

CAUSES OF MENTAL AND PSYCHIATRIC DISORDERS

e.g. depression, anxiety, stress, ADHD, eating disorders, panic disorder, insomnia, bipolar disorder, personality disorders, schizophrenia, etc.

1. Neurotransmitter (Chemical) imbalances in the brain (e.g. serotonin, dopamine, GABA, acetylcholine)
2. Genetic causes (e.g. mutations, defective genes involved in brain development, inherited diseases)
3. Unhelpful Behavioral Patterns
4. Poor or Ineffective Coping Skills
4. Physically Inactive Lifestyle
5. Medical Conditions (e.g. diabetes, cardiovascular disease, chronic pain, chronic fatigue syndrome)
6. Sex Hormone Imbalances
7. Thyroid Problems (e.g. thyroid hormone disorders such as hypothyroidism causing depression)
8. Relationship problems
9. Dysfunctional Family Dynamics and Ineffective Parenting methods/styles
10. Lack of Life Direction / Meaning / Purpose
11. Nutrient deficiencies or imbalances (e.g. vitamins, minerals, amino acids, essential fatty acids)
12. Unhelpful belief systems and negative thinking patterns
13. Blood sugar imbalances / Insulin Resistance
14. Digestive problems / diseases
15. Poor sleep habits or chronic lack of sleep (insomnia)
16. Excess Toxic Metals
17. Poor Dietary or eating habits
18. Ineffective Emotional Coping Skills
19. Adrenal / 'HPA' (Hypothalamus-Pituitary-Adrenal: HPA-axis activity) Problems
20. Past Traumas (Adulthood and Childhood)
21. Chronic Life Stresses
22. Alcohol and other Drug abuse and Addictions
23. Inflammation (of the Brain or Nervous System)
24. Food / Chemical Sensitivities / Allergies