

Natural Approaches to Depression & Anxiety

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Disclaimer

I'm not an MD, and I'm not here to give specific medical advice.

What information is contained within this class and powerpoint is intended for educational purposes. I want you to know more so that you can make better health decisions!



YOUR
STORY
matters

You could be here
for yourself or
someone you love

RESTORATION &
HEALING
ARE POSSIBLE



YOUR
STORY
matters

You may have some
outside circumstances that
you KNOW are the main
root-cause of the anxiety
or depression, (i.e. loss of
a loved-one or trauma)
RESTORATION &
HEALING
ARE POSSIBLE



your
STORY
matters

You could be 1 of the
15% of women who
suffer from post-
partum depression
RESTORATION &
HEALING
ARE POSSIBLE



YOUR
STORY
matters

You may have
“no reason” to feel
the way you do &
you’ve struggled
on/off your entire life
with these things
RESTORATION &
HEALING
ARE POSSIBLE



—◻—
**YOUR
STORY**
matters
—◻—

In so many cases,
**RESTORATION &
HEALING**
ARE POSSIBLE
through natural
approaches...
Tonight is about
getting some answers



YOUR
STORY
matters

and the fact
of the matter
is You have to
Deal with
some things
if you want
to heal

Dealing with Your **Neurotransmitters**

Dealing with Your **Nutritional Intake**

Dealing with Your **Toxins & Inflammation**

Dealing with Your **Gut Health**

Dealing with Your **Stress, Adrenals & Fitness**

Dealing with Your **Emotional & Spiritual Needs**

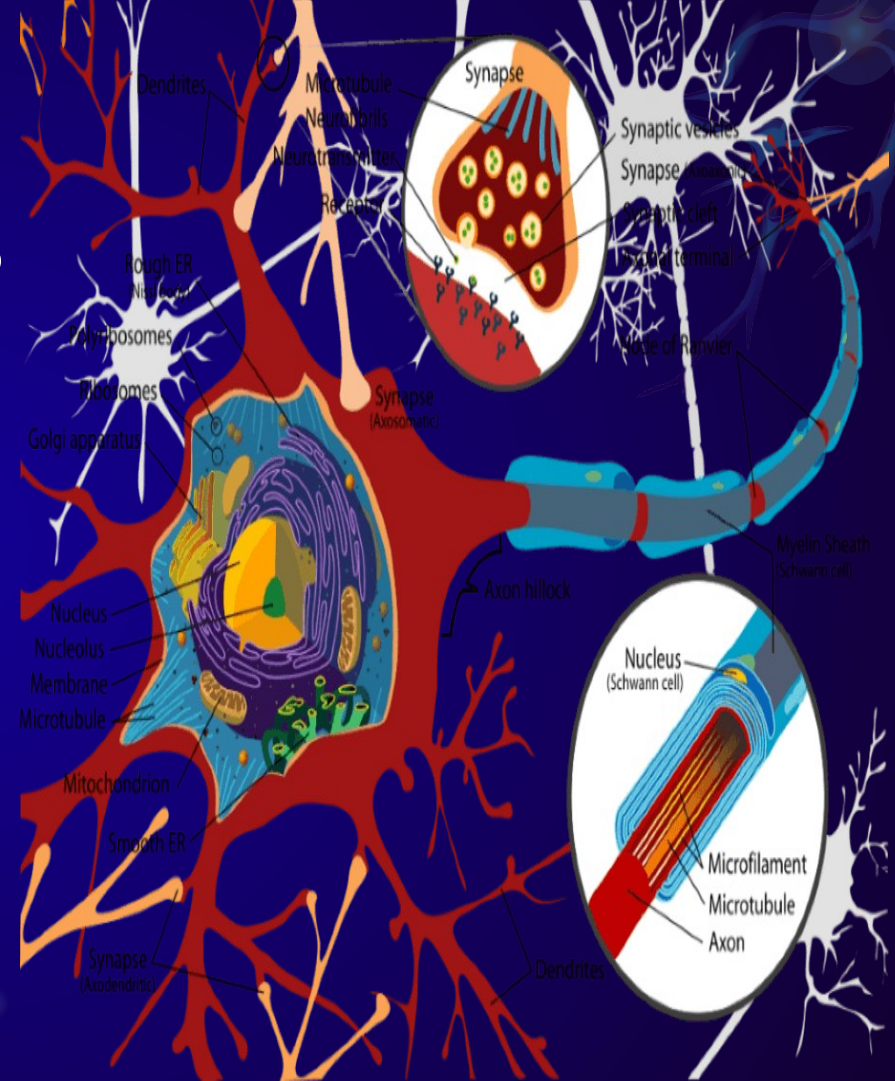


The background is a dark blue gradient. It features several stylized, glowing blue neurons with branching dendrites and axons. Scattered throughout the background are numerous out-of-focus, light blue circular bokeh lights of varying sizes.

Dealing with Your Neurotransmitte rs

Let's Talk About Chemical Imbalances

- Most people have heard this issue blamed for Anxiety & Depression without having any understanding of:
 - What it actually means
 - That there are TONS of things you can do naturally to help balance the chemicals (neurotransmitters) in your brain



“Happiness” Neurotransmitters

Serotonin and dopamine are neurotransmitters that make you feel happy, and they act as hormones as well.

Serotonin

Happiness
Focus
Calmness
Sleep
Sexual behavior
Hunger
Learning
Memory

Dopamine

Rewards
Motivation

Happiness Neurotransmitters

Serotonin

Serotonin is made from the essential amino acid **tryptophan**.

An essential amino acid means it can't be made by your body.

It has to be obtained from the foods you eat
& ACTIVATED BY VITAMIN D3!!!

Happiness Neurotransmitters

Dopamine

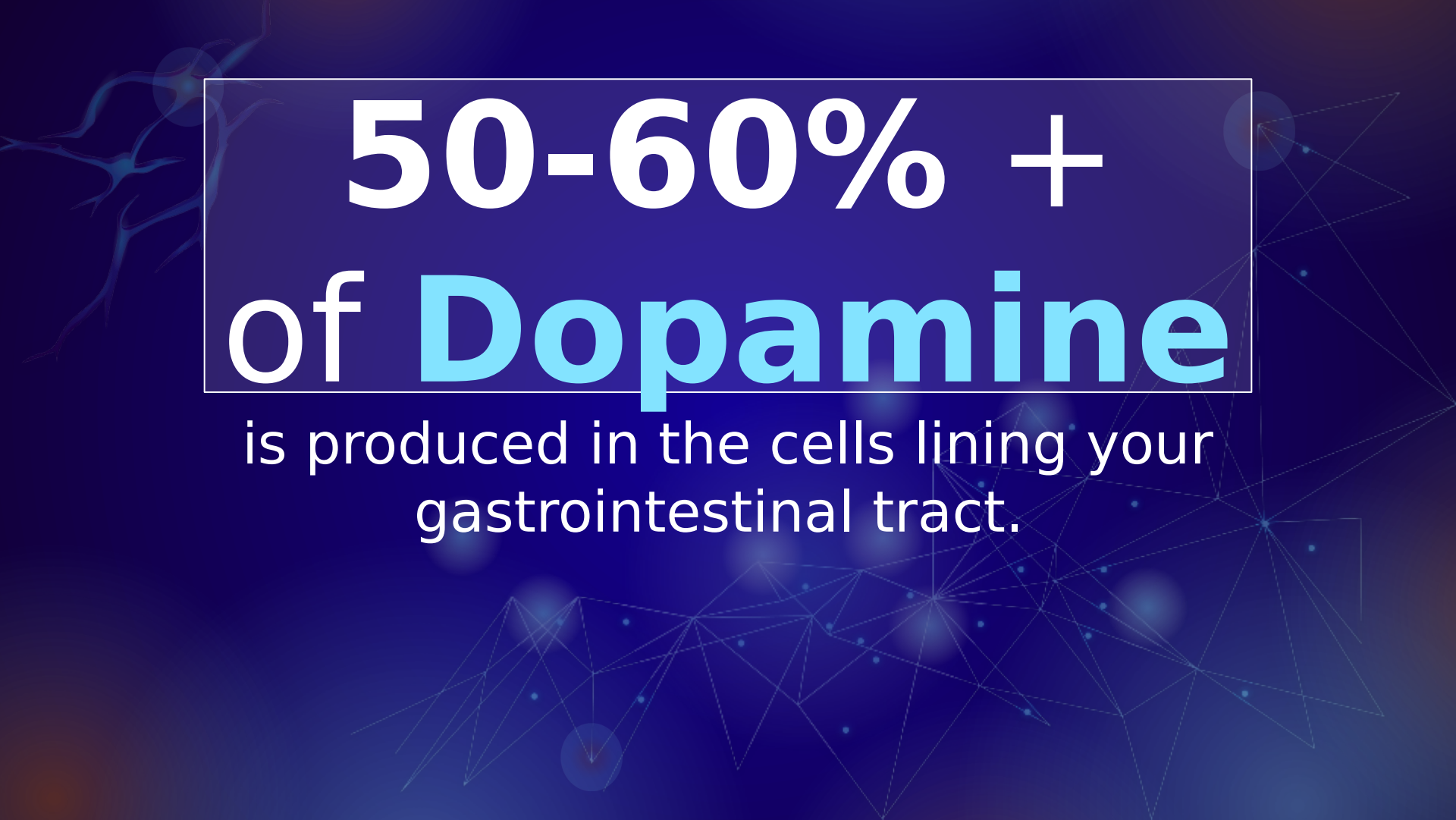
As humans, our brains are hard-wired to seek out behaviors that release dopamine in our reward system. When you're doing something pleasurable, your brain releases a large amount of dopamine. You feel good and you seek more of that feeling. This is why junk food and sugar are so addictive. They trigger the release of a large amount of dopamine into your brain, which gives you the feeling that you're on top of the world and you want

90% of Serotonin

is produced in the cells lining your gastrointestinal tract. It's released into your blood circulation and absorbed by platelets. Only about

10%

Is actually produced in your brain

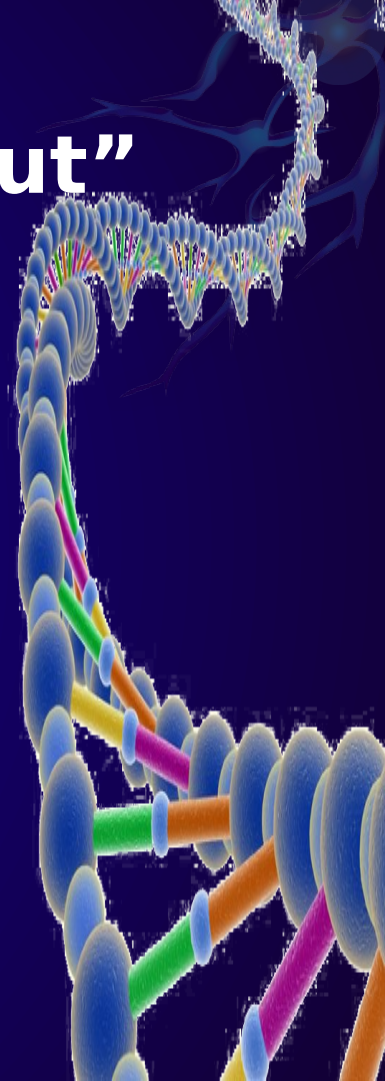


50-60% +
of **Dopamine**

is produced in the cells lining your
gastrointestinal tract.

What does “produced in the gut” actually mean?

- Your body takes essential nutrients from your diet and “methylates” them into the proper forms needed to make serotonin & dopamine
- If you don’t have the essential nutrients, your body can’t make them
- If your body has an issue with methylation (MTHFR), your body also can’t make them in sufficient

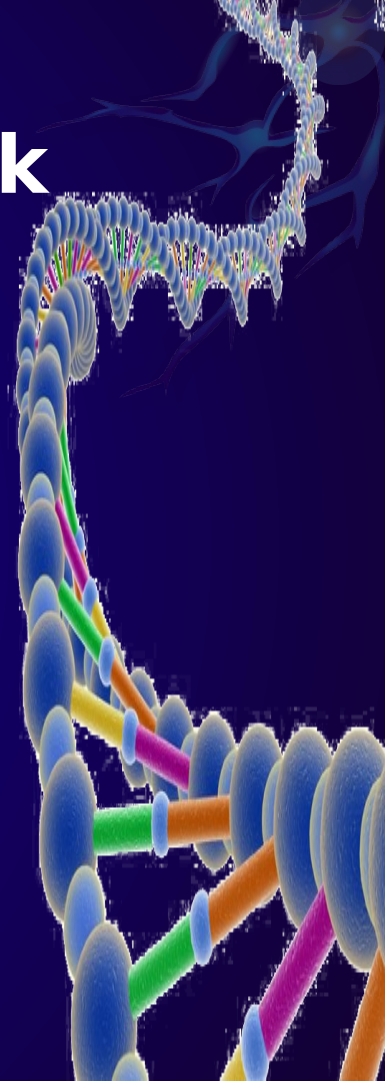


MTHFR Genetic Mutation/Break

If you know you have this genetic break

AVOID THESE THINGS:

- Non-Methylated Multi-vitamins
- Non-Methylated B-Vitamins
- Foods made with Folic Acid (i.e. “enriched flour”)
- What does this mean, practically?
 - Look for Methylcobalamin **NOT**



MTHFR Genetic Mutation/Break

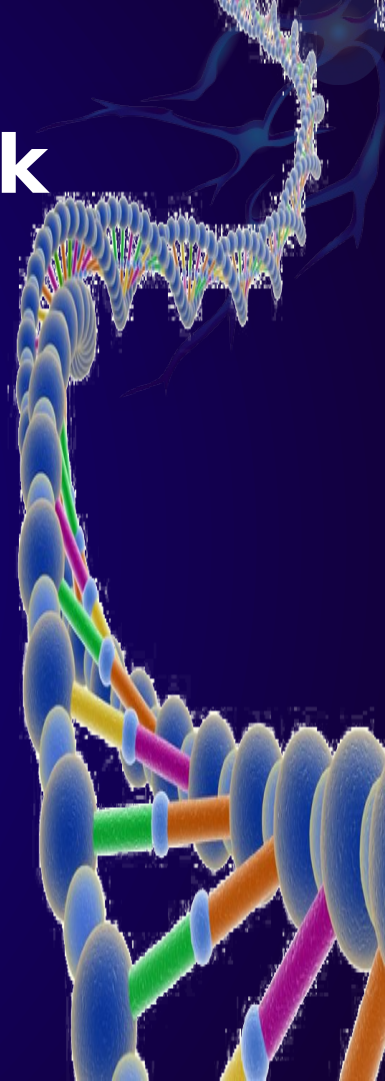
- The MTHFR/ANXIETY Connection

- Anxiety and Methylenetetrahydrofolate Reductase Mutation Treated With *S*-Adenosyl Methionine and Methylated B Vitamins

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4898281/>

- Genetic Variants Associated With Anxiety and Stress-Related Disorders

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6537792/>

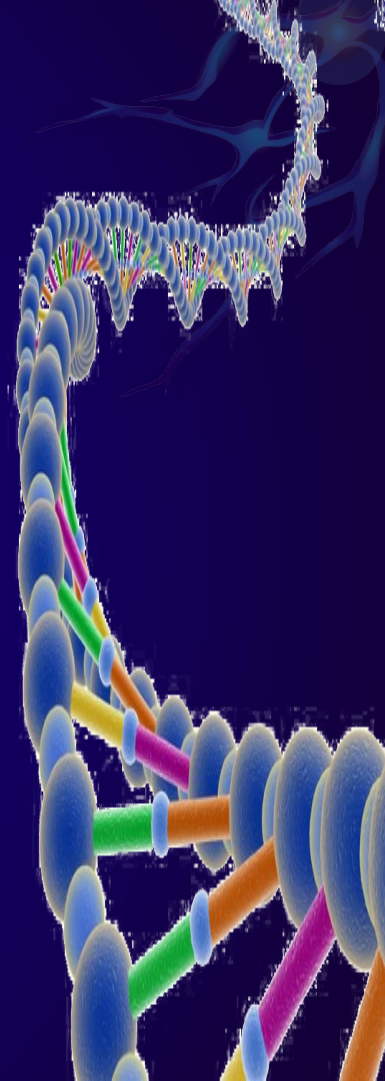


COMT Genetic Mutation/Break and Anxiety

If you know you have this genetic break AVOID:

- Green Tea
- Quercetin

Both of which can increase your anxiety levels if you have a COMT snip





Dealing with Your Nutrient Intake

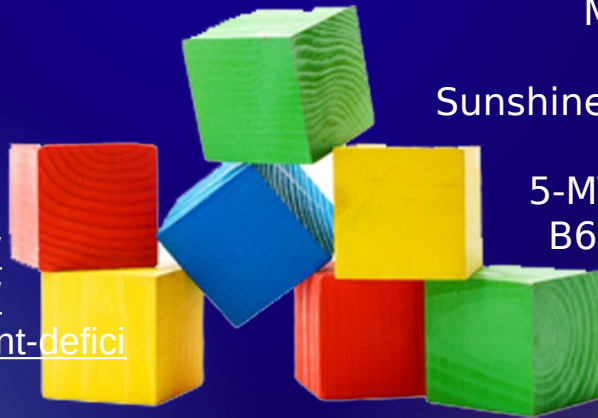
The Right Building Blocks for Happiness Neurotransmitters

Serotonin

Tryptophan (5-HTP)
Sunshine on your Skin (D3)
Omega 3 Fatty Acids
5-MTHFolate (B9)
Magnesium
Selenium
Iron
Zinc

Dopamine

Tyrosine
Phenylalanine
Healthy Bacteria (Probiotics)
Omega 3 Fatty Acids
Magnesium
Zinc
Sunshine on your Skin (D3)
Iron
5-MTHFolate (B9)
B6 (Pyridoxine)



<https://pubmed.ncbi.nlm.nih.gov/37299394/>
<https://pubmed.ncbi.nlm.nih.gov/25713056/>
<https://www.rupahealth.com/post/top-nutrient-deficiencies-that-affect-mental-health>

How to Increase Serotonin Naturally

- **5-HTP:** This is the supplement version of a natural amino acid found in your body called Tryptophan
- **Probiotics:** Studies have shown that probiotics ("good bacteria") may help increase tryptophan levels in the blood.

Wallace CJK, Milev R. The effects of probiotics on depressive symptoms in humans: a systematic review. *Ann Gen Psychiatry.* 2017;16:14. doi:10.1186/s12991-017-0138-2

- **S-adenosylmethionine (SAME) :** ***must use caution mixing this with certain depression Rx's*** This is the supplement version of a compound found naturally in the body. SAME may help your body synthesize serotonin and other important neurotransmitters

Levkovitz Y, Alpert JE, Brintz CE, Mischoulon D, Papakostas GI. Effects of S-adenosylmethionine augmentation of serotonin-reuptake inhibitor antidepressants on cognitive symptoms of major depressive disorder. *Eur Psychiatry.* 2012;27(7):518-21



How to Increase Dopamine Naturally

- Eat a diet that's high in magnesium and tyrosine-rich foods.
- These are the building blocks for dopamine production.
- Tyrosine is an amino acid. It's absorbed in your body and then goes to your brain, where it's converted into dopamine.
- Foods known to increase dopamine include chicken, almonds, apples, avocados, bananas, beets,

Creatine Monohydrate- 2023 study on women with MDD & Anxiety

- Think of creatine as a **rechargeable battery pack** for your cells
- Small pilot study showed improvement for these women within 7 days
- Creatine plays a central role in cellular energy metabolism. It helps regenerate adenosine triphosphate (ATP), the molecule cells use as an immediate energy source. The brain — particularly areas such as the prefrontal cortex — has high energy demands.
- Neuroimaging research suggests that people with depression may show altered brain energy metabolism. Some studies report abnormalities in phosphocreatine and related metabolites in the prefrontal cortex. The working hypothesis is that supplemental creatine may enhance energy buffering in neural tissue, potentially improving the resilience of circuits involved in mood regulation and stress processing.
- 5-20 g/day can't hurt you, can help muscle retention & brain



Zinc

In the **BRAIN**, Zinc helps:

- Increase serotonin receptors
- Regulate dopamine production
- Increase short-term memory recall



Zinc is found in the highest concentrations in the hippocampus of your brain. This is the part of the brain that controls memory and mood. Zinc is also known to increase the production of BDNF (Brain-derived neurotrophic factor) in this part of your brain, which is like fertilizer for your hippocampus. With an increase in BDNF in your hippocampus, both your memory and mood will improve.

Zinc Taste Test

- Instructions:
(p. 123 Dr. Bob's Drugless Guild To:
Mental Health)
 1. Place a small amt of Aqueous Zinc solution in your mouth (1/2 – 1 dropper full)
 2. Hold for 30 seconds
 3. Describe initial taste according to these options:
 1. No taste, no sensation
 2. Nothing immediately, but eventually a dry, mineral or sweet taste
 3. Definite but not unpleasant taste immediately
 4. Strong unpleasant taste immediately



Zinc Taste Test Key

1. No taste, no sensation

- This means Zinc Deficiency,
- Begin supplementing with Zinc Picolinate + Copper

Supplementing 30-50mg of Zinc for long periods will deplete Copper

2. Nothing immediately, but eventually a dry, mineral or sweet taste

- This means Zinc Deficiency
- Begin supplementing with Zinc Picolinate

3. Definite but not unpleasant taste immediately

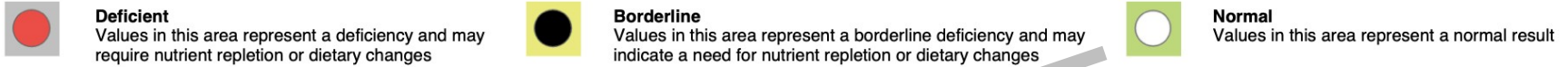
- This means Zinc Deficiency, would likely benefit from supplementing

4. Strong unpleasant taste immediately

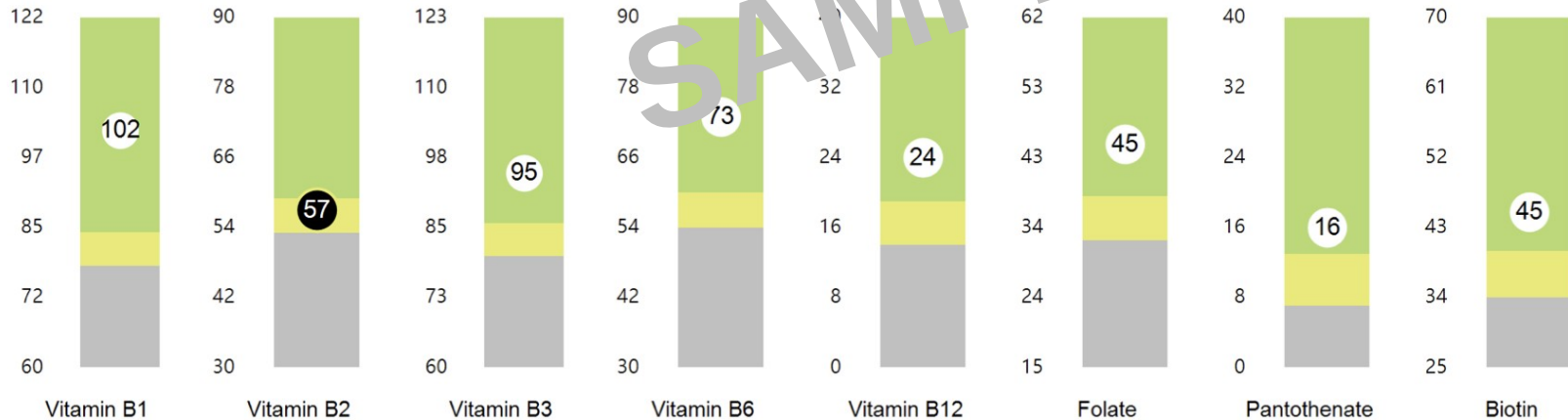
- Indicates you're sufficient in Zinc, no need to supplement



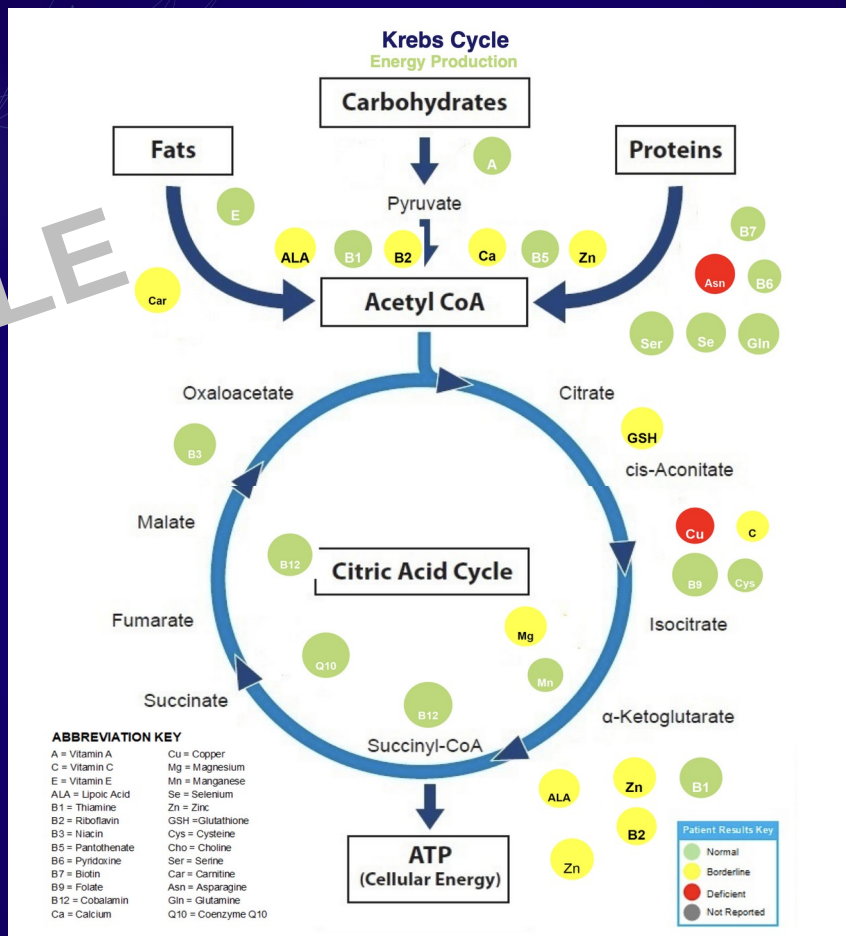
Nutrient Testing with SpectraCell



B-Complex Vitamins

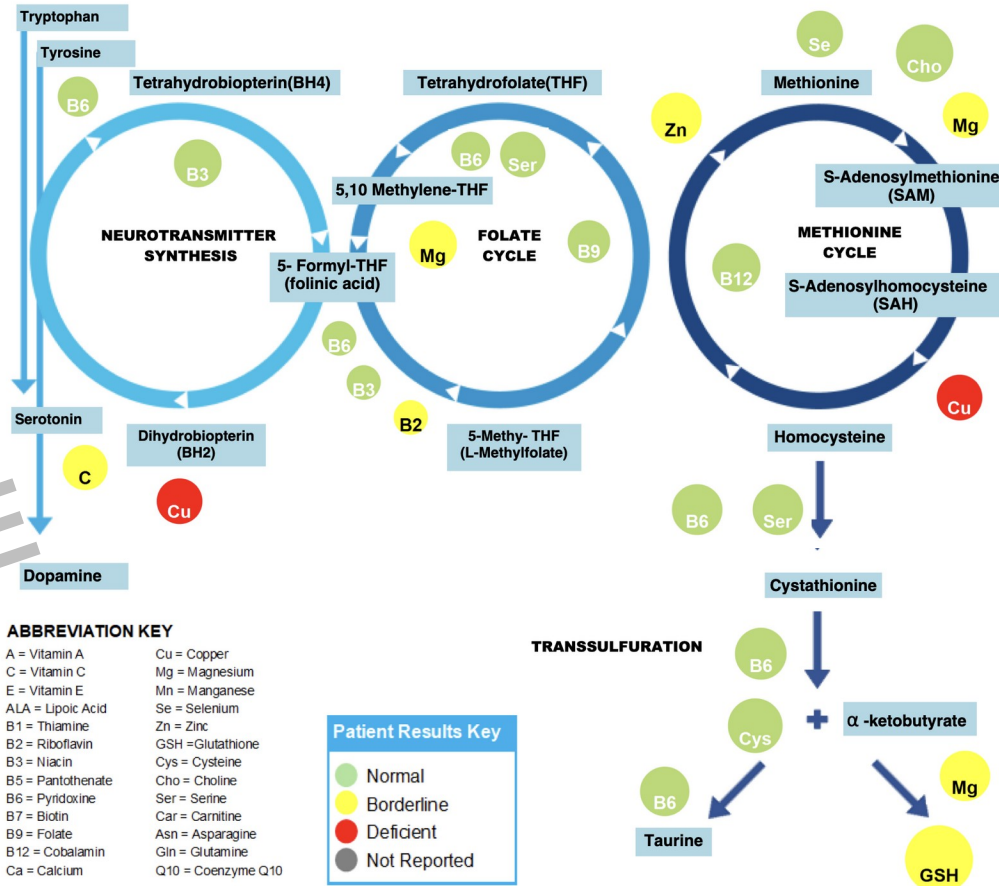


SAMPLE



Methylation Cycle

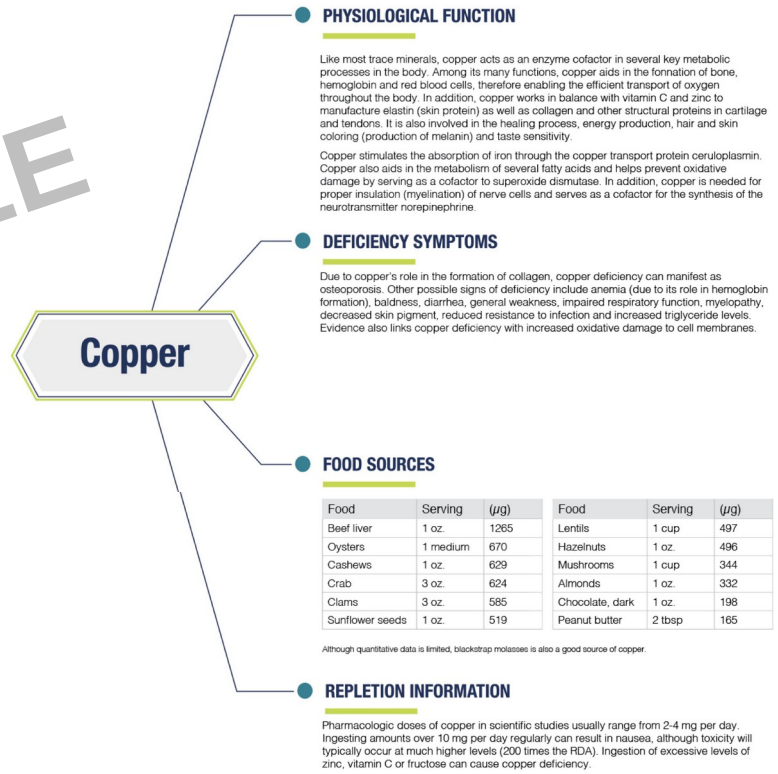
Detoxification, Cellular Adaptability, Gene Regulation



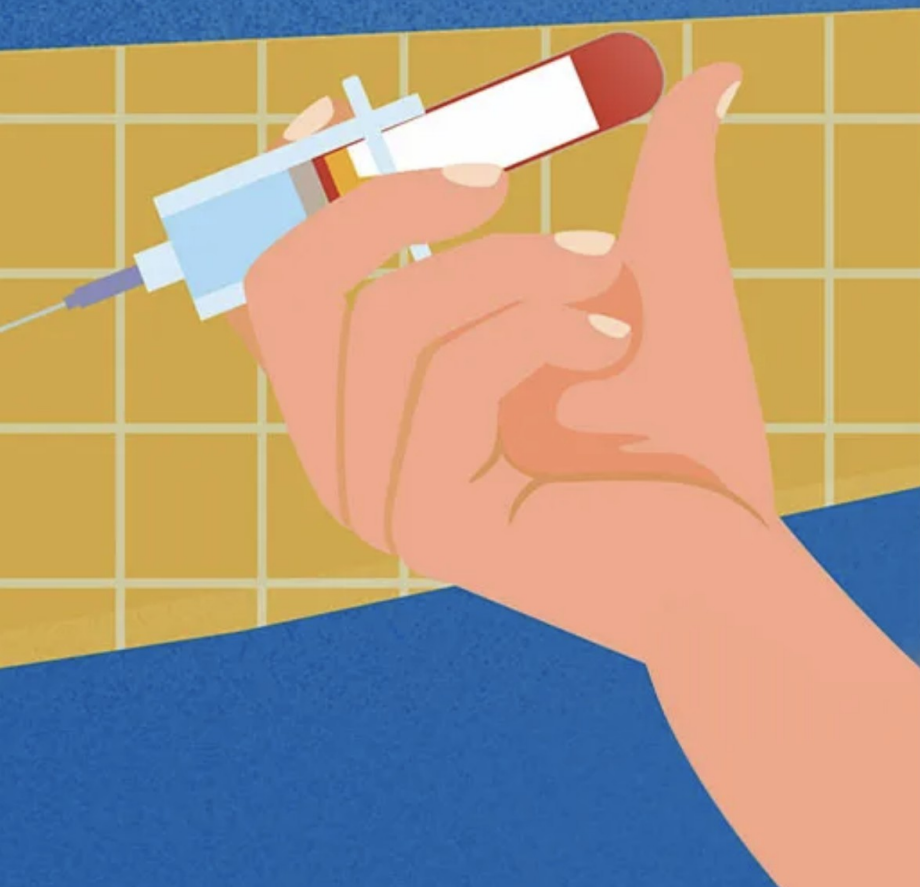
SAMPLE

Supplemental Information

Cellular Function = Performance, Not Just Potential



SpectraCell Micro-Nutrient Testing



1 Order Your Kit

Clearview will order the kit for you & let you know when it's ready for pick-up

\$429

2 Schedule Your Blood Draw

Just go to ***Any Lab Test Now***
Monday-Thursday

3 Ship Back to Us

Any Lab Test Now ships it back for you, so you don't have to do anything but give blood!

4 SpectraCell Advantage

SpectraCell analyzes your sample and in 10-14 days your results are sent back to Dr. Sharla

5 Results & Recommendations with Dr. Sharla



Dealing with Your Toxins & Inflammation

Pure & Sufficient

- ❖ You're giving your body clean food, clean water, clean environment & supplementing what you can't get from your food from sources that are pure & non-toxic
- ❖ You're giving your body everything it needs and fulfilling any vital nutrients needed for your body to fully express life & vitality

Toxic & Deficient

- ❖ You're giving your body food, drink, medications, and/or an environment that contain ingredients/substances that are detrimental to your health
- ❖ You're NOT giving your body everything it needs, you're depriving your body of vital nutrients it requires for health



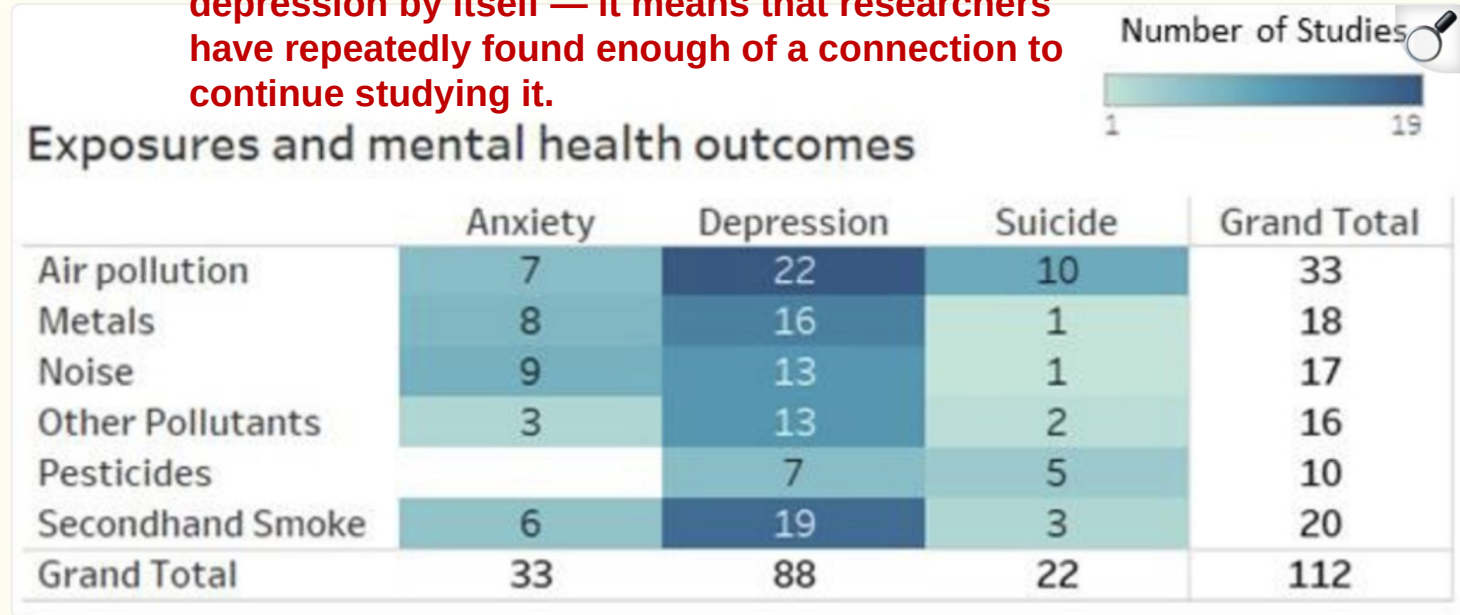
Toxins to Avoid

- Endocrine Disruptors
- Plastics, Micro-plastics
- Anti-perspirants
- Glyphosate (herbicide/antibiotic)
- Chemicals from Cleaners
- Chemicals from Skin/Hair products
- Food preservatives/dyes/flavors



Figure 3.

The bigger the number of studies in a category, the more attention that area has received from researchers. It does not mean that a toxin causes depression by itself — it means that researchers have repeatedly found enough of a connection to continue studying it.



Source:

[Open in a new tab](https://pmc.ncbi.nlm.nih.gov/articles/PMC7483936/)

<https://pmc.ncbi.nlm.nih.gov/articles/PMC7483936/>

Heat map of included studies by exposure category and mental health outcome.

See how
toxic the
products
you use
everyday
might be!

EWG's Skin Deep
mobile app **is here!**

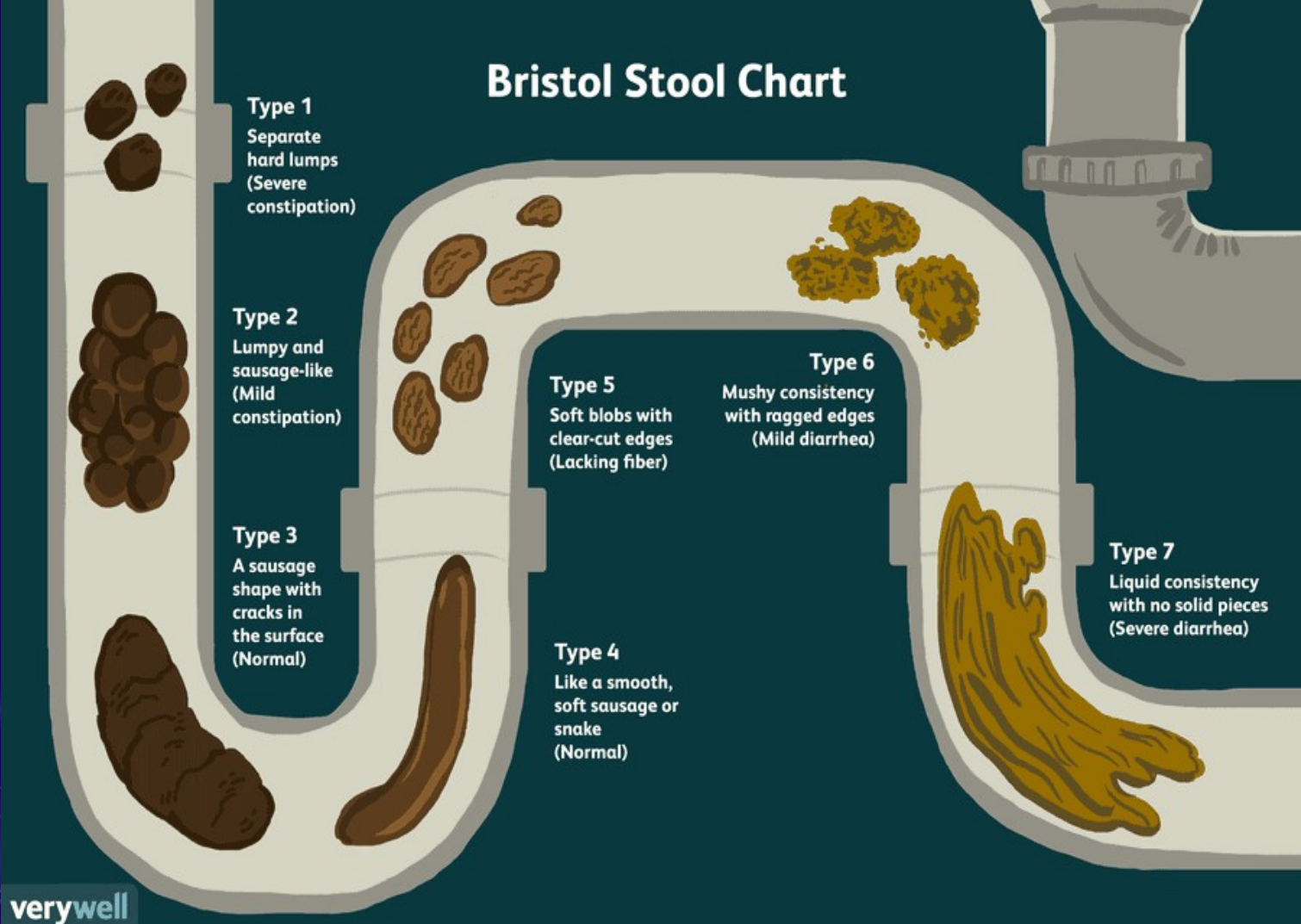


Lab Testing for Toxins

- Hair Analysis
- Bloodwork
- Urinalysis for Heavy Metals
- Stool Samples

**We are
about to
talk about
Gut Health,
but while
we're on
the subject
of Toxins...**

**we MUST
get rid of
them
through
healthy
bowel
movements
daily!**





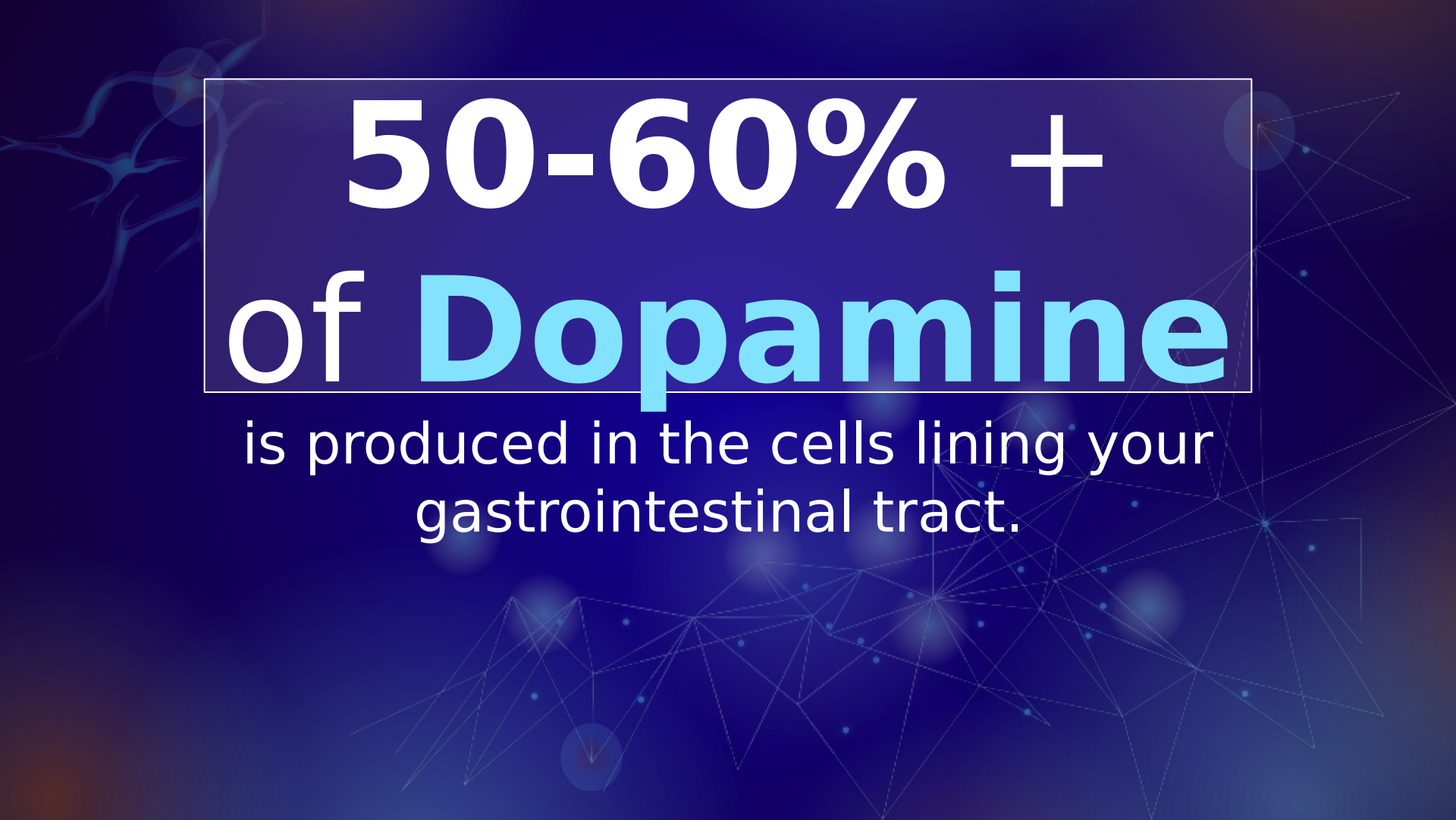
Dealing with Your Gut Health

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is produced in the cells lining your gastrointestinal tract. It's released into your blood circulation and absorbed by platelets. Only about

10%

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50-60% +
of **Dopamine**

is produced in the cells lining your
gastrointestinal tract.

Dr. Zach Bush, M.D. (from ION Intelligence of Nature)

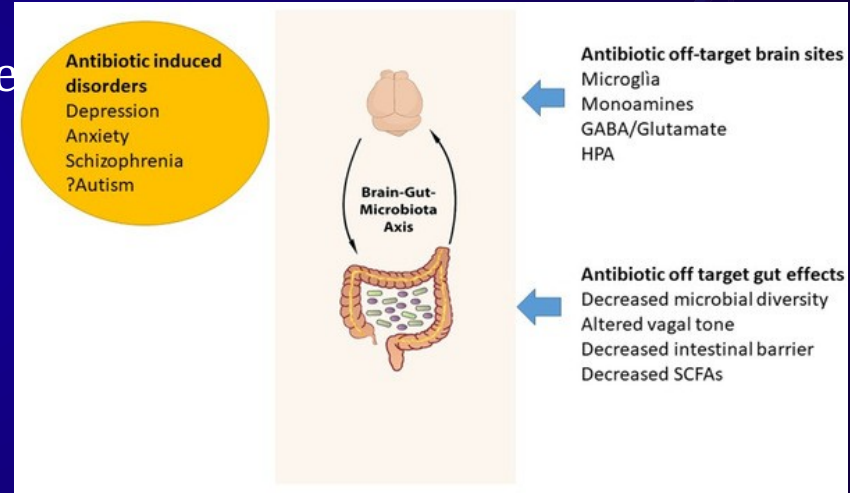
On Serotonin & Dopamine Production

...In light of this data, it is not surprising that damage to the microbiome and intestinal lining is often associated with many common neurologic issues*. The gut barrier is the first line of defense against intestinal pathogens and toxins. It is responsible for the carefully regulated passage of water, electrolytes, and macro-and micronutrients from our diet. For our bodies and minds to function properly, our gut must do so first.”

Antibiotic Effect Study ... Gut-Brain Axis

2022 Study Conclusions:

- All of the major neurotransmitters can be produced by gut microbes. For example, lactobacilli all produce GABA to varying degrees
- Bifidobacteria have been shown to increase blood tryptophan levels, which in turn regulates 5HT synthesis (Serotonin)

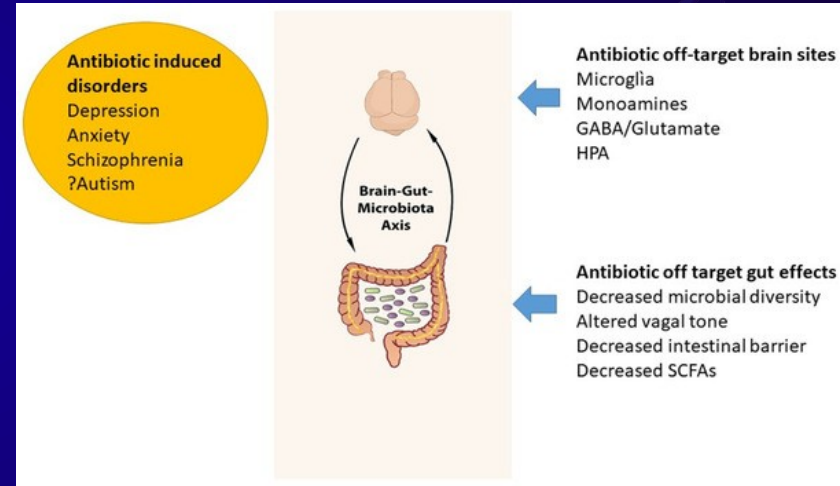


<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9796968/>

Antibiotic Effect Study ... Gut-Brain Axis

2022 Study Conclusions:

- Given the fact that bifidobacteria are regarded as having a mental health benefit and strains of bifidobacteria have been shown to impact stress responses [83, 84], it is tempting to speculate that this action of antibiotics may have negative mental health consequences. In support of this view is the fact that in a rodent study, both clindamycin and amoxicillin were found to increase depressive-like behaviors



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9796968/>

Antibiotic Effect Study ... Gut-Brain Axis

2022 Study Concluding Statement:

- Antibiotics, from a psychiatric perspective acting through the brain–gut–microbiota axis, can produce the good, the bad and the ugly. There is overwhelming evidence to support the view that antibacterial agents can have both a positive and a negative impact on mental health. The original antidepressants were derived from antimicrobial agents and remain effective antidepressants. However, with the increasing use of antibiotics, there are accumulating data indicating their negative impact on mental health. Overall, antibiotics increase the prevalence of both depression and anxiety. Rarely, they can also cause psychotic disorders with a schizophrenia-like picture. Although most patients taking antibiotics do not suffer from an iatrogenic psychiatric disorder, some do, and as clinicians, we need to keep this in mind.



<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9796968/>

Dr. Zach Bush, M.D.

Dangers of Decimating the Microbiome

“When you take an antibiotic, you decimate that microbiome. Amazing studies coming out recently show that 1 single course of antibiotics for an upper respiratory infection or something like a urinary tract infection, your chance of a major depressive episode goes up by 24% in the next 12 months, and the chance of a generalized anxiety disorder developing goes up by 17%. In taking just 1 round of antibiotics. If you now go back to your doctor within that 12 month-period to get a second round of antibiotics, you had your UTI treated six months ago and now you go in for your bronchitis or sinusitis. That 2nd course of antibiotics now raises your risk of major depression by 54%. And your risk of anxiety disorder by 44%. And so we are having massive decimating effects on mood disorder through our antibiotic prescription behavior.”

Healing Your Gut

Tight Junctions

What can heal
it:

- Humic Acid
- Fulvic Acid



Trusted
Sources:

- ION Gut Support
- BEAM

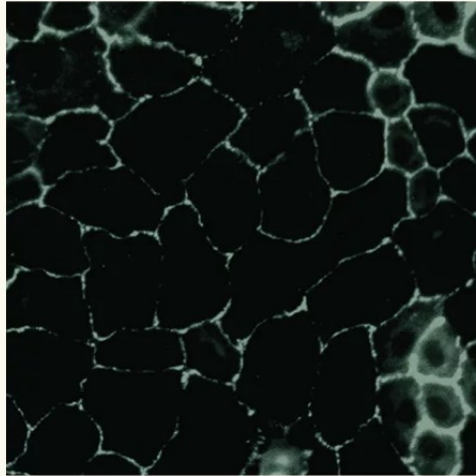
Minerals



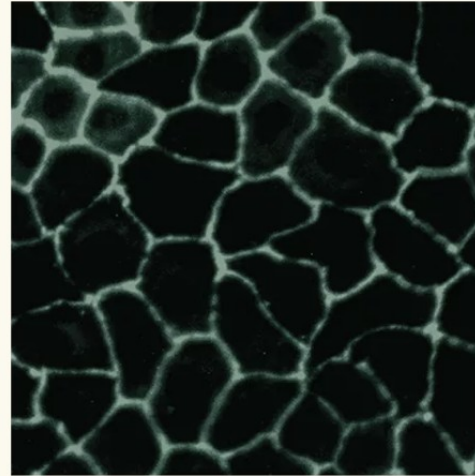
Fulvic complexes provide important transportation for nutrients into the cells and bio-waste and toxins out of the cells. Fulvic complexes boost the metabolism and provide exceptional immune system support.

Humic complexes are the champion of antioxidants! They collect free radicals and bio-waste, bind with heavy metals and provide important detoxification support by carrying these unwanted elements out of

Unfortunately, tight junction barriers can be degraded with exposure to gluten, glyphosate (the main chemical in commercial herbicides like Roundup), and other environmental insults. ION* has been scientifically shown to promote the strengthening of this barrier through redox signaling, even in the face of those environmental insults.



Gut lining compromised
by glyphosate

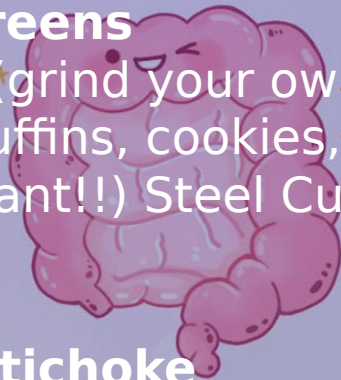


Gut lining supported with
ION* Gut Support

Healing Your Gut

Prebiotics

- **Garlic & Onions**
- **Dandelion Greens**
- **Wheat Bran** (grind your own flour & make your own bread, muffins, cookies, pancakes, etc.)
- **Oats** (not instant!!) Steel Cut, cook >20 min.
- **Leeks**
- **Asparagus**
- **Jerusalem Artichoke**



Healing Your Gut

Polyphenol Foods

- Cloves
- Olives
- Berries
- Raw Nuts



Healing Your Gut

Probiotics

- **Raw Milk Kefir**
- **Homemade Raw Sauerkraut or Kimchi**
- **Take a supplement** if you can't do kefir or sauerkraut; at least 9 diff. bacteria,
- **change it up (switch every other month back & forth between at least 2 kinds)**



Dealing with Your Stress, Adrenals & Fitness

Your Amazing Adrenals

- Produce hormones
- Take over hormone production (in women) as your ovaries begin to stop hormone production
 - Ovaries do continue to produce small amounts of Testosterone late in life, but other hormone production **must** be picked up by the adrenals
 - Males produce smaller amts of testosterone in the adrenals, mostly



Adrenal Fatigue

- **Years of high stress**

- Adrenals are largely responsible for your body's ability to enter the Fight or Flight state...which is critical unless you never leave that state, which most women don't...

- **NOW you turn 53, your adrenals have nothing left to give (in women) when your ovaries are beginning to want to transfer the responsibility or



Causes of Adrenal Fatigue

- Years of high-sugar, low-fat diets
- Deficiencies in minerals & good fats
- Staying up late & Waking up early
- B-vitamin deficiencies AND/OR Taking synthetic B-Vitamins
 - ****ALWAYS**** take methylated



Adrenal Support

- Fill mineral deficiencies
- Break your sugar addiction NOW
- Exercise smarter, not harder;
40+ do shorter workouts, not
longer, and females time them
with your cycle (days 1-10 and
16-19 according to hormone
levels)
 - Eat more PROTEIN; **may need
to add amino acids if**



Adrenal & Low Iron Support with Grass-Fed Beef Organ Meat (never blood)

- Eat it OR you can freeze it & add it to a smoothie
- Beef Organ Supplement
 - **MUST be from grass-fed cattle!!**
- Helps **Low Iron** also



Adrenal Support

- Deal with stress in better ways
 - Evaluate your life choices & responsibilities
 - Let go of what isn't your burden to carry
 - And the burdens which ARE yours, give them to the LORD because He cares for you & practically ASK FOR HELP



Adrenal Support

- Rest. Observe the Sabbath, YHVH commanded it for a reason (See the 4th out of the 10 Commandments), it was made FOR us, Yeshua (Jesus) said it Himself.
- Think about it, **it's the only Commandment that we are told specifically to remember,** and it's the only one we've



Adrenal Support

- Quality Sleep
 - Grounding during the day or use grounding sheets at night
 - Get enough hours of sleep
 - Remove blue light exposure at Sundown
 - turn your phone screen red,
 - wear blue blockers



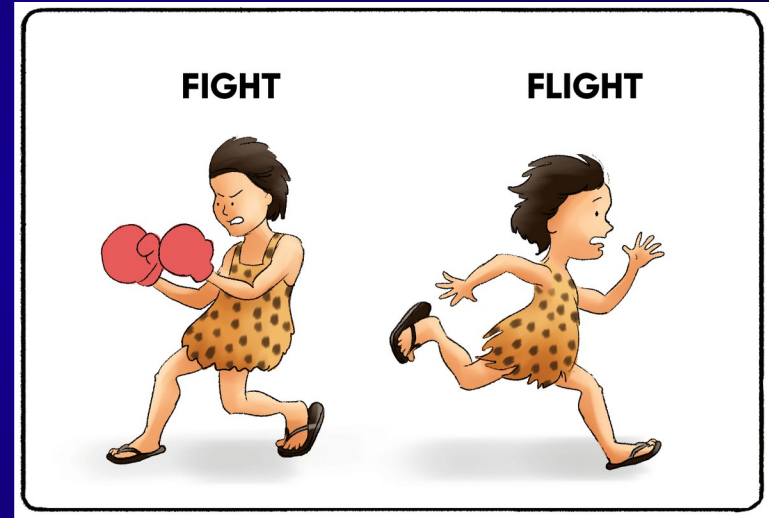
Nervous System Work

Exercise

Chiropractic

Cranio-Sacral
Therapy

IASIS -
Neurofeedback



EXERCISE & Effect on Depression

- Move your body daily
- Stretch
- Get your heart-rate up
- Do something that you enjoy
- Build Muscle – Critical over the age of 30!!



Effect of EXERCISE for depression: systematic review and network meta-analysis of randomized controlled trials

“Exercise is an effective treatment for depression, with walking or jogging, yoga, and strength training more effective than other exercises, particularly when intense. Yoga and strength training were well tolerated compared with other treatments.

<https://www.bmi.com/content/384/bmi-2023-075847>
Exercise appeared equally effective for



**My earnest
warning about
yoga, especially
if you are a follower
of Jesus (Yeshua)...**



Great channel for non-yoga stretching:



Classical Stretch by Essentrics

@ClassicalStretchbyEssentrics · 190K subscribers · 60 videos

Classical Stretch by Essentrics is an effective total body workout by fitness expert, PBS fit ...more

Subscribe



Dealing with Your Emotional & Spiritual Needs

WE ALL

Y'ALL
NEED
JESUS

You need Jesus & I need Jesus.

God's plans and purposes are always for us to come to repentance and surrender our lives to Him.

There is NO way to the Father, except through his Son, Yeshua (Jesus) John 14:6

- Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through Me.

We must come OUT of agreement with

- The world
- Our flesh
- Darkness

Repentance is to leave whatever way is opposed to God's way and begin to walk in His ways.

Finding Joy in the Simple Things

Take the journey to find
something you truly
enjoy,
something that brings
you peace & calms your
mind.

You may have to try new
things.

Take a class, ask
questions, etc...

Begin to be ok spending
time in the quiet where
you can hear God's
voice.



Where is Your Trust?

You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal.

Isaiah 26:3-4



What do you set your mind on

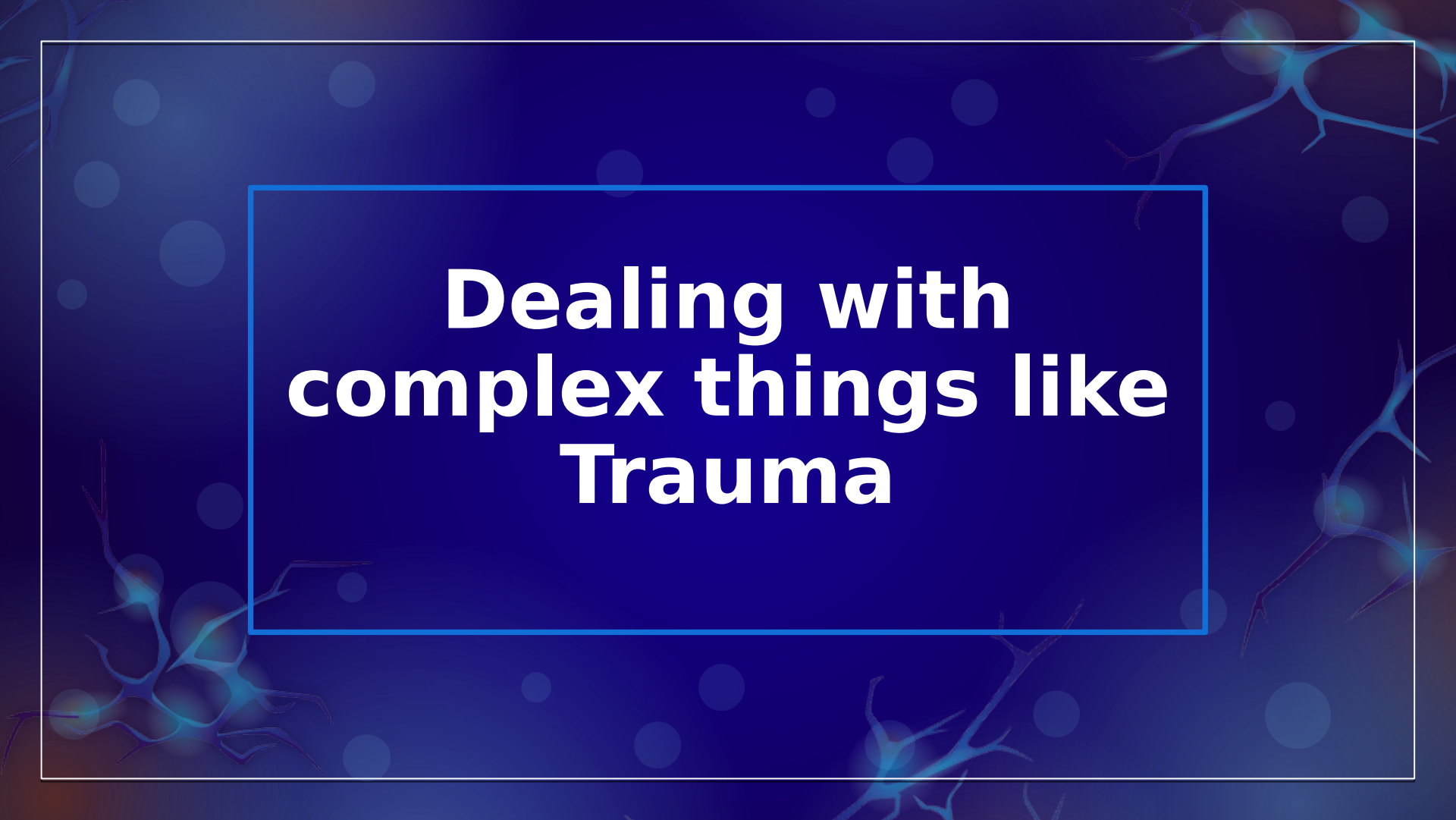
Do not conform to the pattern of this world,
but be transformed by the renewing of your mind.
Then you will be able to test and approve what
God's will is—his good, pleasing and perfect will.

Romans 12:2



Let's talk about spiritual roots related to anxiety & depression

- **Unforgiveness**
 - Who do you need to forgive?
 - Forgiveness doesn't excuse the wrong done, it sets you free from holding them prisoner in your heart
- **Shame**
 - What do you need to repent of & ask forgiveness for?
 - If you've truly repented, you get to plead the Blood of Jesus because you are forgiven & the shame is a lie from satan
- **Believing Lies about yourself, about God, about others**
 - What lies have you believed or do you currently believe? Repent of believing a lie, and wash your mind continually with what is TRUE. John 17:17 Your Word is Truth.
- **Wounds from relationships**
 - Usually a combination of forgiving someone, forgiving yourself, and repentance of sin



Dealing with complex things like Trauma

Dealing with Traumatic Events in Your Life

EMDR and/or Biblical Counseling

This method involves moving your eyes a specific way while you process traumatic memories. EMDR's goal is to help you heal from trauma or other distressing life experiences.

When you undergo EMDR, you access memories of a trauma event in very specific ways. Combined with eye movements and guided instructions, accessing those memories helps you reprocess what you remember from the negative event.

That reprocessing helps "repair" the mental injury from that memory. Remembering what happened to you will no longer feel like reliving it, and the related feelings will be much more manageable.

Eye
Movement
Desensitization &
Reprocessing





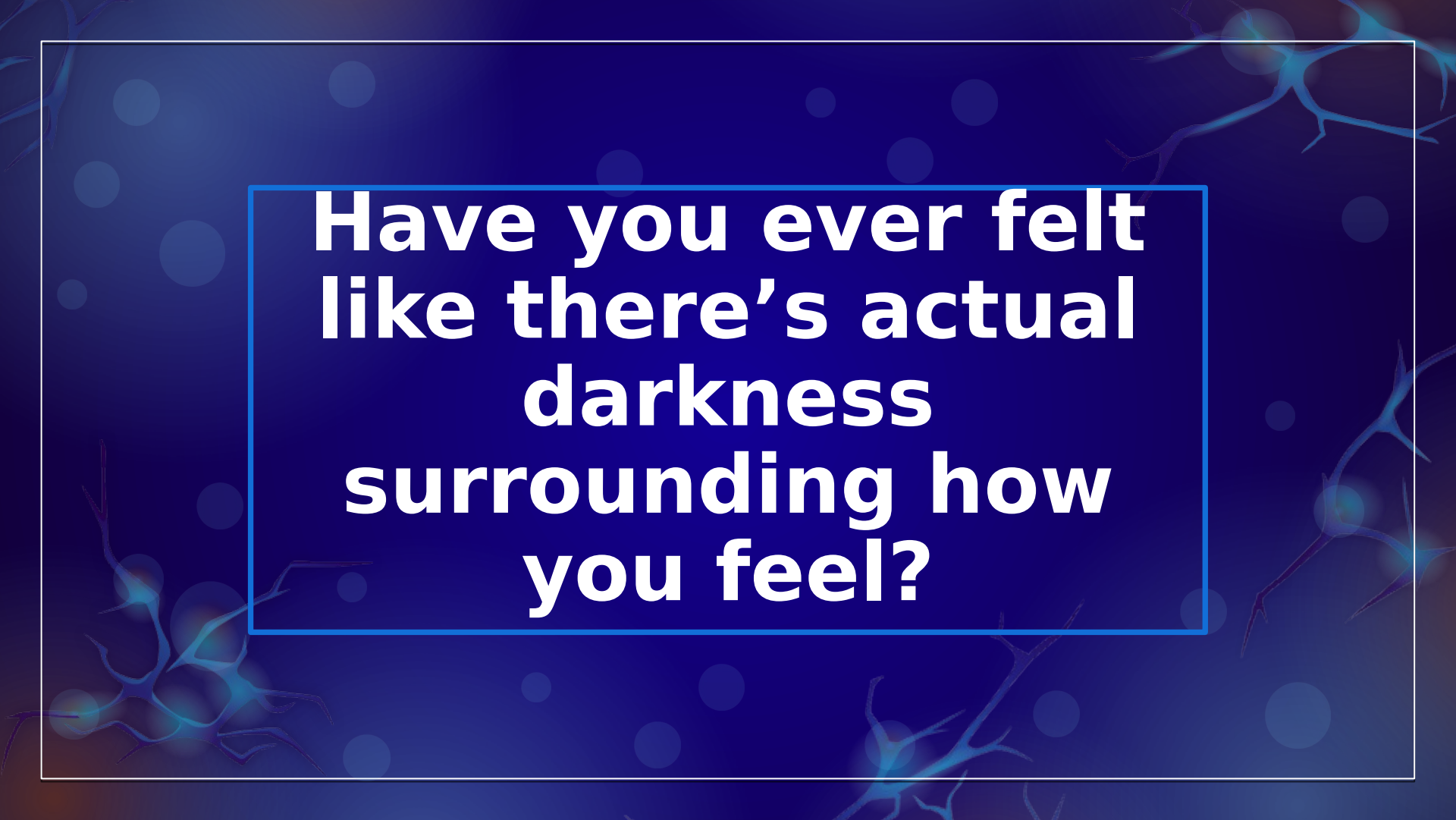
Safe Harbor Counseling Center

*1515 Fort Worth Hwy
Weatherford, TX*

(817)441-9345

**A Healing Center for Broken
Dreams, Wounded Hearts &
Shipwrecked Souls**

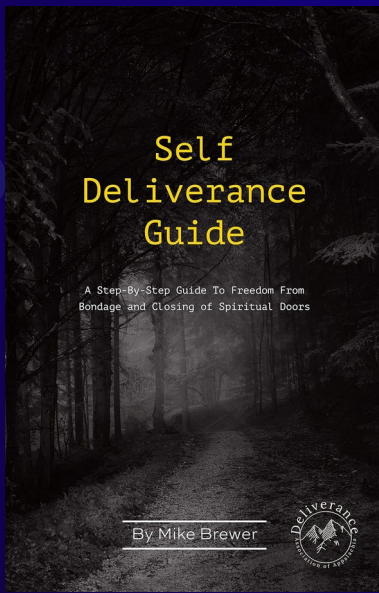




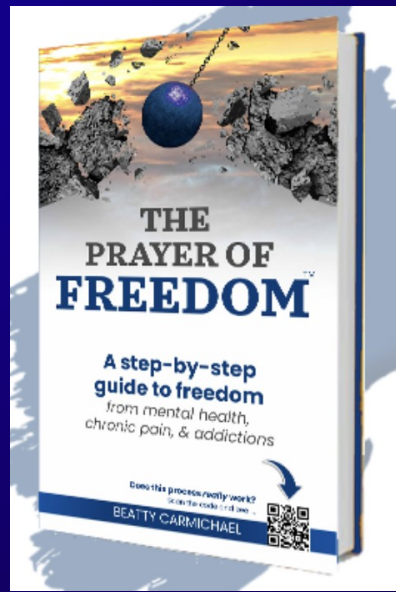
**Have you ever felt
like there's actual
darkness
surrounding how
you feel?**

2 books that can give so much clarity to the Spiritual Warfare aspect of healing & freedom:

Mike Brewer



Beatty Carmichael



Spiritual Warfare is Real

**FOR OUR STRUGGLE IS NOT
AGAINST FLESH AND BLOOD, BUT
AGAINST THE RULERS, AGAINST
THE AUTHORITIES, AGAINST THE
POWERS OF THIS DARK WORLD
AND AGAINST THE SPIRITUAL
FORCES OF EVIL IN THE HEAVENLY
REALMS.**

+ + +
+ + +
+ + +
+ + +

EPHESIANS 6:12



¹⁰ The thief does not come except to steal, and to kill, and to destroy.

I have come that they may have life, and that they may have it more abundantly.

John 10:10

Spiritual Warfare is Real

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EPHESIANS 6:12

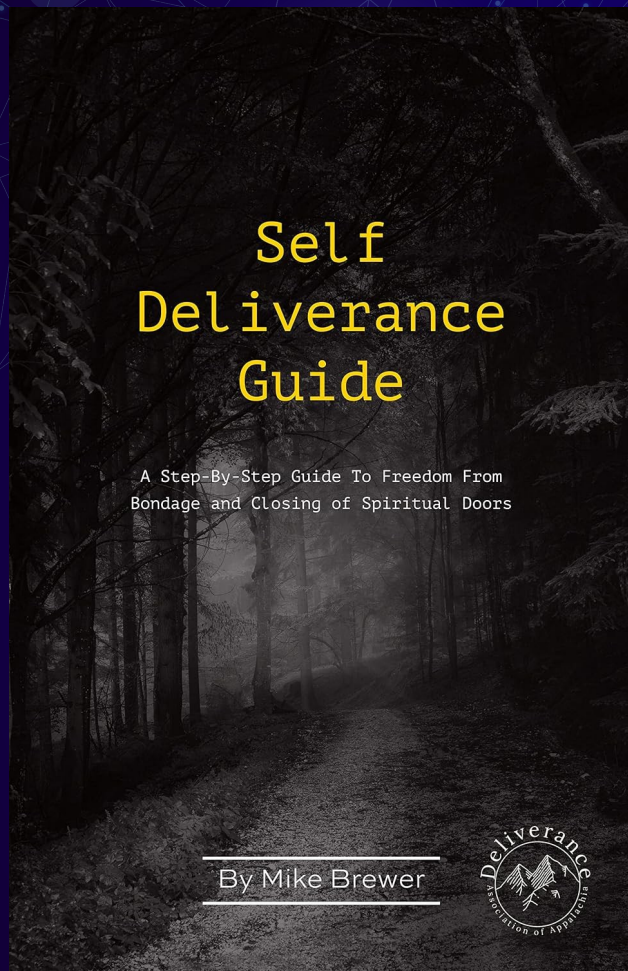


Everyone who makes a practice of
sinning also practices
lawlessness; sin is lawlessness.

1 John 3:4

Whoever makes a practice of
sinning is of the devil, for the
devil has been sinning from the
beginning. The reason the Son
of God appeared was to destroy
the works of the devil.

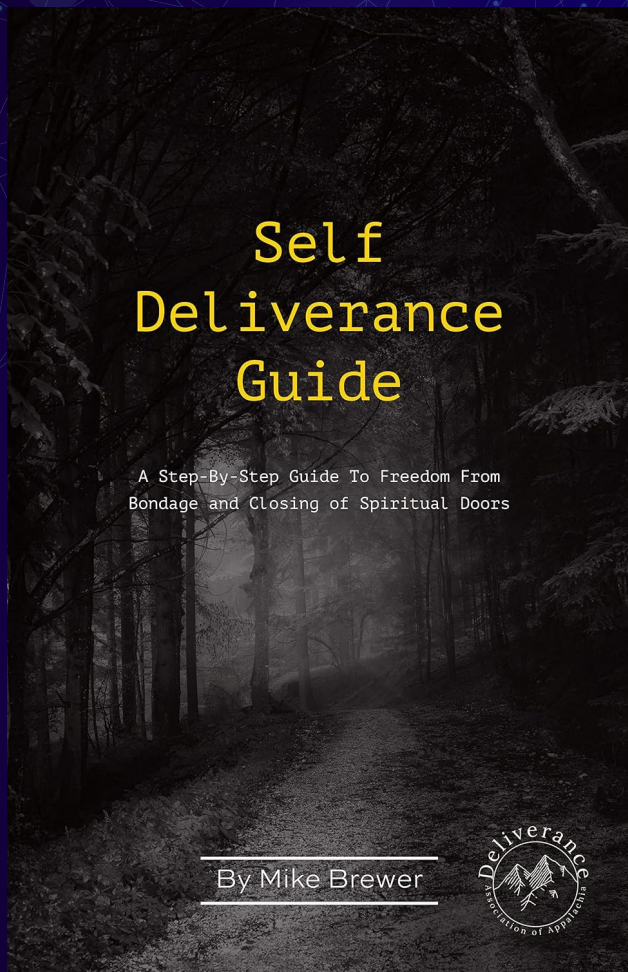
1 John 3:8



Deliverance

We must understand what types of activities can “open doors” to invite demonic oppression/possession of one’s life

- Unforgiveness
- Any form of witchcraft or occult activity, even in your family line
- Fear
- Believing a lie
- Ongoing sin in your life
- Unrepented sexual sin
- Unresolved trauma
- Abuse



Deliverance

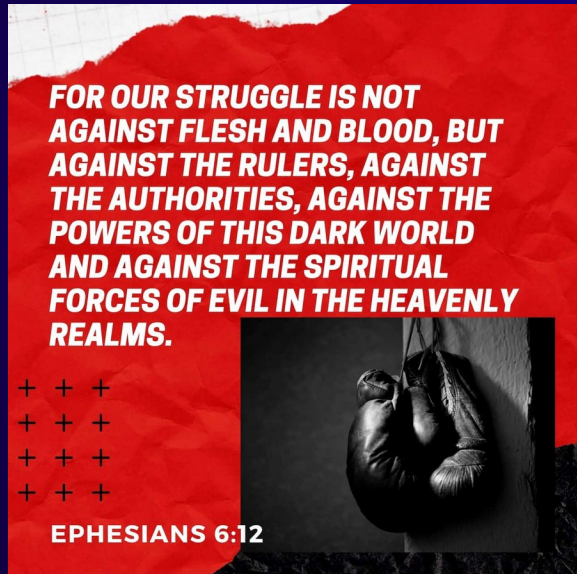
Those doors you've opened must be CLOSED.

Agreements with any form of darkness or witchcraft must be broken & renounced.

Forgive anyone God brings to your mind.

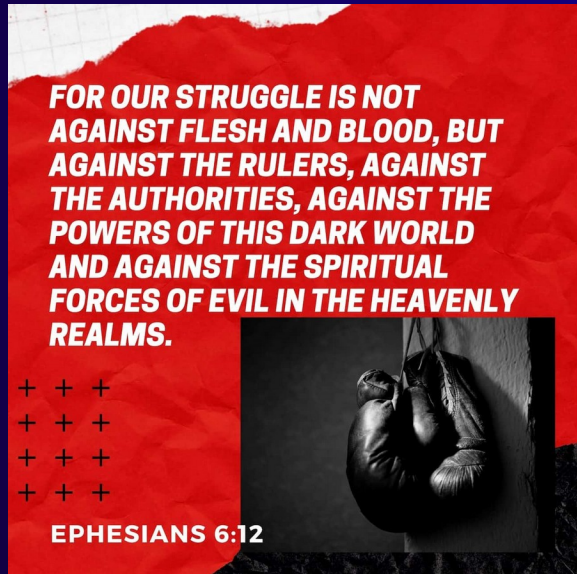
Flee from any and all sin and do not return to it.

4 Steps of self-deliverance specifically regarding your own situation



1. Pray and ask the
Yahweh/Yehovah
(the LORD) to
reveal to you any
spiritual root to
your specific issue

4 Steps of self-deliverance

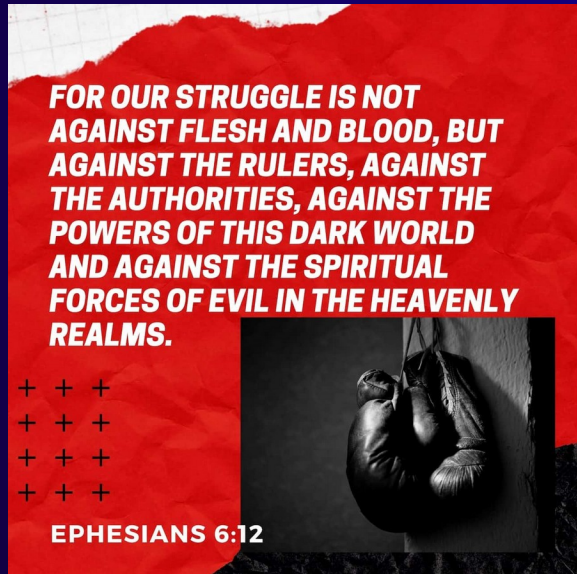


2. Repent of any
known sin.

Forgive anyone
that came
to mind.

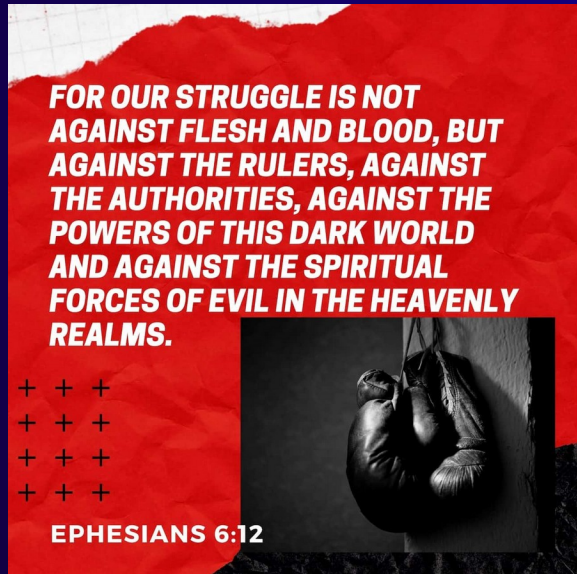
Renounce any lie
you've believed.

4 Steps of self-deliverance



3. Follow in obedience to anything the LORD shows you that you need to come into agreement with Him over something and break agreement with Satan in any way

4 Steps of self-deliverance



4. Command the spirit of depression or spirit of anxiety (or spirit of fear, or spirit of anything evil that is revealed) to leave in Jesus (Yeshua's) Name

**If you want help from a person
trained & well-versed in
deliverance from demonic forces**

**The Well - a deliverance
ministry in TN that does
online sessions**

<https://www.thewellglobal.life/deliverance>

**Sometimes there are
deep, spiritual, demonic
roots tied to generations
past, i.e. generational
curses or generational
iniquity.**

<https://gracieandadam.com>

WHAT THIS IS

gracieandadam.com

This Is Not Surface Level Deliverance



Identify inherited spiritual patterns

Uncover recurring cycles, spiritual patterns, and family strongholds that may have been passed through generations.



Confront Root-Level Oppression

Address root causes instead of temporary relief by strategically confronting hidden spiritual issues.



Break Recurring Cycles

Expose repeated patterns connected to fear, bondage, trauma, confusion, addiction, instability, or spiritual resistance.



Strategic & Focused Ministry

A private and intentional 3-hour intensive focused on breakthrough, clarity, prayer, and spiritual freedom.



Need more help with the nutritional side?

Dr. Sharla is available for
1-on-1 consults!

(817)326-1174
clearviewchiro2@gmail.com