Capstone Project

OL 720: Milestone #1

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CAO / DEAN

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**Instructions**

**Create an Outline of Capstone Chapter 2 with subheadings within the Review of Literature Level 2 headings.

Note the following required outline for Chapter 2.**

**I. Introduction
Write the Introduction last (after items II, III, IV are completed)

II. Review of scholarly sources related to the topic (social problem/issue)
a. Provide an alphabetic list of sources
b. Identify one or more keywords per source

III. Themes and synthesis
a. Group the scholarly sources by keywords (themes).
b. Combine like topics (group subthemes)
c. Synthesis: Create Level 1, 1.1., 1.2; 2., 2.2, etc. Headings & Subheadings****IV. Gaps in Knowledge
a. Identify areas of interest around the social issue that is not addressed, or lacks sufficient scholarly sources to provide a substantive understanding of the issue**

**Milestone #1 Introduction (To Provide MRC Context for Milestone #2 Review)**

**How naturopathy can help adolescents and young adults find healing and inner peace from depressive symptoms.**

An increasing proportion of adolescents and young adults suffer from the silent crisis of depression. According to the National Institute of Health (2020), clinicians define a major depressive episode as the inability to meet basic needs such as eating, sleeping, and concentrating. Moreover, the National Institute of Health (NIH) research indicated that at least 14.8 million US adults ages 18 and older experienced at least one major depressive episode that significantly impacted their daily lives.

Further, approximately eight percent of all diseases, such as anxiety and depression, are caused by mental health issues. Anxiety and depression frequently coexist, which is detrimental to the individual and to society as a whole. Patients with mental health and behavioral disorders may be more likely to have additional illnesses and frequently require extensive medical care (Daly, 2022). Instead of seeking help in naturopathic treatments, they accept the numbing of marijuana and vaping to cope with their pain (Sumbe et al., 2022). Adolescents and young adults’ awareness of natural remedies and the accessibility of these traditional therapies used hundreds of years will allow them to control their health.

“Naturopathic medicine is founded on holism” (Graham et al, 2019). It is a philosophical model for comprehending complexity with simplicity. The premise of naturopathic emphasizes the connection between the body and environment. (Graham et al., 2019). According to research, naturopathic doctors, practitioners of naturopathy and therapist use effective mind-body intervention treatments to improve mental health (Sadowski et al., 2022).

Naturopathic philosophy emphasizes ethics, patient care, and practitioner obligation. The six tenets of naturopathy are: Do no harm; treat the whole person; treat the cause; acknowledge the healing power of nature; the practitioner as a teacher and practitioner of preventative methods (Hechtman, 2019).

 Among the specific treatments for depression, naturopathy encourages an anti-inflammatory diet together with activities that increase dopamine neurotransmitters, vitamins and minerals that stimulate the production of serotonin (Hechtman, 2019). According to Pawa (2020), the gut makes 85% of the serotonin in the body. So, damage to the gut can spread to the brain and other parts of the body. Functional medicine targets brain and nervous system inflammation to treat depression and anxiety. It aims to heal leaky brain syndrome, which can cause many brain disorders (Cole, 2019). Since naturopaths practice functional medicine, they instruct their patients on how to improve body function.

**Milestone #2**

1. **Introduction**

Natural medicine provides a path to recovery for those suffering from depression and anxiety. **Naturopathic doctors (NDs) play a vital role in primary care. Oregon and Washington require licensing and regulations which combine natural therapies such as herbs & nutrition with conventional treatments like prescription drugs. N.D.s help ensure patients' health through holistic approaches that treat symptoms and root causes.**

Focusing on Naturopathy, the researcher hopes to introduce depressed and anxious young people to more long-term solutions to their problems. Further, educating these young people about the hope in Christ's healing manifested through prayer, fasting, and meditation will give them insight into their health management abilities.

The researcher uncovered the themes that require further attention by a thorough investigation utilizing Google Scholar, ProQuest, recent books, and seminal literature to source material from within the past five years (2003-Present). The research explored the sources indicating that naturopathic interventions for depressed adolescents and young adults (AYAs) effectively reduce depression and anxiety.

The connection between anxiety and depression acts as two sides of the same coin representing a person's emotions and mental state. For many, anxiety can masquerade as depression. Through proper treatment of the underlying cause, sufferers may find that the sadness gradually fades away, requiring no further intervention to lift one's mood. Moreover, studies show that depression and anxiety tend to go hand in hand - for at least half of those who suffer from depression, there is also a concurrent history of an anxiety disorder.

The themes of this literature review explore how naturopathy and faith-based mental health coaching can mitigate the adverse effects of the unhealthy coping styles of young people suffering from depression and anxiety. The researcher analyzed traditional naturopathic beliefs and compared them to a biblical perspective regarding treating depression and anxiety. According to the literature provided, supportive Christians implementing the Christian faith can effectively deal with these psychological issues. Finally, the review identified areas where additional study is required to close gaps in the body of knowledge.

1. **Review of scholarly sources related how naturopathy can help teens and young adults overcome depression.**

Achterbergh, L., Pitman, A., Birken, M. (2020).  The experience of loneliness among young people with depression: a qualitative meta-synthesis of the literature. *BMC Psychiatry* 20, 415. <https://doi.org/10.1186/s12888-020-02818-3>

This groundbreaking research emphasizes the importance of examining social withdrawal as an indicator of adolescent depression. By analyzing this article, the researcher aims to demonstrate how young people may mask depressive symptoms by withdrawing from their environment or peers.

**Key words:** Depression, young people, loneliness, social withdrawal

Adzrago, D., Wong, S. W., & Wilkerson, J. M. (2022). Effect modification of illicit drug use on symptoms of a major depressive episode to better understand binge drinking by adolescents and adults in the United States. *Int J Ment Health Addiction*.  1- 18. <https://doi.org/10.1007/s11469-022-00770-9>

This study examined 18–26-year-olds' binge drinking and Major Depressive Episodes (MDE). Race/ethnicity, education, income, and illegal drug use affected binge drinking and MDE symptoms. This article links substance abuse to (MDE). The researcher will use this to demonstrate how recreational drug use, particularly alcohol and marijuana, impacts MDE patients, notably binge drinking.

**Key words:** Illicit drugs, substance, binge drinking, marijuana, Major Depressive Episodes, MDE symptoms.

Alvarado, O. A. (2022). *Examining Discipleship Strategies in Christian and Missionary Alliance Churches* (Doctoral dissertation, Southeastern University). <https://www.proquest.com/openview/eef40375fd61c60b1d4b01c1e156e151/1?cbl=18750&diss=y&pq-origsite=gscholar>

This paper examined how Christian and Missionary Alliance (C&MA) churches lead others to Christ. The study suggests that necessary and practical models apply the Great Commission mandate through discipleship. This dissertation is helpful because it explores the models and methods of effective discipleship through the example of (C&MA). The researcher will use this to demonstrate ways churches can turn their faith into action to help those struggling with depression.

**Key words:** Church discipleship, maintaining faith, discipleship growth, The Great Commission.

Austin, S. (2021*). Hiding in the pews*. Fortress Press.

https://www.amazon.com/Hiding-Pews-Shining-Mental-Illness-ebook/dp/B093CP161V/ ref=tmm\_kin\_swatch\_0?\_encoding=UTF8&qid=&sr=

The author argues that for Christians to demonstrate love and compassion to those outside the church, they must first demonstrate it within the church. As a result of the stigma, advocates urge leaders to provide a welcoming environment for those who struggle in silence. This book will assist the researcher with incorporating additional data demonstrating the church's obligation to aid its hurting members.

**Key words:** The church, Christianity, mental illness, depression.

Baker, A., Padgaonkar, N., Galván, A., Frick, P., Steinberg, L., & Cauffman, E. (2022). Characterizing trajectories of anxiety, depression, and criminal offending in male adolescents over the 5 years following their first arrest. *Development and Psychopathology,* 1-17. https://doi:10.1017/S0954579421001723

This paper explores the twofold relationship that mental illness and delinquency often go hand in hand This study found that mental health issues and juvenile delinquency connects bidirectionally. The study suggests considering both factors when working with youth in the justice system. The researcher intends to show how relief from mental anguish can lead to a decrease in lawbreaking. The literature will allow the researcher to demonstrate that some people get their inner turmoil recognized when justice takes its course.

**Key words:** Mental health and delinquency, justice system, youth mental health, crime.

Burns, D. (2020). *Feeling great: The revolutionary new treatment for depression and anxiety.* PESI Publishing & Media. https://www.amazon.com/Feeling-Great-Revolutionary-Treatment-Depression-ebook/dp/B08FRSQHFP/ref=tmm

Burns emphasizes the importance of TEAM in therapeutic work. Burn believes TEAM can help people who are depressed or anxious. *Tests* assist clients and therapists in evaluating therapy sessions, whereas *Empathy* assists therapists in creating a caring environment. *Assessing* change resistance and highlighting change barriers motivates patients. While therapist suggested, *Methods* that transform depression and anxiety into happiness. Burns' pragmatic approach shows therapists can use real-world, evidence-based techniques with genuine care and support. The researcher will use this book to show how patients can talk about their problems and work through them with the help of a therapist by making them feel supported and safe.

**Key words:** TEAM, Cognitive Behavioral Therapy, CBT, depression and anxiety.

Braam, A. W., & Koenig, H. G. (2019). Religion, spirituality and depression in prospective studies: A systematic review. *Journal of Affective Disorders*, *257*, 428-438

https://doi.org/10.1016/j.jad.2019.06.063

This research shows that religiousness/spirituality (R/S) has a favorable effect on persons facing depression. This literature demonstrates the authors' findings that religious salience and church attendance predicts lower levels of depression. Given that holistic healing has a spiritual component, the researcher will use this to demonstrate further that the church must provide for the needs of all people, including those who are depressed.

**Key words:** Religion and spirituality, R/S, Church attendance, depression.

Berenson, Alex. (2019) *Tell your children the truth about marijuana, mental illness, and violence.* Free Press. https://www.amazon.com/Tell-Your-Children-Marijuana-Violence-ebook/dp/B07GNV64PJ/ref=tmm\_kin\_swatch\_0?\_encoding=UTF8&qid=&sr=

The author claims that marijuana harms health by citing growing evidence that it causes depression, schizophrenia, violence due to psychotic behavior, a decline in intelligence, and suicide. The book helps demonstrate that people with mental illness prefer marijuana to antipsychotic medications. The author will show that using marijuana instead of more beneficial natural treatments for depression and anxiety has adverse effects.

**Key words:** Marijuana, HTC cannabis, youth, depression, psychosis, violence, antipsychotic medicines, genes.

Cardozo, V., Aucoin, M., Elsayed, M., Ebrahimi, N., Garber, A., & Cooley, K. (2021). The 5th Annual CCNM Research Day: Student Research & Innovation in Naturopathic Medicine. *Undergraduate Research in Natural and Clinical Science and Technology Journal*, *5*, A1-A12. <https://doi.org/10.26685/urncst.253>

This paper suggests that researchers recently studied natural therapies, such as lavender, folic acid, and acupuncture, to treat Major Depressive Disorder (MDD). The researcher will consult this literature because it makes the case that using these natural therapies in addition to standard medical care could be more beneficial than using only standard medical care.

**Key words:** Major depressive disorder, MDD, natural therapies, natural adjunct therapy, lavender, folic acid, MDD treatments.

Chakrabarti, A., Geurts, L., Hoyles, L., Iozzo, P., Kraneveld, A. D., La Fata, G., ... & Vauzour, D. (2022). The microbiota–gut–brain axis: pathways to better brain health. Perspectives on what we know, what we need to investigate and how to put knowledge into practice. *79*(2), 80. <https://doi.org/10.1007/s00018-021-04060-w>

This study asserted that hormones, neurons, neurotransmitters, and immune mediators influence the gut and brain. The history of neurotransmitters like serotonin and the connection between the gut and the brain are both clarified by this article. In this essay, the researcher will demonstrate how the gut microbiota and depression and anxiety are related and how altering the gut microbiota through diet and lifestyle choices can improve mental health.

**Key words:** Microbiota, the gut and brain, brain health, stress.

Clinton. T. (2019) *The struggle is real: How to care for mental and relational health needs in the church.* WestBow Press. [https://www.amazon.com/Struggle-Real-Mental-Relational-Health-ebook/dp/B07965WJWZ/ref=sr\_1\_2?crid=W8FKESV7FLQ2&](https://www.amazon.com/Struggle-Real-Mental-Relational-Health-ebook/dp/B07965WJWZ/ref%3Dsr_1_2?crid=W8FKESV7FLQ2&)

In light of his background in counseling mental health, the author offers advice on how the church can identify and evaluate the prevalence of mental illness among its members. This action can create effective ministries to aid those affected. The book is essential to the research because it demonstrates the church's role as mandated through the Great Commission by Christ. Using the author's suggested strategies, the researcher deems it appropriate to use this book to form a mental health ministry. The book will clarify the function of educating mental health coaches, including their function as gatekeepers, lay counselors, spiritual counselors, and providers of referrals to qualified assistance.

**Key words:** Church support, community support, depression, mental health, family ministries, church leadership, pastors.

Cole, W (2019).*The Inflammation Spectrum*. Penguin Publishing Group**.** <https://www.amazon.com/Inflammation-Spectrum-Triggers-Reset-System-ebook/dp/B07NX21BFW/r>

This book discusses an individual's bio-individuality, focusing on the individual's unique biological composition with specific atypical symptoms that conventional medication may not affect. The author acknowledges depression as a component of inflammatory diseases. Therefore, this book will assist in identifying how individuals with depression respond better to natural treatments through an anti-inflammatory diet regime. The researcher will use this book to demonstrate the importance of an anti-inflammatory diet as a preventative and restorative treatment for depressive symptoms.

**Key words:** Inflammation, genetics, depression, chronic illness, nutrition, anti-inflammatory lifestyle, stress, gut and microbiome.

Cook, C.C.H.; Hamley. I (2020). *The Bible and mental health: Towards a Biblical theology of mental health.* SCM Press.

https://www.amazon.com/Bible-Mental-Health-Biblical-Theology-ebook/dp/B08HSCYW4C/ref=tmm\_kin\_swatch\_0?\_encoding=UTF8&qid=&sr=

This book is helpful in the research because it allows one to see the riches of scripture and how it interacts with the rugged terrain of emotional health. This author reminds the researcher that faith explains the origins of hope, which God provides for depressive episodes. Therefore, the researcher will use this book to argue further that God is the ultimate healer and comforter of all ailments.

**Key words:** Mental health, scriptures, bible, the church, depression, mental illness, God

Daly, M. (2022). Prevalence of depression among adolescents in the US from 2009 to 2019: analysis of trends by sex, race/ethnicity, and income. *Journal of Adolescent Health*, *70*(3), 496-499. https://doi.org/10.1016/j.jadohealth.2021.08.026

This study examines the dramatic rise in depression among young adults over the past decade, breaking down the data by gender and ethnicity. Research also indicates that the prevalence of major depressive episodes among adolescent girls doubled between 2009 and 2019. This literature will serve as a stark reminder that society frequently overlooks mental health issues in younger age groups. The researcher will use this paper to support the need for raising awareness of the threat that mental illness poses to young people.

**Key words:** Depression, gender, race and ethnicity, depressive episodes, increase rate, young adults’ diseases and mental illness, suicide behavior.

Denche-Zamorano, Á., Franco-García, J. M., Carlos-Vivas, J., Mendoza-Muñoz, M., Pereira-Payo, D., Pastor-Cisneros, R; Adsuar, J. C. (2022). Increased risks of mental disorders: youth with inactive physical activity. - *Healthcare,10 (2).*1-2. <https://doi.org/10.3390/healthcare10020237>

This study found that physically active youth had lower levels of depression. On the other hand, depression increased among younger Spanish teens who participated less in physical activity. According to the literature, engaging in vigorous physical activity increases endorphin production, which helps young people with depressive behaviors. The researcher will use this article to illustrate how physical activity positively affects the emotions of those who are depressed.

**Key words:** Depression and physical activity, physical inactivity and depression, chronic anxiety. Mental disorders.

Donoso, F., Cryan, J. F., Olavarría‐Ramírez, L., Nolan, Y. M., & Clarke, G. (2022). Inflammation, lifestyle factors, and the microbiome‐gut‐brain axis: relevance to depression and antidepressant action. *Clinical Pharmacology & Therapeutics*. 1-14 https://doi.org/10.1002/cpt.2581

This study shows that conventional antidepressants do not work for some patients. Antidepressants with unusual side effects led to more research into diet and exercise-based therapies that control inflammation, immune system activity, and the microbiome in the gut. The researcher will use this study to demonstrate how eating prebiotic and probiotic foods and exercising can benefit those who are depressed. The researcher will use this article to confirm the need for complementary therapies that are also effective for people who do not respond to conventional treatments.

**Key words:** Antidepressants, inflammation, immune system, gut microbiome. diet and exercise,

Graham, K. D., Steel, A., & Wardle, J. (2022). The converging paradigms of holism and complexity: An exploration of naturopathic clinical case management using complexity science principles. *Journal of Evaluation in Clinical Practice*. *22*(1), 107. <https://doi.org/10.1186/s12906-022-03585-2>

The World Health Organization recognizes naturopathy as a health and knowledge system based on traditional and modern medicine. This article is useful to show how the human body and environment interact and how holism uses an eclectic approach to treat the body as a whole organism. The researcher will use this literature to demonstrate the

**Key words:** Holism,gut and microbiome**,** naturopathy,anxiety and depression, what is naturopathy, systemic inflammation, gut, dysbiosis.

Hechtman, L. (2019). *Clinical naturopathic medicine*. Elsevier Health Sciences. [https://www.amazon.com/Clinical-Naturopathic-Medicine-Leah-Hechtman-ebook/dp/B07GVL3C7G/ref=sr\_1\_1?crid=2CU92RRZ3](https://www.amazon.com/Clinical-Naturopathic-Medicine-Leah-Hechtman-ebook/dp/B07GVL3C7G/ref%3Dsr_1_1?crid=2CU92RRZ3)

The author defines naturopathy and describes its origins. The research explained the principal concepts of the discipline and the various herbal remedies used in treatment therapies. Using the profession's guidelines and a summary of treatments, the researcher will use the book to demonstrate how naturopathy uses plant-based supplements to evaluate and treat depression. The researcher will also use this book to relate anti-inflammatory diets, the microbiome, and dietary influences to produce mental wellness.

**Key words:** Microbiome- gut brain axis, naturopathy defined, inflammation, spiritual health, herbal treatment, herbal remedies.

Hodgins, S., De Brito, S. A., Chhabra, P., & Côté, G. (2010). Anxiety disorders among offenders with antisocial personality disorders: a distinct subtype?. *The Canadian Journal of Psychiatry*, *55*(12), 784-791. <https://journals.sagepub.com/doi/pdf/10.1177/070674371005501206>

**Key words:** Antisocial Personality Behavior, APD, criminal behavior, anxiety and depression.

Antisocial Personality Disorder (APD) and anxiety increase conduct disorder, substance abuse, and criminal behavior, according to this study.

 This article helps demonstrate the relationship between anxiety and depression, delinquency, and criminal behavior in young men under 15. The researcher will utilize the literature to demonstrate the necessity of intervention prior to the occurrence of criminal behavior.

Kim, K. (2019). *A Strategic plan for family ministry as a response of socio-cultural changes in South Korea.* [Doctoral thesis, The Southern Baptist Theological Seminary].

https://hdl.handle.net/10392/6428

Kim advises ministries to first learn about the world as it is today to meet the needs of the next generation. The author examines the literature and analyzes Korea's sociocultural transitions to evaluate scripture and family ministry ideas. This paper is valuable because it offers a strategic plan, suggests initiatives, and creates a curriculum for parent education. The researcher will use this paper to show why people with stigmatized illnesses should be cared for and supported by their families and congregations from a Christian point of view.

**Key words:** Family ministry**,** Korea, parent training curriculum, program, ministries, scripture, contemporary culture.

Koenig, H. (2017) *Protestant Christianity and mental health: Beliefs, research and clinical applications*. Templeton Press. [https://www.amazon.com/Protestant-Christianity-Mental-Health-Applications-ebook/dp/B06XKM1RTR/ref=sr\_1\_fk](https://www.amazon.com/Protestant-Christianity-Mental-Health-Applications-ebook/dp/B06XKM1RTR/ref%3Dsr_1_fk)

[Seminal]

This book recognizes the importance of finding the correct balance between spiritual belief and medical treatment for individuals suffering from depression. This book is helpful because it educates practitioners and attendees on how to effectively create an environment where an individual's faith is respected, all while still providing proper medical care. The researcher will use this book to emphasize that combined spiritual and psychological support will offer long-term benefits for those suffering from depression or other psychiatric illnesses.

**Key words:** Mental health professional, pastoral counselor, Christian faith, nature of God, caring, scripture.

Lehmann, C. S., Whitney, W. B., Un, J., Payne, J. S., Simanjuntak, M., Hamilton, S., ... & Fernandez, N. A. (2022). Hospitality towards people with mental illness in the church: a Cross-cultural Qualitative Study. *Pastoral psychology*, *71*(1), 1-27.

https://link.springer.com/article/10.1007/s11089-021-00982-1

This paper asserts that hospitality is a valuable support of mental health needs in the church. The researcher will use this article to reinforce the notion that church leadership is significant in encouraging those suffering from depression to seek assistance from the church body. Therefore, the researcher will use this article to connect Christian spiritual responsibility and mental health care.

**Key words:** Religion, Christianity, scriptures, bible, the church, mental illness, hospitality.

Leone, M. (2022). *Depression in youth and adults: Etiology, outcomes, and comorbidities*. [Doctoral dissertation, Karolinska Institute]. <https://www.proquest.com/openview/55a8bef045a52878892d0d5d1d60e4d5/1?pq-origsite=gscholar&cbl=2026366&diss=>

This thesis reveals that depression is the most common mental illness in life. The study indicates that early diagnosis and treatment can protect and prevent future health issues. This article helps demonstrate how habits like drug and tobacco use, lack of sleep, stress, and excessive video gaming contribute to young people's depressive symptoms. This paper aims to raise awareness of depression in young people, the etiology of the condition, and issues connected to depressive symptoms.

**Key words:** Youth and teen smoking addiction, depression and tobacco products, United States e-cigarette usage, young with depression and drug addiction, marijuana and depression.

Li, J., Zhou, S., & Zhu, M. (2021). The Causes, Prevention and Treatment of Adolescent Depression: A Review. In *2021 4th International Conference on Humanities Education and Social Sciences (ICHESS 2021)* (pp. 48-54). Atlantis Press. https://doi.org/10.2991/assehr.k.211220.009

This article will introduce psychotherapy, such as Behavioral Activation (B.A.), to treat depression. The paper also evidences the various causes of depression in young adult's life. This paper sheds light on the positive use of Cognitive-behavioral therapy and (B.A.) as a component of traditional health systems therapists use. The researcher will use this article to demonstrate the effectiveness of B.A. as an aspect of the preventive and curative method for depression and anxiety.

**Key words:** What is depression, causation, prevention, treatment, youth, adolescents, cognitive behavioral therapy.

Liu, R. T., Walsh, R. F., & Sheehan, A. E. (2019). Prebiotics and probiotics for depression and anxiety: A systematic review and meta-analysis of controlled clinical trials. *Neuroscience & Biobehavioral Reviews*, *102*, 13-23. <https://doi.org/10.1016/j.neubiorev.2019.03.023>

According to the findings of this study, people are paying close attention to new treatments such as prebiotics and probiotics. This article helps show that within the last two years, researchers published recent studies on the efficacy of prebiotics and probiotics to treat depression and anxiety. As a result, the researcher will use this article to demonstrate that unbalanced gut bacteria, in the absence of prebiotics and probiotics, produce hormones that communicate with the brain, negatively influencing brain activity.

**Key words:** Prebiotics, Probiotics, new treatments, efficacy of prebiotics/probiotics, depression and anxiety.

Myers, S. P., & Vigar, V. (2019). The State of the evidence for whole-system, multi-modality naturopathic medicine: A systematic scoping review. *Journal of alternative and complementary medicine (New York, N.Y.)*, *25*(2), 141–168. https://doi.org/10.1089/acm.2018.0340

This study introduces the practices of naturopathic treatments as a complete healthcare intervention that employs a wide range of therapeutic methods that benefit all dealing with depression. The article will define naturopathy and demonstrate the impact of an unhealthy plant-based diet and a stress-free lifestyle that connects people to depression and anxiety.

**Key words:** Depression and anxiety, naturopathy,dietary and lifestyle interventions, and botanical medicines, nutritional supplements.

Packer, J. I. (2021). *Knowing God*. InterVarsity Press.

https://www.amazon.com/Knowing-God-IVP-Signature-Collection-ebook/dp/B08TH65W3C/ref=d\_pd\_sbs\_sccl\_1\_1/147-6760850-3055422?pd\_rd\_w=szjHK&content-id=amzn1.sym.332ad193-f618-461a-9620-4

 Packer argues that knowing God enables the reader to recognize the truth about God, his faithfulness that is essential for glorifying him regardless of human suffering. This book is crucial to the research because it emphasizes biblical text mediation and the use of theology as a teaching tool to communicate God's wisdom, truth, and grace to equip the reader to support those suffering in silence. The researcher will use this book to support the argument that knowing God's goodness and truth will bring hope and healing to those entangled by a sense of hopelessness.

**Key words:** Knowledge of God, Christian heart, bible, scripture, the church, weakness.

Pawa, B. (2020) *The Mind-Body Cure*. Greystone Books.

 [https://www.amazon.com/Mind-Body-Cure-Anxiety-Fatigue-Controlling-ebook/dp/B08J8LHJ54/ref=tmm\_kin\_swatch\_0?\_encoding](https://www.amazon.com/Mind-Body-Cure-Anxiety-Fatigue-Controlling-ebook/dp/B08J8LHJ54/ref%3Dtmm_kin_swatch_0?_encoding)

The author shows how persistent pro-inflammatory responses, like depression and anxiety, relate to long-term stress. The researcher will use this book to show how Body, Mind, and breathing techniques (BMW) work in Naturopathy. (BMW) affects the sympathetic and parasympathetic nervous systems to help fight stress and conditions like depression that cause stress hormones to be released. The researcher will explore the disintegration of spiritual, meditative practices through this book.

**Key words:** Depression and anxiety, chemical imbalance, stress, Adrenalin, norepinephrine, dopamine, spiritual, natural healing, meditation, breathing techniques.

Rickwood, D., Paraskakis, M., Quin, D., Hobbs, N., Ryall, V., Trethowan, J., & McGorry, P. (2019). Australia's innovation in youth mental health care: the headspace centre model. *Early Intervention in Psychiatry*, *13*(1), 159-166. https://doi.org/10.1111/eip.12740

The headspace program for adolescent mental health introduces a practical example of how families, communities, and young people collaborate to discover and satisfy mental wellness. This research shows how teen intervention programs reduce depressive symptoms. The researcher will use the suggested programs to recommend private and government funding to promote initiatives like headspace in the U.S.

**Key words:** Youth mental health, family and friends support, community, addictions.

Roberts, E., Copeland, C., Robson, D., & McNeill, A. (2021). Drug‐related deaths associated with vaping product use in the United Kingdom. *Addiction*, *116*(10), 2908-2911.

https://doi.org/10.1111/add.15468

A 2019–2020 US study found that vaping E acetate-poisoned THC and other cannabinoids caused 2,807 hospitalizations and 68 deaths. This article helps demonstrate the devastating effect of vaping cannabinoids on people's health, especially the young afflicted with depression. The researcher will use this paper to support the claim that unhealthy coping mechanisms used by young people battling depression and anxiety dismantle their health and may lead to death.

**Key words:** U.S vaping products, hospitalization, lung diseases, THC, tetrahydrocannabinol.

Sadowski, A., Garofalo, L., Welsh, A., & Bradley, R. (2022). Naturopathic doctors: An underutilized resource of whole health delivery in primary care. *Global Advances in Health and Medicine*, *11*, 2164957X221079787.

https://doi.org/10.1177/2164957X221079787

The author stresses that naturopathy is best described as a whole health delivery model. Within the scope and duties of primary care, practitioners prefer combining conventional and alternative therapies. This article helps demonstrate that naturopathic doctors educate their patients about conventional and alternative health care.  The researcher will use this article to present alternative practices, such as yoga and meditation - rooted in naturopathy.

**Key words:** Whole Heath, integrative medicine, smoking and alcohol cessation, mind-body interventions, mental health, naturopathic care.

Sander, J., Moessner, M., & Bauer, S. (2021). Depression, anxiety and eating disorder-related impairment: moderators in female adolescents and young adults. International journal of environmental research and public health, 18(5), 2779. <https://doi.org/10.3390/ijerph18052779>

**Key words:** Female adolescents, depression and anxiety, eating disorder, strong link

According to the study, female adolescents are particularly vulnerable to mental health conditions such as anxiety, depression, and eating disorders. Therefore, it is essential that prevention methods take this heightened risk into account when planning interventions.

This article provides evidence that young women experience difficulties with mental health issues such as depression, anxiety, and eating disorders. The researcher will use the literature to determine a connection between anxiety, depression, and eating disorders.

Stojcheva, I. E., & Quintela, J. C. (2022). The effectiveness of rhodiola rosea L. Preparations in alleviating various aspects of life-stress symptoms and stress-induced conditions—encouraging clinical evidence. *Molecules*, *27*(12), 3902.

According to the authors, research has primarily confirmed Rhodiola's effectiveness as a psychostimulant, general strengthener, anti-stress agent, and dietary supplement worldwide. This article sheds light on the herbal preparations of Rhodiola-rosea, which proved to alleviate symptoms of mild-to-moderate depression and Generalized Anxiety Disorder (GAD). The researcher will use this article to present the need for photomedicine as a viable treatment option for depression and mental illness, particularly for those unable to tolerate conventional medicine.

**Key words:** Rhodiola, R- rosea, dietary supplements, depression and anxiety.

Sumbe, A., Wilkinson, A. V., Clendennen, S. L., Bataineh, B. S., Sterling, K. L., Chen, B., & Harrell, M. B. (2022). Association of tobacco and marijuana use with symptoms of depression and anxiety among adolescents and young adults in Texas. *Tobacco Prevention & Cessation*, *8*, 03.

Doi: 10.18332/tpc/144500

This article helps convey a correlation between teen smoking and depression. Since e-cigarettes' introduction to U.S. markets in 2007, their use among teens has increased dramatically. This article helps highlight the rise of the co-usage of marijuana in tobacco products and its detrimental effects on young people. The researcher will use this paper to contribute to the assertion that negative coping skills have adverse effects on depression and to clarify the nature of depression and anxiety as an inflammatory disease and the battle that young people in the United States experience.

**Key words:** Marijuana, THC, Self-Medication, E-cigarette, Tetrahydrocannabinol, Tobacco products, Tobacco.

Squilla, D. J. (2022). *Mentoring programs, at-risk youth, and life skills: A qualitative study* [Doctoral dissertation, Grand Canyon University].

https://www.proquest.com/dissertations-theses/mentoring-programs-at-risk-youth-life-skills/docview/2624229570/se-2

**Key words:** Mentorship program, life skills training, at risk youth.

This study examines at-risk youth and positive life skills training after going through a mentor program. The study demonstrates a creative body of research that shows how mentoring programs can help at-risk youth learn the skills they need to succeed. The researcher will use this article to encourage the community and the church body to form mentoring programs that promote life-skill training and spiritual and emotional support to alleviate depression and anxiety.

Subbarayappa, B. V. (2001). The roots of ancient medicine: an historical outline. *Journal of Biosciences-Bangalore*, *26*(2), 135-143. https://www.ias.ac.in/article/fulltext/jbsc/026/02/0135-0143

[Seminal]

This study asserts that Ayurveda, Greek, and Chinese medicine from the first millennium A.D. believed that people needed to appease 36 atmospheric gods and 36 "demons" to become healthy. This article helps demonstrate how ancient people used magical spells and herbal remedies.

Thus, the researcher will use this paper to highlight the negative secular aspects of herbology and naturopathic treatments. Further, the researcher will explore how photomedicine relates to divinely-ordained principles found in scripture.

**Key words:** Greek medicines, Chinese medicine, Aryurveda, ancient gods, God, Jewish practitioners, the Talmud.

Sun, L. J., Li, J. N., & Nie, Y. Z. (2020). Gut hormones in microbiota-gut-brain cross-talk. *Chinese medical journal*, *133*(07), 826-833.

https://mednexus.org/doi/full/10.1097/CM9.0000000000000706

This article suggests that the gut-brain axis comprises microbiota, gut hormones, and the central nervous system (CNS). This study is useful in examining the relationship between the central nervous system and nerve cells' influence on the gut. The researcher will use this article to connect physiological processes such as inflammation to anxiety and depressive disorders.

**Key words:** Central Nervous system, CNS, Parasympathetic Nervous System, (PNS), gut brain axis, microbiota, gut, gut hormones, depression and anxiety, inflammation.

Towery, J. *The anti-depressant book: A practical guide for teens and young adults to overcome depression and stay healthy*: (n.p.). https://www.amazon.com/Anti-Depressant-Book-Practical-Overcome-Depression-ebook/dp/B01D3LH1IQ/ref=sr\_1\_1?keywords

Combining cognitive behavioral strategies with sleep, exercise and meditation, the author encourages readers to use an interactive approach appropriate for all levels of depression – mild, moderate or severe.

This book helps demonstrate to the researcher that parents and teenagers can follow through and address the issue of depression. The researcher will use this book to show how proper sleep hygiene, physical activity, meditation, and cognitive therapy can provide practical advice on permanently alleviating depression.

**Key word**s**:** Depression, teens, Cognitive Behavioral Therapy, CBT, sleep, exercise, meditation, antidepressant, young adults, healthy.

Wallis, D., Coatsworth, J. D., Mennis, J., Riggs, N. R., Zaharakis, N., Russell, M. A., & Mason, M. J. (2022). Predicting self-medication with Cannabis in young adults with hazardous Cannabis use. *International Journal of Environmental Research and Public Health*, *19*(3), 1850. <https://doi.org/10.3390/ijerph19031850>

According to this research, Cannabis self-medication is a risk factor for Cannabis Use Disorder. The article examined 290 young adults (CUD). 76% of young adults with CUD used cannabis to treat anxiety, insomnia, depression, indicating self-medication and complex cannabis use. This study is helpful to show that 290 young adults with cannabis use disorder (CUD) revealed that 76% are using marijuana to self-medicate for anxiety, insomnia, and depression. Shedding light on this issue will help the researcher further the discussion regarding addiction, medical usage, and its potential as a treatment for loneliness or other depressive symptoms.

**Key words:** Anxiety; cannabis use; cannabis use disorder; CUD, depression; self-medication; withdrawal symptoms; young adults, insomnia.

Whorton, J. C. (2003). Benedict Lust, naturopathy, and the theory of therapeutic universalism. *Iron Game History*, *8*(2). http://www.vitalology.org/ironman\_Lust.pdf

[Seminal]

Whorton researched how natural healing and traditional medicine interact. Therapeutic Universalism, proposed by Benedict Lust in the early 1900s, sought a single cure for disease using an infinite number of natural methods. The researcher will explore the concept of vitalism in this article, showing how natural materials may be superior to synthetic ones and exist as part of a spiritual aspect inherent within naturopathy.

**Key words:** Therapeutic Universalism, Vitalism, Benjamin Lust, Eden,

Willard, D. (2009). *The spirit of the disciplines*: *Understanding how God changes lives.* HarperCollins.

https://www.amazon.com/Spirit-Disciplines-Understanding-Changes-Lives-ebook/dp/B001RS8KQA/ref=tmm\_kin\_swatch\_0?\_encoding=UTF8&qid=&sr=

[Seminal]

The author urges readers to imitate Jesus' actions. Jesus instructed his disciples on how to be disciplined on their journey to heaven. The insights demonstrate love and obedience to God because these actions prepare a person's mind, body, and spirit for difficult times, just as Jesus did. This literature explains the spiritual component of depression treatment, which heals those in despair. As a result, the researcher will use the data to uncover practices that, if adopted and encouraged by a supportive Christian body, can bring inner peace to those affected by their relationship with Christ.

**Key words:** Spirit, mind and body, discipline, Jesus, Jesus’ teaching, Bible reading, Bible study.

Zhao, X., Zhang, H., Wu, Y., & Yu, C. (2022). The efficacy and safety of St. John’s wort extract in depression therapy compared to SSRIs in adults: A meta-analysis of randomized clinical trials. *Adv. Clin. Exp. Med*. *32*(2), 151-161. doi: <http://10.17219/acem/152942>

According to the research, SSRIs reduce clinical symptoms and the HAMD score for depression. Their severe adverse effects render them unsuitable. Instead, the study discovered that clinicians used SJW because it is inexpensive, easy to obtain, and effectively treats mild to moderate depression with few side effects.

The researcher will use this article to demonstrate the growing evidence of St John's wort as an effective, affordable treatment for depression, particularly in those unable to take traditional medications. This article enables the researcher to raise awareness of this plant-based treatment, a promising contender with no disadvantages.

**Key words:** St John’s worth, SJW, Hamilton Depression Rating Scale, HAMD, selective serotonin reuptake inhibitors.

1. **Themes and Synthesis**
2. **What is naturopathy**
3. Naturopathy defined (Whorton, 2003; Hechtman, 2019; Myers &Vigar 2019; Aucoin et al, 2021)
4. The various effective naturopathic remedies for depression

1. Mindfulness-based stress reduction (MBSR), meditation, and yoga (Sadowski et al., 2022; Pawa, 2020; Cole, 2019; Willard, 2009; Subbarayappa, 2001; Hechtman, 2019)

2. Gut microbiome nutrition, anti-inflammatory diet and nutrition (Liu et al, 2019; Cole, 2019; Chakrabarti et al, 2022; Cardozo et al; Graham et al., 2019; Stojcheva & Quintela, 2022, Hechtman, 2019; Sun, et al 2020)

3. Phytomedicinal plants (Stojcheva & Quintela, 2022, Cardozo et al, 2021; Subbarayappa, 2001, Hechtman, 2019; Zhao et al, 2022; Ullah et al,2022; Siddiqui et al, 2022; Hechtman, 2019)

 4. Religion and Spirituality (English Standard Version, 2001; Braam & Koenig, 2019; Cook & Hamley, 2020; Austin, 2021; Greevich, 2018; Koenig, 2017; Lehmann, 2022; Packer, 2021; Alvarado, 2022; Subbarayappa, 2001, Hechtman, 2019, Willard, 2009)

5. Mental health community support (Rickwood et al, 2019; Clinton, Sequilla, 2022

Donoso et al, 2022)

 6. Exercise/physical activity (Sweeney, 2019; Towery, 2016: Cole, 2019; Denche-Zamorano; Hechtman, 2019)

7. Sleep hygiene (Towery, 2016, Burns; Leone, 2022; Hechtman, 2019)

8. Behavioral Activation/Cognitive Behavioral Therapy (Li et al, 2021, Burns, 2020; Towery, 2016)

1. **What is depression and anxiety**
2. Depression defined (Burns, 2020; Towery, 2016; National Institute of Health, 2020; Liu et al, 2021; Sumbe et al, 2022; Wahid et al, 2022; Leone, 2022, Daly, 2022).
3. Anxiety defined ( Hodgins et al, 2010; Burns, 2020; Sumbe et al, 2022; Wallis, 2022; Clendennen et al, 2023)
4. Factors contributing to depression and anxiety

1. Inflammation (Cole, 2019; Hechtman, 2019; Liu et al, 2021; Leone, 2022; Sumbe et al, 2022; Wahid et al, 2022; Chakrabarti et al, 2022)

2. Genetics (Berenson, 2019; Cole, 2019; Sun, et al 2020; Pawa, 2020; Donoso et al, 2022)

3. Marijuana/THC Cannabis (Berenson, 2019 Wallis, 2022; Adzrago et al, 2022, Sumbe et al, 2022)

4. Stress (Towery, 2016; Pawa, 2020, Leone, 2022; Cole, 2019 (Burns, 2020; Towery, 2016; Cole, 2019; Baker, 2022)

5. Video gaming (Salleh, 2022 (Denche-Zamarano et al, 2022; Leone, 2022)

(Fan et al, 2023;)

1. **Unhealthy coping skills associated with depression and anxiety**
2. E-cigarettes usage and tobacco products (Sumbe et al 2022; Clendennen et al, 2023; Roberts et al, 2021)
3. Marijuana and alcohol usage (Berenson, 2019; Sumbe et al, 2022; Adzrago et al, 2022; Baker, 2022; Wallis, 2022)
4. Video gaming (Fan et al, 2023; Salleh, 2022)
5. Suicidality/Suicide (Daly, 2022; Zhao, 2022; Leone, 2022)
6. Social withdrawal (Achterbergh et al*,* 2020)
7. Criminal behavior (Hodgins et al, 2010)
8. Eating disorder (Sander, et al 2021)

**4. How a Christian worldview impacts healing**

1.The role of the Church in Discipleship ministries (Austin,2021; Clinton, 2019; Kim, 2019; Braam & Koenig, 2019; Greevich, 2018; Koenig, 2017; Lehmann, 2022; Packer, 2021; Cook & Hamley, 2020, Willard, 2009; Alvarado, 2022)

2. Family Discipleship (Kim, 2019)

3. Christian leadership (Lehmann, 2022, Clinton, 2019, Austin, 2021)

4. Mentorship and Coaching (Rickwood, 2022, Whitley, 2022; Sequilla, 2022)

1. **Gaps in Knowledge**
2. More funding is required to provide mental health promotion services and interventions for adolescents and young adults. With the results of this study in mind, further investment and dedication to adolescent mental health are integral to their overall well-being.
3. While Christian spiritual aid may provide a road to holistic healing for those dealing with depression, the literature and research on this topic are surprisingly limited. Nonetheless, exploring how this healthcare method could benefit those with mental illness remains worthwhile.
4. How can natural supplements become popularized as an alternative to psychotropic drugs? There is a lack of knowledge regarding phytomedicinal treatments by those afflicted by depression and insufficient data within the current literature - an area that warrants further exploration.