beats



What are binaural beats and how do they work?

Binaural beats therapy is a type of soundwave therapy

-the right and left ears listen to two slightly different frequency tones yet perceive the tone as one.

-the **binaural** auditory beat heard is the difference in frequency between the left and the right ear

- it should be at frequencies lower than [1000 hertz \(Hz\)Trusted Source](#) for the brain to detect the actual binaural beat

A prospective, randomised, controlled study examining binaural beat audio and pre-operative anxiety in patients undergoing general anaesthesia for day case surgery

<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2044.2005.04287.x>

To listen to Binaural Beats

You will need a pair of stereo headphones and a music system.

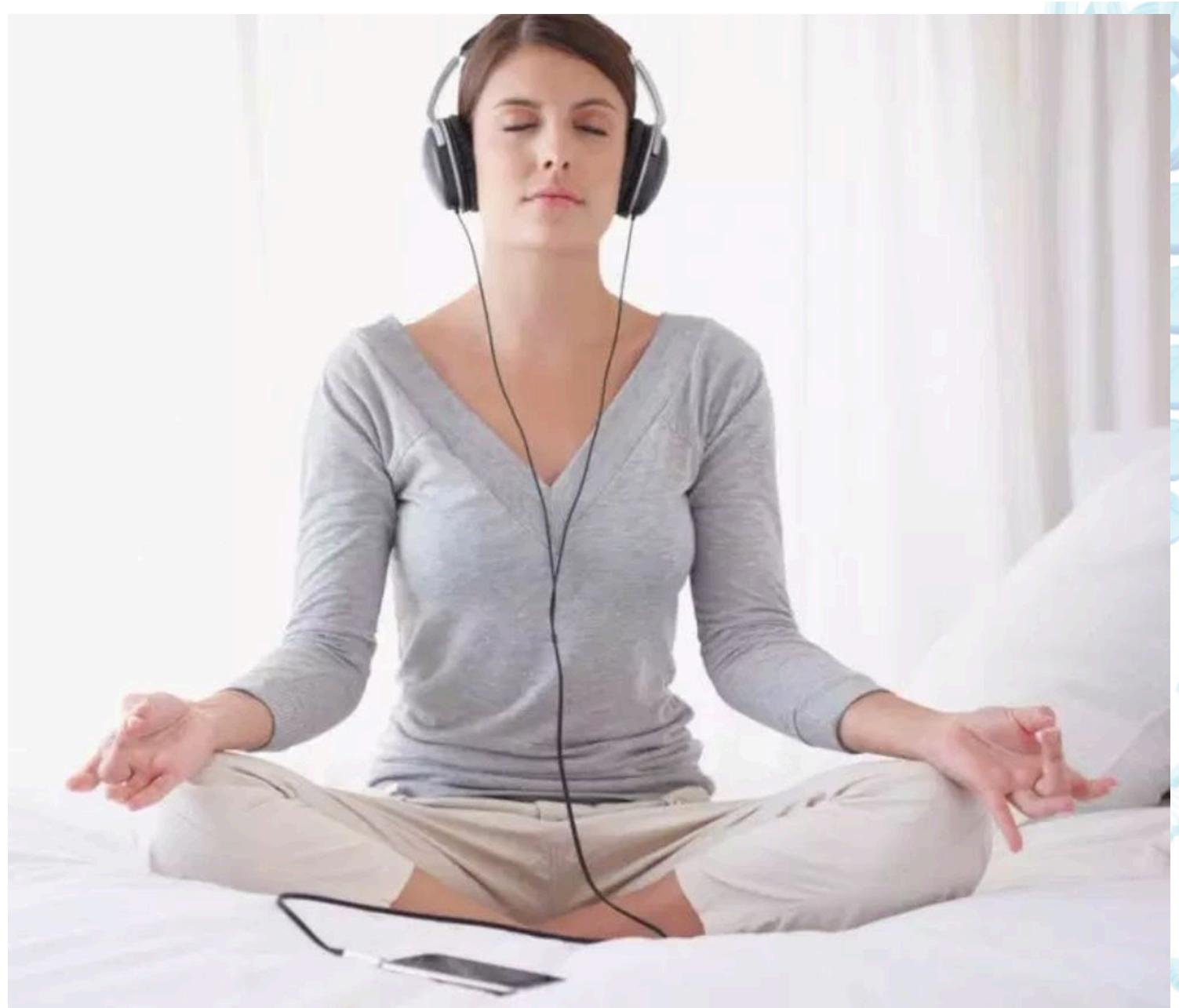
(Avoid using binaural beats therapy while undertaking tasks that require alertness and full attention, such as driving.)

You will need:

- 15-30 minutes of listening time

- a quiet and relaxing place to listen
- stereo headphones (each ear hears the sounds in a different frequency)

- Patience***



More Information

Joe Dispenza DC

DR JOE DISPENZA - BREAK THE HABIT OF BEING YOU

<https://www.youtube.com/watch?v=Ryfjz-etukA>

Website- <https://drjoedispenza.com/>

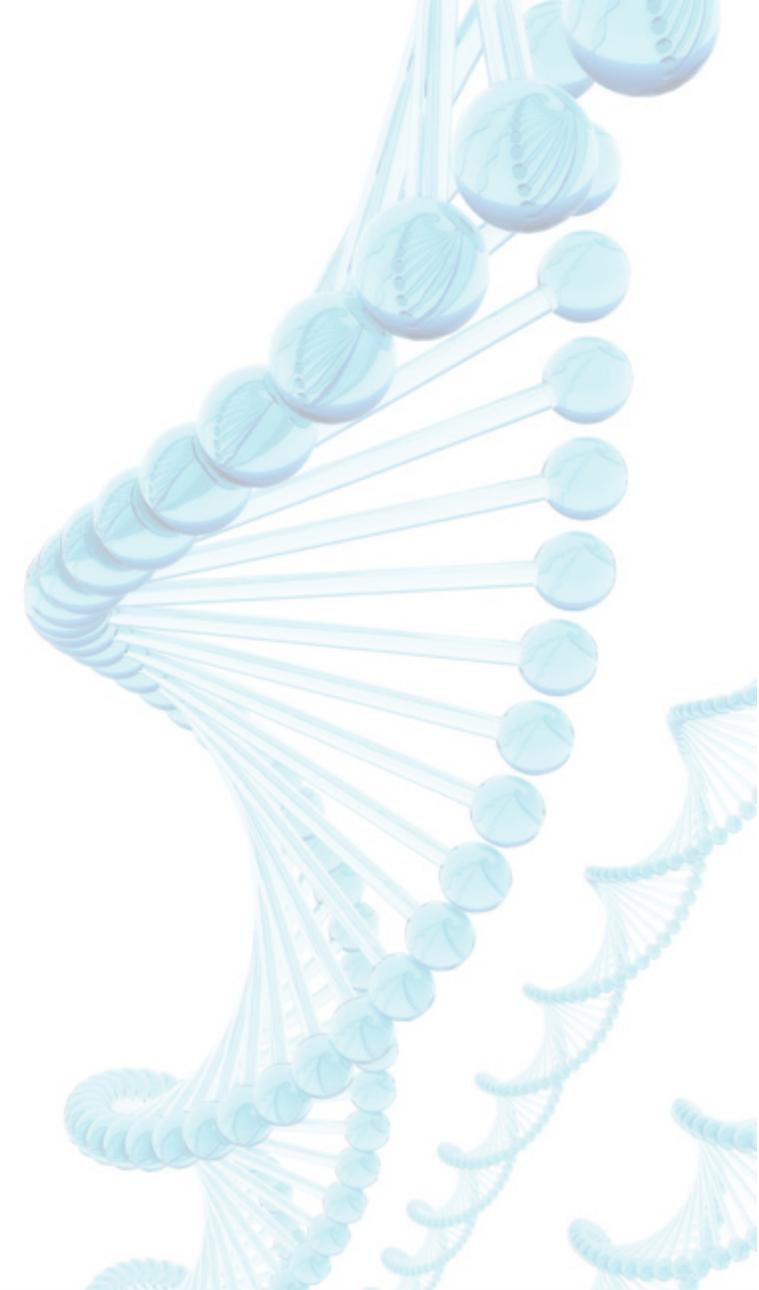
Bruce Lipton PhD (in Developmental Cell Biology)

<https://www.brucelipton.com/>

Greg Braden

<https://www.greggbraden.com/>

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Talking Points

Brain Waves

Earth's Environment and It's Effect on Us

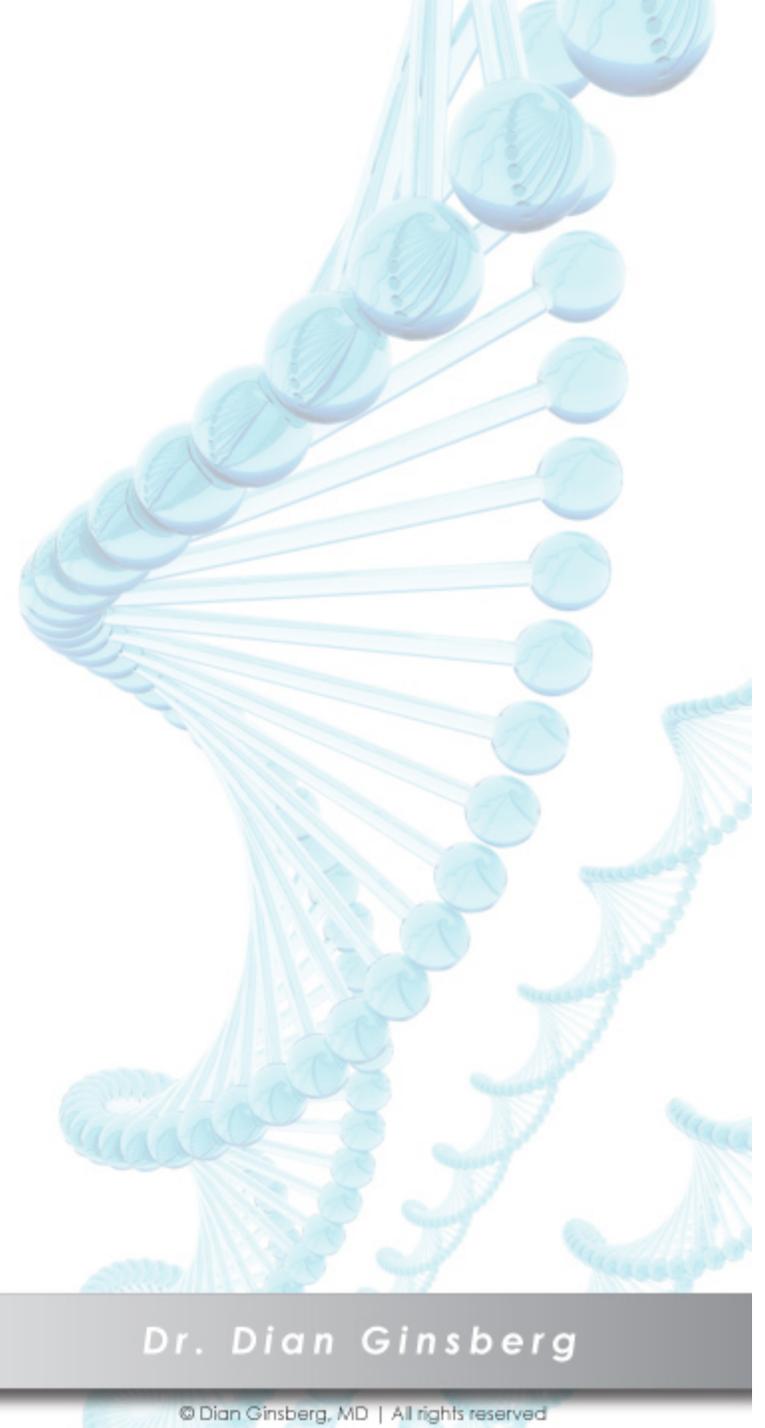
Pyroluria

Nutrient Deficiencies

Hormone Imbalance

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Earth's Environment

What causes the Earth's magnetic field?

At the heart of the Earth is a solid inner core, two thirds of the size of the Moon and composed primarily of iron.

At a 'warm' 5,700°C, this iron is as hot as the **Sun's surface**
- the crushing pressure caused by gravity keeps the core solid.

Surrounding this is the outer core, a 2,000 km thick layer of iron, nickel, and small quantities of other metals. **Lower pressure than the inner core means the metal here is fluid.**

Differences in temperature, pressure and composition within the outer core cause flow.

This flow of liquid iron generates electric currents, which in turn produce magnetic fields.

Earth's Environment and How it Affects Us

Remember our friends the animals- **“Diverse animals ranging from worms and insects to birds and turtles perform impressive journeys using the magnetic field of the earth as a cue”**



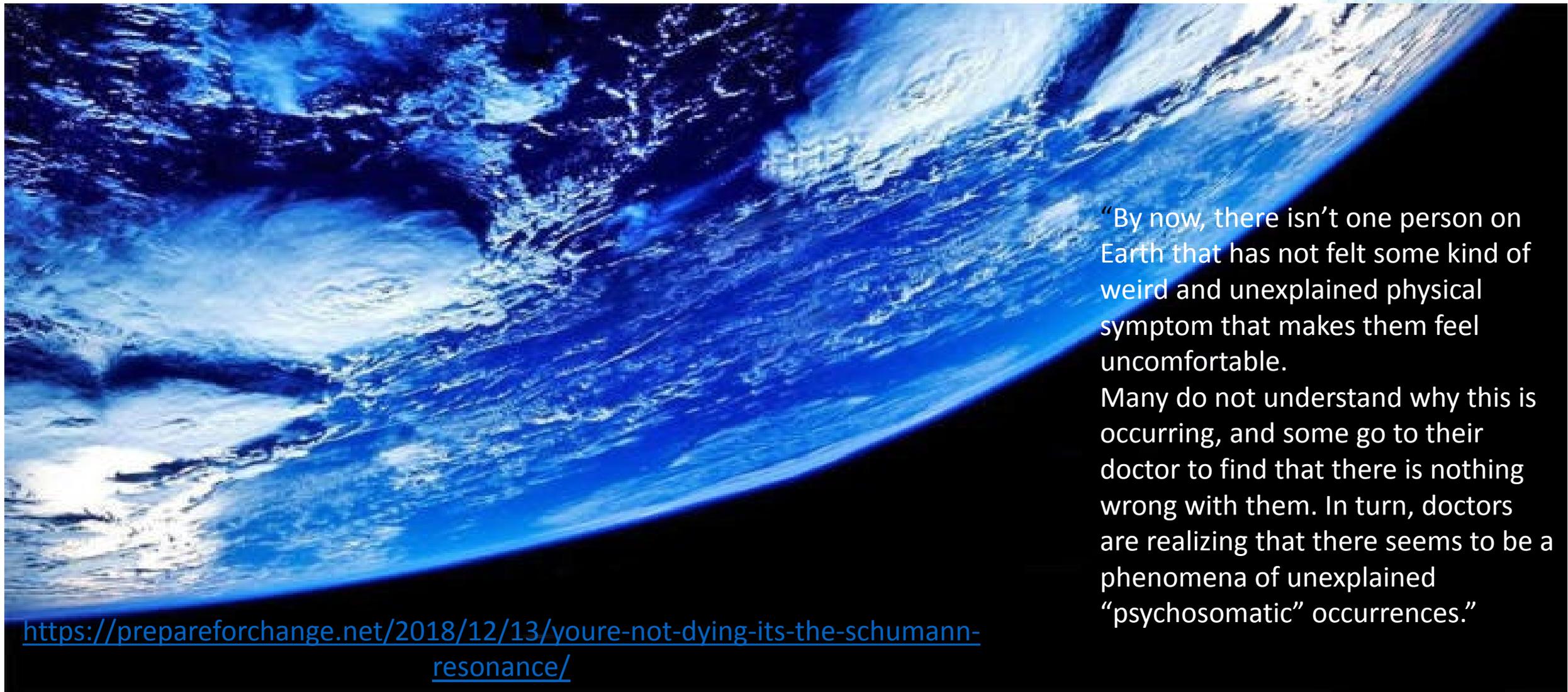
Magnet placed on salmon's head and they could not find their way home

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5588146/>

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You're Not Dying – It's the Schumann Resonance!



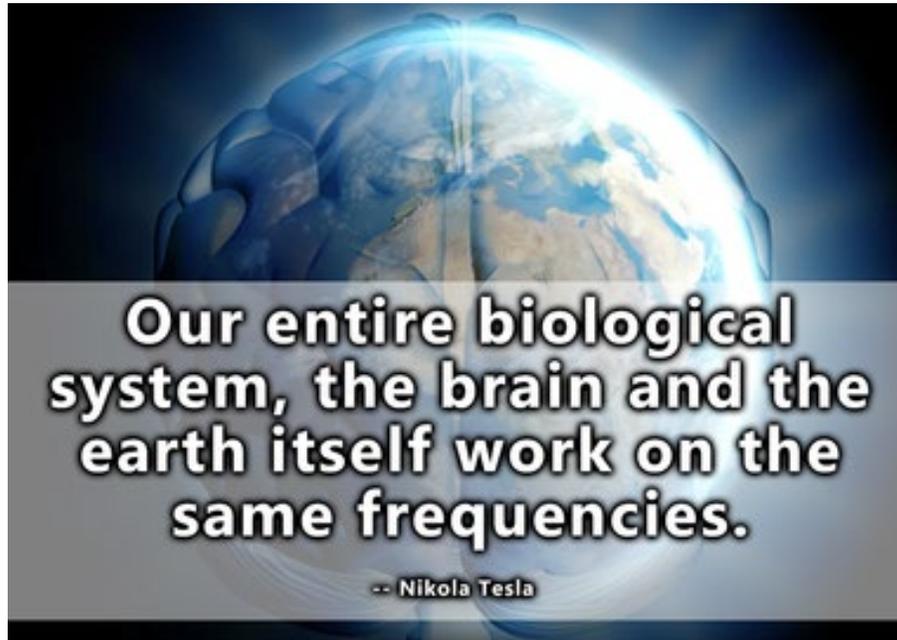
“By now, there isn't one person on Earth that has not felt some kind of weird and unexplained physical symptom that makes them feel uncomfortable.

Many do not understand why this is occurring, and some go to their doctor to find that there is nothing wrong with them. In turn, doctors are realizing that there seems to be a phenomena of unexplained “psychosomatic” occurrences.”

<https://prepareforchange.net/2018/12/13/youre-not-dying-its-the-schumann-resonance/>

What is the Schumann Resonance?

Mother Earth's natural heartbeat rhythm is the frequency of 7.83 Hz, also known as the "Schumann Resonance".



A 7.83 Hz frequency is an **alpha/theta** brainwave frequency in the human brain.



That dreamy and meditative relaxed state is when healing happens

Today, especially in bigger cities, we see people feeling unbalanced, irritated, reactive, angry.

We live in the time of technology, bombarded with abnormal wavelengths like our 5G that disrupt the natural earth's frequency. Wifi, cell phones, and electronics are part of our everyday 24/7 lives. It is also why our personal bio-electromagnetic waves and hence our **brain waves** are out of balance.

We are out of balance from Earth's electromagnetic frequency.

The most important thing you can do is recognize this fact and work on correcting it!

The Brain is like a group of lily pads that need to offload electrons - Like a game of musical chairs!



Where do the electrons go after they are used in the brain to make a thought?

Grounding

Earth's surface electrons as an untapped health resource—

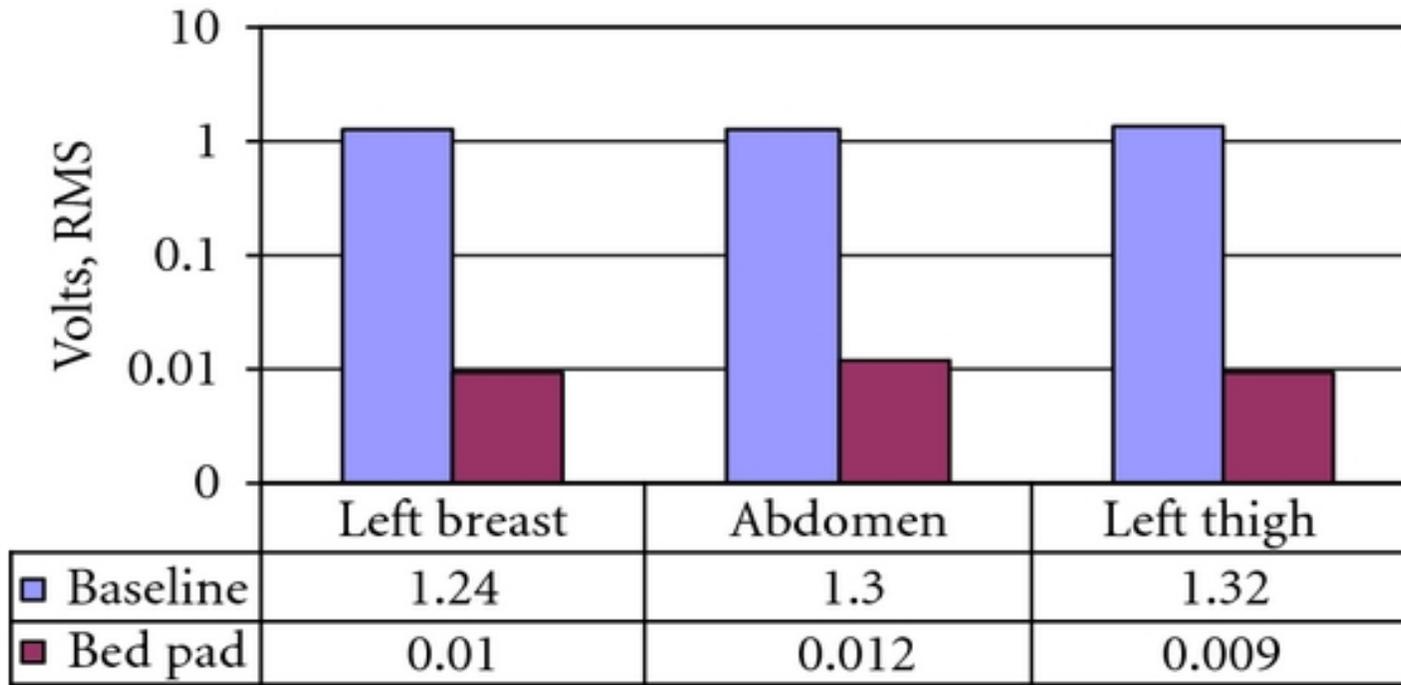
the Earth as a “global treatment table”.

“Emerging evidence shows that contact with the Earth—whether being outside barefoot or indoors connected to grounded conductive systems—may be a simple, natural, and yet profoundly effective environmental strategy against:

- chronic stress
- ANS(autonomic nervous system dysfunction)
- inflammation, pain, poor sleep, disturbed HRV
- and many other common health disorders

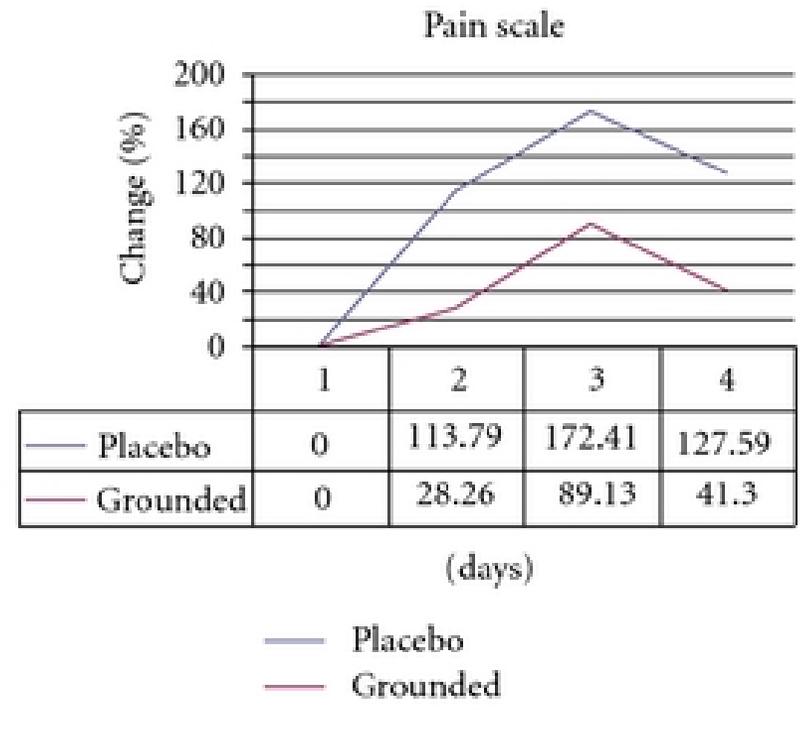
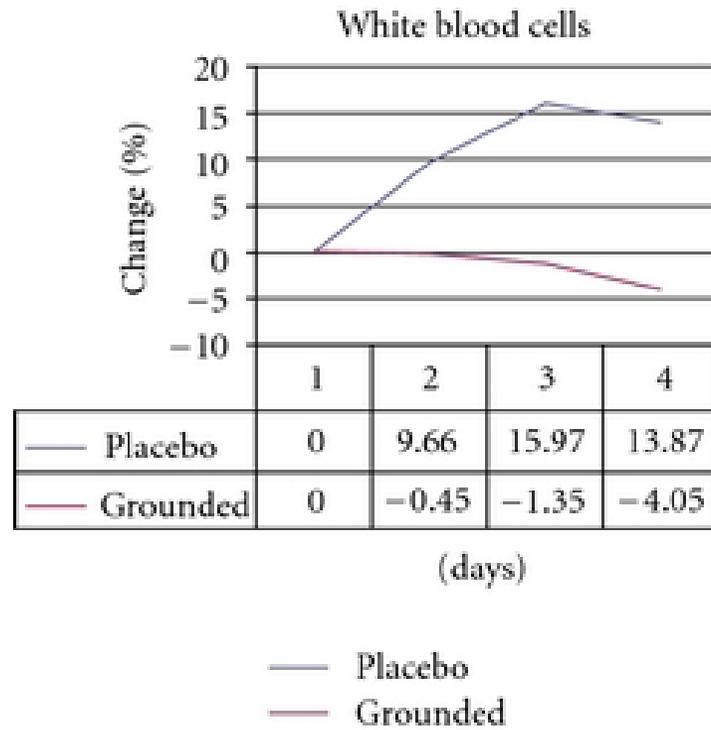
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3265077/>

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Earthing: Health Implications of Reconnecting the Human Body to the Earth's Surface Electrons

Grounding



The Non-Tinfoil Guide to EMFs: How to Fix Our Stupid Use of Technology



Book by Nicolas Pineault

Talking Points

Brain Waves

Earth's Environment and Its affect on Us

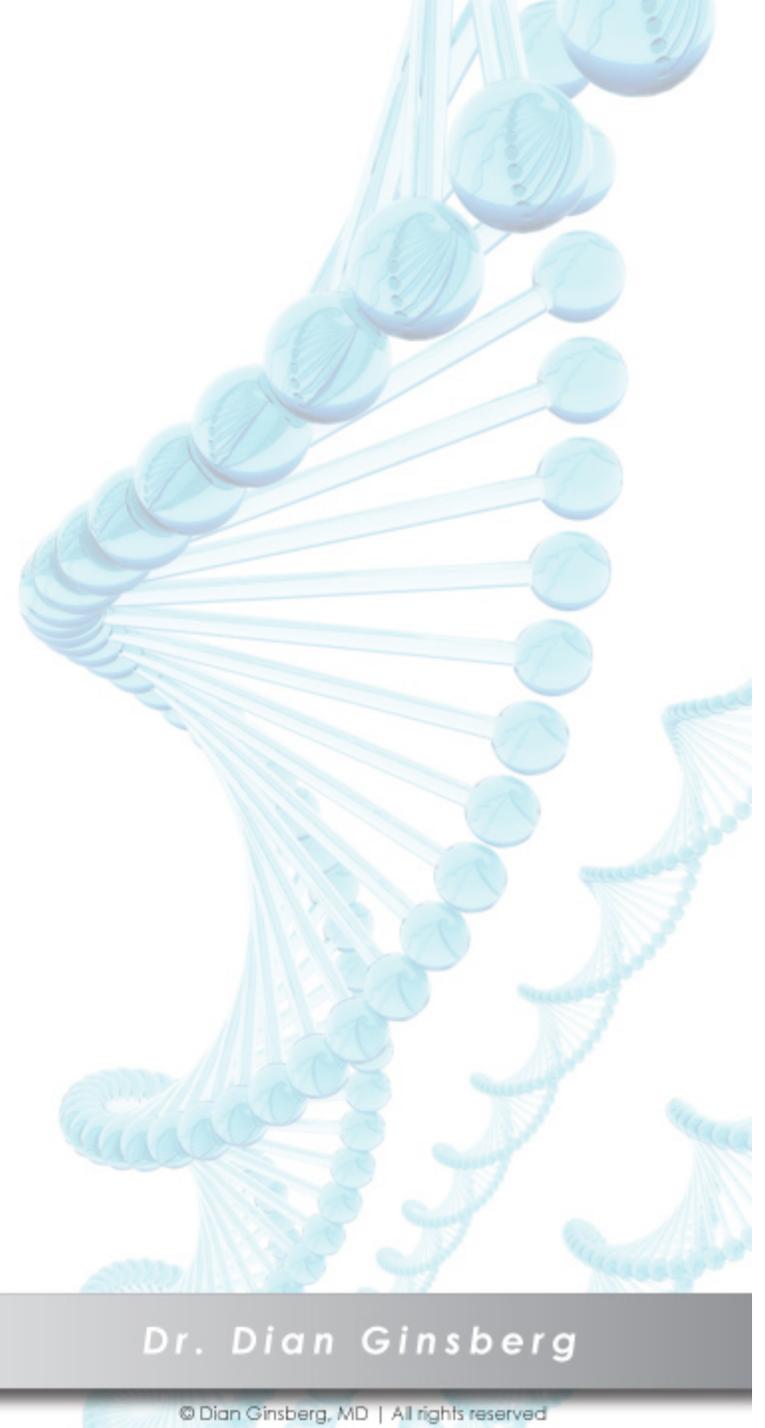
Pyroluria

Nutrient Deficiencies

Hormone Imbalance

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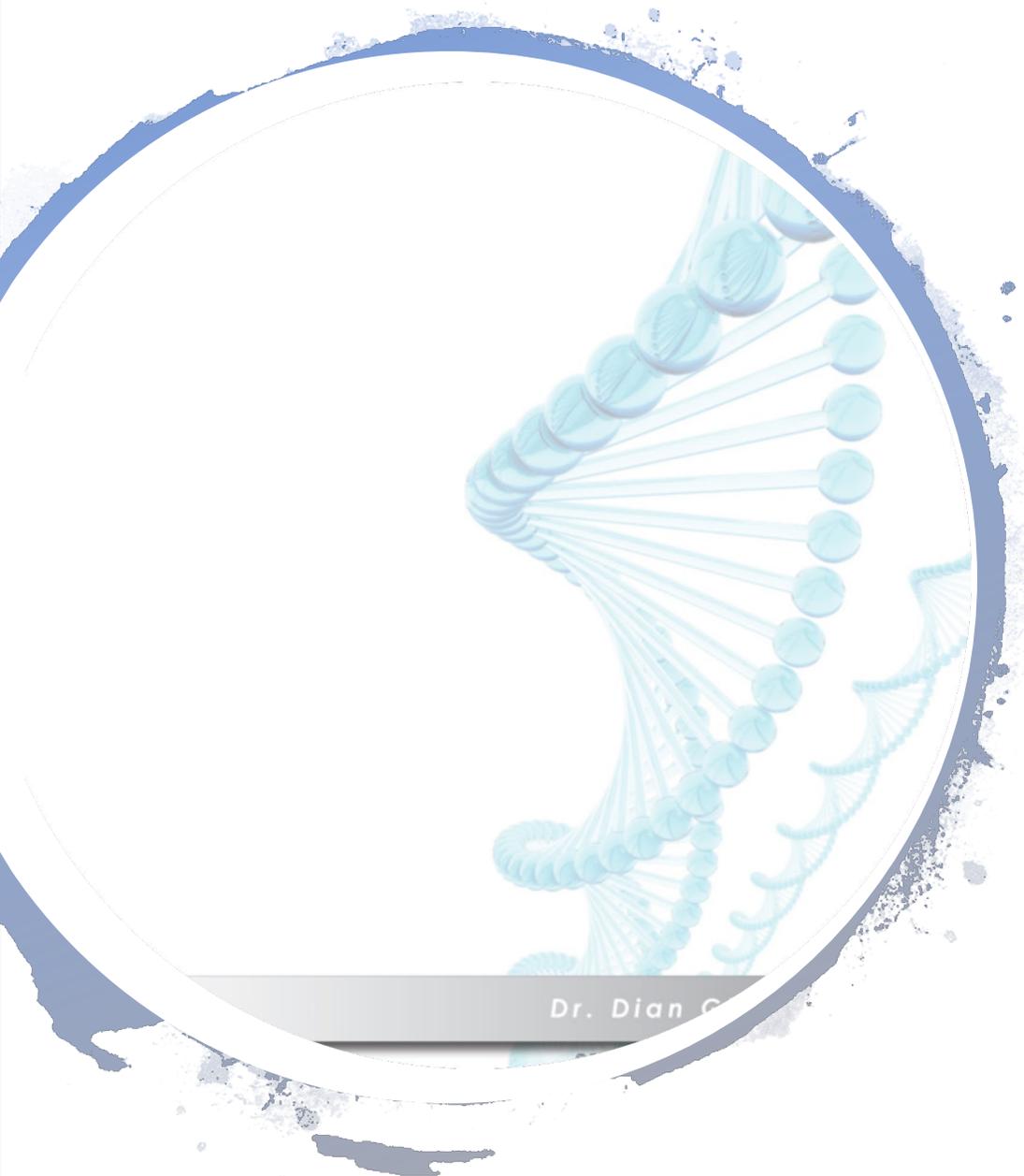
Pyroluria Questionnaire

Trudy Scott developed a questionnaire based on her work with thousands of patients. Signs and symptoms include:

1. Being anxious, shy, or fearful or experiencing inner tension since childhood, but hiding these feelings from others
2. Having bouts of depression or nervous exhaustion
3. Poor dream recall, stressful or bizarre dreams, or nightmares (low vitamin B6)
4. Excessive reactions to tranquilizers, barbiturates, alcohol, or other drugs, in which a little produces a powerful response (low vitamin B6)
5. Preferring not to eat breakfast, experiencing light nausea in the morning, or being prone to motion sickness (low vitamin B6)
6. White spots or flecks on the fingernails or opaquely white or paper-thin nails (low zinc)
7. Poor appetite or having a poor sense of smell or taste (low zinc)
8. Joints popping, cracking, or aching; pain or discomfort between the shoulder blades; or cartilage problems (low zinc)
9. Pale or fair skin or being the palest in the family, or sunburning easily, now or when younger



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Pyroluria – A Unique Kind of Anxiety

- Pyroluria and **gluten sensitivity** often co-exist in people prone to anxiety
- Zinc deficiency can be determined through a zinc taste test
- Zinc is necessary for fatty acid conversion - those with pyroluria may need more omega 6 – testing is key

Testing for Pyroluria

- Urine test for elevated Kryptopyrroles
- Very low zinc or B6 in micronutrient testing or blood
- Zinc taste test
- Elevated copper

B6

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Talking Points

- Brain Waves
- Earth's Environment and Its affect on Us
- Pyroluria
- **Nutrient Deficiencies**
- Hormone Imbalance

Micronutrients Balance Your Neurotransmitters

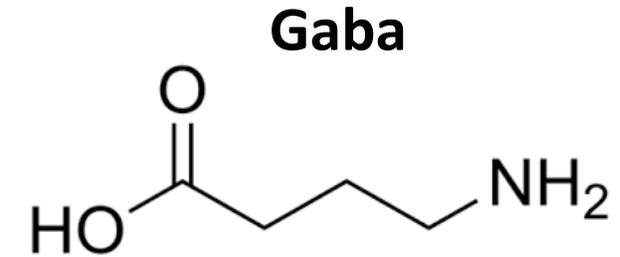
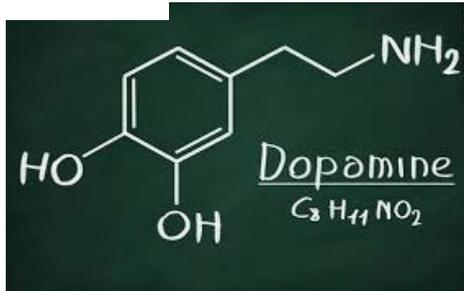
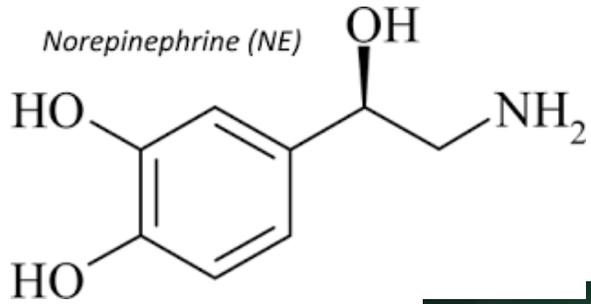
- **1.** Humans must obtain **micronutrients** from food since **our bodies** cannot **produce** these specific vitamins and minerals.

They are also referred to as essential nutrients.

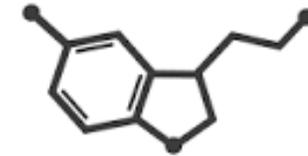
- **2.** These micronutrients are ever so valuable in carrying out the thousands of chemical reactions in our bodies every day that keep us alive and healthy. Just as your car needs the right fuel and oil to keep the engine running smoothly- so does our human machine.



Micronutrients Balance Your Neurotransmitters



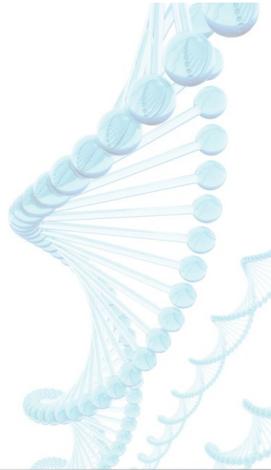
SEROTONIN



Neurotransmitters Made in the GUT!

Dietary/Lifestyle Issues That May Contribute To Anxiety

- Blood sugar dysregulation – **hypoglycemia often mimics the signs of a panic attack**. Studies have also shown a connection with consumption of high glycemic foods and anxiety and depression.
- Gluten intolerance – There is a strong connection between anxiety and Celiac Disease but research is also showing a connection with non-Celiac gluten sensitivity.
- Caffeine – people prone to anxiety and especially panic attacks seem to be more sensitive to caffeine than the general population. Caffeine increases glutamate (excitatory) activity and reduces GABA.



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stressing about for absolutely no
reason

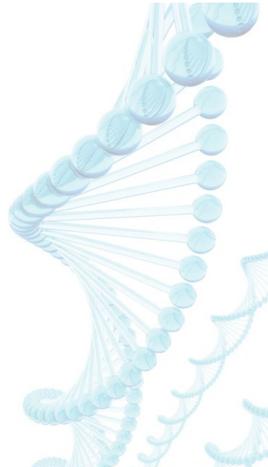


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Dietary/Lifestyle Issues That May Contribute To Anxiety

- Recurrent antibiotic use is linked to an increase in anxiety, most prominent with exposures to penicillin and sulfonamides
- Low gut diversity leads to issues making neurotransmitters. Need diverse diet for diverse gut!



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stressing about for absolutely no reason



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How Gut Bacteria Contributes to Hormone/Neurotransmitter Production

Hormone/Neurotransmitter	Bacteria
Serotonin	<i>Streptococcus, Escherichia, Enterococcus</i>
Tryptophan (precursor to Serotonin)	<i>Bifidobacterium</i>
Dopamine	<i>Bacillus, Serratia</i>
GABA	<i>Lactobacillus</i>
Epinephrine/norepinephrine	<i>E. coli, Salmonella, Pseudomonas</i>
Estriol/estradiol	<i>Agrobacterium</i>
Leptin	<i>Lactobacillus, Bifidobacterium</i>

Nutrient Deficiencies That May Exacerbate Anxiety

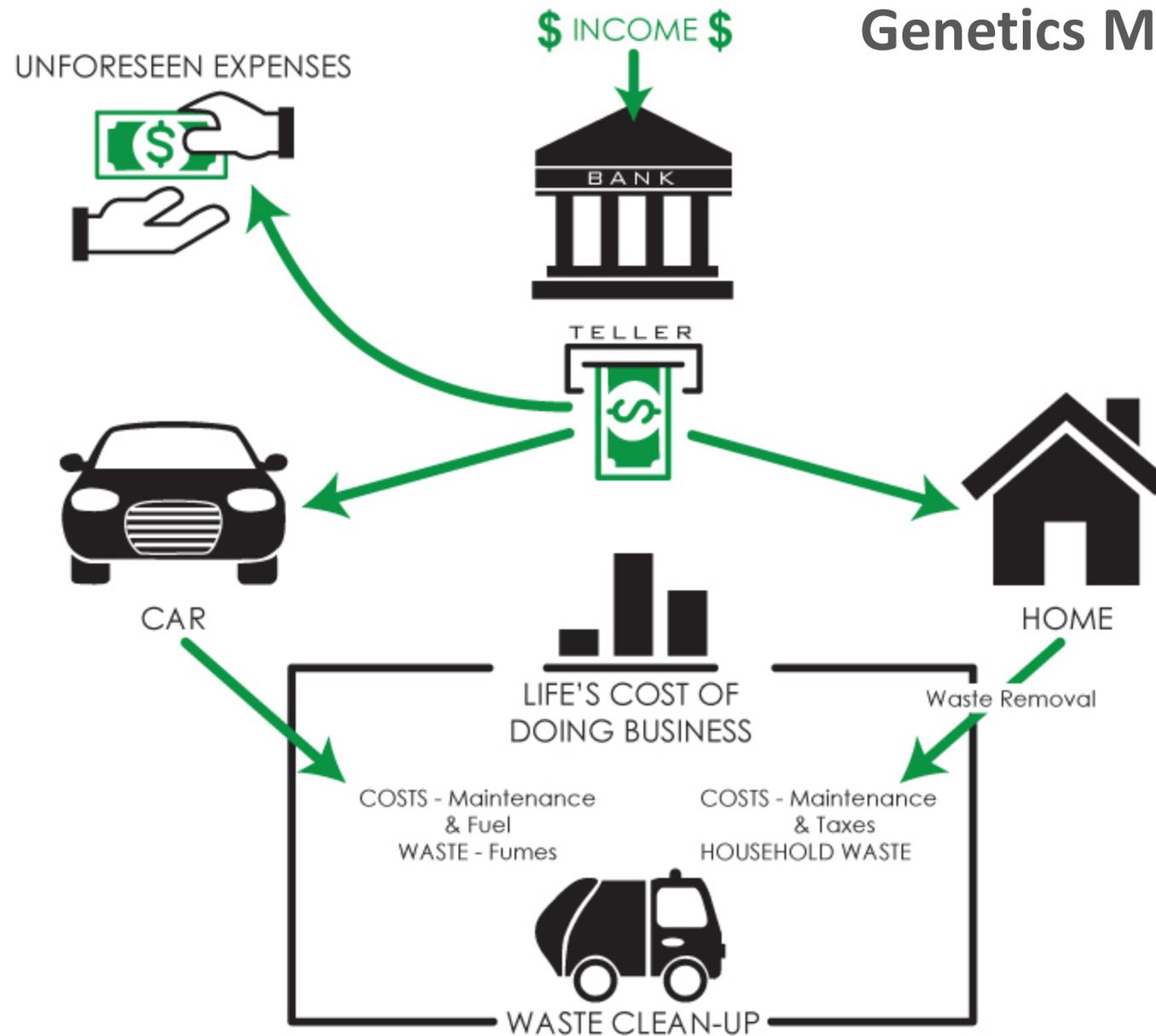
Constipation/Sound Sensitivity/Easily Startled/Mood Swings/Sleep Disruption	OCD/Depression/Unwanted thoughts/lack of confidence/insomnia/panic attacks	Panic attacks/stiff muscles/physical anxiety
May point to deficiency in magnesium and/or taurine	Serotonin support	High glutamate/need for GABA
Increase green leafy veggies, pumpkins seeds, dark chocolate and other magnesium rich foods Make sure protein intake is adequate	Starches at bedtime can help – make sure overall carb intake is adequate	Avoid MSG, aspartame, gluten, dairy (excitotoxins)
Mag citrate/sulfate good if constipated Mag chelates/glycinates/threonate are better absorbed 100mg 2 or 3 times per day	5-htp or L-tryptophan or SSRIs (can't take combo) Magnesium, B3 and B6 are needed as cofactors	Best absorbed on empty stomach Can't be taken with other meds that affect GABA (xanax) 250 mg once or twice daily
Taurine is best taken in combo – see supplement bonus sheet	Combo products may be best	B6 and theanine assist

Dietary Issues That May Help Anxiety

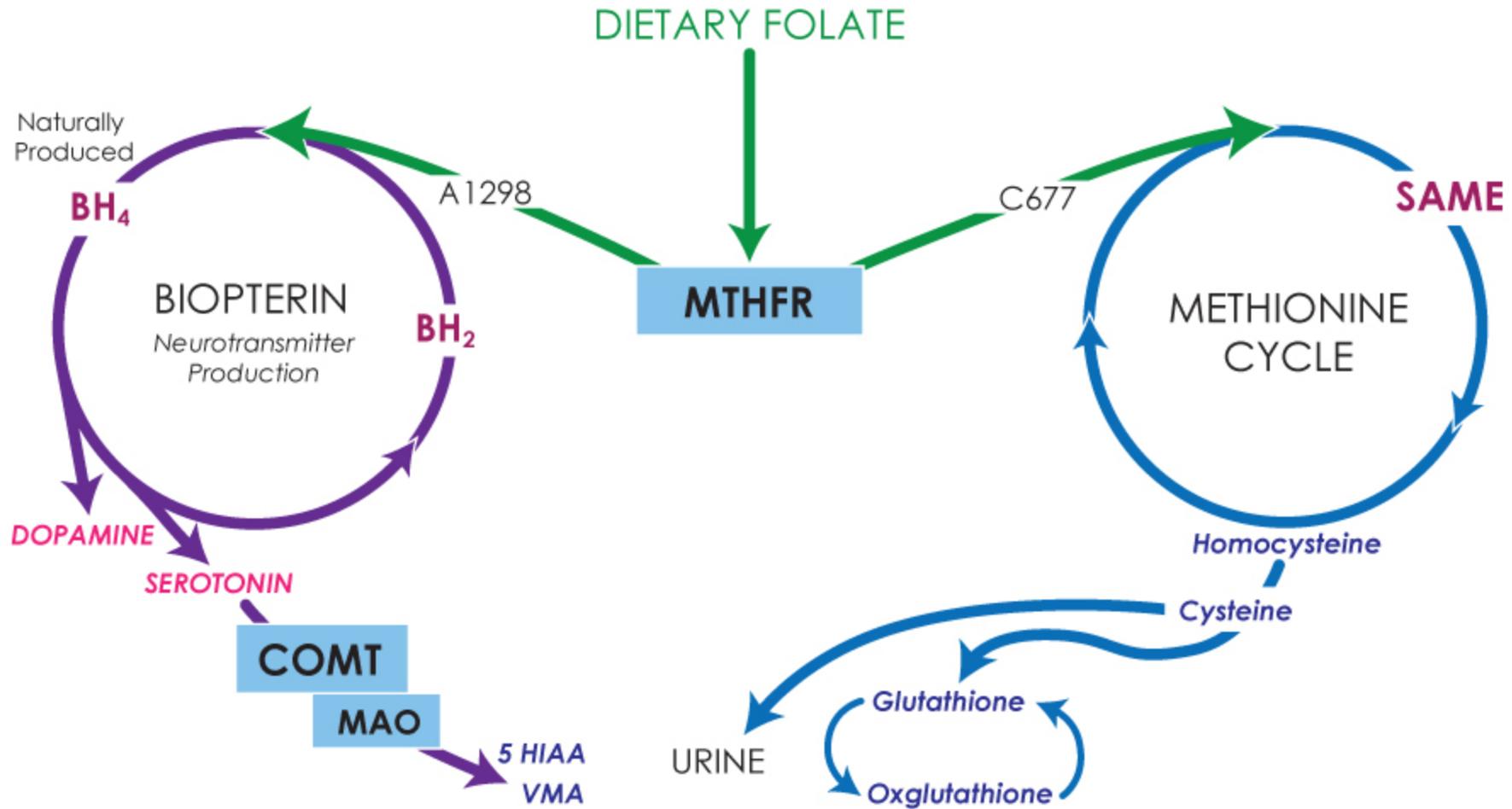
- Human studies have found that consuming probiotic-containing fermented foods is negatively correlated with anxiety symptoms. Certain lactobacillus and lactococcus strains in fermented foods produce GABA. Try water kefir, yogurt, kimchi, sauerkraut, beet kvass, etc.



Genetics Meets Nutrition



Depression and Methylation



What is COMT?

Catechol-o-methyl-transferase

- Enzyme
- Supported by MTHFR
- Degrades and balances dopamine and serotonin
- Can have mutations
 - Val-Met

***It is especially important
in the Central Nervous System***



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COMT Mutation

- The COMT protein is coded by the gene COMT. The gene is associated with allelic variants. The best-studied is Val158Met.
- ***A functional single-mutation (a common normal variant) of the gene for catechol-O-methyltransferase results in a 40% decrease in functional enzyme activity.***

The dopamine serotonin balance in the brain is disrupted!

- Ancestrally maybe this was not a problem but...

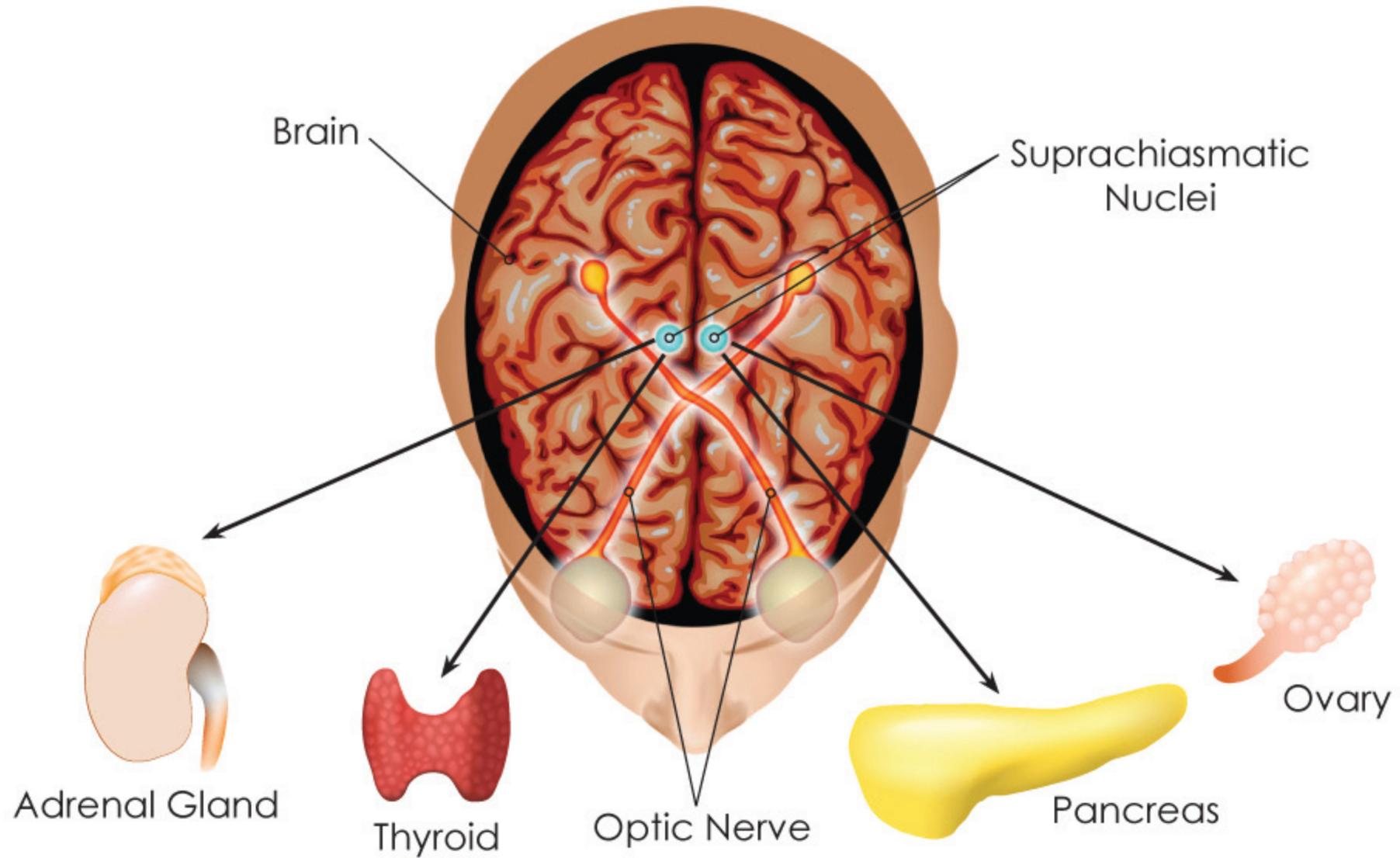
How do we Support any Mutation?

- COMT- can **test** for Val-Met mutation-
Knowledge is POWER
- Liver detox issues - diet
- Address and minimize Oxidative stress-free radicals
- Magnesium levels
- B6 B12 Folate - higher levels can push mutation to work faster

Talking Points

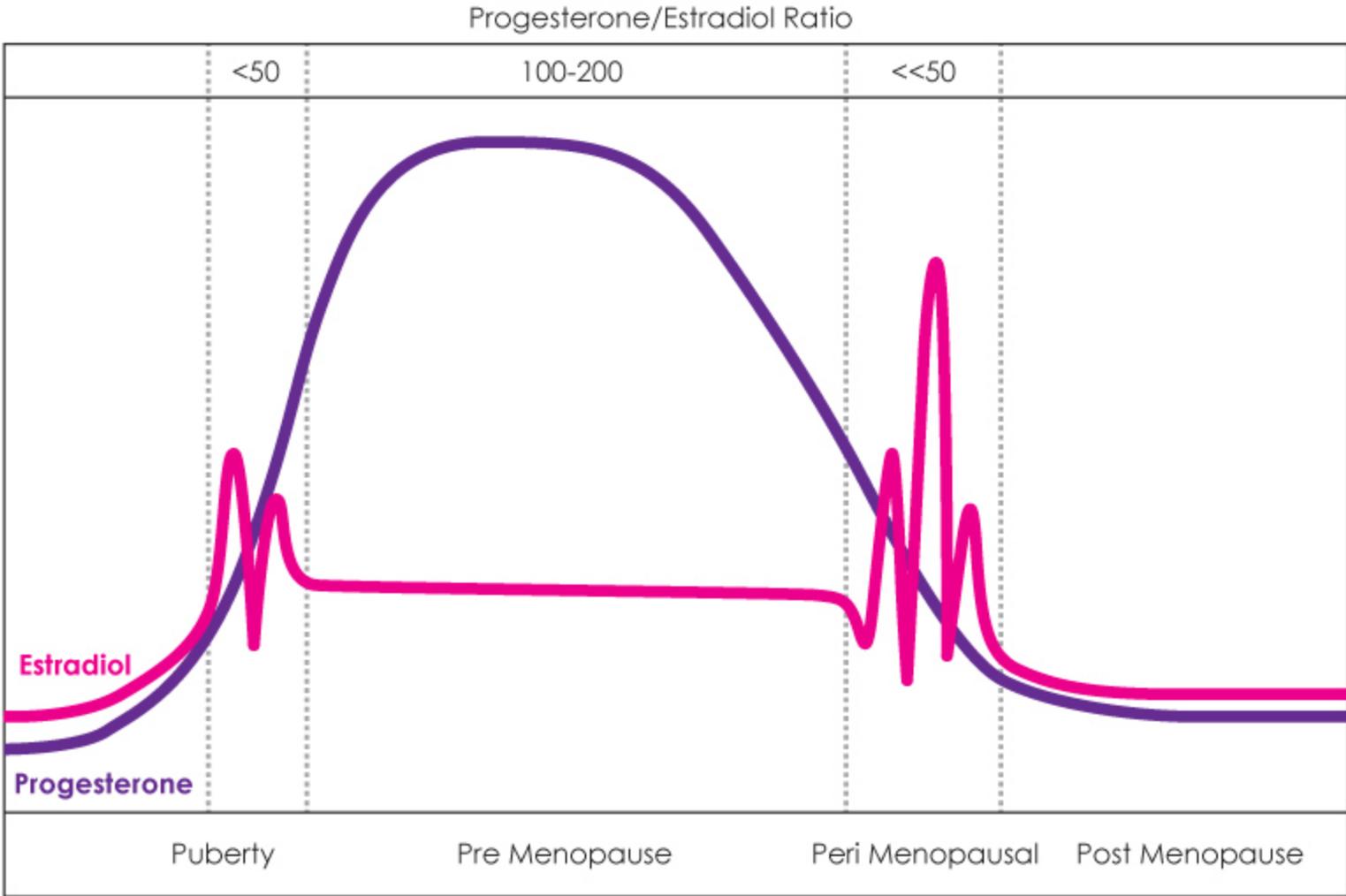
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- **Hormone Imbalance**

Aging in Women



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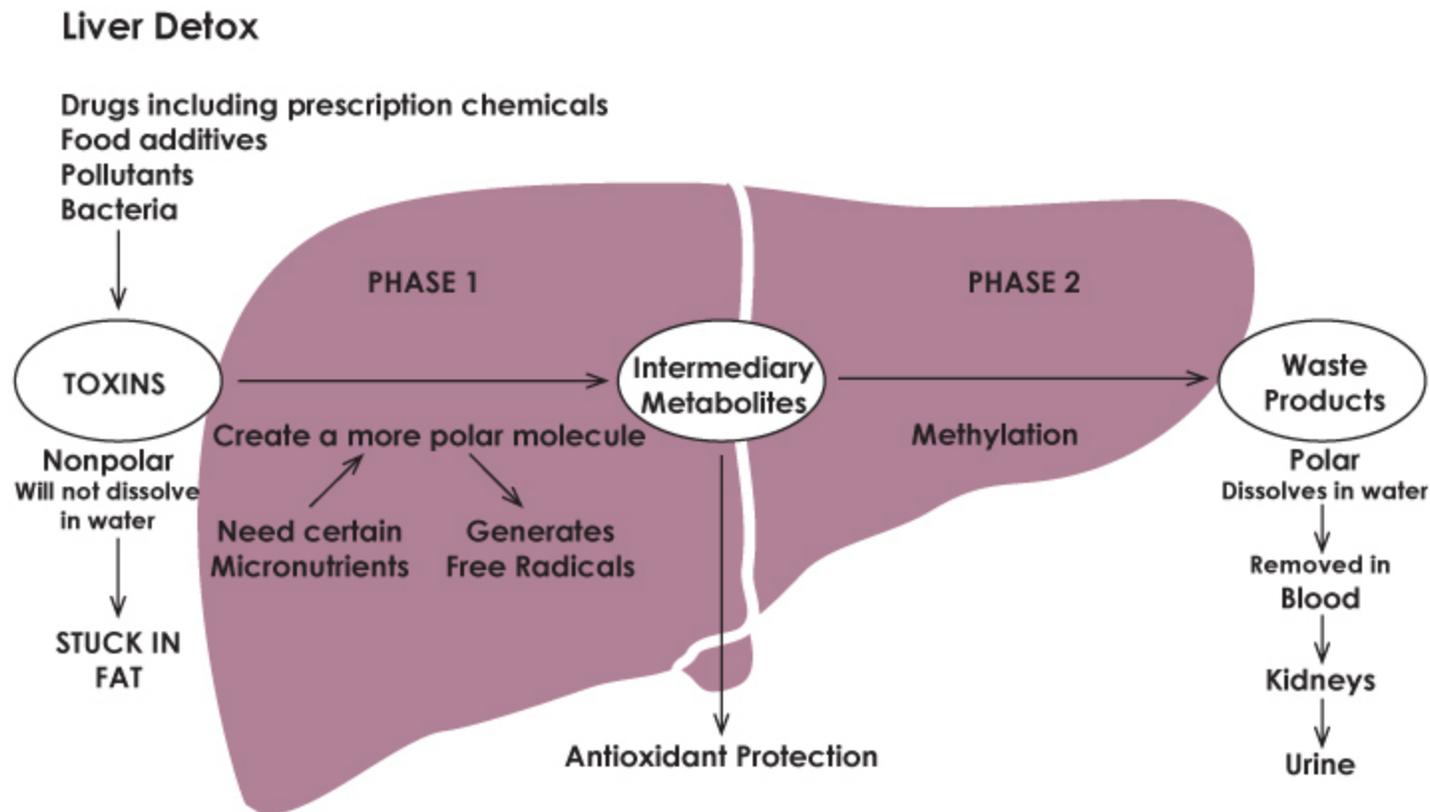
Hormone Levels over Life Cycle



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Genetic Support for Methylation

Toxic build-up leads to inflammation = No Pregnancy, Poor Pregnancy, Mutations



MTHFR

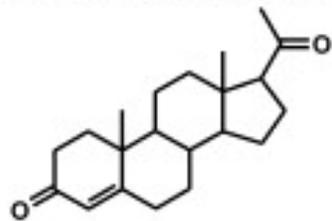
C677T _____ A1298C _____

COMT

VAL/MET _____

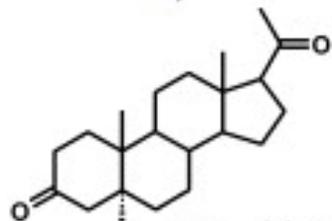
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Neuroactive steroids



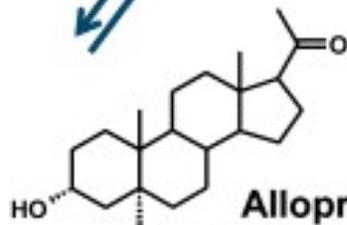
PROGESTERONE

5 α -reductases



5 α -dihydroprogesterone

3 α -HSOR



Allopregnanolone
(3 α 5 α -THPROG)

Effectors

- PR
- mPRs
- PGRMC1

- PR
- mPR α

- GABA_A receptors
- PXR
- mPR δ

NEUROPROTECTION



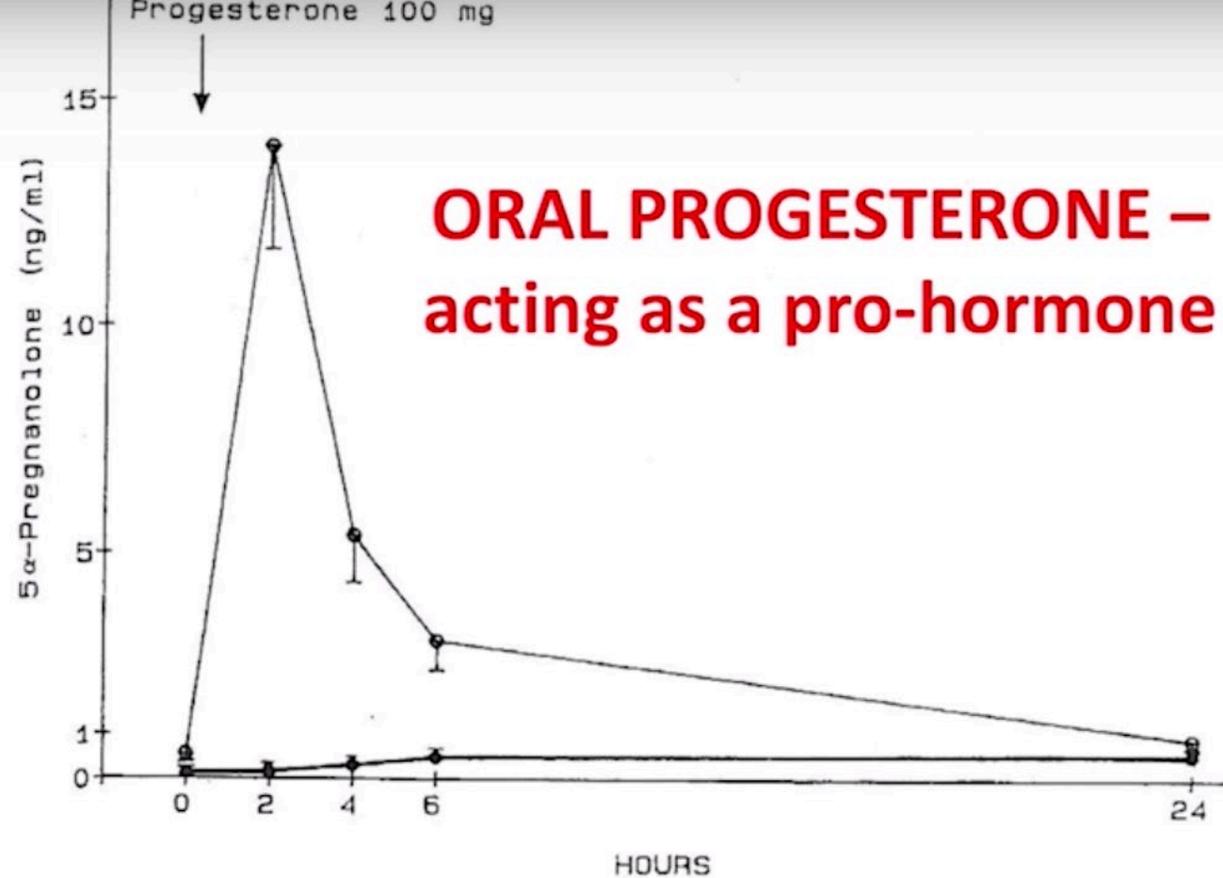
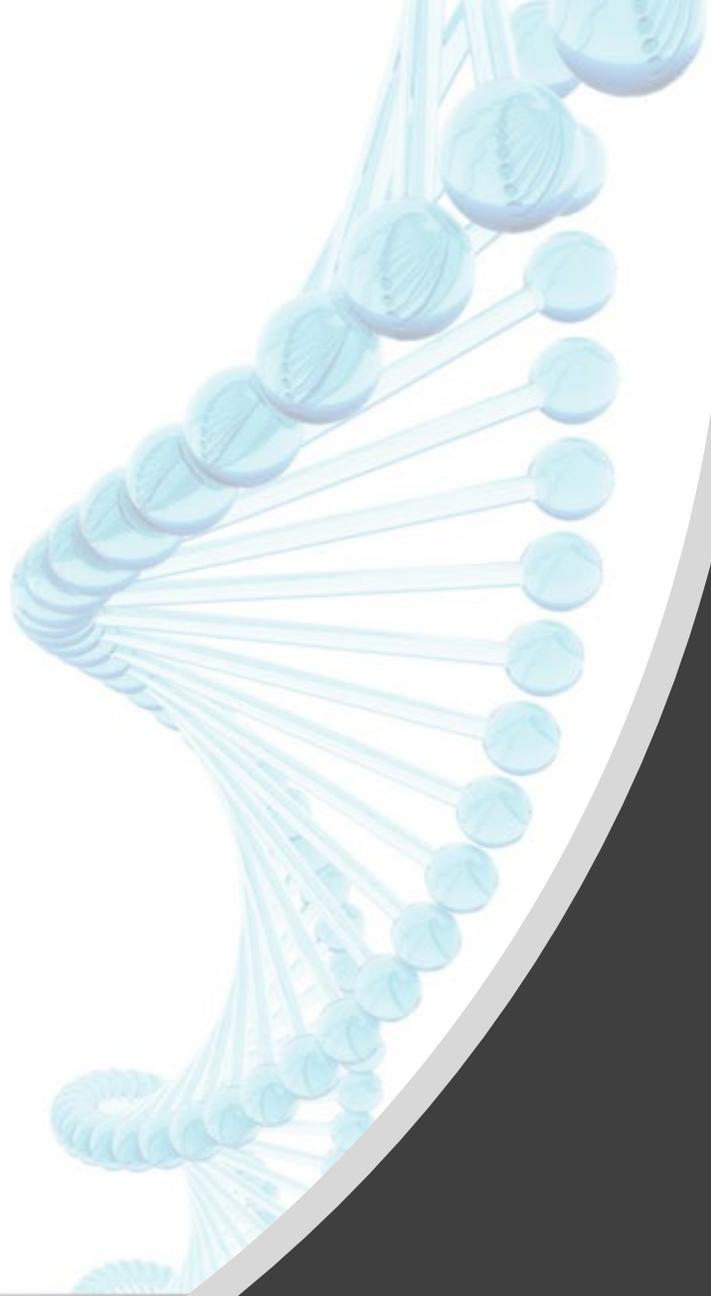


Fig. 2. Plasma levels (mean \pm S.E.M.) of 5-pregnanolone after vaginal (●) and oral (○) administration of progesterone.

Oral Progesterone is metabolized sequentially in the gut. First by the gut bacteria down the beta pathway, then down the alpha pathway by the intestinal wall and finally by the liver (makes both alpha and beta).

What does that say about the importance of a healthy gut?



Steps to Reduce Anxious Thoughts –In the Moment!

Steps to Reduce Anxious Thoughts

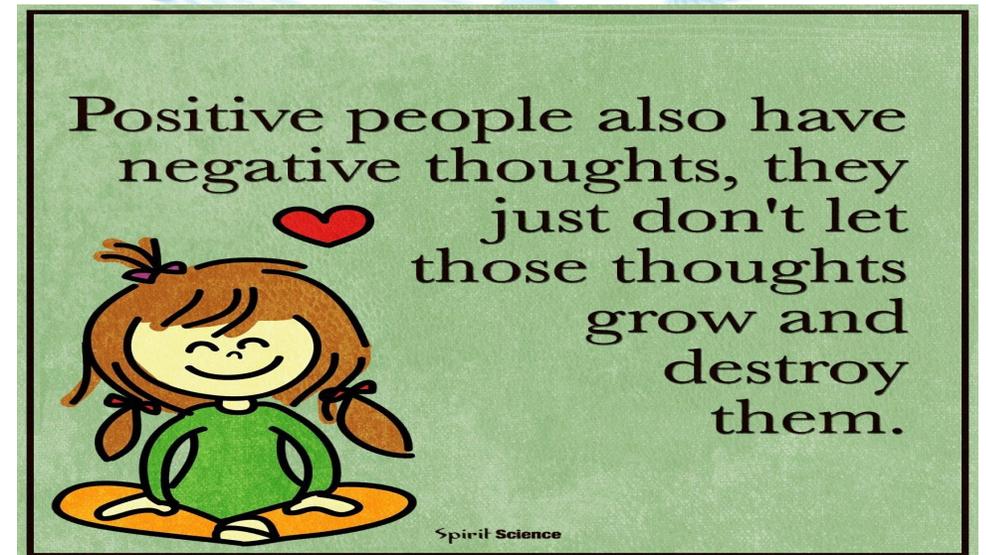
1. Observe the thought – Anxiety gets stronger when we try to resist the thought (the whole point was to get you to pay attention and resolve the issue, your brain wants to accomplish this!).



**“What we resist persists.
What we accept, we can
transform.”**

Steps to Reduce Anxious Thoughts

2. Label the thought – Fear of failure, fear of loneliness, fear of flying, fear of illness, etc.
3. Watch as the thought passes by with no judgement. Remember we have 4000 thoughts per day and 80% of them are negative. Everyone experiences this. “So what, keep going”



Steps to Reduce Anxious Thoughts

4. Move on to something you actually want to do. Taking action and moving on resolves the panic signal (mimics immediate return environment).



Diffusing The “What If’s”

- “What if my heart doesn’t stop pounding?”
 - So what, my heart is meant to beat and can take it! This is nothing more than a light workout for it.
- “What if I faint in public?”
 - So what, I will get to take a nice nap! Someone will help and I will feel better in a few minutes.
- “What if I my mind never stops obsessing and I go crazy?”
 - So what, thoughts are just thoughts and can’t harm me! Crazy people don’t think they are crazy!
- Sometimes there is no clear what if, just a general overload of anxious feelings.
 - So What/Whatever, it’s just nervous energy, no big deal. This energy can motivate me to be creative and get things done!

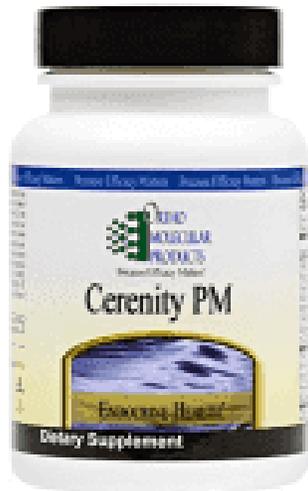
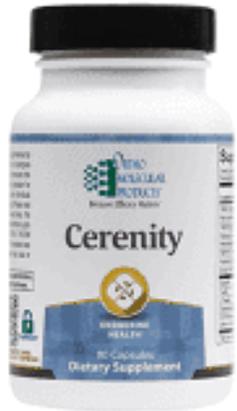
How People Get Tricked into Making it Worse

- They hold their breath, rather than breathe comfortably
- They try to replace anxious thoughts with happy ones
- They flee instead of wait
- They turn inward, to worry, rather than engage the world
- They grip the steering wheel/armrest, rather than hold it lightly
- They try to kill all germs, rather than acclimate to them
- They denounce themselves & demand calm, rather than calming
- They avoid anxiety cues, rather than befriend and tame them
- They keep shameful secrets, rather than self disclose
- They isolate themselves, rather than mingle

“The gut instinct of how to respond to moments of high anxiety is typically dead wrong. It’s wrong because it’s based on treating panic as danger, rather than discomfort. What’s useful for discomfort is the opposite of what’s useful for danger.”
David Carbonell, PhD

Anxiety Supplementation

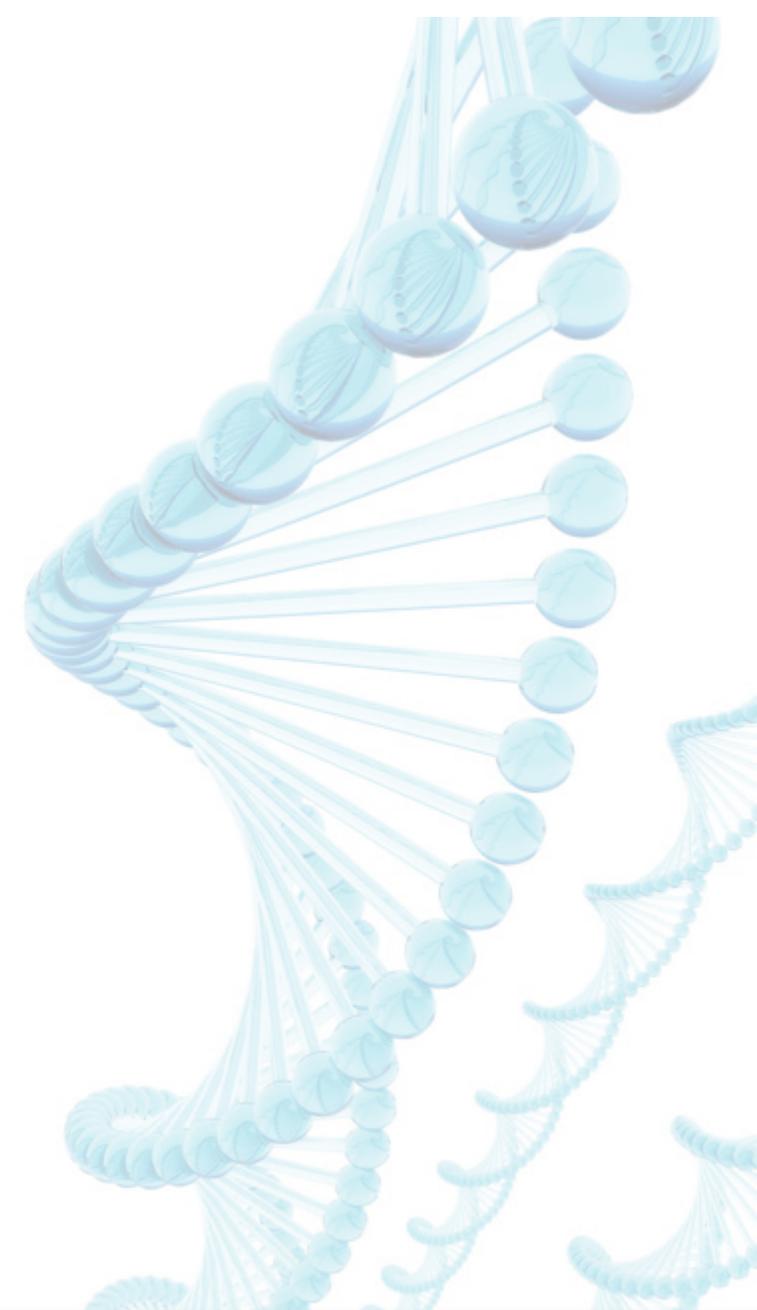
Cerenity - Orthomolecular



Liposomal NeuroCalm- Designs for Health



Probiotics



Thinking and Stepping Outside the Box

David Icke – Book ‘The Trigger’”

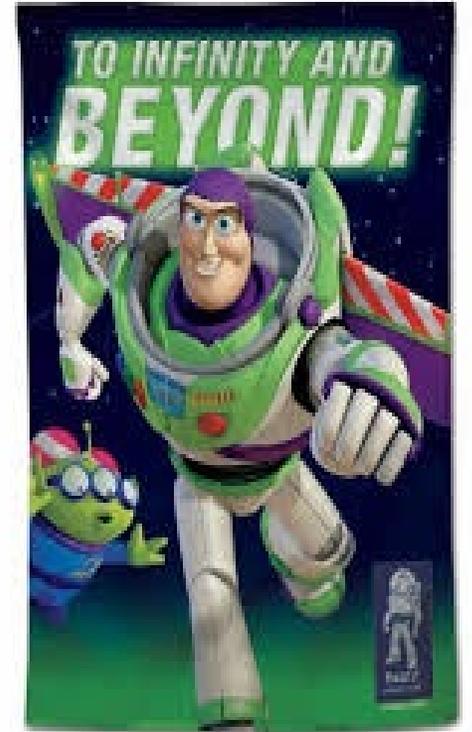
David Icke Talks To Jeff Rense About The Trigger, AI, And The Take Over Of Humanity

<https://www.youtube.com/watch?v=ehCuAIKbuF0&list=PL7oNa-SDIqCNByqp-wlrc7rgzHdtsadEv&index=4&t=0s>

Michael Tellinger – Book – ‘Slave Species of God’

New Michael Tellinger Some of the Strangest Discoveries Ever Made on Ancient Origins

<https://www.youtube.com/watch?v=Jv-5upvJpJs&t=4728s>

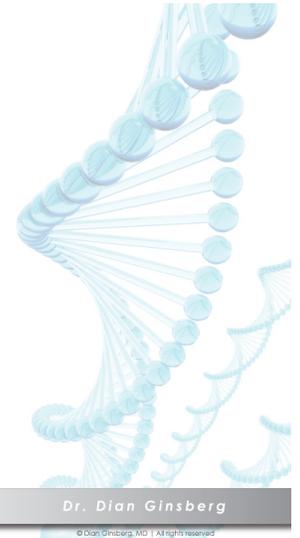
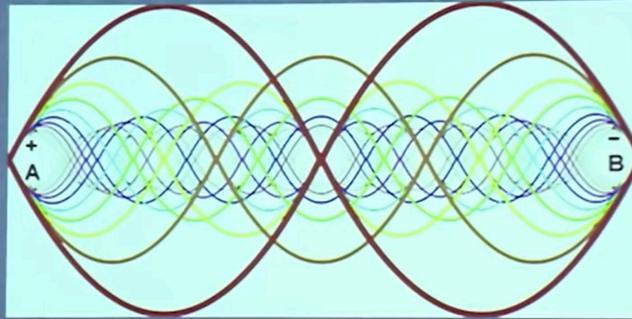


We live in an
Electromagnetic Universe

Everything Spins & Vibrates

Sound & Resonance

Common links of creation



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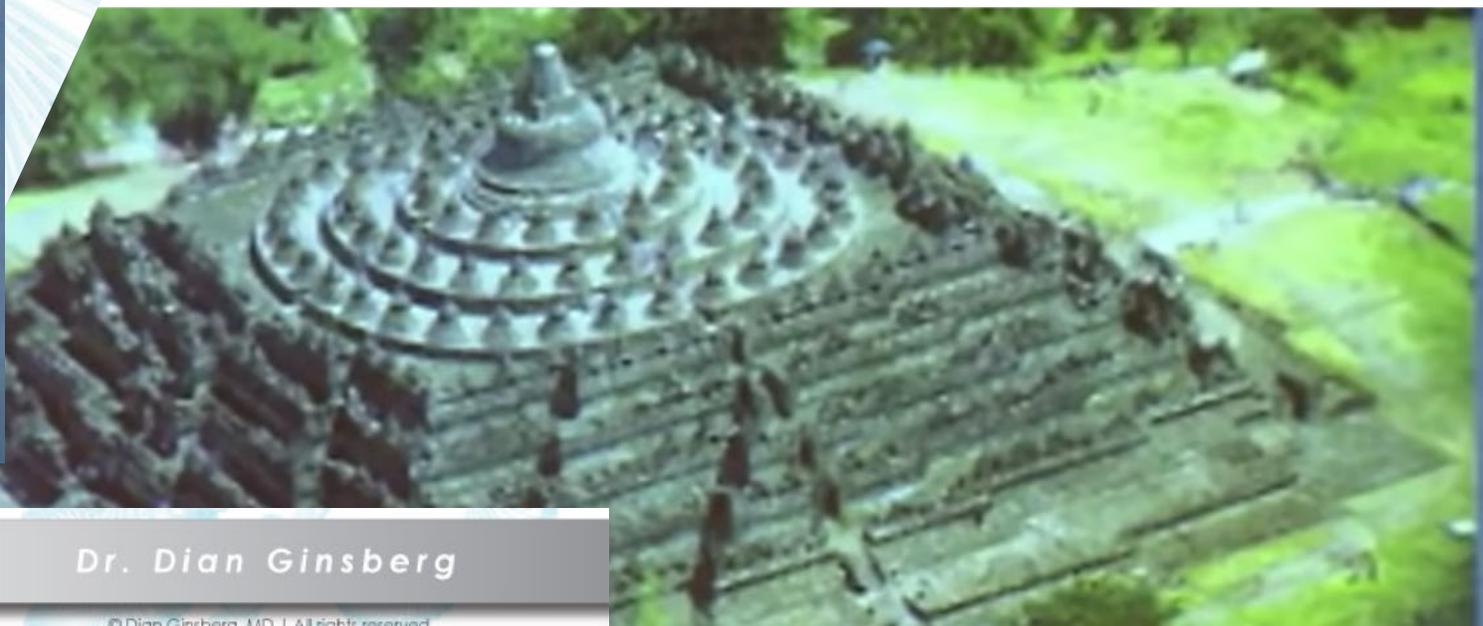
Michael Tellingner

These domes are believed
To be giant conductors that
Turn sound into energy for someone
Or some species.....



What is the moon?

The only celestial body that does not spin



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Coherence & Harmonic Resonance

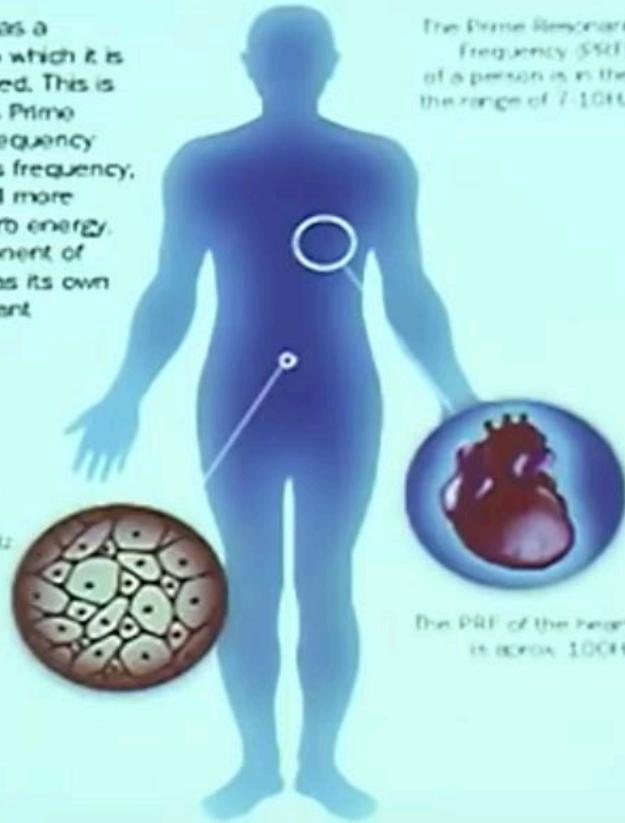
Principles of Resonance

Everything has a frequency to which it is naturally tuned. This is known as its Prime Resonant Frequency (PRF). At this frequency, an object will more readily absorb energy. Each component of your body has its own prime resonant frequency.

The Prime Resonant Frequency (PRF) of a person is in the range of 7-10Hz

The PRF of a typical cell is approx. 1000Hz

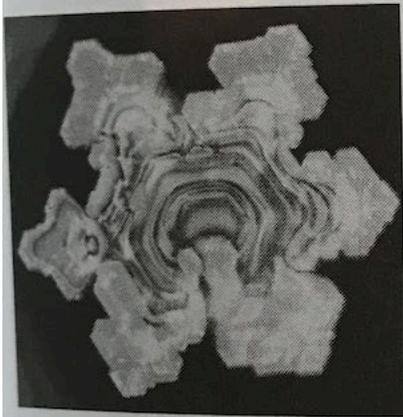
The PRF of the heart is approx. 100Hz



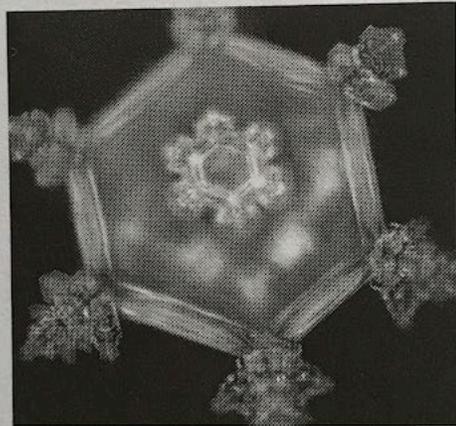
Dr. Dian Ginsberg

Its looking like space is not a vacuum but full of water....

Photographs of ice crystals were viewed by 100 independent judges. They found the shapes in the treated water more beautiful than those in the untreated water (Radin, Hayssen, Emoto, & Kizu, 2006).



Water exposed to the music of Mozart.



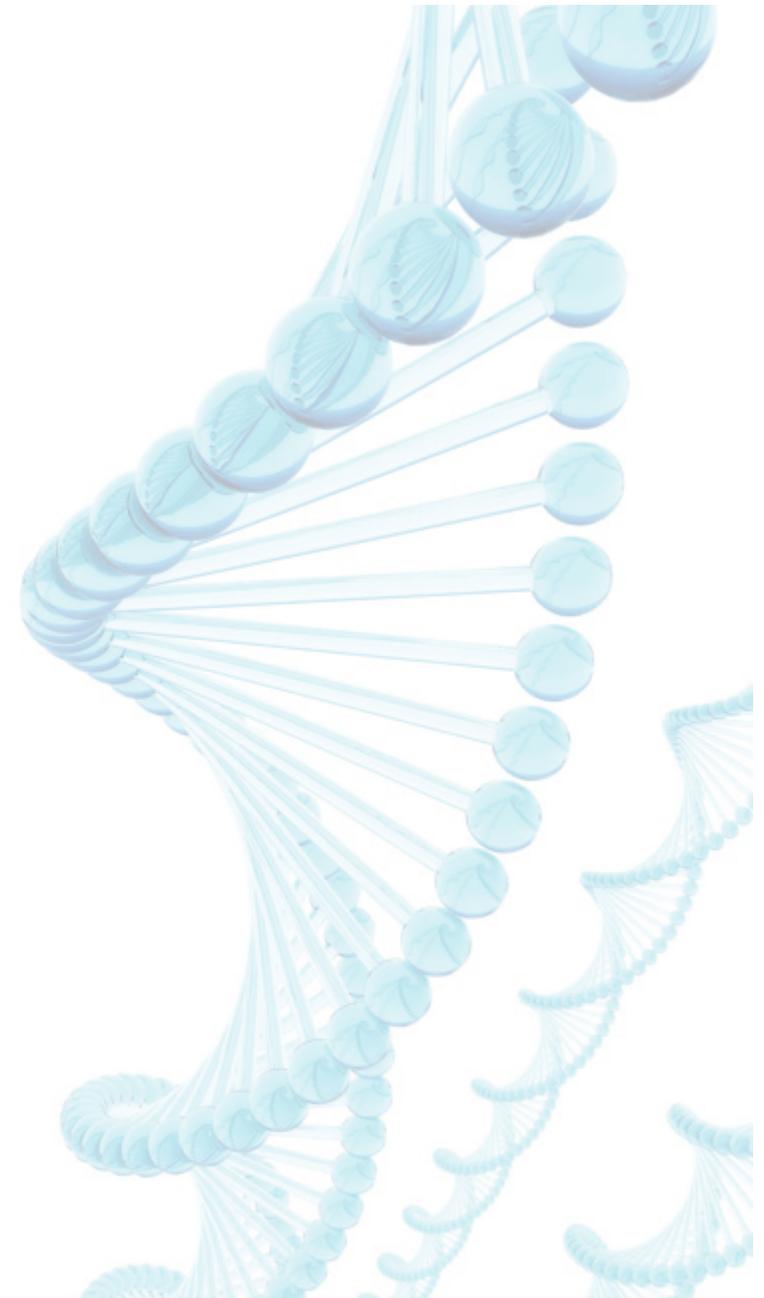
Water exposed to the music of Vivaldi.



Water exposed to heavy metal music.

WE are 70% water.....

We may have a lot more control of our mind and our power and our anxiety than we think---Its all about how we vibrate!



Surprisingly Positive Things About Anxiety

- People with anxiety are actually better at responding to threats than people without anxiety, since their brains process threat more efficiently. (Based on a Science News study in 2015) Anxious people process threats in the brain region targeted for action instead of the sensory region.
- People with social anxiety are more empathetic towards others – have increased ability to understand others emotions
- People with anxiety tend to be more intelligent than those without it. Correlates especially with high verbal intelligence.



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Sleep

I Slept Outside for a Week and It Changed My Life (Really)

What a restless coffee drinker learned from going to circadian-rhythm rehab (a tent in the woods)

<https://www.outsideonline.com/2178346/i-slept-outside-week-and-it-changed-my-life-really>



*“Failure will never overtake me if my
determination to succeed is strong enough.”*

- Og Mandino



Resources and References

- High glycemic index diet as a risk factor for depression: analyses from the Women's Health Initiative:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4515860/>
- Probiotics drive gut microbiome triggering emotional brain signatures
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6287679/>
- Generalized Anxiety Disorder and Hypoglycemia Symptoms Improved with Diet Modification
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4963565/>
- Mood Disorders and Gluten: It's Not All in Your Mind! A Systematic Review with Meta-Analysis
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6266949/>
- Increased sensitivity to caffeine in patients with panic disorders. Preliminary evidence.
<https://www.ncbi.nlm.nih.gov/pubmed/6497568>
- Antibiotic exposure and the risk for depression, anxiety, or psychosis: a nested case-control study.
<https://www.ncbi.nlm.nih.gov/pubmed/26580313>
- David Carbonell, excellent presentation on anxiety:
https://adaa.org/sites/default/files/Carbonell_107.pdf