

5th World **DEPRESSION CONGRESS**

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

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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.

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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.

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