Capstone Project

OL 720: Milestone #3

Susan Flores-Edwards

Omega Graduate School

April 12th, 2023

CAO / DEAN

Curtis D. McClane, Ph.D.

Master’s Program Senior Tutor

Anique Elmes-Matthew, PhD

**Chapter 1: Introduction**

Naturopathic treatment is a unique form of therapy that shifts the focus from treating anxiety and depression to addressing the underlying issues affecting an individual's mental health. Doing so can make real progress in restoring peace and balance for those struggling with these conditions. The practice of naturopathy takes a holistic approach to therapy, focusing on treating the individual rather than just their condition. 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).

This study examines naturopathic treatments for anxiety and depression, including phytomedicines, dietary modifications, exercise regimens, behavioral therapy, and sleep hygiene. Exploring how to incorporate Christian values into spiritual practices, this examination looks at various ways of creating meaningful connections through faith.

**Problem Being Addressed**

An increasing proportion of adolescents and young adults suffer from the silent crisis of depression and anxiety. 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. Anxiety is a mood disorder that intensifies depending on the situation. A shy individual may feel uneasy when surrounded by strangers, while someone fearful of heights might experience panic upon encountering an elevated space. Regardless of the context, this disorder tends to fluctuate more than depression (Burns, 2020).

Anxiety and depression display adverse effects, which may explain their comorbidity. Low positive affect is a major component of depression, and excessive excitement is a major anxiety component. Anxiety is another factor that can increase the likelihood of developing depression. (Sumbe et al,

The weight of depression and anxiety is often overwhelming for young people, prompting them to attempt desperate coping skills that can wreak havoc on their physical and mental health. This silent struggle forces many into a cycle of addictions and suicidality as they desperately search for solace from the looming darkness of hopelessness (Leone, 2022).

**Background of the Problem**

More than 4 million 12 to 17-year-olds in the United States suffer from depression. The rate among adolescent females is more than double that of teenage males, rated 10% versus 25%. Nearly a third of those who identified with two or more races experienced major depressive episodes, according to studies (NIH, 2020). An extensive nationwide survey of over 160,000 adolescents aged 12-17 found an alarming increase in major depressive episodes (MDE). MDE rose from 8.1% to 15.8% between 2009 and 2019 (Daly, 2021)

Teenage anxiety disorders appear widespread. Nearly a third of young adults were affected by the condition. Under DSM criteria, 8.3% of these individuals exhibit severe impairment, significantly diminishing their day-to-day activities. Females appear to be affected more than males, but the prevalence was comparable across all age groups (NIH, 2020).

According to researchers, the COVID-19 pandemic devastated the mental health of young adults and adolescents AYAs. AYAs with the risk for depression rose three times the pre-pandemic level by June 2020. Understandably, depression and anxiety affect the individual and those around them. Families who witness this condition hinder their loved ones in all aspects of life also suffer. Depression and anxiety drive many young people away from the church. As a result, the church and society will remain without the strong leadership it needs to thrive.

**Thesis Statement and Structure of Capstone**

Natural medicine provides a path to recovery for those suffering from depression and anxiety. Moreover, introducing young adults and teens to a Christ-centered lifestyle can provide the spiritual nourishment necessary for well-being on all levels.

This capstone will provide a deeper understanding of depression and anxiety, how to identify harmful dysfunctional strategies, and how naturopathy can provide long-term solutions. (Chapter 2). Following that, (Chapter 3) explores how to incorporate Christian values into spiritual practices by creating meaningful connections with faith- all with God at its core. The conclusions drawn from such interpretation will provide valuable insights into how these factors interact to create a holistic lifestyle (Chapter 4), leading to further study and recommendations. (Chapter 5).

**Chapter 2: Literature Review**

The researcher uncovered the themes that require further attention through a thorough investigation utilizing Google Scholar, ProQuest, recent books, and seminal literature to source material from within the past five years (2003-Present).

The themes of this literature 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. 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. **What is Naturopathy**
2. Naturopathy defined (Whorton, 2003; Myers &Vigar 2019; Aucoin et al, 2021)

1). Lust, a young German, promoted water therapy, popularized by Sebastian Kneipp, in New York City in 1896. Lust added massage, electrotherapy, and sunbaths to Kneipp's naturopathy. In 1901, Lust defined *naturopathy*as an eclectic approach that emphasizes the body's natural ability to heal using food, exercise, lifestyle changes, and supplemental herbs without drugs or invasive procedures. (Whorton, 2003).

2). Naturopathy emphasizes six central principles that view the body as one unified organism (*vital force*) in balance with its external and internal environment. Do no harm, treat the whole person, treat the cause, naturopath as teacher and prevention of illnesses. Thus, naturopaths can help patients avoid illness by learning from naturopathy. (Hechtman, 2018).

3). Naturopathic medicine uses multiple methods to create personalized treatment plans. Naturopathic doctors consider the patient's physical and emotional health when choosing treatments from a wide range. (Myers & Vigar, 2019).

4). Practitioners of naturopathy advocate nature as a source of health. According to this study, six Canadian provinces regulate and credential naturopathy practice. Clinical nutrition counseling, acupuncture, and botanical medicine are some of the useable therapeutic approaches. While intravenous therapy, pharmaceuticals, bio-identical hormones, and other prescribed substances are all within the scope of naturopathy. (Aucoin et al, 2021).

1. The various effective naturopathic remedies for depression
2. Mindfulness-based stress reduction (MBSR), meditation, and yoga (Sadowski et al., 2022; Pawa, 2020; Cole, 2019; Willard, 2009; Subbarayappa, 2001)
3. Naturopathy is a holistic approach to health that looks at the body and mind as one interconnected system. Through mindfulness-based therapy, trained practitioners help patients tackle physical ailments alongside depression in order to achieve an improved quality of life. (Sadowski et al, 2022).
4. BMW meditation combines *breathing,* *meditation* and a *word* to relax the diaphragm muscles but also guides one towards being consciously aware and present in the moment. In addition, repetition of calming words or phrases help to quiet the mind and achieve a meditative state. (Pawa, 2020).
5. Learning how to spend time alone will drastically improve one's mental wellbeing if socialization proves to be an inflammatory trigger. (Cole, 2019).
6. Christian meditation entails withdrawing into silence and focusing on scriptures in prayer, so that the meaning of God's word can emerge in the believer's heart, mind, and soul through God's presence. (Willard, 2009).
7. Ayurveda, known as the science of life, enables the practitioner to examine the three dosas of an individual's unique constitution (*Vata, Pitta, Kapha*). Knowing a person's constitution allows the practitioner to determine the approach to advising yoga stances and meditation that maintains dosa equilibrium. (Subbarayappa, 2001).
8. Gut microbiome nutrition, anti-inflammatory diet and nutrition (Donoso et al, 2022; Cole, 2019)

a). The microbiome consists of millions of bacteria in the human body, including the intestines. A weakened gut flora links to immune system dysfunctions such as depression. Manipulating the gut microbiome with probiotics and prebiotics that stimulate the growth of beneficial bacteria reduces inflammation that contributes to depression. (Donoso et al, 2022).

b). An anti-inflammatory diet eliminates the *Core4* foods that cause inflammation throughout the body and begins the process of determining a person's inflammation level and bio individuality for achieving wellness. (Cole, 2019).

3. Phytomedicinal plants (Myers & Vigar, 2019; Stojcheva & Quintela, 2022 ; Zhao et al, 2022; Ullah et al, 2022; Suryawanshi, 2020)

a) In 2017, research demonstrated that naturopathic remedies such as homeopathy, herbals, nutraceuticals, and acupuncture, reduced anxiety and depression by 42% and 48%, respectively. (Myers & Vigar, 2019).

b) Nutraceuticals offer powerful health benefits as well as therapeutic value for many acute or long-term ailments such as depression. This fusion between nutrition and pharmaceutical offers hopeful remedies that can reduce risk of disease due to nutritional inadequacy. (Suryawanshi, 2020).

1. St. John's wort is a well-known herbal remedy that regulates neurotransmitters in the brain, making it an effective treatment for neurological disorders. SJW is superior to other SSRIs for its safety and reduced side effects. (Zhao et al, 2022).

b) R. rosea is a medicinal plant that impacts the central nervous system. R. rosea causes neuroglial cells to make and release neuropeptide-Y, which controls over 50 brain genes that regulate behavior, mood, depression, and anxiety. (Stojcheva & Quintela, 2022).

c). The human body produces SAMe. SAMe increases the production of norepinephrine and serotonin when used as a probiotic supplement. Probiotic microorganisms, also called psychobiotics, can positively affect mental illnesses like depression. (Ullah et al, 2022).

4. Religion and Spirituality (Koenig, 2017).

a). Recent studies showed that spiritual practices help depressed people. Thus, religious or spiritual intervention improves depression symptoms in at least 61% of patients, while standard care reduces depressive symptoms less. (Koenig, 2017).

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

1. Mental wellbeing is a team effort. Participation from family and friends of young people living with depression can have an incredible impact on their care. If love ones agree, support centers can rely heavily upon them to plan services that focus on positive outcomes tailored around the needs and well-being of those in their support networks. (Rickwood, et al, 2019).
2. The path to mental wellness and peer mentorship entails mentors acting at the same or slightly higher educational level than their mentees, which fosters a non-threatening environment and promotes the development of trust.

Establishing trust early on may improve the peer coaching relationship and aid depressed youth toward successful outcomes. (Sequilla, 2022).

(Rickwood et al, 2019; Clinton, Sequilla, 2022

Donoso et al, 2022)

6. Exercise/physical activity

Those who were more physically active had a lower prevalence of anxiety and other mental disorders than those in less active groups, proving that regular exercise benefits both physical and mental health. Even merely walking was associated with improved psychological health. However, the most significant benefits come from higher activity levels: very active individuals reported the lowest incidence of depression and chronic anxiety. (Denche-Zamorano

The body and brain can experience a natural high from powerful hormones and neurotransmitters such as adrenaline and norepinephrine due to regular exercise. Physical activity enhances one's overall sense of well-being, from improved moods to heightened alertness. Exercising vigorously five to six days per week can help to eliminate depressive symptoms and lift one out of a depressive state.

While 60 to 90 minutes of exercise three times per week helps to alleviate anxiety symptoms. (Towery, 2016).

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

Teens need at least 8 to 10 hours of sleep because of their brain development stage. Sleep deprivation contributes to depressive symptoms. Electronic lights from lap top cell phone and screens light mimic sun light that determines the part of the brain that produces melatonin which induces sleep. Therefore, shutting down screen 1 hour before bed allows the brain to produce melatonin normally. (Towery, 2016

People living with depression face an increased risk of a range of medical issues, such as sleep disturbances.

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

Behavioral Activation (BA) is an evidence-based psychotherapy designed to empower patients to tackle negative thoughts, feelings, and behavioral restrictions. Through this structured therapy, therapists equip individuals with tools to encourage helpful activities and positive environments, ultimately enabling them to reap the rewards of better mental health wellness. Li, et al 2021).

This new form of Cognitive Behavior Therapy helps patients eliminate depressed, anxious, and angry thoughts. Depression, anxiety, relationship issues, and addiction and habit recovery consists of  the four "Great Deaths" of the self. TEAM helps the patient overcome relapses and adjust brain circuits so they can feel great after recovery. (Burns, 2020).

**II What is Depression and Anxiety**

1. Depression defined (Burns, 2020; Towery, 2016; National Institute of Health, 2020; Wahid et al, 2022)
2. Depression and anxiety stem from a person's mental state. Individuals' negative emotions stem from the way they think and act rather than their life circumstances. (Burns, 2020).
3. Although sleep is not solely responsible for depression, it has a profound effect on one's mental health and mood. According to studies, people with depression experience sleep deprivation at least one year prior to the onset of depression. (Towery, 2016).
4. NIH characterizes teen depression as a lack of interest in hobbies and their appeals, declining grades, avoiding friends and family, feelings of irritability, anger, suicidal and self-harming thoughts, memory loss, and sleep disruption. Individuals may experience some, all of these conditions in a variety of ways lasting multiple weeks at a time as classified by the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). (National Institute of Health, 2020).
5. A study of adolescents in Nepal characterized depression by ongoing negative self-evaluation, self-doubt, anger, sadness, and a desire to be alone. (Wahid et al, 2022)
6. Anxiety defined (Burns, 2020; Sumbe et al, 2022)).
7. Anxiety is a complex mood disorder that manifests differently depending on the individual. No matter its intensity, it is often experienced differently depending on one's environment. However, anxiety is noteworthy in how quickly its symptoms can change; it is rarely constant, like depression. (Burns, 2020)
8. Depression and anxiety often go hand-in-hand - an estimated 50 to 70% of those who have experienced a major depressive episode also report suffering from some form of anxiety disorder. A study using the Generalize Anxiety Disorder instrument (GAD7) characterized anxiety as feelings of extreme worry, fear, or apprehension that can negatively affect daily life if left unchecked. (Sumbe et al, 2022)
9. Factors contributing to depression and anxiety
10. Inflammation (Cole, 2019; Sun, et al 2020; Leone, 2022; Liu et al, 2021; Sumbe et al, 2022; Wahid et al, 2022; Chakrabarti et al, 2022)

a). The permeability of the blood-brain barrier has serious implications; namely, ‘Leaky Brain Syndrome' – a condition in which food intolerances and sensitivities trigger excess inflammation within brain cells. This chronic form of inflammation throughout the brain and nervous system is linked to diseases such as depression and anxiety. (Cole, 2019).

Gut brain barrier

1. a). The gut microbiome could be key to understanding how mental and physical health are linked. Comparisons between normal mice, germ-free mice, or those given antibiotics showed startlingly different neurophysiological responses – indicating that the balance of microbes in the guts is essential for a healthy mind. (Sun, et al 2020).

b). Scientists uncovered a fascinating relationship between the inner workings of the mind and what occurs in the gut. The study consists of an expanding field with illuminating links to mental disorders. Depression is associated with decreased production of neurotransmitters such as gamma-aminobutyric acid (GABA). (Chakrabati et al, 2022).

3. Genetics

a) Depression and metabolic disorders may be caused by a complex web of interacting genetic and non-genetic factors that are closely intertwined. This explains why these two conditions often occur together in many cases. (Leone, 2022).

4. Marijuana/THC Cannabis

a). Marijuana use can lead to depression, and heavy, long-term use is linked to psychotic disorders and schizophrenic symptoms. (Berenson, 2019).

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

b) Ghrelin, known for its effects on energy balance and appetite, has recently been linked to the regulation of stress response in both humans and rodents. Rodent studies have demonstrated that exposure to different forms of distress can cause a rise in ghrelin levels - suggesting a relationship between this hormone and coping with difficult situations. (Sun et al, 2020).

c) Serotonin keeps a person's mood stable and keeps their brain from sending out too many neurotransmitters causing excitability. Dopamine usually makes one feel good, but under stress or anxiety for a long time, the body produces excess hormones that make one feel scared, like adrenaline and norepinephrine, and less hormones that promote joy, like dopamine and serotonin. (Pawa, 2020).

5. Video gaming (Salleh, 2022; (Fan et al, 2023;)

1. Interactive video games are performed on mobile devices, televisions, and computers. All of the following emotions contribute to depression in adolescents and young adults: gaming salience, loss of interest in daily activities, helplessness, endless online gaming, unhappiness, sleeping late due to time confusion, and social anxiety. (Salleh, 2022)
2. Video game addiction exacerbates or causes depression. People with depression may frequently choose to play video games as a coping mechanism for their emotional depression and anxiety, resulting in addiction and social isolation. (Fan et al, 2022).
3. **Unhealthy coping skills for depression and anxiety**
4. E-cigarettes usage and tobacco products (Sumbe et al 2022; Clendennen et al, 2023; a) When struggling with feelings of depression and anxiety, young people increasingly resort to self-medicating with tobacco products. Unfortunately, many times these cigarettes are laced or contain THC - the psychoactive ingredient in marijuana that triggers dopamine release in the brain. (Sumbe et al, 2022).

Marijuana and alcohol usage (Berenson, 2019; Sumbe et al, 2022; Adzrago et al, 2022; Wallis, 2022; Clendennen et al, 2023).

b) Individuals with Major Depressive Episode (MDE) as defined by the DSM-IV may resort to binge drinking as a coping mechanism, according to research. MDE patients who have previously required substance abuse treatment are more likely to engage frequent alcohol consumption. (Adzrago et al, 2022)

c)Cigarette, e-cigarette and marijuana use is increasingly associated with mental health issues - a worrying prospect in times of global crisis such as the current pandemic. (Clendennen et al, 2023)

d) Recent study revealed that the vast majority of young adults use cannabis to treat anxiety, insomnia, depression, and pain. (Wallis, 2022).

1. Video gaming (Fan et al, 2023)

c) Those experiencing depression can often turn to video games as an outlet, only to find themselves struggling with addiction and withdrawal from social activities. Thus, highlighting the danger of using this form of entertainment as a means of solace in times of emotional distress. (Fan, 2022).

1. Suicidality/Suicide (Daly, 2022; Zhao, 2022; Austin, 2021).
2. The alarming surge of 57.4% in suicide rates among U.S adolescents and young adults between 2007 to 2018 is largely driven by the prevalence of anxiety and depression. (Daly, 2022).
3. Depression is a true destroyer of mental wellbeing, leading to feelings of isolation and despair. It can lead sufferers down an alarming path that includes anxious thoughts, self-harm behavior and even suicide. (Zhao, 2022).
4. In a moment of abject despair, author Steve Austin succumbed to anxiety and depression and committed suicide. (Austin, 2021, as cited in Austin, 2021).
5. Premature death and suicide among adolescents are alarmingly high, with this age group facing up to six times the risk of other ages for any cause and fourteen times higher odds when it comes to suicide. (Leone
6. **The influence of a Christian Worldview in healing**
7. 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)
8. Congregants should demonstrate grace by accepting people as they are, especially those with mental illness who need reassurance that God desires them to rest in him (Austin, 2021)
9. The church should prioritize recruiting men for ministry because God calls it to serve all its members. A Christ-led program can support men by addressing the many challenges of manhood and the mental health and addiction issues that can follow (Clinton, 2019)
10. Pastors and parents help family ministries spread the gospel. A successful family ministry will develop well-informed, devoted disciples and apply the Bible's life-changing teachings, which strengthen faith in the family and church (Kim, 2019).
11. God's love and acceptance in the Bible also comforts depressed people who feel alone. Some believers struggle to internalize that truth. During persecution and exile, the psalmist sought help and God answered his prayers because he is faithful. The Bible repeatedly promises that if one seeks redemption at the cross, forgiveness will be abundant. (Cook & Hamley, 2020).
12. It is a part of a believer's calling, through the discipline of service, to treat people with kindness and trust. By understanding that their lives are ultimately in God's hands, believers can be humble and kind without feeling obligated to serve or worry. (Willard, 2009).
13. Family Discipleship/support (Kim, 2019)
14. Timothy's grandmother Lois and mother Eunice demonstrated how family ministry serves as a preparation for home and church leadership and spiritual influence in the lives of congregants and church members. Family focused ministries can become primary connectors between congregants; offering comfort, guidance, strength - truly uniting hearts with hope.
15. Christian leadership (Lehmann, 2022, Clinton, 2019, Austin, 2021)
16. Rather than working alone, leadership should seek out teamwork to administer a wellness program for those suffering from depression and anxiety. As modeled in the early church by Christ, his disciples, and the triune God, a team working together to help the afflicted feel accepted and cared for strengthens each other for the glory of God. (Clinton, 2019).
17. For pastoral staff to be able to assist and care for individuals with mental illness, they must receive leadership training and spiritual equipping. Also, a strong theological vision should be adopted that supports the full inclusion of people with mental health issues into the life of the church so that people can learn from those who experience this reality on a daily basis.
18. **Gaps in Knowledge**
19. 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.
20. 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.
21. 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.

**Annotated Works Cited**

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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=](about:blank)

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](about:blank)

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](about:blank)

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&](about:blank)

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](about:blank)

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=](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

**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](about:blank)

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](about:blank)

[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](about:blank)

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=](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

**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" 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](about:blank)

[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](about:blank)

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](about:blank)

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](about:blank)

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](about:blank)

[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=" 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, Q., Wang, K., Kiss, O., Yuksel, D., de Zambotti, M., Clark, D. B., ... & Baker, F. C. (2022). Earlier Bedtime and Effective Coping Skills Predict a Return to Low-Risk of Depression in Young Adults during the COVID-19 Pandemic. *International journal of environmental research and public health*, *19*(16), 10300.

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.