



# 5<sup>TH</sup> WORLD DEPRESSION CONGRESS

June 23, 2023 | Webinar

**Scientific Tracks & Abstracts**

5<sup>th</sup> World **DEPRESSION CONGRESS**

June 23, 2023 | Webinar

**Resetting the Mind: Pioneering Amino Acid Strategies to Counter Stress and Anxiety**

**Laurie Hammer**  
Algona, IA USA

As mental health disorders proliferate worldwide, innovatively addressing conditions such as anxiety and stress has become paramount. This presentation illuminates the pioneering role of Amino Acid Therapy (AAT) in rapidly and effectively bolstering neurotransmitter production, thereby attenuating the physiological anxiety response.

AAT provides targeted nutrient support, leveraging the body's biochemical processes to augment synthesis of critical neurotransmitters. It is premised on the understanding that amino acids serve as essential building blocks in neurotransmitter production - notably, serotonin, dopamine, and norepinephrine - each crucial for mental health maintenance.

Recent research indicates a robust correlation between AAT and improved anxiety symptoms. This intervention's efficacy emerges from its alignment with our intrinsic biochemical pathways, facilitating a more balanced neurotransmitter milieu. Hence, AAT's capacity to promptly 'reset' neurotransmitter imbalances can interrupt and mitigate the cyclical anxiety-stress response.

Despite the conventional focus on psychoactive medications, the potential of AAT remains largely untapped. In addition to illustrating the underpinning science, this presentation will elaborate on specific case studies demonstrating AAT's transformative effects in anxiety and stress management. By fostering a paradigm shift towards a more holistic, biologically compatible approach, we hope to inspire deeper exploration into AAT's promising potential in addressing global mental health challenges.

Our ultimate aim is to encourage a comprehensive approach to mental health treatment that recognizes the potency of dietary and metabolic interventions alongside traditional pharmacotherapies, bringing us closer to the goal of personalized, effective mental health care.

**Biography**

Laurie, a renowned Functional Nutritional Therapist and Neuro-Nutrient Specialist, dedicates her work to the cause of combating brain toxicity, depression, anxiety, eating disorders, and concomitant auto-immune diseases. Her professional expertise is complemented by a compelling personal narrative, having overcome a myriad of health trials both personally and within her family. Laurie adeptly utilized sophisticated, holistic, and multi-therapeutic methods to address complex conditions such as cancer, celiac disease, bulimia, and depression.

Website: [www.lauriehammer.com](http://www.lauriehammer.com)

Guided by an unwavering mission, Laurie is committed to mentoring and uplifting women, and a selected number of men, to attain the zenith of brain health, liberating them from the bonds of anxiety, depression, and related health impediments.

Laurie provides an encompassing suite of services – individual coaching, group classes, and practical workshops focusing on anxiety, depression, and the cornerstone principles of health. With an arsenal of time-tested strategies and protocols, she empowers her clients to surmount formidable health obstacles, thereby reclaiming their brain health. Working with Laurie, clients learn to navigate towards the life they were destined to embrace, not just in survival, but thriving in their true potential. She offers her transformative consultation services globally, both virtually and in-person.

[lauriehammerntp@gmail.com](mailto:lauriehammerntp@gmail.com)

5<sup>th</sup> World **DEPRESSION CONGRESS**

June 23, 2023 | Webinar

**How authenticity can stop you and your employees from burning out. A personal essay.****Nicklas Koenig**

Germany

After graduation I went on to study Psychology in Regensburg, Bavaria, Germany. Weird right? Normally I should have done something proper like Medicine or Law... Or Engineering. So I sit in my first lecture and I realize: there are 160 students. And not even 10 of them are boys. That's even more weird. But you know what? I didn't struggle to find my group of friends! We called ourselves „Minderheiten United“ which basically means „Minority United“!

My favourite Professor was Prof. Dr. Greenlee. He was a real Veteran if you ask me. He had these 28 year old slides mixed in American English, Latin and German about highly complex neurological circuits. And you know what? I think during his lectures I started losing vocabulary in all 3 languages ;)

After my third Semester I started applying for internships. I wanted to go into Economics or HR/Leadership/Change Management. The people's side of Business as it is often referred to. So I came up with 15 applications, 10 of them at BMW, some of them at Lufthansa and some of them at smaller enterprises.

Out of these 15 applications I did not even get accepted into the 2nd round of the assessment process once. By the way: a friend of mine got accepted because she met somebody who works at BMW at the gym. And I'm sorry to say that but she had way worse grades than me and studied communication at a Fachhochschule... like no disrespect but my level of knowledge and competence was clearly far beyond hers. And that's just being realistic- I don't mean to offend anybody!

So that was my experience with getting into the „open“ market : I didn't even get in! So I did what every young person would do in my situation: I worked in gastronomy to make a living and decided to go for what's left: the medical side of psychology.

Neurobiology is amazingly interesting. So what I did was I applied for an internship in a neuropsychological rehab clinic. One application, one direct response from the Professor in charge who told me that he was very happy about my application and when exactly I would like to start. So I had to tell him that I don't have time yet but that I could start in February 2020. Fast forward... I did the internship and as I slowly started to get a grip on what was going on COVID-19 struck. But if I learned one thing during these few weeks then it is that we know nothing!

Doctors know nothing while being very stressed out. Physiotherapists know nothing while being less stressed out. And Neuropsychologists know nothing with a bad consciousness. Compared to IT or Economics or Engineering we know nothing about Neuropsychology and the causes for different diagnoses and how to treat them. We treat them in oddly random and holistic ways and try to get the patients to the point where they actually realize that they have a problem. That's basically like catching a mean virus on your laptop and then having to live with knowing that you now have a virus on your laptop. Like the blue screen issue on Windows... What I found most astonishing about this is that we care more about the safety of our data or computer or pets than about our own brains. Let's change that. Please.

By the way:

There are two factors who are highly correlated to burning out that I remember from some of my lectures and I don't intend to have copyright on these findings. Firstly not being able to switch off and secondly not showing your REAL emotions in the workplace.

Who of you actually switches their phones off when they go to sleep? Raise your hands please. I'm gonna be honest I did it as a Teenager but I gave up long time ago. Everything is on the phone: sports, newspaper, stock markets, the family chat. So I'm not gonna try and tackle this factor but the OTHER one.

Not being able to show your real emotions at the workplace. Really?!

I'm personally trying to do it. It's a decision I make everyday. Some of my school friends already stopped. Most of them if you ask me.... To be honest I would go as far as to say about 60-70 percent of them. They do alcohol or drugs or fake it till they make it in order to survive in the work market. Like come on? What are you gonna do? Live a work life of lies and dishonesty to set traps for other people and thus make a lot of money? I'm not going to fake it till I make it! There is this app called „be real“. But we don't need an app for this! BE REAL. For the sake of your own mental health and trustworthiness and the people around you.

Thank you for your attention.

**Biography**

Hey, my Name is Nick and I have a scientifically approved IQ > 150. When I was just 17 years old I finished Bavarian High School with a GPA of 3.6 and as top of my year from the boys side.

n\_koenig@hotmail.de

# 5<sup>th</sup> World DEPRESSION CONGRESS

June 23, 2023 | Webinar

## Endocrinology of psychosomatic diseases

**Ramona Varga**

*Psychiatry, Psychology, Mental Health, Endocrinology, United Arab Emirates*

### INTRODUCTION

Psychosomatics is a discipline examining the relationships between physical and mental processes, the physical and mental and psychic causes of disturbances, which is already able to clarify the connections between physical pathological changes and psychic states in the case of an increasing number of diseases, but at the same time, in many cases, it is not yet able to give relevant answers to the question of how and to what extent the processes controlled by the mind affect our mood, our emotions, our general condition. The events of the 20th and 21st centuries – technological progress, a paradigm shift in the field of medical sciences – have brought revolutionary breakthroughs in the field of diagnosis and treatment of psychosomatic diseases, but even today we can find many unanswered questions in the field.

The topic of my presentation is to introduce the psychological and physiological background of psychosomatic diseases – stress, panic disorder, anxiety – with special attention to the effects of hormones affecting mood changes: dopamine, oxytocin, serotonin, endorphin, their role in physiological processes, and the presentation of potential cures and treatments.

### AIM

Presentation of the endocrinological background of physical and mental – psychic – processes, exploring the connections.

### CONCLUSIONS

Even though, according to public opinion, psychosomatic diseases are a product of the modern era, it can be concluded that they have been present among mankind for centuries. The accelerated lifestyle, the increased stress, the higher expectations naturally increase the number of lesions, the direct consequence of which is that the magnitude of the problems generated by psychosomatic diseases has also increased. We consider it necessary to create a more comprehensive, more informative picture of the field by exploring the psychological and physical causes of diseases, as a result of which the effectiveness of the cure can also increase.

**KEYWORDS:** clinical psychology, psychosomatic, endocrinology.

### Biography

Ramona Varga is from United Arab Emirates. Ramona is working as a Psychiatry, Psychology, Mental Health, Endocrinology, United Arab Emirates.

[info@ramonavarga.com](mailto:info@ramonavarga.com)

# 5<sup>th</sup> World DEPRESSION CONGRESS

June 23, 2023 | Webinar

## **My Experience with Depression and Alcoholism**

**Ryan Lee Armstrong**  
*United Kingdom*

### **INTRODUCTION**

Having personal Experience battling Depression and Alcoholism for around 4 years. I look to share my experience, my darkest days, the effect on the soul, body and mind that Depression causes. I look to share how I pulled myself from the dark back into the light, I will explain the relationship between depression and alcoholism. In order to help and support those suffering we must have a better understanding of depression. We can lose limbs, there are prosthetics for that, there is no prosthetic for a lost soul. I hope my talk will allow us to move forward with a new understanding of depression in order to help us change the world one life at a time.

### **Biography**

Ryan Lee Armstrong was born with a rare medical condition resulting in over 15 operations and more than half of his bowels removed. In his late teens and early twenties Ryan battled against mental health and alcoholism. Ryan pulled himself from the dark and it is now his sole purpose in life to help other suffering in their own lives. We are in control. Our lives are on us. It always will be.

info@ryanarmstrong.co.uk