



Duane Law, L.Ac.

Author, Speaker, Alternative Medicine Personality

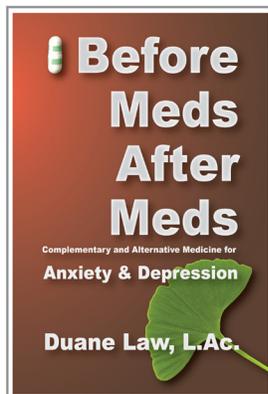
for interviews and media appearances,
please call: (310) 498-2777
media@naturalstresscare.org



Americans spend more on health, and we like to tell ourselves we have better health care, than any other nation in the world. Yet raging epidemics of diabetes, obesity, heart disease and cancer do more damage to our health than any other industrialized nation. Cuba and Slovenia have better infant mortality rates.

Could it be because we've forgotten how to take care of ourselves?

Duane Law, L.Ac. is an accomplished acupuncturist, naturopath, speaker and author. He uses stories and rich visual imagery to show people how their bodies work and why things go wrong. He teaches simple, natural things anyone can do to regain health, stall aging and get the most out of life. "Most of us take better care of our *cars* than we do ourselves. I'm writing an owners' manual for the body."



The Book:

Before Meds / After Meds

Complementary & Alternative Medicine for

Anxiety & Depression

by Duane Law, L.Ac.

Powerful, cheap, safe and effective mood-lifting nutrients are as close as the shelves of the nearest health food store. Pharmaceuticals like Valium and Ativan mimic the action of naturally occurring protein neurotransmitters. We can take drugs to boost those anxiety-calming neurotransmitters or we can take their amino acid precursors and vitamin cofactors to do the same thing naturally.

Some people need meds. But if symptoms are minor or seasonal, or if meds aren't working,

it's good to know there are options. (No one should ever stop meds without medical supervision.)

Food, micronutrients like vitamins, minerals and amino acids, brainwave machines, meditation, acupuncture and more—the reader learns to pick from a full menu of evidence-based alternative medical options to build a program that helps them turn down their "stress thermostats" and keep their stress levels down.

Duane Law, L.Ac.



Bio

Duane Law is the Self-Care Advisor. His company helps clients create programs that support their health using the tools of Complementary and Alternative Medicine.

“Being healthy isn’t about being a saint,” he says. “It’s about being informed.”

Mr. Law is among the earliest westerners licensed as acupuncturists in the US. The only acupuncturist ever on staff at world-famous Kerlan-Jobe Orthopaedic Clinic, he has a special gift for making the body’s mysteries simple and clear. He draws on his experience as a poet and performer, weaving visual images, helping people understand what goes wrong in the body and what they can do about it.

“Imagine the body’s made up of a billion billion tiny little soap bubbles. Now take a handful of sand and throw it into those bubbles. What happens? The bubbles start popping, right? That’s what chronic inflammation does to the body.”

In college Law did as many students do. He lived on the cheapest food he could find. That usually meant processed carbohydrates.

Like many stressed people Law rapidly became addicted to sweets, pasta and breads. “I lost my ability to speak in anything but routine interactions. I was on the verge of suicide.”

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Listen to Duane Law

interviewed on
KPFK radio, 90.7 FM
in Los Angeles, July 5, 2011

Law found his way to an orthomolecular MD, who took him off all carbohydrates that convert easily to blood sugar. “At first it was terrible. But then after a few weeks I started feeling better than I could ever remember. I realized—for the first time in my life—I wasn’t depressed!”

Intrigued by the dramatic change he’d experienced and curious about what else was hidden in medicine, Law became one of the early westerners licensed as acupuncturists in the US.

Law quickly noticed acupuncture didn't seem to work in the west the same way it did in asia. But then slowly he realized a few patients stood out—responding ten times faster than all the others.

“I quizzed them,” Law says. “And I realized all these patients, the ones responding so quickly and completely, had grown up on diets that didn't come out of supermarkets.”

Law began insisting all his patients add crucial micronutrients back into their diets. “I saw that the ones who did did much better with my work and maintained their results much better too.”

Today Law's company, Self-Care Advisor, teaches motivated businesses and individuals how to use these and the other tools of holistic health to boost their productivity and heal themselves. He uses Skype, email and IM to reach his clients worldwide.

“It looks like supplying the right micronutrients restores crucial control systems, helping the body keep itself young, helping keep the mind focused, the heart calm.”

Law doesn't sell any of the supplements he recommends. “Trust is everything in this business,” he adds. “I remember why doctors' offices aren't also drugstores. But I will tell people where to go to get the best stuff and the best deals.”

Law's second website, naturalstresscare.org, teaches mental health therapists and others how to use these same tools and more to address cognitive and mental health issues.

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Duane Law Details How to Beat the Fall Blues Naturally

New Book Out 12/15/12

LOS ANGELES - This fall, one in ten Americans will suffer from Seasonal Affective Disorder (SAD)¹, a mild to moderate depression or anxiety that appears as the days grow short. Many will avoid treatment and suffer needlessly, damaging relationships and jeopardizing their livelihoods because they either can't afford help or want to avoid pharmaceutical addictions.

Duane Law's new book, *Before Meds / After Meds: Complementary and Alternative Medicine for Anxiety and Depression* presents a wide range of non-drug therapies that calm anxiety and lift the spirit.

"Most Americans take better care of their cars than they do their heads. It's not their fault. They just haven't had the info they need," says Law. "Before Meds / After Meds is an owner's manual for the brain."

Many prescription drugs mimic the mood-elevating actions of amino acids and other micronutrients. Few realize the right nutrients can help the brain make its own natural anti-depressants, too. Nourishing the brain instead of overriding its monitoring and regulating pathways—as pharmaceuticals do—means this approach is gentle and safe. Effective treatments for many cases of everyday depression and anxiety like SAD are as close as the Internet or the nearest health food store.

Law reveals how commonly overlooked yet powerful nutrients like B vitamins, trace minerals, essential fatty acids and antioxidants work as a team to restore the brain's natural mood-control systems. He explains how overindulgence in sugar and addictions to foods that trigger allergies contribute to anxiety and depression. And he gives solutions—for example, the amino acid that stops sugar and alcohol cravings: l-glutamine.

With stories and images drawn from daily life Law gives readers a way to understand what's going on in their brains when their moods darken and what they can do about it. An appendix of over 1,700 citations from the scientific literature completes this comprehensive survey of the alternatives to psychoactive drugs.

Before Meds / After Meds: Complementary and Alternative Medicine for Anxiety and Depression will be available for \$16.95 at Amazon.com beginning 12/15/12.

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Fact Sheet

Did you know ...

Green tea contains a powerful anti-psychotic, anti-depressant ingredient? It's l-theanine.¹

Scientists are reporting new research indicates sugar is the original gateway drug. Refined sugar consumption appears to change childrens' brain chemistry in a way that sets the stage for other forms of addiction as well as ADHD.²

Common anti-depressants like Prozac and Effexor can create many of the same symptoms they're supposed to help, including impaired cognition, reduced libido, emotional blunting, and thoughts of suicide.³

Depression has been linked to Metabolic Syndrome—the combination of of high blood pressure, obesity and diabetes sweeping the US—and chronic inflammation appears to be the common denominator.⁴

Vitamin C is a powerful natural anti-inflammatory, and humans are among the few mammals that can't make plenty of vitamin C in their own bodies from blood sugar. If humans were making vitamin C at the rate most mammals do (given our body weight) we'd be making somewhere in the neighborhood of 14-17,000 mg/day.⁵

Eating a Mediterranean-style diet—little red meat, plenty of fish, whole grains and vegetables and olive oil—can reduce the risk of Alzheimer's disease by almost half.⁶

One in three US adults uses some form of alternative medicine every year.⁷

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2. Johnson, RJ et al. 2011. Attention-deficit/hyperactivity disorder: is it time to reappraise the role of sugar consumption? *Postgrad Med*. 123(5):39-49.
3. Moncrieff, J., Goldsmith, L. 2011. The psychoactive effects of antidepressants and their association with suicidality. *Curr Drug Saf*. Apr;6(2):115-21.
4. Capuron, L., et al. 2008. Depressive symptoms and metabolic syndrome: is inflammation the underlying link? *Biol Psychiatry*. 64(10):896-900.
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6. Feart, C., Samiere, C., Barberger-Gateau, P. 2010. Mediterranean diet and cognitive function in older adults. *Curr Opin Clin Nutr Metab Care*. 13(1):14-8.
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