



# The Art & Science of Transformational Change

May 14-18, 2020 | Baltimore, MD



## Functionally Addressing Depression & Anxiety:

**Energy Therapies, Microbiome, Lifestyle, Epigenetics**

**Presented by: Anne Merkel, PhD, ND – Functional Medicine Practitioner**

22<sup>ND</sup> INTERNATIONAL  
ENERGY PSYCHOLOGY CONFERENCE



# Purpose of This Presentation:

- **Purpose:** to share how to use Energy Therapies / Energy Psychology in partnership with Functional Medicine based on the patient/ client's unique emotional needs, microbiome health, nutrition, lifestyle environment, and genetic profile.
- **Points:** to know when and how EP should be used as just one tool in the **treatment of depression and anxiety** (among other emotions) when physical history, specific foods, lifestyle environment, and gene variants can have a huge impact on the presentation of these conditions.
- This session will point out issues to consider beyond the emotional component so that as a practitioner you can **ask the right questions and refer appropriately... to treat each unique individual.**



# My Journey as Intuitive Detective:

- **Going Deeper to Identify Root Causes – Detective Work**
  - Left brain pursuits / Social Dynamics
  - Vibrational Medicine / Hands-on Healing / Akashic Records
  - Meridians / Cords
  - Physical Health
  - Food = Medicine / Nutrition
  - Microbiome
  - Lifestyle & Environmental Medicine
  - Electro-magnetics
  - Epigenetics
  - The “New Biology”... from Mechanical to Vibrational...



# Outline of Presentation Content:

- **The Emotional Components & Tools:**
- **The “New Biology” – Whole Person Approach / Universal Vision...**
- **Epigenetics : New Understandings Post-Human Genome Project**
  - Genetic Management – control incoming information from environment(s)
  - Support from foods & supplementation
- **Lifestyle & Your Environment:**
  - Toxins around us
  - What to do?
- **The Microbiome:**
  - Why is this so important with Depression & Anxiety?
  - How do you protect it?
  - Nutritional Support / Diversity / Health & Mood Support
- **Understanding Functional Medicine & Creating Your Team**
- **My take on some questions from other sessions...**
- **Summary / Conclusions - Q & A**

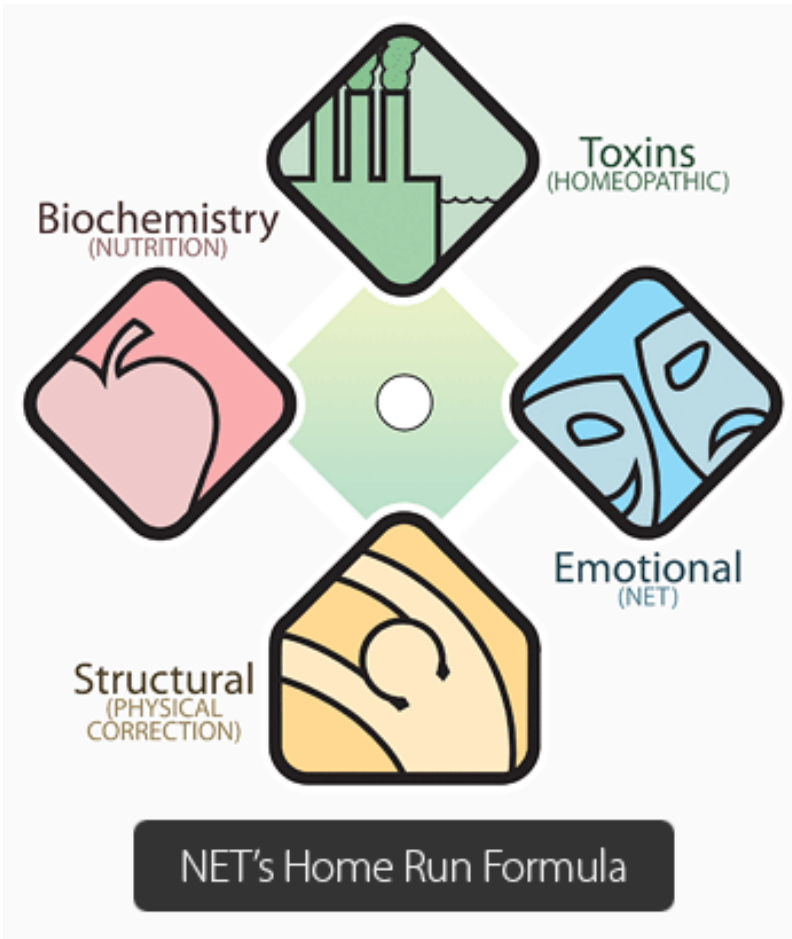


# STRESS! => Depression & Anxiety

- This is totally UNIQUE for each individual!
- Mental Stress
- Emotional Stress
- Physiological or Structural Stress
- Chemical Stress (Toxins / Lack of Nutrients)
- Environmental Stress
- Spiritual Stress



# NET / Neuro Emotional Technique



Dr. Scott Walker with  
Dr. Deb Walker

[www.NETMindBody.com](http://www.NETMindBody.com)

[www.OneFoundation.org](http://www.OneFoundation.org)



# The Emotional Component - 1:

- **This is the ENTRANCE into my practice & is a consideration of most all Functional Medicine Practitioners...**
- **Acute Emotional Stress** – Often is obvious to the practitioner & must be cleared before moving on...
  - Trauma-based
  - Diagnosis or Prognosis-based
  - Chemically-induced
  - Electro-Magnetically-induced
  - Daily COVID-19 Update shock
- **Chronic Emotional Stress** – May be the reason for patient/client's visit...
  - PTSD–type Anxiety, Depression, other... COVID-19
  - Diet – Food sensitivities/ microbiome weakness or imbalance => symptoms
  - Lifestyle – Relationships, Job-related, Commute, \$\$ Issues, ...
  - Environmental Toxins – Molds, Chemicals, Plastics, EMF's,...
  - Genetic Predisposition to Mental Health, Brain, Mood Disorders



# The Emotional Component - 2:

- **The best order of treatment for Anxiety / Depression / Other?**
  - Is based on the history of the client/patient
    - Acute or Chronic Issue?
    - Recurring or single incident?
  - Is determined by the body's own priority order
    - What meridians are holding the Emotional Stress?
    - How many underlying layers need to be removed?
- **Acute Emotional Stress**
  - Can you address this first by using your tools?
- **Chronic Emotional Stress**
  - Is this something that you've been treating and you don't seem to be making much progress? Maybe you need a team effort.



# COVID-19 Emotional Issues – 3:

- **COVID-19 and Anxiety:**

- Fears for self and loved ones
- Inability to “control” the situation
- Isolation vs. Loneliness (being alone – feeling outside of...)

- **“Cabin Fever”=> Transition back to “Facing Others”:**

- Kids at home – confusion & chaos
- Schedules messed up – No going back to “normal”
- Need supplies & can’t go out or scared or not available
- Not used to isolation / “Boredom”
- Mask or no mask? / Where is it safe?

- **Financial Issues:**

- Bills & Rent due without income
- Drop in stock market
- Can’t pay employees / lay-off decisions for business owners
- Fear of losing a business or home or job or food stamps, etc.

- **Underlying / Inherited / “Conspiracies”:**

- Ancestors dying of epidemics / sickly, stricken, etc. / Old family stories of gloom & doom
- Inability to control your body
- “Who is pulling the puppet strings?” / What news is TRUE?



# COVID-19 Suggestions– 4:

- **COVID-19 and Anxiety:**

- Meridian-based interventions to relieve acute & chronic
- CBD Oil... start with low dosage under tongue & hold
- Flower Essences: “Rescue Remedy” / Olive / Red Chestnut / Rock Rose / Star of Bethlehem / Wild Rose
- Stay hydrated! Breathe! Exercise in nature!

- **“COVID-19 and Depression:**

- Diet: Eat organic / eat more fresh or frozen vegetables & fruits / cut out sugar, grains, dairy / lower caffeine
- Exercise & Breathe daily... break a sweat & stay hydrated!
- Use nutritional supplements: Vitamins B (multi), C, D3 with K, E, zinc, magnesium
- Use your EP tools & meditate
- Reach out to loved ones via phone, video zoom, facetime... but be careful of EMF exposures



# Busting Fallacy #1

**Dis-ease is no longer considered to be  
caused by a  
Germ or Gene...**

**Everything is about Vibration... on all levels!**

**There is much more to it!**



# History of Western Health Care:

## **Up until 1910 Health Care included:**

- Root Cause Analysis of unique cases
- Whole Self Emphasis
- Addressed cause based on: person, environment, situation, etc.
- Used nature-based remedies, tinctures, protocols.

**... a Whole Person Approach!**



# **Fallacy #2**

## **Separating**

**Unseen / Spirit ... from ... Seen / Matter**

**The Mind ... from ... The Body**

**Mental Health ... from ... Physical Health**

**The Person ... from ... The Environment**



# Back to the Basics => Epigenetics - 1:

***“A person’s health isn’t generally a reflection of genes, but how their environment is influencing them. Genes are the direct cause of less than 1% of diseases: 99% is how we respond to the world.”  
-- Bruce Lipton***

- **Human Genome Project:**

- 1990 thru 2003 International Project
- Focus on determining the base pairs that make up human DNA, and of identifying and mapping all of the genes of the human genome from both a physical and a functional standpoint.
- Potential benefits could include better diagnosis of disease, early detection of certain diseases, proactive nutritional prevention protocols, and gene therapy , plus more.
- The “New Biology” debunks some early predictions to include many more pieces in the puzzle of our predisposition to health or illness.
- And, we now live in a very dirty, polluted society and world...



# Epigenetics => Nutrigenomics – 2:

## • Different approaches to Epigenetics:

- *The Biology of Belief, Unleashing the Power of Consciousness, Matter & Miracles*; Bruce Lipton, Hay House Publishers, 2005.
- *The Genie in Your Genes, Epigenetic Medicine and the New Biology of Intention*; Dawson Church, PhD, Elite Books, 2007.
- *Dirty Genes , a Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health*; Ben Lynch, ND, Harper One Publishers, 2018.
- *Regenerate, Unlocking Your Body's Radical Resilience Through The New Biology*; Sayer Ji, Hay House, Inc., 2020.



# Epigenetics => Gene Changes - 3:

- **SNP's = "Single Nucleotide Polymorphisms" ...**
  - Beyond "dominant" or "recessive" genes => traits
  - Inherited variations in DNA codes with "Mutation(s)" / "Variant(s)" reflecting potential health risks
  - "Dirty Genes" (healthy genes that don't work right) affected by an unhealthy lifestyle, environment, diet, emotional environment
  - "Code Adjustments" for survival over generations / some benefits
- **Homozygous Negative (-/-) = No risk SNP's = fewer health risks and more "normal"**
- **Heterozygous (+/-) = Inherited risk allele from one parent**
- **Homozygous Positive (+/+) = Inherited risk allele from both parents**



# Epigenetics: Detoxification – 4

- **Human Body - Phase 1 and Phase 2 Detoxification Processes & Genes**

- Phase 1 – The Liver changing the molecular structure of toxins to de-toxify by expelling from body
- Very TOXIC mid-phase
- Phase 2 – Multiple organs needed for detoxification processes
  - Glutathione Pathway / Acetylation Pathway / Glucuronidation Pathway / Sulfation Pathway /
  - Methylation Pathway – key to de-toxing and supporting the function of all other genes / when this pathway is blocked toxins and bodily functions get blocked / “Reality” is impacted... with neurological impact
- Best to look at full picture of Genes by Category...



# Epigenetics: Reading Genes – 5:

**Genetics Report Pages – FYI...**  
**Genetic Detoxification Health Report**



# Epigenetics: Staying Healthy – 6:

- Drink plenty of pure water
- Breathe clean air (go into nature /air filters inside)
- Exercise!!! ... move the big muscles to move lymph system
- Reduce & Manage Stress (EP)
- Avoid exposure to toxins
- Eat a high-nutrient, high-fiber diet
- Watch & regulate your sugar intake!
- Eat Organic, REAL (non man-made “Franken-”) foods!
- Optimize digestion / detoxification with nutritional supplementation



# Lifestyle & Environmental Medicine:

- **Relationships: Stress & Emotional Overload – at Work or at Home**
- **Chemical Overload:**
  - Air & Water – Seasonal, Pollution, Over-crowding, ...
  - Hormone-disrupting Chemicals: Petrol-based, Plastics, herbicides & pesticides, flame retardants
- **Building Toxicity:**
  - At Home or Work: Inside Air, Furniture Out-gassing, Construction, Industry, Mold /Mildew, Paint & Stain, etc.
- **Electro-Magnetic Frequencies (EMF's)**
  - Wifi (routers / modems)
  - Devices (3G, 4G, 5G)
  - Lights, Appliances, etc.
  - “Dirty electricity”
- **Chronic Emotional / Physical Overload**
  - Sleep Disorders
  - Autoimmune Disorder
  - Your client's “Persona” = “Victim” = Benefits



# Chronic Conditions / Autoimmune:

- **Many of your patients/ clients may suffer from one of over 100 physical degenerative conditions labeled “autoimmune” that include anxiety and/or depression as classic symptoms...**
- Symptoms are REAL to your client... and can be life-threatening!
- Get them “out of the box” & work with each unique case
- Foggy thinking & forgetful – depressed & anxious
- If environment, diet, or lifestyle doesn’t change, then your work with them may not help... can’t change something within its same hurtful environment!
- Very often client’s priority is not the same as the body’s priority
- **These cases are NOT “one minute miracles”!**



# The Microbiome - 1:

- **What is the Microbiome?**

- The human microbiome is the aggregate of all microbiota that reside on or within human tissues and biofluids along with the corresponding sites in which they reside
- Micro-organisms that occupy your alimentary tract – from end-to-end = main focus
- The real “YOU” of your body-mind system
- Comprised of different micro-organisms, including bacteria, viruses, fungus, and more... some studies believe the number of cells may be 10:1 with human cells...
- Adds 100X to your own human genetic matter... & it ALL matters to you!
- Keeps you alive... and, when the “gut bugs” are happy, you are happy!

- **What do these micro-organisms do?**

- Represent the majority of your Immune System
- Determine your mood from meal-to-meal, moment-to-moment
- Support appropriate and healthy expression of your genes
- Help in the digestion process by breaking down food molecules to release nutrients
- Produce enzymes, hormones, neuro-transmitters, and more... think serotonin =>dopamine =>oxytocin=>etc.
- Represent the vast majority of your genetic matter to regulate your moods, support homeostasis through-out the body, activate genes, and “talk” with your brain via the vagus nerve, etc.



# The Microbiome - 2:

- **Hitting the Headlines now in “New Biology”, Epigenetics, Functional Medicine: The Health of Your Microbiota = Your Mood & Sense of Well-being!**
- **Birth determines your “gut bugs”**
  - Vaginal vs. C-Section Birth
- **Diet feeds your “friendly flora” and “not so friendly” too**
  - Fungal overgrowth (Candida Albicans) – eating too many carbohydrates / sugars
  - Grain sensitivities – introduction of new bacteria unknown in humans
  - Healthy diet includes “pre-biotics” for the gut bugs, plus a balance of healthy foods
- **Antibiotics kill your “inner mood-regulating self”**
  - Mood regulating hormones are created in the gut by the micro-organisms there
  - Prescribed meds can kill necessary gut flora
  - Herbicides & pesticides when not eating OG foods kill your gut flora just like weeds...
- **Your microbiome determines your health & well-being!**
  - Gut regulates and supports your immune system
  - Helps to regulate hormones -
  - Talks directly with your brain via the Vagus Nerve



# The Microbiome - 3:

- **The Microbiome is VERY Significant to You and Your Moods: ... and it Can Cause Depression or Anxiety...**

- Lack of good nutrition & pre-biotics to feed microbiota
- Poisoning by “Franken-foods”, non-OG foods, toxin-laden foods
- Your own sensitivities to grains, dairy, sugar, caffeine, etc.
- EMF exposures & sensitivities – killing the microbiota
- Your genetic uniqueness: more in the next section...

- **Living in your own body:**

- Become a “Health Detective” for yourself
- Encourage your clients to become their own detectives

- **Working with Mental Health Patients/ Clients:**

- Ask what they have noticed about When, Where, What circumstances, How, and Why the symptoms of Depression & Anxiety have come on...
- Team up with other practitioners who look at the “Whole Person” to identify the root causes of symptoms... including depression & anxiety



# Important Questions to Ask:

- **Take a “Whole Person” History... to include:**
- Is your client sufficiently hydrated? Drink more H2O!
- Do they get tired, moody, depressed/anxious before or after meals?
- Do they seem foggy-minded & forgetful?
- Ask about a diagnosis of “autoimmune disorder”
- Do they have “weight issues”?
- Have they moved to a new home/office, or gotten new furniture, or remodeled anything in their environment?
- Do they keep coming back with the same issues?
- Are they currently working with any Functional Medicine providers?



# Quick Fixes for Anxiety/ Depression:

- **The body requires water!**
  - Make sure your client is hydrated at the start of and during each session
  - Encourage them to drink ½ their body weight in ounces per day!... This not only enhances the mood, but also supports physiological processes, and can protect from 5G damage!
- **BREATHE! Oxygen is of utmost importance always... and in the age of COVID-19!**
- **Eat Healthy REAL foods (mostly fruits & vegetables)... and Watch Your Blood Sugar!**
- **Exercise is vital for health!**
  - Only exercise can do a good job of flushing the toxins out of cells as it also enhances oxygen flow to the cells,... which will support mood shifts and healthier physiological processes!
  - Exercising in nature gives an extra dose of negative ions to boost the mood!
- **Touch the Earth!**
  - We are of the earth and need to stay connected! Walk barefoot or sit with your feet in the dirt whenever possible for mood boosts and pain relief!
- **Focus on Gratitude! / Stay in the Present**
  - Staying in a state of gratitude will automatically lift your vibration... and your mood!
  - Check out my Abundance e-Guide: *Journaling for Success!* [www.ArielaGroup.com/eft-self-study](http://www.ArielaGroup.com/eft-self-study)
- **Meditate or practice some form of Mindfulness... and Digitally Detox!!**
- **Get ample SLEEP!**
  - The body needs at least 7.5 hours per night of sleep... and you can never make it up later



# What would you do?

- **Imagine the following Case:**
  - High school aged female
  - Chronic anxiety, mood swings, bouts of schizophrenia, depression
  - Presents in your practice looking for help
  - No known traumatic experiences
- **What questions would you ask?**
- **What indicators would you consider?**
- **Who might you bring onto the Case to help you?**
- **What are the alternatives for this girl if you cannot help her?**
- **The true case...**



# Within Your Scope of Practice:

- **Do No Harm!**
- **Take a “Whole Person” History... just add a few questions...**
- **Note if they keep coming back with the same issues... what have you missed & could easily examine through Q & A or personal observation?**
- **Identify some new “team members” with whom you may collaborate on behalf of a client/patient...NOT behind their back, but through introduction or recommendation to share different perspectives on their condition.**
- **Find a colleague who might help make recommendations of new “teammates”.**



# Final Q & A

**... see next 3 pages for some answers to questions asked, plus some product info that was requested at the end of the session.**

- ***Thank you for your interest and for caring for humanity!***
- For more information on the topics discussed here, check out: ***Depression & Anxiety: Beyond Talk Therapy – Multiple Causes & Functional Medicine Treatments***, Sept. 1, 2020. [www.AnneMerkel.com/practitioner-publications](http://www.AnneMerkel.com/practitioner-publications)



# Answers to Questions: -1

- You are totally unique!! Work with a personal guide looking at the WHOLE.
- Best water: reverse osmosis / distilled (not in plastic bottles) / Berkey gravity filters (w/ FI filter)
- Traditional acupuncture, EFT, NET, Far infra-red mats & saunas, essential oils, flower essences, homeopathics all help to re-balance for homeostasis
- Eat only good OG oils Extra Virgin Olive Oil & OG Coconut oil – you can't digest the others... & Canola / Soy are both GMO with glyphosate! (unless OG)
- Structural: DC or DO using applied kinesiology are best practitioners
- Estrogen: stay away from plastics, petrol products or derivatives, etc.
- MTHFR gene=> Phase 2 methylation=> B9 methyl-folate (not folic acid... see "Dirty Genes" book by Dr. Ben Lynch)
- COVID-19 is being treated successfully by functional doctors...
- A healthy conscious lifestyle naturally lowers ALL kinds of STRESS!
- Beware of censorship and bad press about holistic/ functional medicine
- See next page for products asked about in my session...



# Answers to Questions + Info: -2

- **Products that I recommend:**

- Silver & CBD found at: <https://arielagroup.com/health-products/> \*
- Physician-grade supplements: <https://annemerkel.com/nutritional-supplements/> \*
- Briotech HOCl Spray: <https://is.gd/HOCLSpray> with instructions & explanation
- (Watch for knock-offs on Amazon of certain natural health products... best to buy from known sources.)

- **Good sources for non-gluten recipes:**

- Danielle Walker's book: *Against All Grain*
- Elana Amsterdam: blog and multiple books on Amazon

- **Sign up for a complimentary 20-minute consult with me – for yourself or to discuss a client:**  
<https://my.timetrade.com/book/W1X1H>

- **If you want more info about Epigenetics, how I work with it, etc.:**  
<https://annemerkel.com/functional-epigenetics-package/>

- I will be offering a pre-order on my up-coming book which goes into all that I introduced here... with much more detail! Feel free to check back soon for a link to pre-order on my website or on Amazon directly: <https://annemerkel.com/practitioner-publications/> Look for: *Depression & Anxiety: Beyond Talk Therapy - Multiple Causes & Functional Medicine Treatments*

\* I get some credit for referring you!



# Answers to Questions + Info: -3

- *Functional Medicine* is a systems biology–based approach that focuses on identifying and addressing the root cause of disease. Each symptom or differential diagnosis may be one of many contributing to an individual's illness. A diagnosis can be the result of more than one cause and you may wish to work with several functional medicine practitioners, listing one as the Team Leader!

**It was my honor to present to you this year!**





# Bibliography -1:

- Bredesen, Dale: ***The End of Alzheimer's, The First Program to Prevent and Reverse Cognitive Decline***, Penguin Random House, 2017.
- Brogan, Kelly, (with Nancy Marriott): ***Own Your Self – The Surprising Path beyond Depression, Anxiety, and Fatigue to Reclaiming Your Authenticity, Vitality, and Freedom***, Hay House, 2019.
- Bryson, Bill: ***The Body – A Guide for Occupants***, Doubleday, 2019.
- Bullmore, Edward: ***The Inflamed Mind – A Radical New Approach to Depression***, Picador Press, 2018.
- Chopra, Depak, and Rudolf Tanzi: ***Super Genes, Unlock the Astonishing Power of Your DNA for Optimum Health and Well-being***, Harmony Books, 2015.
- Church, Dawson: ***The Genie in Your Genes, Epigenetic Medicine and the New Biology of Intention***, Elite Books, 2007.
- Eden, Donna, with David Feinstein: ***Energy Medicine – Balancing Your Body's Energies for Optimal Health, Joy, and Vitality***, Penguin Group, 1998, 2008.
- ***EFT and Beyond – Cutting Edge Techniques for Personal Transformation***, Edited by Pamela Bruner and John Bullough, Energy Publications Ltd, 2009.



## Bibliography-2:

- Feinstein, David: ***Energy Psychology Interactive Self-Help Guide – Change Your Energy, Change Your Mood, Change Your Mind***, Innersource, 2003.
- Feinstein, David; Donna Eden, and Gary Craig: ***The Promise of Energy Psychology – Revolutionary Tools for Dramatic Personal Change***, The Penguin Group, 2005.
- Frahm, Anne E. (with David J. Frahm): ***A Cancer Battle Plan – Six Strategies for Beating Cancer, from a Recovered “Hopeless Case”***, Tarcher/ Penguin, 1992.
- **Green Med Info:** [www.greenmedinfo.com](http://www.greenmedinfo.com) – source for research studies in natural health, functional medicine, alternative protocols, nutrition, and more.
- Gundry, Steven R.: ***The Longevity Paradox – How to Die Young at a Ripe Old Age***, Harper Wave, 2019.
- Hay, Louise L.: ***Heal Your Body – The Mental Causes for Physical Illness and the Metaphysical Way to Overcome Them***, Hay House, 1982.
- Hay, Louise L.: ***You Can Heal Your Life***, Hay House, 1984.



# Bibliography-3:

- Heckenlively, Kent and Judy Mikovits: ***Plague - One Scientist's Intrepid Search for the Truth about Human Retroviruses and Chronic Fatigue Syndrome (ME/CFS), Autism, and Other Diseases***, Skyhorse Publishing, Inc. , 2017.
- Heckenlively, Kent and Judy Mikovits: ***Plague of Corruption - Restoring Faith in the Promise of Science***, Skyhorse Publishing, Inc., 2020.
- Ji, Sayer: ***Regenerate – Unlocking Your Body's Radical Resilience Through the New Biology***, Hay House, Inc., 2020.
- Know, Lee: ***Mitochondria and the Future of Medicine – The Key to Understanding Disease, Chronic Illness, Aging, and Life Itself***, Chelsea Green Publishing, 2018.
- Lipton, Bruce: ***The Biology of Belief, Unleashing the Power of Consciousness, Matter & Miracles***, Hay House, 2008.
- ***Live Longer Feel Better – Defeating Dementia, Depression & Diabetes***, Summit Hosted by Michael Beattie and Trevor King, [www.LiveLongerFeelBetter.com](http://www.LiveLongerFeelBetter.com) , TK Media Ltd., 2019.
- Lynch, Ben: ***Dirty Genes, A Breakthrough Program to Treat the Root Cause of Illness and Optimize Your Health***, Harper One, 2018.
- Mercola, Joseph: ***Ketofast – Rejuvenate Your Health with a Step-by-Step Guide to timing Your Ketogenic Meals***, Hay House Publishers, 2019.
- Merkel, Anne I.: ***Autoimmune Cases – Naturally: Treating Autoimmune Disorders Using Energy Psychology and Naturopathy***, Ariela Group Publications, 2015.



# Bibliography-4:

- Mukherjee, Siddhartha: ***The Gene: An Intimate History***, Simon and Schuster, 2016.
- O'Bryan, Tom: ***The Autoimmune Fix, How to Stop the Hidden Autoimmune Damage That Keeps You Sick, Fat, and Tired BEFORE it Turns Into Disease***, Rodale Wellness, 2016.
- O'Bryan, Tom: ***You Can Fix Your Brain, Just 1 Hour a Week to the Best Memory, Productivity, and Sleep You've Ever Had***, Rodale, 2018.
- Perlmutter, David and Austin Perlmutter (with Kristin Loberg): ***Brain Wash – Detox Your Mind for Clearer Thinking, Deeper Relationships, and Lasting Happiness***, Little Brown Spark, 2020.
- Perlmutter, David, (with Kristin Loberg): ***Grain Brain, The Surprising Truth about Wheat, Carbs, and Sugar – Your Brain's Silent Killers***, Little Brown & Company, 2013.
- Perlmutter, David & Alberto Villoldo: ***Power Up Your Brain, The Neuroscience of Enlightenment***, Hay House, 2011.
- Perlmutter, David and Carol Colman: ***The Better Brain Book – The Best Tools for Improving Memory and Sharpness and Preventing Aging of the Brain***, Riverhead Books, 2004.
- Pineault, Nicolas: ***The Non-Tinfoil Guide to EMF's – How to Fix Our Stupid Use of Technology***, N & G Media Inc., 2017.



# Bibliography-5:

- Sutton, Christy L.: ***Genetic Testing: Defining Your Path to a Personalized Health Plan – An Integrative Approach to Optimizing Health***, DC&K Publishing, 2017.
- ***The Genius of Your Genes Summit***, Hosted by Donna Gates, Health Means, [www.hto.care](http://www.hto.care) , 2019.
- ***The 5G Crisis: Awareness & Accountability***, Summit Hosted by Josh Del Sol, Health Means, [www.hto.care](http://www.hto.care) , 2019.
- ***The Gut Solution***, Summit hosted by Sarah Otto, [www.goodnesslover.com](http://www.goodnesslover.com) , Goodness Lover Ltd, 2019.
- ***The Truth About Cancer: A Global Quest***, [www.thetruthaboutcancer.com](http://www.thetruthaboutcancer.com) , TTAC Publishing, 2015.
- ***The Truth About Cancer: The Quest for the Cures... Continues***, [www.thetruthaboutcancer.com](http://www.thetruthaboutcancer.com) , TTAC Publishing, 2014.
- Trasande, Leonardo: ***Sicker Fatter Poorer – The Urgent Threat of Hormone-disrupting Chemicals to Our Health and Future... and What We Can Do About It***, Houghton Mifflin Harcourt, 2019.
- Van Der Kolk, Bessel: ***The Body Keeps the Score – Brain, Mind, and Body in the Healing of Trauma***, Penguin Books, 2014.



# Learn More from Dr. Anne Merkel

- Energy Medicine Website: [www.ArielaGroup.com](http://www.ArielaGroup.com)
- Natural Medicine Website: [www.AnneMerkel.com](http://www.AnneMerkel.com)
- Check out her books for Practitioners on Amazon: <https://AnneMerkel.com/practitioner-publications> ... and check back for pre-order of her new book prior to Sept. 1.
- Follow her on facebook:  
[www.facebook.com/ariela.group](http://www.facebook.com/ariela.group) or  
[www.facebook.com/TapforRelief](http://www.facebook.com/TapforRelief)
- Check out her facebook groups:  
[www.facebook.com/groups/DepressionAnxietyWholePerson](http://www.facebook.com/groups/DepressionAnxietyWholePerson)  
<https://annemerkel.com/shine-your-light>









