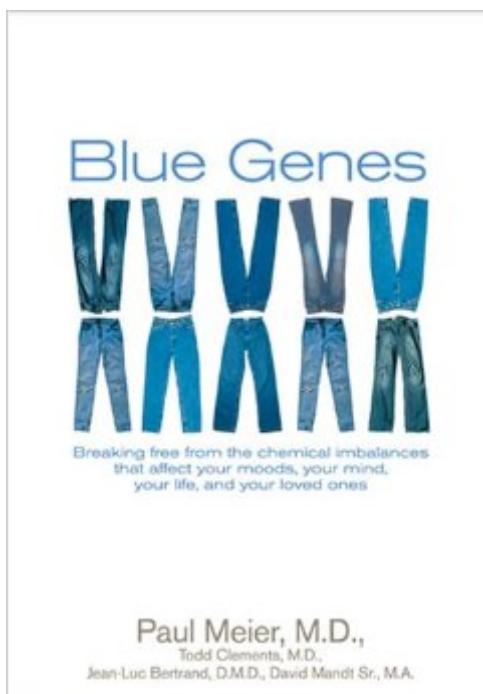


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Blue Genes: Breaking Free From The Chemical Imbalances That Affect Your Moods, Your Mind, Your Life, And Your Love Ones



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

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Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (49 customer reviews)

Best Sellers Rank: #518,634 in Books (See Top 100 in Books) #39 inÂ Books > Religion & Spirituality > Religious Studies > Psychology & Christianity #683 inÂ Books > Health, Fitness & Dieting > Mental Health > Depression #2377 inÂ 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 is 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.

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