

Continuing Education Application

Activity Host: Gaia Herbs Professional Solutions

Activity/Meeting Title: Alternative Botanical Low Mood Support - Strategies and Considerations

Activity Date(s): December 8, 2021 Location: Live Webinar

Activity Contact Information:

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Session Description

Globally, approximately 280 million people suffer from mood issues, and some are interested in turning to herbs rather than using traditional pharmaceutical options. This presentation will discuss Complementary and Alternative Medicine (CAM), supportive strategies, and ethical issues related to deviating from these traditional options.

Common mood support Pharmaceuticals and the following botanicals will be discussed: Melissa officinalis (Lemon balm), Hypericum perforatum (St John's Wort), Crocus sativus (Saffron), Matricaria chamomila (Chamomile), Rhodiola rosea (rhodiola)

Speaker Biography

Dr. Alschuler, ND, FABNO is a Professor of Clinical Medicine at the University of Arizona where she is the Associate Director of the Fellowship in Integrative Medicine at the Andrew Weil Center for Integrative Medicine. Dr. Alschuler completed her naturopathic medical training at Bastyr University where she completed her residency in general naturopathic medicine. She received her BS from Brown University. She is board certified in naturopathic oncology and practices naturopathic oncology out of Naturopathic Specialists, LLC. Dr. Alschuler co-hosts a podcast, Five To Thrive Live!. She is co-author of Definitive Guide to Cancer, now in its 3rd edition, and Definitive Guide to Thriving After Cancer.

Session Learning Objectives

1. Practitioners will learn what depression is and how it affects the body.
2. Practitioners will gain a deep understanding of traditional methods of treating depression via pharmaceutical interventions. They will learn common side effects induced by various medications and how those symptoms might be helped using botanicals.
3. Practitioners will learn a natural treatment approach to those seeking alternatives or additions to their conventional treatments, including herbal use, exercise, and diet.
4. Practitioners will understand how to manage withdrawal symptoms for patients who discontinue meds.

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Session Title: Alternative Botanical Low Mood Support - Strategies and Considerations

Speaker(s): Lise Alschuler, ND, FABNO

Date/Time: Dec 8, 2021/4 PM EST CE Requested: 1.0 ND PHARMA

Session Outline

- I. Depression prevalence pre/during Covid
- II. Overview of neurotransmitters and amino acid pathways
- III. Conventional management of depression
 - a. Cognitive behavioral therapy
 - b. Deep dive: Anti-depressant medications
 - i. First and second generation pharmaceuticals
 - ii. Mechanism of action
 - iii. Efficacy studies
 - iv. Dosing
 - v. Side effects and management thereof – herbs, lifestyle changes, etc
 1. Herbs to manage side effects of insomnia and agitation
 - a. Melissa, Scullcap, passionflower, oats
 2. Serotonin syndrome
 3. Drowsiness
 4. Orthostatic hypotension
 5. GI toxicity
 6. Weight gain
 7. Sexual dysfunction
 - a. Ginkgo, maca,
 8. Anti-Cholinergic Tricyclics
- IV. Supporting reduction or discontinuation of anti-depressants
 - a. Relaxation
 - b. Exercise
 - c. Diet
 - d. Supplements and Botanicals
 - i. St. John's wort, chamomile, saffron, melatonin, Rhodiola and other adaptogens
 - e. Withdrawal symptoms and strategies
 - i. Neurotransmitter nutrient co-factors
 - ii. Amino acids - dosing