



USAnxiety



Mental Illness America

chronic stress disorder: 33%

anxiety disorder: adolescents 32%, adults 19%

depression: adolescents 18%, adults 5%

adhd: adolescents 11.5%, adults 4.5%

neurosis: 11%

personality disorder: 10%

sleep disorders: 8%

drug addiction: 7%

psychopathy: 4.5%

apathy 4%

suicidality: 4%

PTSD: 4%

autism: boys 3.7%, girls 0.9%

bi-polar disorder: 3%

dementia: 3%

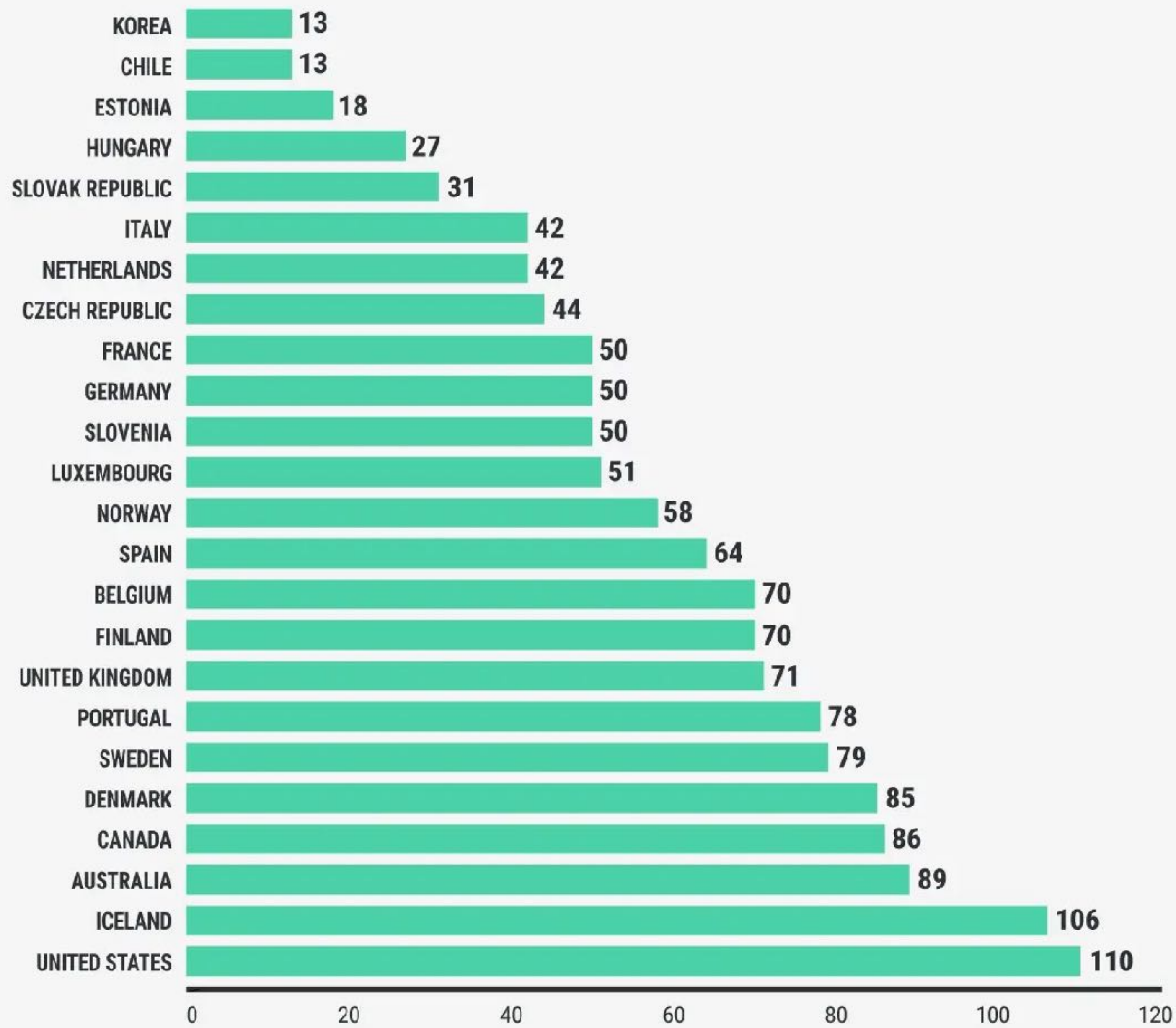
panic disorder: 2.5%

psychosis/schizophrenia: 0.5%

brain fog: 0.3%

129% of America !

Global antidepressant users per 1,000 people



USA prevalence

cardiovascular: 15%

diabetes: 11%

back pain: 8%

cancer: 5%

mental illnesses (TDR): 129%!!!

Pain, anxiety, and depression

September 16, 2021



According to the analysis, the United States has the highest number of stressed, anxious, and sad people in the world, with 33 per cent of its population reporting mental health issues.

The United Kingdom and Canada share the second-highest percentage, with 26 per cent of people suffering from stress, anxiety and depression.

SUICIDALITY

In 2020:

45,979 people
died by suicide
in the United States.

That is 1 death
every 11 minutes.

- 12.2 million adults seriously thought about suicide
- 3.2 million adults made a plan
- 1.2 million adults attempted suicide

HEALTH

Anxiety and depression rates rise nationwide

Jun 15, 2022, 6:00 PM



Over 40 million adults in the U.S. (19.1%) have an anxiety disorder.

Since 2021, rates have risen as much as 81% in some states.

Around 32% of people in Utah are struggling with anxiety. Furthermore, that percentage of people report symptoms nearly every day.

Health Panel Recommends Screening All Kids 8 and Up for Anxiety

To address the mental health crisis facing American youth, experts also said adolescents should be screened for depression.

 Give this article    122



The U.S. Preventive Services Task Force has no regulatory authority, but its recommendations influence standards of care.



By [Catherine Pearson](#)

Oct. 11, 2022

A panel of medical experts on Tuesday recommended for the first time that primary care doctors screen all children ages 8 to 18 for anxiety, new guidance that highlights the ongoing [mental health crisis](#) among American youth.

NEWS

Utah has the highest rate of mental health illness in the U.S.

by: [Vivian Chow](#)

Posted: May 30, 2022 / 01:47 PM MDT

Updated: Jun 2, 2022 / 02:33 PM MDT



Do you know what to watch for with your children's Mental Health



Rank	State	Mental illness prevalence
1	Utah	29.68%
2	Oregon	27.33%
3	West Virginia	26.05%
4	Kansas	26.02%
5	Oklahoma	25.59%
6	Washington	25.51%
7	Idaho	24.92%
8	Ohio	24.32%
9	Rhode Island	24.12%
10	Arizona	23.89%

The Margin

Anti-anxiety medication prescriptions have spiked 34% during the coronavirus pandemic

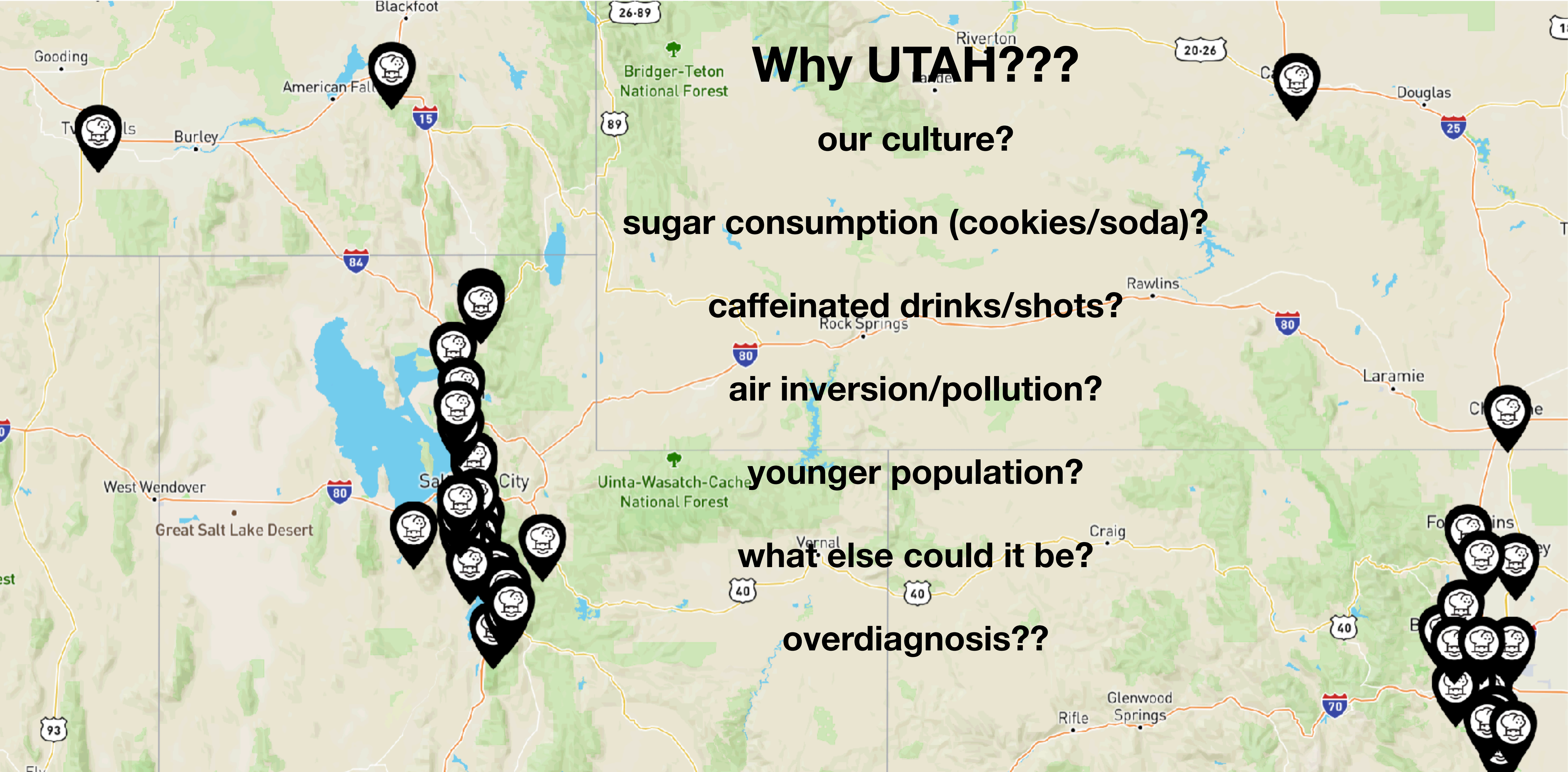
Published: May 26, 2020 at 10:54 a.m. ET

By Nicole Lyn Pesce

Americans are also filling more prescriptions for antidepressants and anti-insomnia drugs



Anti-anxiety medication prescriptions are spiking during the COVID-19 outbreak. MARKETWATCH PHOTO ILLUSTRATION/ISTOCKPHOTO



Why UTAH???

our culture?

sugar consumption (cookies/soda)?

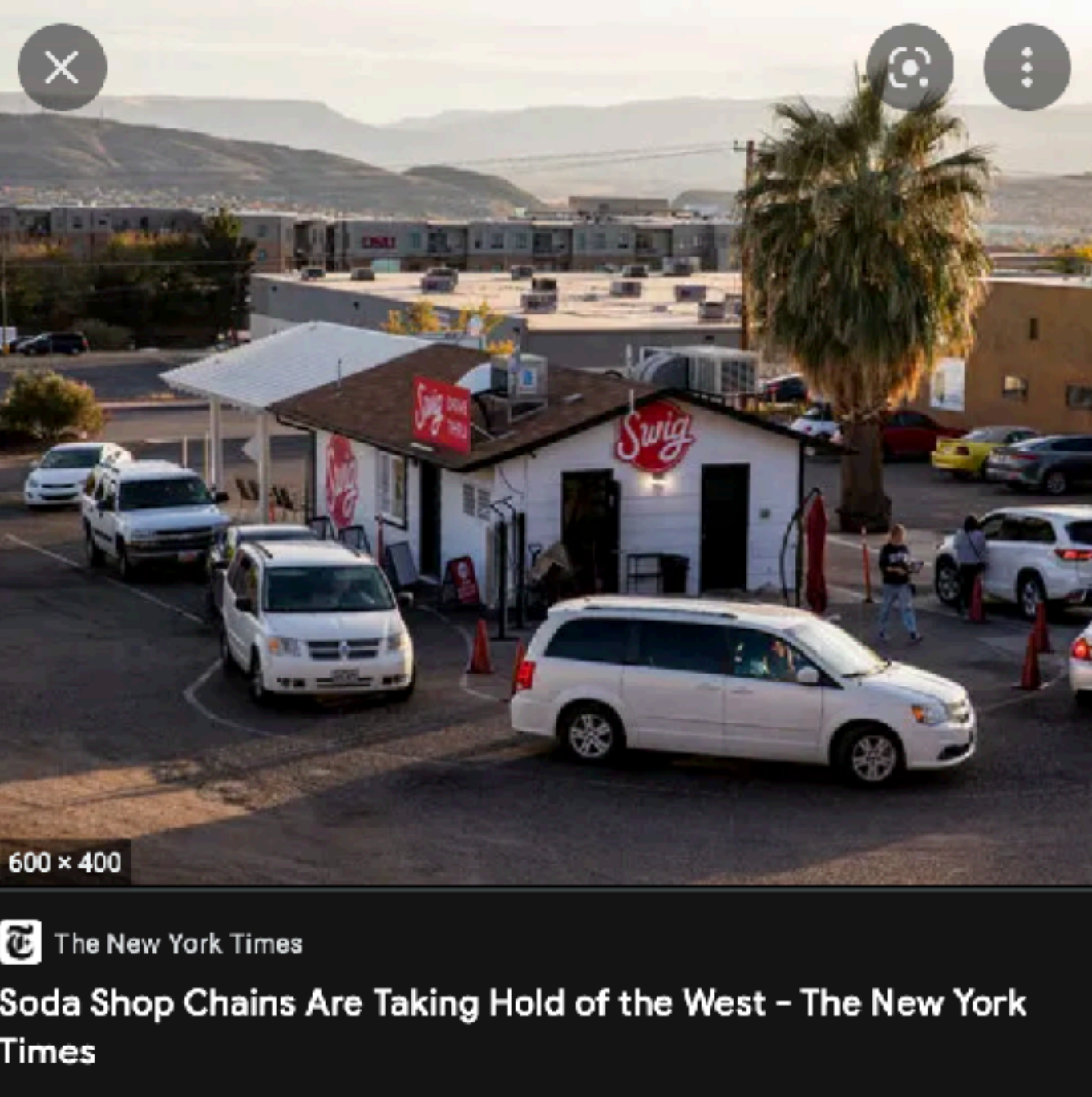
caffeinated drinks/shots?

air inversion/pollution?

younger population?

what else could it be?

overdiagnosis??



600 x 400

The New York Times

Soda Shop Chains Are Taking Hold of the West - The New York Times

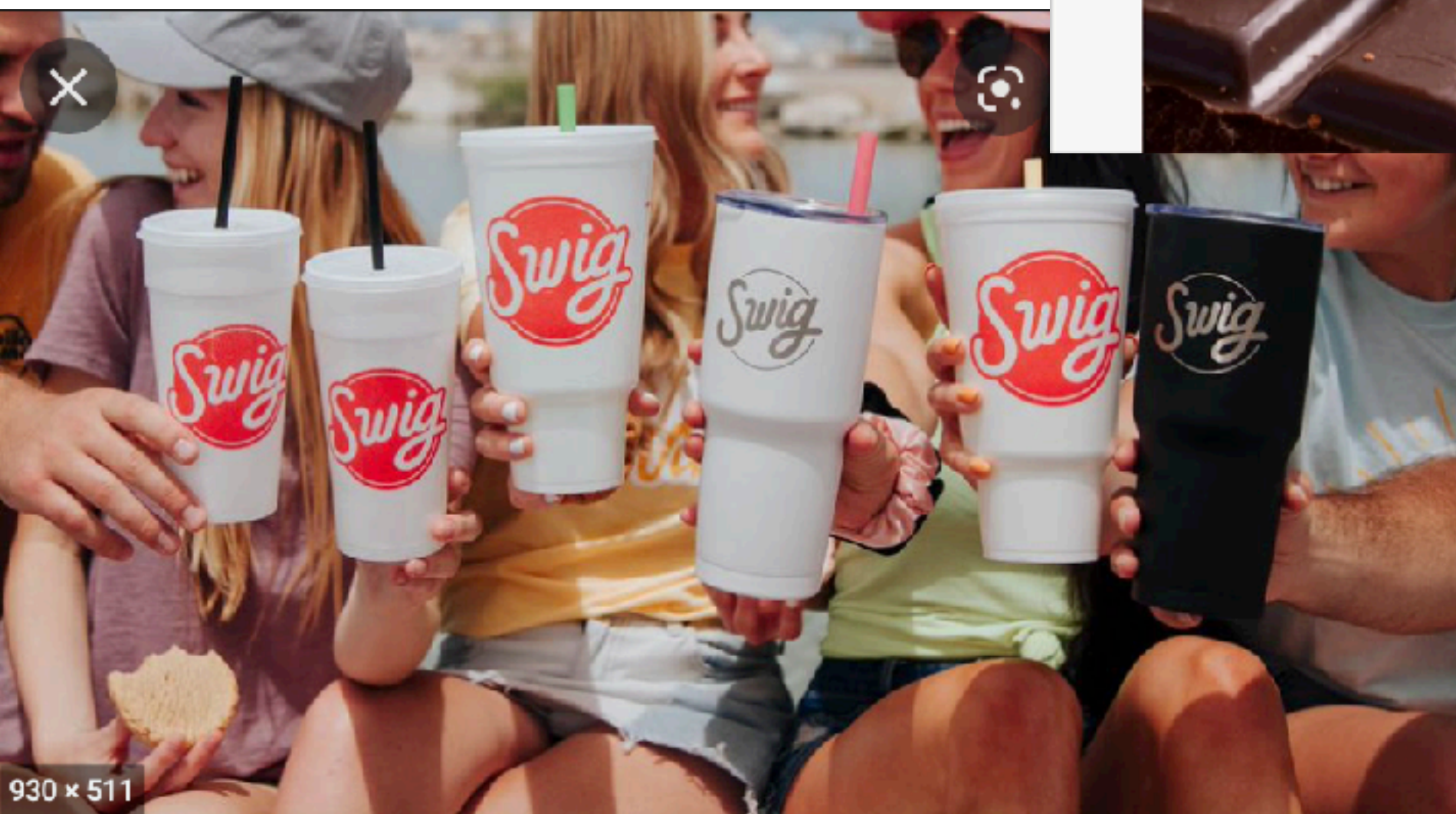
FAMILY UTAH FAMILY LIFE

Utah is the the sweet-tooth capital of the country, according to Hershey study

By Deseret News | May 14, 2015, 9:50am MDT

Chelsea Potter, For the Deseret News

f t SHARE



930 x 511

Dallas Morning News

Utah-based 'dirty soda' chain Swig will make its Texas debut in Collin County next year

Visit



4,004 likes

swigdrinks Can you guess Olivia's go to drink? 💕
@oliviardrigo

View all 72 comments

December 19

It's About Time

Science Harmonized with Religion

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Mormon Sugar Consumption



Sugar consumption in Utah has increased to epidemic levels. More than 60 percent of Utahans are Mormon, who generally refrain from coffee, tea, alcohol and tobacco. However, sugar treats are an acceptable, an ever-present component at family and LDS church gatherings. According to [Bloomberg](#), a research company, Utah is known now as the “Sweet Tooth Capital of the United States,” consuming twice as much candy than any other state in America.

Sugar-Laced Soda

If BYU is any indicator of Soda consumption within the predominate LDS populace, Mormons rank very high in consuming sugary soda as well. As stated in the [Daily Universe](#), the school’s newspaper, “Culturally it is almost a fad to be drinking soda constantly within the LDS demographic.”

More than a dozen soda shops have opened in Utah County since 2013. On a weekday in July, Swig, successful soda shop served 838 customers.

Seven ways sugar is affecting your mental performance

- Lack of focus. You're likely familiar with the boost we feel after consuming something sugary, but this newfound alertness doesn't last for long. ...
- Mood crash. ...
- Memory impairment. ...
- High stress levels. ...
- Personality changes. ...
- Addiction. ...
- Immune system suppression.

<https://www.benenden.co.uk> > [be-healthy](#) > [nutrition](#) > [se...](#) ⋮

[How sugar affects your mental performance - Benenden Health](#)

Sugar Withdrawal Symptoms

Reducing sugar in your diet can result in a number of symptoms, both physical and mental. The nature and severity of these symptoms vary from one person to the next. They may last for a few days or a few weeks. If you cut added sugars from your diet, you may experience:

- Anxiety
- Changes in sleep patterns
- [Depressed mood](#)
- Difficulty concentrating
- Dizziness or lightheadedness
- Fatigue
- Intense cravings for something sweet
- Intense cravings for other carbohydrates, like chips or pasta
- [Irritability](#)
- Nausea

What happens to your brain when you give up sugar - BBC

It's during this early "sugar withdrawal" stage that both mental and physical symptoms have been reported – including depression, anxiety, brain fog and cravings, alongside headaches, fatigue and dizziness.



What happens to your body when you go off sugar? ^

When you stop eating sugar, **you're likely to find you're far healthier and less likely to catch a cold or flu bug.** One reason for this has to do with your white blood cells. For up to 5 hours after you've eaten a bunch of sugar, those cells are 50% less able to fight off bad bacteria.

<https://obgynal.com> > 12-things-that-happen-when-you-st...

[12 Things That Happen When You Stop Eating Sugar](#)

How anxiety affects your body

Anxiety can have physical symptoms that affect health and daily life.

✓ Physical symptoms of anxiety

- [stomach pain](#), [nausea](#), or digestive trouble
- headache
- [insomnia](#) or other sleep issues (waking up frequently, for example)
- weakness or fatigue
- rapid breathing or [shortness of breath](#)
- pounding heart or increased heart rate
- [sweating](#)
- trembling or [shaking](#)
- muscle tension or pain

common anxiety disorders

- separation anxiety
- selective mutism
- specific phobia
- social anxiety disorder
- panic disorder
- agoraphobia
- generalized anxiety disorder
- substance/medication-induced anxiety
- anxiety due to medical condition
- other unspecified



Anxiety & Depression
Association of America
Triumphing Through Science,
Treatment, and Education

RELATED DISORDERS:

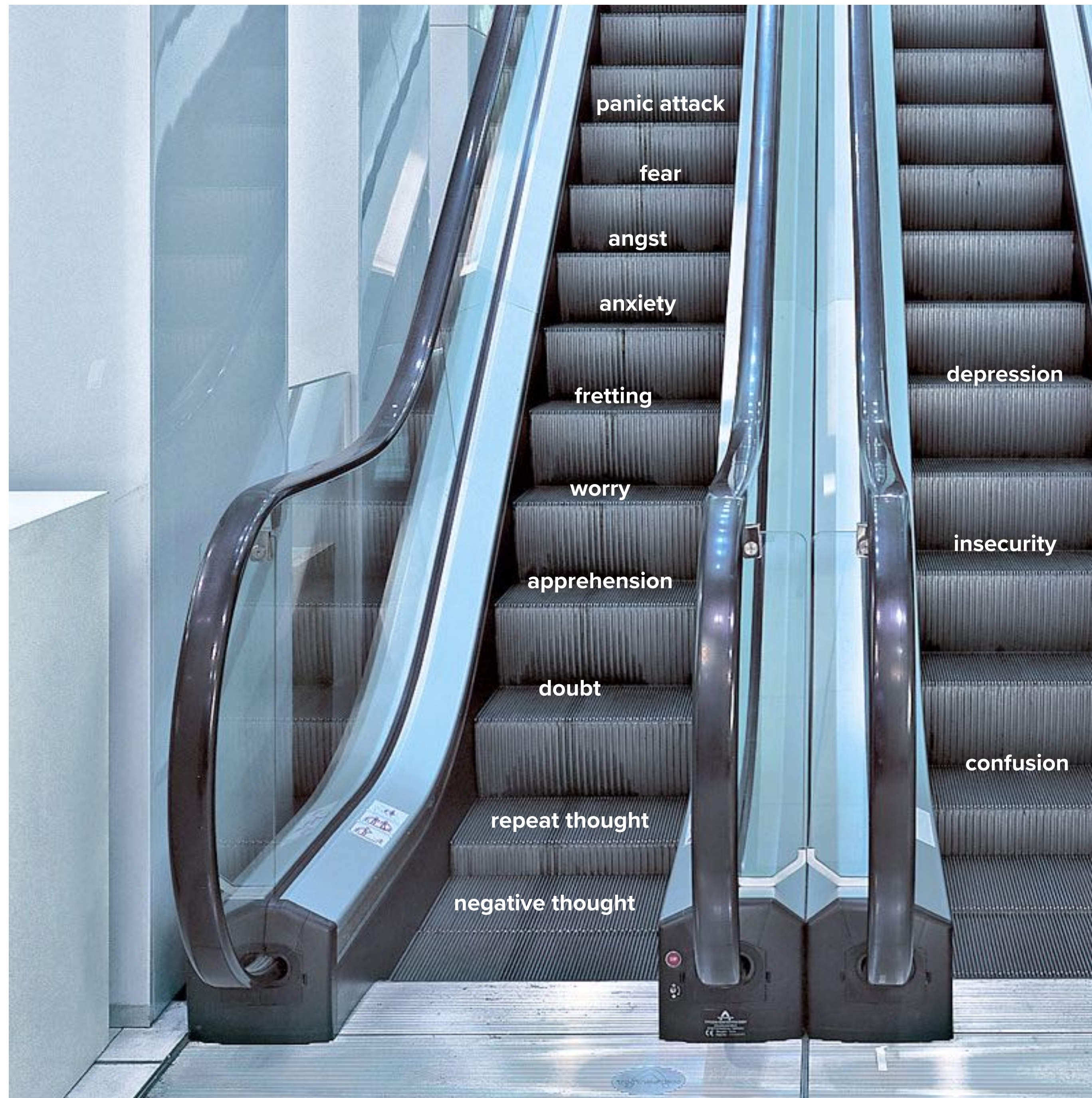
- Serious, chronic, or terminal illnesses
- Eating disorders
- Headaches
- Health anxiety
- Hoarding disorder
- Irritable bowel syndrome (IBS)
- Sleep disorders
- Substance use disorders
- Adult ADHD (attention deficit/hyperactive disorder)
- BDD (body dysmorphic disorder)
- Chronic pain
- Fibromyalgia



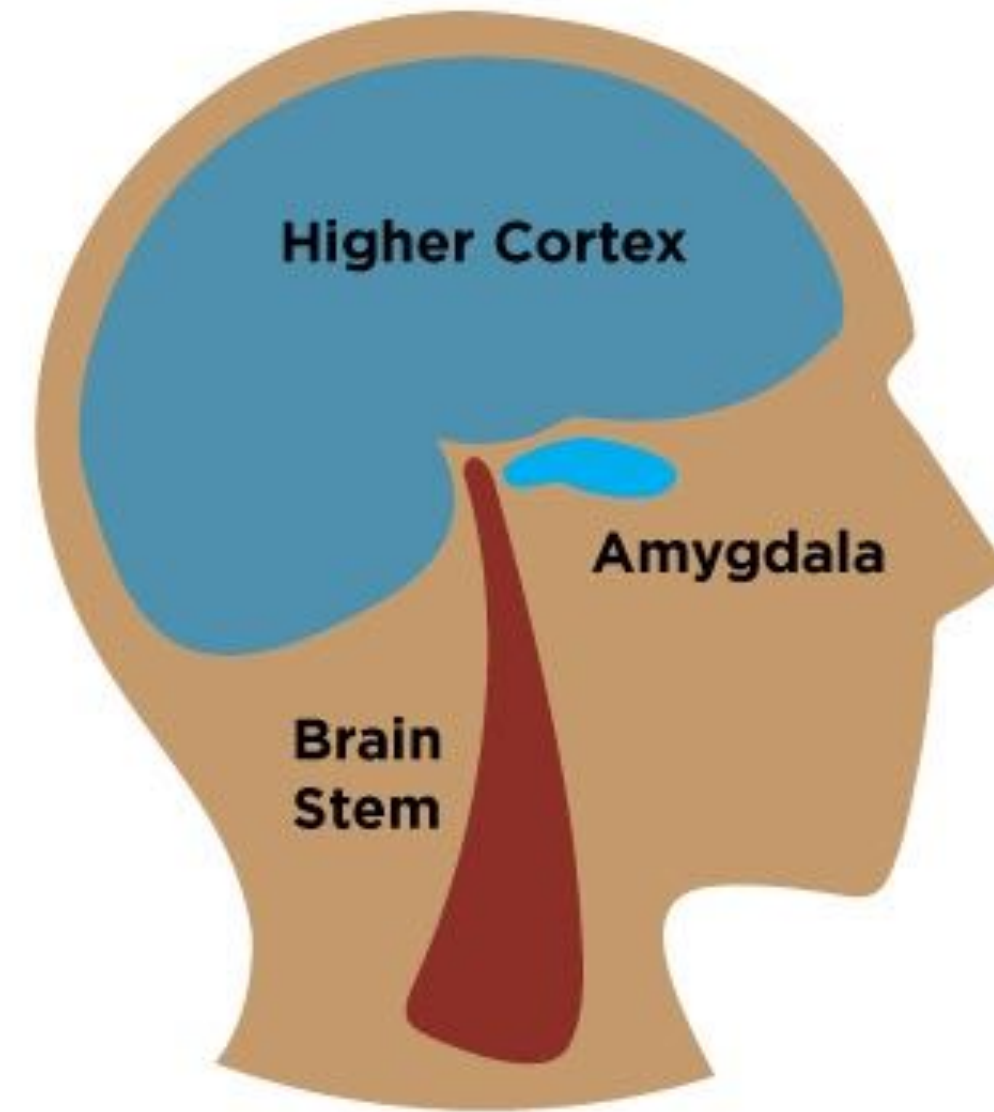
3. Sugar face



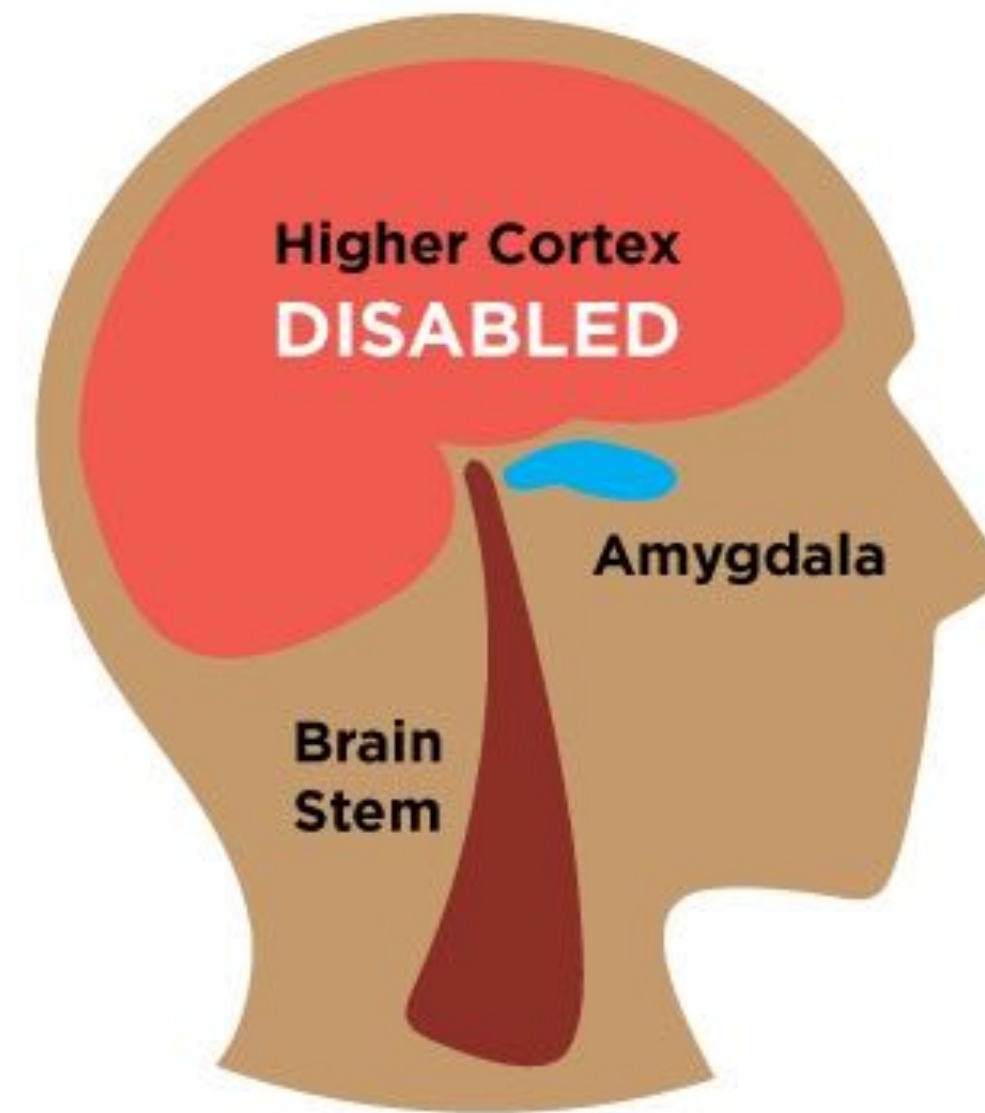
ESCALATION OF ANXIETY



amygdala hijack



LOW Emotion
(Calm, Relaxed)



HIGH Emotion
(Anger, Fear, Excitement, Love,
Hate, Disgust, Frustration)

psychotropes

what about one or more of the roughly 250 psychotropic drugs that physicians prescribe?

In summary, it is unclear where long-term benzodiazepine use fits into current medical practice. **Many patients underestimate the degree of impairment caused by benzodiazepines.**

Benzodiazepines increase the risk of addiction, withdrawal, cognitive decline, motor vehicle crashes, and hip fracture. The risk of overdose is particularly great when combined with sedative drugs such as opioids or alcohol.

- American Academy of Family Physicians, 2022

List Of Commonly Abused Benzodiazepines

Posted on [July 5, 2018](#)

Benzodiazepines are very dangerous when abused. This is largely due to the quickness with which dependence and addiction can form. After three to four weeks of regular use, a person will likely experience withdrawal, which means they've become physically dependent on the drug.

However, many of the most commonly prescribed benzos are those which are most readily abused, including:

- alprazolam (Xanax)
- clonazepam (Klonopin)
- chlordiazepoxide (Librium)
- diazepam (Valium)
- lorazepam (Ativan)
- temazepam (Restoril)
- triazolam (Halcion)

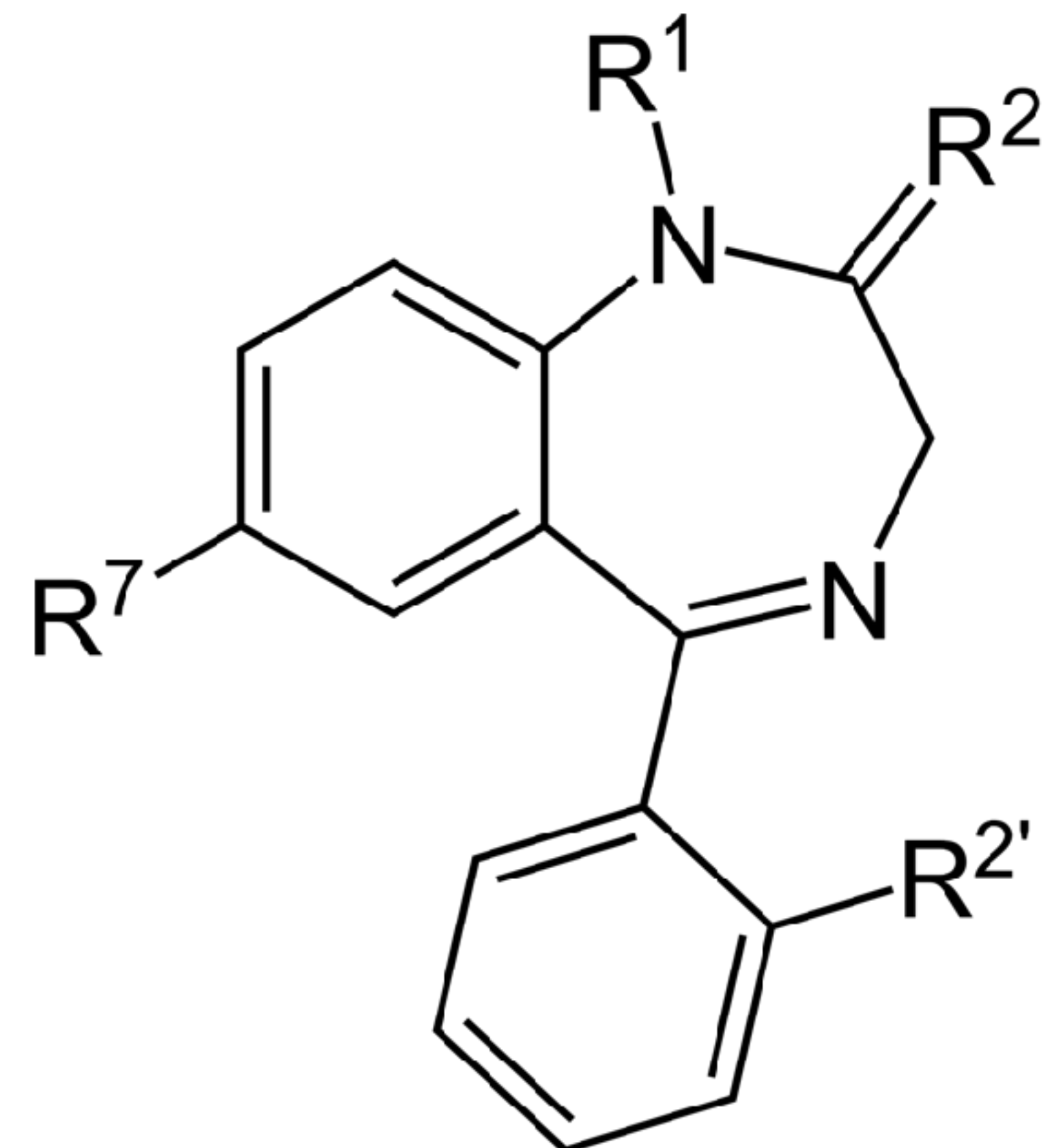


Benzodiazepine abuse can cause the following mental and emotional changes:

- confusion
- depression
- disorientation
- emotional numbness
- fuzzy thoughts
- impaired judgment
- impaired memory
- losing one's inhibitions

Benzodiazepine abuse can cause the following physical changes:

- altered vision
- changes in breathing
- dry mouth
- fatigue
- impaired motor coordination
- low blood pressure
- poor reflexes
- nausea and/or vomiting
- sedation
- speech troubles
- vertigo
- unexplainable drowsiness
- withdrawal



M|W

TAKE CONTROL OF YOUR LIFE

JORDAN B. PETERSON



Dr. Peterson Chronology

2017: Personal Anxiety Attack "After Auto-immune Food Reaction"

Benzos Rx'd Prescribed

Continued Benzos x3 years, "Life Stressful, Considered Relatively Harmless"

Tried two doses Ketamine: "90 minutes trip to hell"

Attempted Withdrawl, Uncontrollable Restlessness, Sense of Self-Destruction

Began anti-depressant, "Exhausted, Hyper-somnia, Weight gain"

American Clinic: Slow-tapering x4 months, unsuccessful, akathisia

Dec. 2019: Checked into Hospital

Jan. 5, 2020: Moscow Clinic, Medically-induced coma x9 days

Jan. 23, 2020: Second Moscow ICU, neurological rehab

Feb. 9, 2020: Delirium x10 days, unconscious

May 2020: Relocated Florida, Attempted to wean Moscow Psychotropes, "Crippling Anxiety returned to previous dose", symptoms worsening, unbearable

Transferred to Serbian Clinic

"Chaos and Tyranny"

"My character and courage beat to a pulp"

"Half the time, I believed I would die"

"Saved by family, love and meaningful work"

Stress won't go away? Maybe you are suffering from chronic stress

Chronic stress, which is constant and persists over an extended period of time, can be debilitating and overwhelming.

Date created: October 25, 2019 5 min read

Stress



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in

SOCIETAL STRESSORS

Health Care 66%

Mass Shootings 62%

Climate Crisis 55%

Suicide Rates 51%

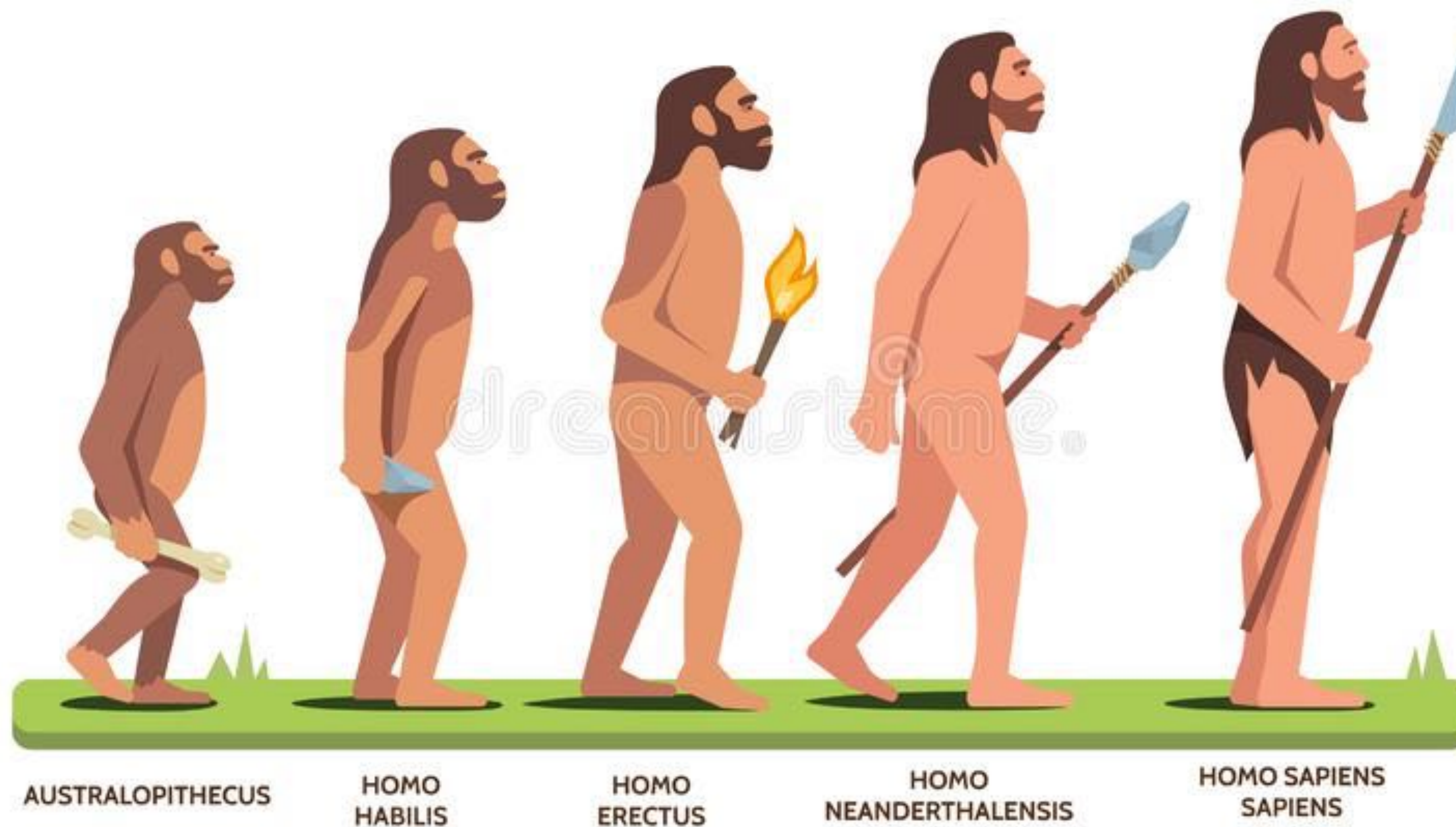
Immigration 47%

Sexual Harassment Reports 47%

Opioid/Heroin Epidemic 45%



post hunter-gatherer (neolithic) period makes up 1/400 of our evolutionary history



mismatch diseases / dysevolution

<i>Acid reflux/chronic heartburn</i>	Depression (Major)	Irritable bowel syndrome
Acne vulgaris	Diabetes (Type 2)	Lactose intolerance
Alzheimer's Disease	Diaper rash	Lower back pain
Anxiety	Eating disorders	Malocclusion
Apnea	Emphysema	Metabolic syndrome
Atherosclerosis	Endometriosis	Multiple sclerosis
Athlete's foot	Fatty liver syndrome	Myopia
Atopy (allergies, asthma)	Fibromyalgia	Obsessive-compulsive disorder
Attention deficit hyperactivity disorder	Flat feet	<i>Osteoporosis</i>
Bunions	Glaucoma	Plantar fasciitis
Cancers (ovarian, prostate)	Gout	Polycystic ovarian syndrome
Carpal tunnel syndrome	Hammer toes	Preeclampsia
<i>Cavities</i>	Hemorrhoids	Rickets
Chronic fatigue syndrome	Hypertension	Scurvy
Cirrhosis	Iodine deficiency	<i>Stomach ulcers</i>
Constipation (chronic)	Impacted wisdom teeth	
Crohn's disease	Insomnia (chronic)	

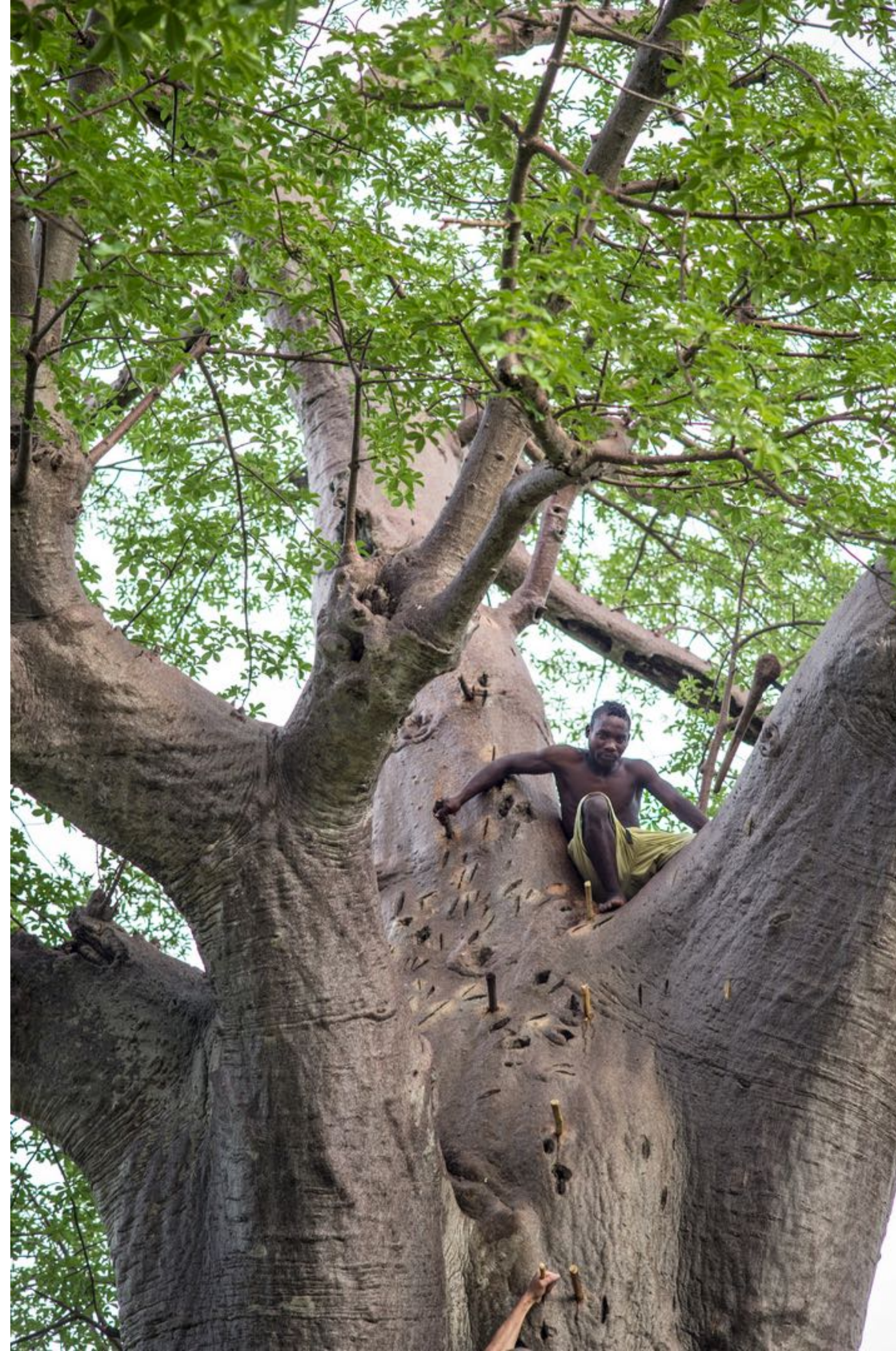
<i>Acid reflux/chronic heartburn</i>
Acne vulgaris
Alzheimer's Disease
Anxiety
Apnea
Atherosclerosis
Athlete's foot
Atopy (allergies, asthma)



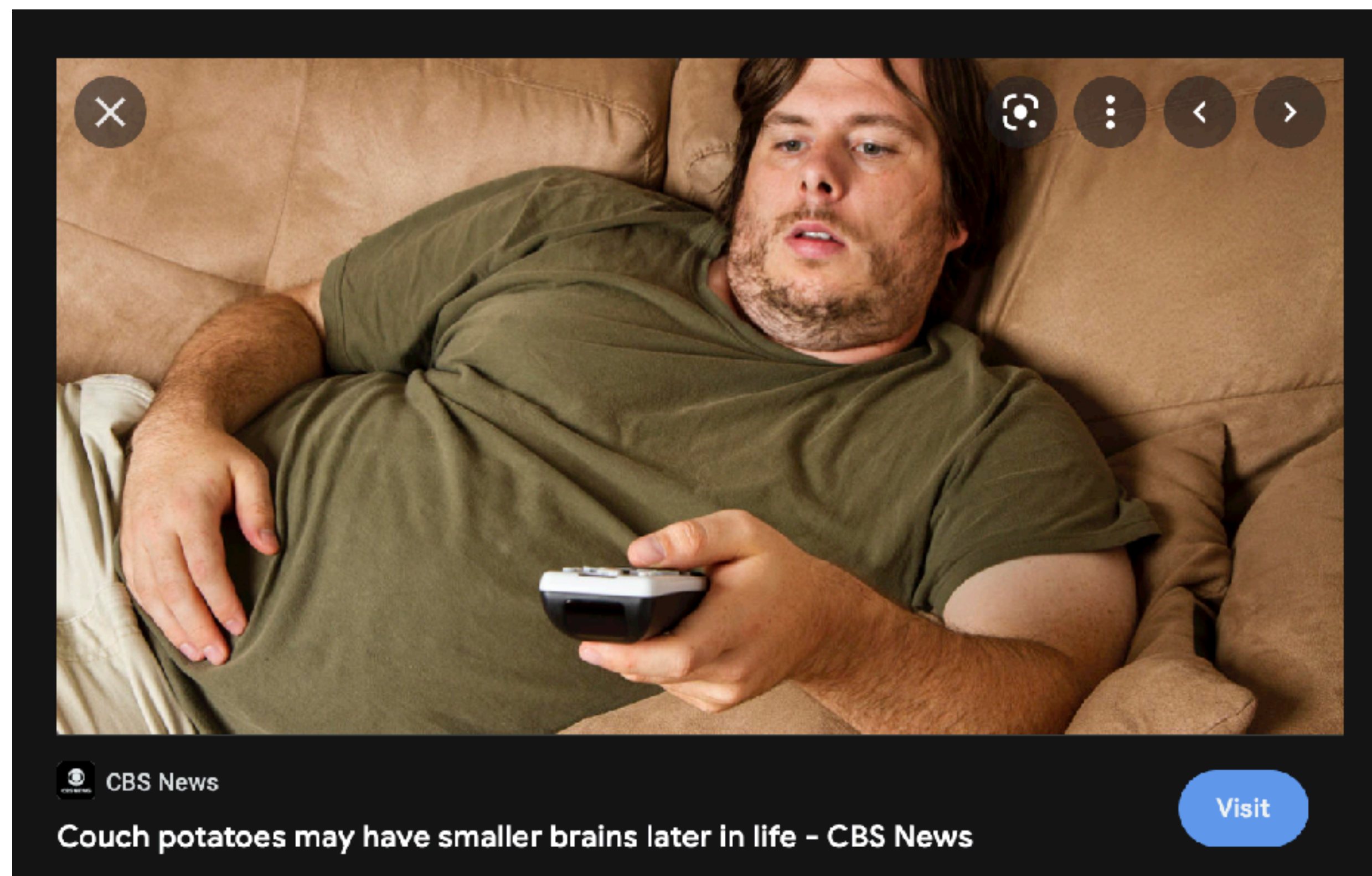
“Dysevolution” occurs if unfavorable environmental elements arise which are mismatched to evolutionary traits

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EXERCISE	6-7 hrs/day, muscular, aerobically fit, agile	exercise intolerant, obese
DIET	predominantly WFPB, unprocessed	food deception, lipidemia, Type-2, sugar-centric
SLEEP	natural, 7-8 hrs/day	era of sleep disorders
MINDFULNESS/ MEDITATION	interspersed, unintentional chill, in nature	uncommon, intentional, unnatural settings
COMMUNITY	tightly knit, 50-60 members	disappearing, polarizing
SOCIAL ACCEPTANCE	receptive, non-judgmental	rejection common
DRUGS	none	pharmaceuticals/drug culture
TOXINS	none	ubiquitous
SUNSHINE	everpresent	neglected
LAUGHTER	common	lower levels
STRESSORS	storms, wild beasts, harsh temperatures, drought and risk of famine	inequities, risk of violence, social pressures, climate, etc.
YOUTH RESPONSIBILITIES	baobab fruit, hunting, digging, hut building, etc.	homework, non-essential chores, dressing for school, etc.
YOUTH FREE-PLAY	way of life	has become non-existent
ANXIETY LEVEL	low	epidemic levels, youth especially

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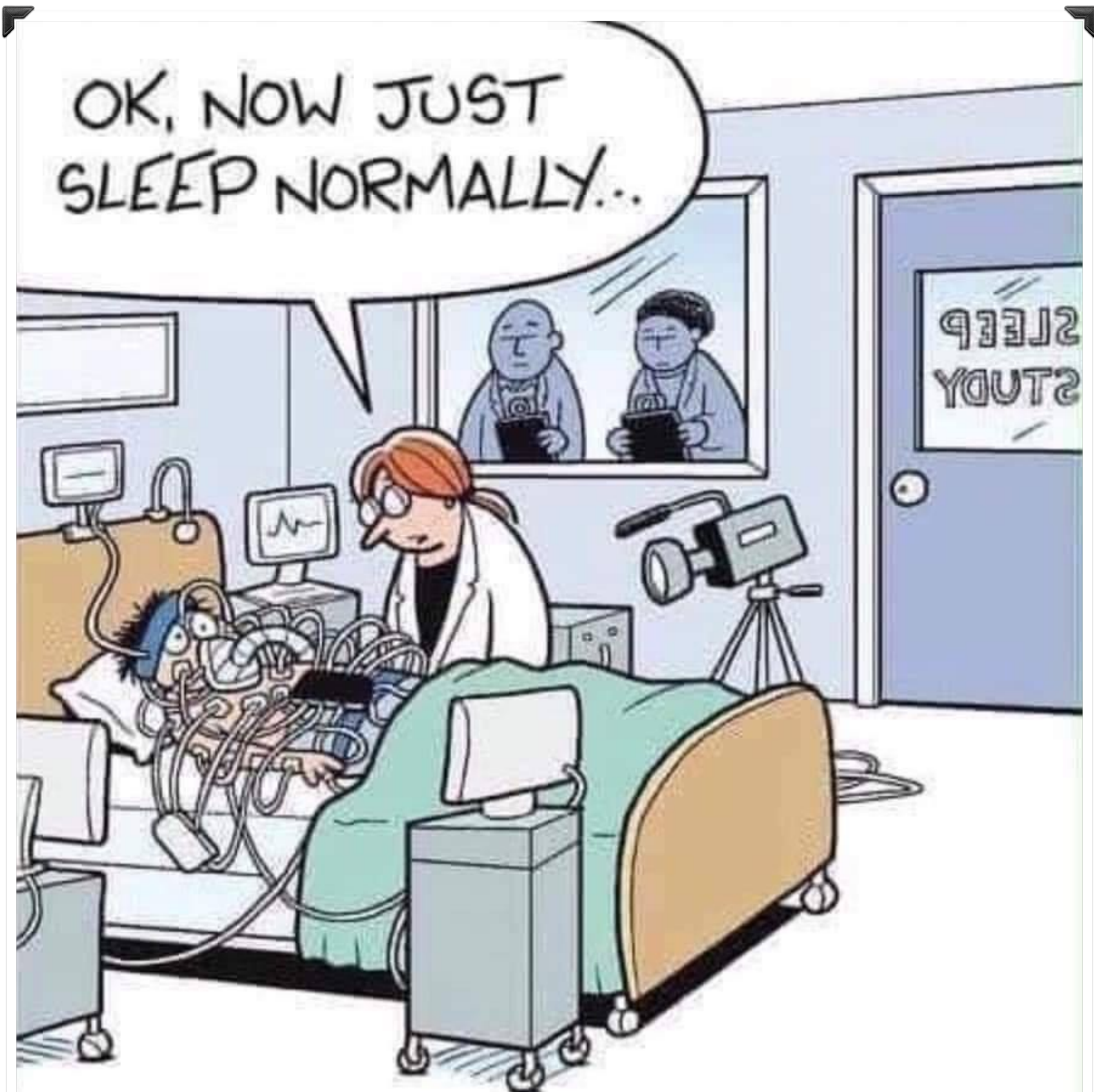
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The image shows a screenshot of the Applebee's website. At the top, there is a navigation bar with the Applebee's logo, a shopping cart icon, and links for 'ORDER ONLINE', 'MENU', 'LOCATIONS', 'CATERING', 'GIFT CARDS', and 'CAREERS'. A notification banner states 'This location does not offer online ordering, click here to change'. The main content area features a large image of various burgers and wings. A prominent red banner at the bottom of the image reads '\$1 BONELESS WINGS WITH ANY HANDCRAFTED BURGER'. Below this banner, there is a small line of fine print: 'For a limited time. Price & participation may vary. Valid on full-priced burgers only. Not valid with any other offers, coupons, or discounts. Not valid with "2 for \$XX" Menu. Limit one add-on order of Boneless Wings for \$1 per Burger order. Excludes Cheetos® flavors.'

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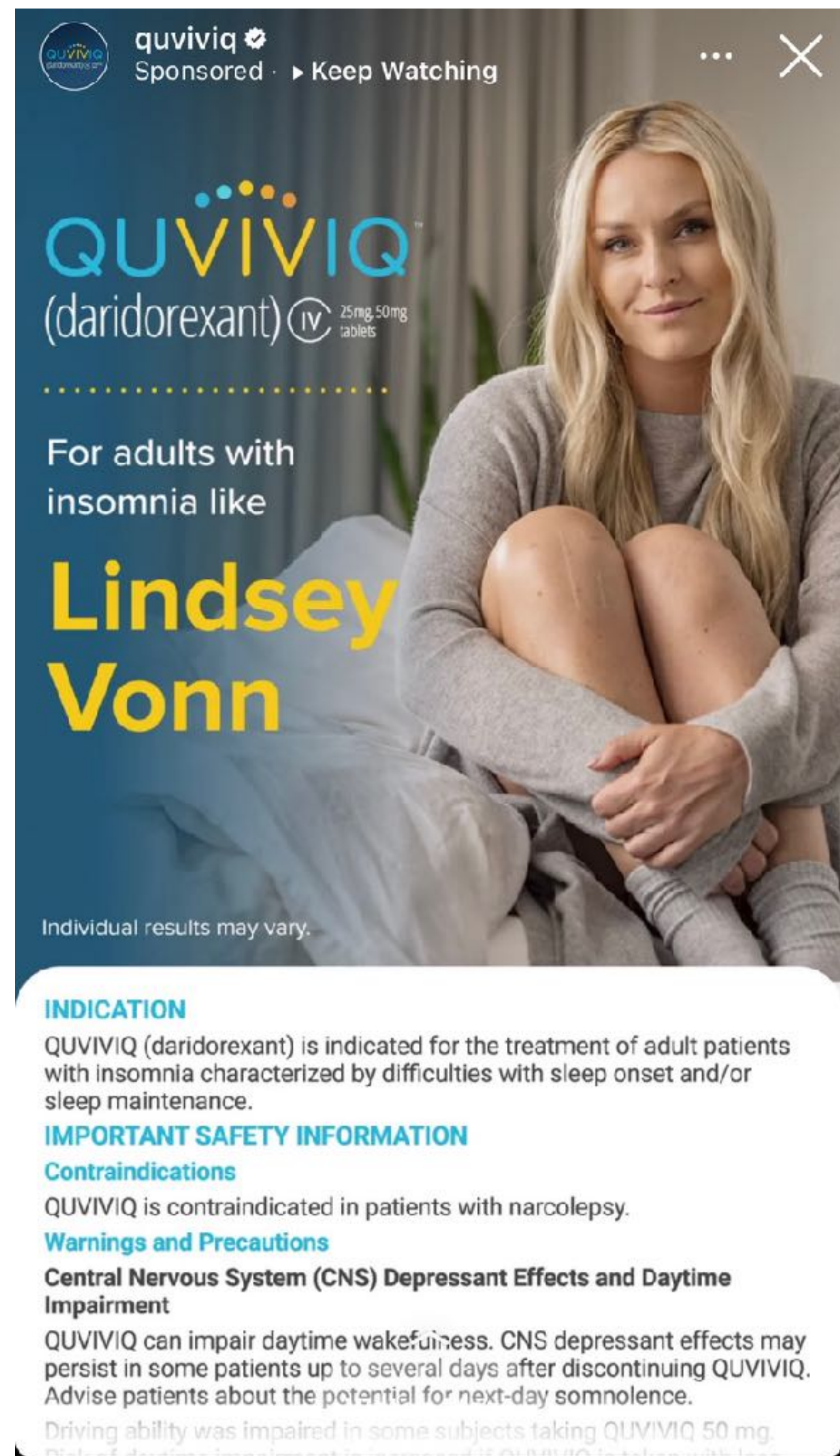
Statistics About Sleep Disorders


It is believed that **between 30% and 48% of older adults suffer from insomnia.** Women have a lifetime risk of insomnia that is as much as 40% higher than that of men.


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quviviq  Sponsored · ▶ Keep Watching

QUVIVIQ
(daridorexant)  25mg, 50mg tablets

For adults with insomnia like **Lindsey Vonn**

Individual results may vary.

INDICATION
QUVIVIQ (daridorexant) is indicated for the treatment of adult patients with insomnia characterized by difficulties with sleep onset and/or sleep maintenance.

IMPORTANT SAFETY INFORMATION
Contraindications
QUVIVIQ is contraindicated in patients with narcolepsy.

Warnings and Precautions
Central Nervous System (CNS) Depressant Effects and Daytime Impairment
QUVIVIQ can impair daytime wakefulness. CNS depressant effects may persist in some patients up to several days after discontinuing QUVIVIQ. Advise patients about the potential for next-day somnolence.

Driving ability was impaired in some subjects taking QUVIVIQ 50 mg.

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Environmental toxins are unavoidable. They are in the food we eat, the water we drink, the air we breathe, and many household items we use every day. Largely invisible, most go undetected.

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COMMUNITY	tightly knit, 50-60 members	disappearing, polarizing
SOCIAL ACCEPTANCE	receptive, non-judgmental	rejection common
DRUGS	none	pharmaceuticals/drug culture
TOXINS	none	ubiquitous
SUNSHINE	everpresent	neglected
LAUGHTER	common	lower levels
STRESSORS	storms, wild beasts, harsh temperatures, drought and risk of famine	inequities, risk of violence, social pressures, climate, etc.
YOUTH RESPONSIBILITIES	baobab fruit, hunting, digging, hut building, etc.	homework, non-essential chores, dressing for school, etc.
YOUTH FREE-PLAY	way of life	has become non-existent
ANXIETY LEVEL	low	epidemic levels, youth especially



	HADZA	USAnxiety
EXERCISE	6-7 hrs/day, muscular, aerobically fit, agile	exercise intolerant, obese
DIET	predominantly WFPB, unprocessed	food deception, lipidemia, Type-2, sugar-centric
SLEEP	natural, 7-8 hrs/day	era of sleep disorders
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are there solutions?

WholeFoodsPlantBased Nutrition

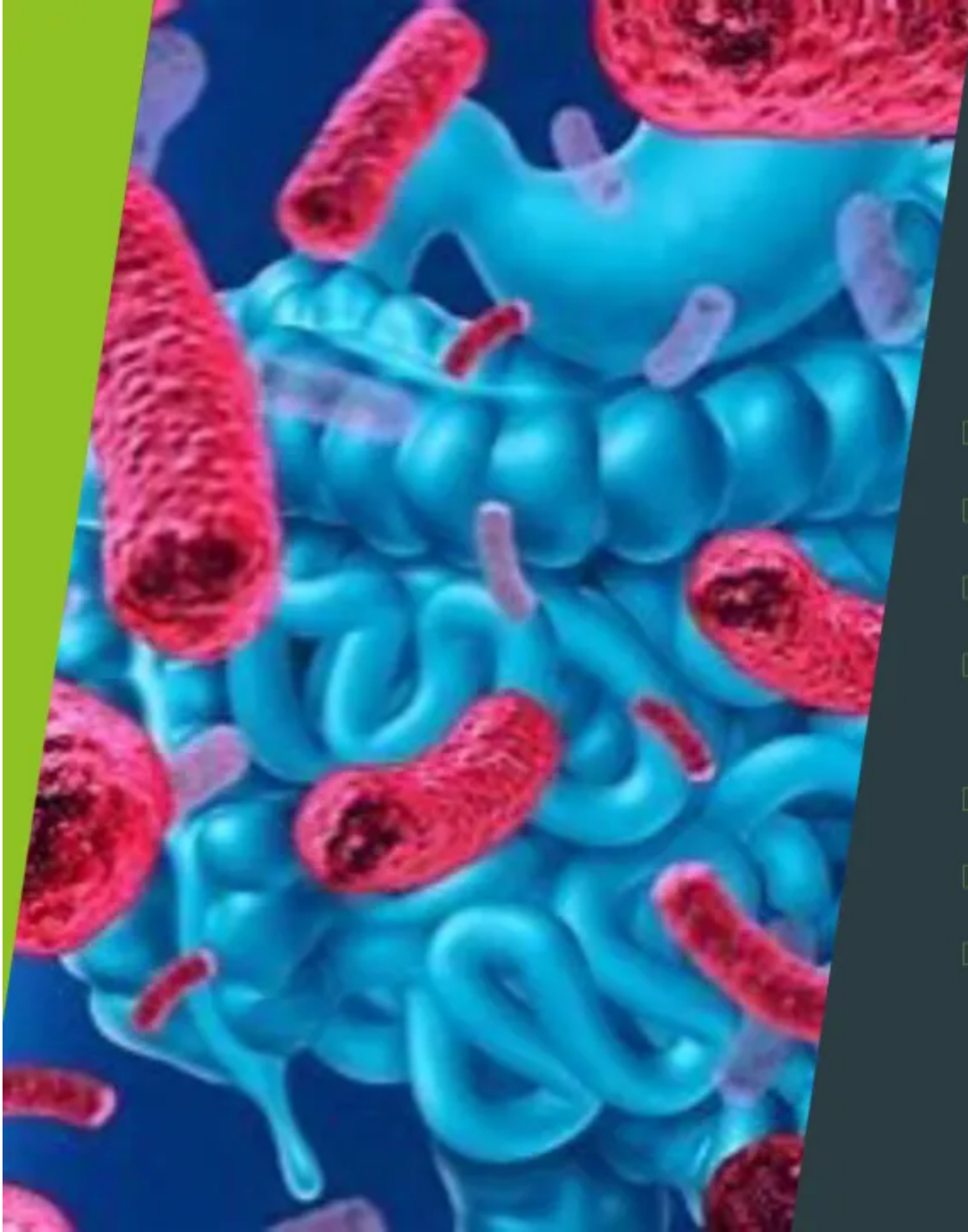
To avoid:

1. Sugary Drinks
2. Refined Carbs
3. Foods High in Trans Fats
4. Highly Processed Foods
5. Aspartame
6. Alcohol
7. Fish High in Mercury



Chef Uma's Oven-Roasted Sweet Potatoes with Red Miso Paste

fiber / prebiotic nutrition

A 3D illustration of a microbiome. It features a dense population of blue, rod-shaped bacteria with flagella, interspersed with larger, red, textured structures that resemble fungi or other microorganisms. The background is a dark blue gradient.

Role of the Microbiome

- Digest food
- Synthesize vitamins
- Communicate with your CNS
- Synthesize Short Chain Fatty Acids
- Turn on/ off genes
- Influence gene expression
- Protect against pathogens



Lenore Skenazy President, Co-Founder After her newspaper column “Why I Let My 9-Year-Old Ride the Subway Alone” landed her on NPR, Fox News and everywhere in between, Lenore went on to write Free-Range Kids, the book-turned-movement.



WHO WE ARE

When Adults Step Back, Kids Step Up

At Let Grow, we believe today’s kids are smarter and stronger than our culture gives them credit for.

Treating them as physically and emotionally fragile is bad for their future — and ours.

Let Grow is making it easy, normal and legal to give kids the independence they need to grow into capable, confident, and happy adults.



LET GROW





News

Let Grow Celebrates the Passage of the Utah Free Range Parenting Law

It's the first state in the U.S. to pass this kind of law!

By Lenore Skenazy

Under the law, neglect does not include “permitting a child, whose basic needs are met and who is of sufficient age and maturity to avoid harm or unreasonable risk of harm, to engage in independent activities” such as going to and from school by walking, running or bicycling, going to nearby stores or recreational facilities and playing outside.

HOW TO BE HADZA...this day and age?

1. TAKE RESPONSIBILITY
2. CONTROL SUGAR FOR HEALTHY PSYCHE
3. WholeFoodsPlantBased
4. PRE & PROBIOTIC HEALTH
5. MORE AND MORE EXERCISE
6. ACCEPTANCE
7. PSYCHOTROPES HIGHLY SUSPECT
8. MEANINGFUL WORK (YOUNGSTERS)
9. FREE-PLAY // DAYDREAMING
10. FOSTER COMMUNITY
11. SLEEP 8-10 HOURS
12. DOGS



Thank you!