

# An option if struggling with mild to moderate anxiety and depression

**Submitted by Dr. Robert Wright, DC, CBCN**  
HealthSource of Palos Hills

Drugs are the tools used by mainstream medicine for the treatment of anxiety and/or depression. Unfortunately, they do not always work well, can have toxic results to your organs and body long-term, and many times cause nasty side effects. There is another option. An option that is working great for over 50 percent of the patients I see in my practice. And when it works, it works extremely well!

Serotonin and dopamine are two of the main neurotransmitters of the brain. A low level of these neurotransmitters can often be the cause of anxiety and depression. There are specific amino acids that can safely raise the levels of these neurotransmitters in our brain to manage anxiety and depression safely. Once the correct dosing level of amino acids are taken, the patient will experience its potential benefit within five days.

I have been working with anxiety and depression for over six years now and have seen astonishing results, especially within the past year. My approach to these problems has evolved over this time so I can quickly identify if a patient is a candidate for this approach upon the first visit.

I work in association with Dr. Marty Hinz, MD of NeuroResearch. NeuroResearch has been working with doctors to help them more effectively manage patients with mild – moderate anxiety and depression. I also work with patients referred by psychologists and other doctors in the area.

Other conditions such as ADD and Parkinson's also respond very well to amino acid therapy.

Join us on Tuesday, July 14, at 6 p.m., to hear more – bring your questions. This one-hour could Drastically Improve your Life. Call HealthSource of Palos Hills, 598-9144, [www.PalosChiro.com](http://www.PalosChiro.com)