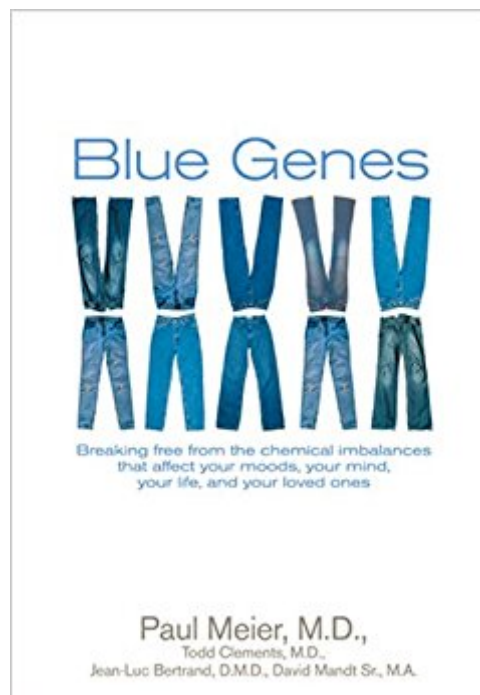


The book was found

Blue Genes: Breaking Free From The Chemical Imbalances That Affect Your Moods, Your Mind, Your Life, And Your Love Ones



Synopsis

Many common psychological problems, such as depression, bipolar disorder, obsessive-compulsive disorder, and ADHD, can be linked to chemical imbalances in the brain. Dr. Paul Meier, whose clinic treats thousands of people per week, has written *Blue Genes* to help find answers for those who struggle. Through fascinating case studies, Dr. Meier shows the dramatic difference counseling and medicine can make. This empowering book addresses how genetics, environment, diet, fitness, and spirituality all affect our minds and our quality of life.

Book Information

Paperback: 210 pages

Publisher: Tyndale Momentum (May 1, 2006)

Language: English

ISBN-10: 1414312164

ISBN-13: 978-1414312163

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (49 customer reviews)

Best Sellers Rank: #518,634 in Books (See Top 100 in Books) #39 in [Books > Religion & Spirituality > Religious Studies > Psychology & Christianity](#) #683 in [Books > Health, Fitness & Dieting > Mental Health > Depression](#) #2377 in [Books > Christian Books & Bibles > Christian Living > Self Help](#)

Customer Reviews

To the reviewer who gave it 1 star, apparently you've never experienced the misery of depression, ADHD, panic attacks, chemical imbalances or anything of this nature. From someone who's fought a life long battle with many of the struggles mentioned in the book, it was refreshing to hear from a doctor who actually has a chemical imbalance - ADHD - and how our brains are engineered, the huge factor the genetics plays in that engineering and what medical science has discovered and continues to uncover. The community, including the Christian community, needs to give credence to such chemical imbalances the same way a diabetic needs insulin, a person who must take thyroid medicine, etc. Is it a diabetic person's fault s/he was born with or developed diabetes? No! The brain is an organ of the body - in fact probably the most critical one that other organs depend on to function. So if the brain is trying to operate, yet unsuccessfully, with a reduced or increased amount of neurotransmitters, there are medicines to help the brain. This book proves that many suffer in

silence but there is hope with medicine (whether long-term or short-term) and cognitive therapy/counseling. The authors do not recommend writing a prescription every time someone complains of a symptom, but certainly is not opposed to treating patients with meds when it obvious necessary to become healthy again, along with proper nutrition, exercise, plan to reduce stressors, controlling certain environmental factors, etc. I'm sharing this books with my friends who suffer in silence as well. I'm beginning to realize we are more part of the norm than the minority. Part of healing is sharing your struggles and realizing that it's okay to take medicine if it's necessary.

[Download to continue reading...](#)

Blue Genes: Breaking Free from the Chemical Imbalances That Affect Your Moods, Your Mind, Your Life, and Your Love Ones The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free The Self-Healing Cookbook: Whole Foods to Balance Body, Mind & Moods WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) Easy Breadmaking for Special Diets : Wheat-Free, Milk- And Lactose-Free, Egg-Free, Gluten-Free, Yeast-Free, Sugar-Free, Low Fat, High To Low Fiber Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre Minimalist Muscle Activation: Crush Structural Imbalances, Find Clarity in Your Movement, and Live Pain-Free and Strong Now and in the Future BLUE BEETLE 1: THRILLS! MYSTERY! INTRIGUE!: 4 COMPLETE CLASSIC ISSUES OF THE BLUE BEETLE COMIC BOOKS FROM THE GOLDEN AGE OF THE 1940s - OVER 270 PAGES (BLUE BEETLE COMICS) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten-Free, Wheat-Free, Dairy-Free, Sugar-Free, Caffeine-Free?.Are you kidding me?: All natural and 99% organic recipes that are quick and easy to prepare. Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Moods Op.73 - For Solo Piano Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Acupressure for Emotional Healing: A Self-Care Guide for Trauma, Stress, & Common Emotional Imbalances Easy Guide to Interpret Acid Base Imbalances Blue Genes: A Memoir of Loss and Survival Medical Medium Life-Changing Foods: Save Yourself and the Ones You Love with the Hidden Healing Powers of Fruits & Vegetables The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live--and How You Can Change Them Set Free to Live Free: Breaking Through the 7 Lies Women Tell Themselves The

Supremes' Greatest Hits, 2nd Revised & Updated Edition: The 44 Supreme Court Cases That Most Directly Affect Your Life

[Dmca](#)