

# THE REAL HEALTH CRISIS

By Dr. Molly Brown, PhD, D.N.M.

As we hurtle towards fall with many kids out of school, families not having childcare and therefore unable to work, society in a state of anarchy and confusion, horrific topics being exposed in the media involving our supposed leaders of government, media, and technology, the real crisis may quickly be that of our emotional well-being.

As we witness complete destabilization of our society, the concern points to our mental and emotional health and wellness. As the economy collapses, anxiety rises, and uncertainty abounds, we must protect ourselves fiercely. We must stay centered. It may be all we can do to remain calm in this turbulent time. The only thing we can do is accept a state of change and wake ourselves up. We can do our best to protect our immunity but also our mental/emotional health.

A small group of concerned, connected, and authentic people can make all the difference. Reach out to others. Build a small but fierce community of like-minded people. Most importantly, let your friends and family know that you care. Eat healthy, go to sleep early, and let go of alcohol and choices that weaken your system. Eat clean. Hydrate. Stay off mainstream media. These things will increase your awareness, help you feel your best, and set you up for success. We cannot afford to be depressed, anxious, and weak right now. We need to be clear, proactive, connected, and sharp.

Focus on neurological health and therapies. Brain-based wellness encompasses human performance. Rather than operating from a state of stress and reactivity, a balanced brain and nervous system allows you to perform better in all aspects of life: family life, relationships, sports, work, and more.

In my clinic we focus on neurological techniques including QNRT and neurofeedback. QNRT is based on the foundational principle that the brain and the nervous system control and coordinate all functions of the body. It works by balancing the adrenals and nervous

system to emotional stresses throughout one's life, and the corresponding tissues, organs, and glands that are affected. QNRT is also amazingly effective in balancing sleep, hormones, and neurotransmitters. Neurofeedback "trains" the brain away from unbalanced brain wave patterns to quickly and objectively balance anxiety, depression, volatility, and more.

We as human beings must move forward with fearlessness, truth, discrimination, and protection of our health, doing all we can to set ourselves up for health and success.

*Dr. Molly Brown, PhD, D.N.M. owns CENTER health & performance and GLOW, her plant-based organic café, in Ketchum, Idaho. Specializing in sleep, endocrine issues, autoimmune, anxiety, depression, detoxification, and pain and sports injury through many different modalities including:*

*QNRT, PEMF, AMIT method, neurotherapy, and REAMS metabolic testing, Molly passionately holds space for limitless healing.*

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