



# MINDING YOUR **Mi**ND

*Enlightening Attitudes Toward Mental Health Issues*

**Presenter: Evan Transue**

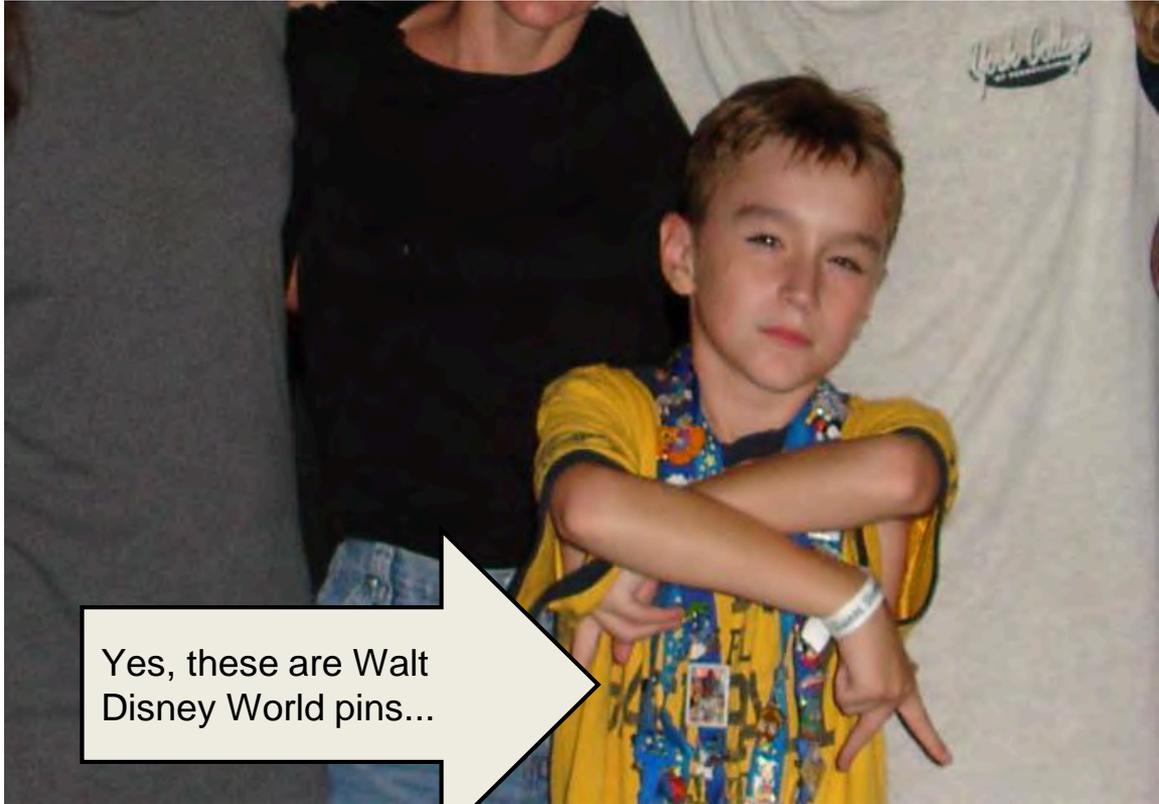


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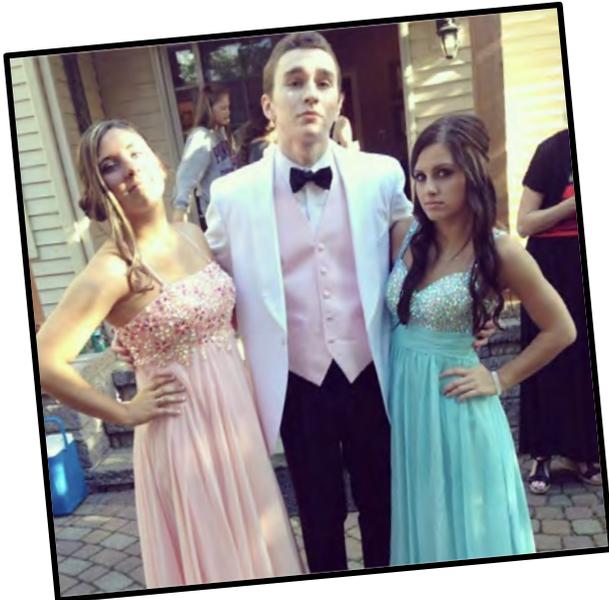
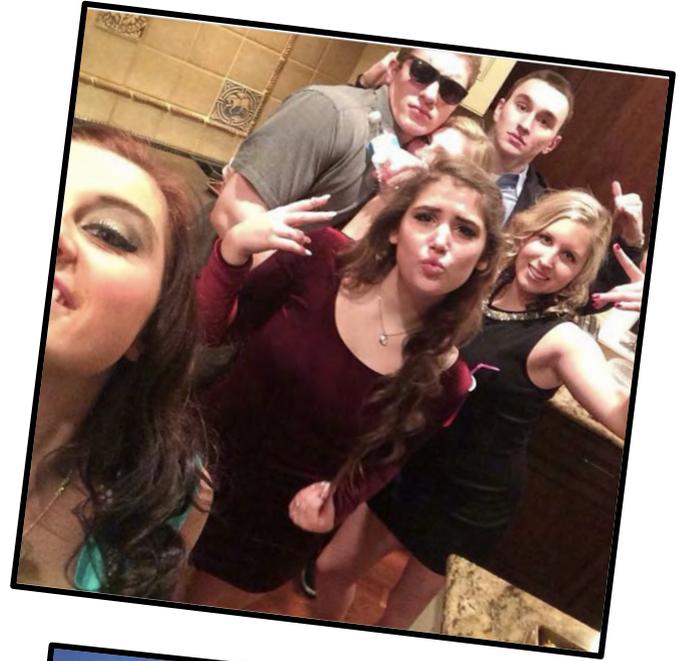
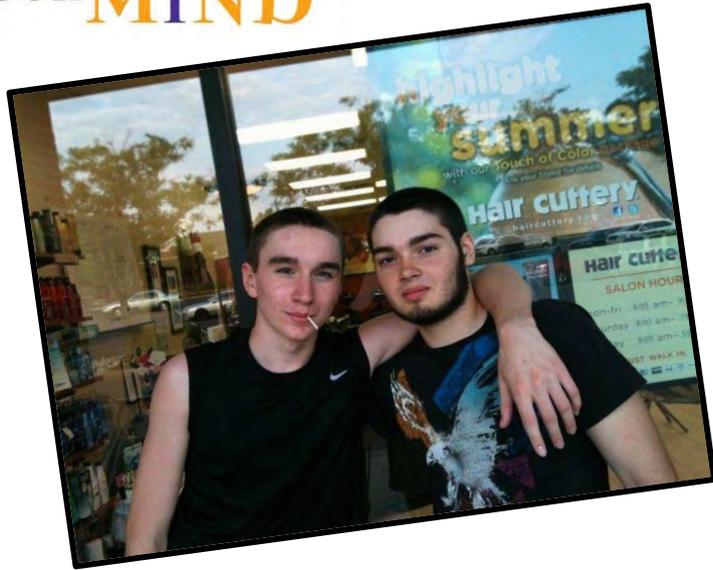
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# MINDING YOUR MiND

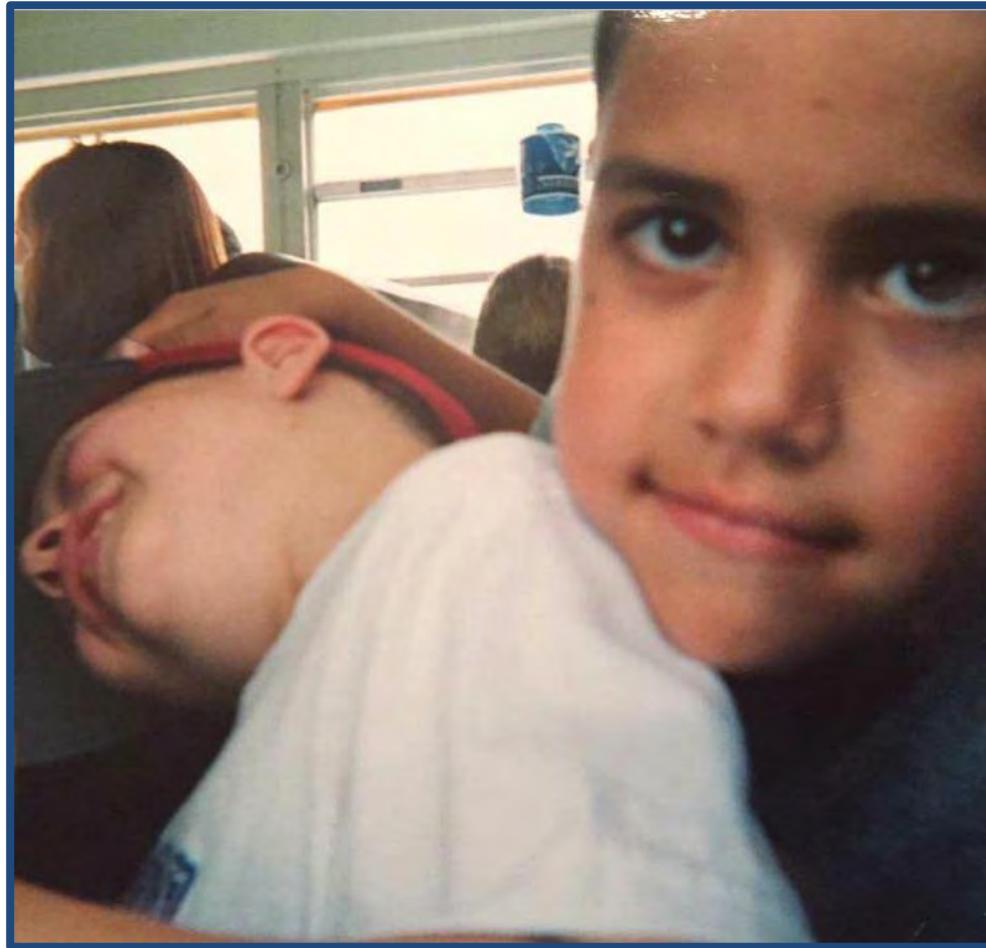


Yes, these are Walt  
Disney World pins...

# MINDING YOUR MiND



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YOUR MiND



*“Joe” - January 23rd, 1996 - July 27th,  
2018*

## Things kept piling as time went on...

Generalized anxiety disorder.

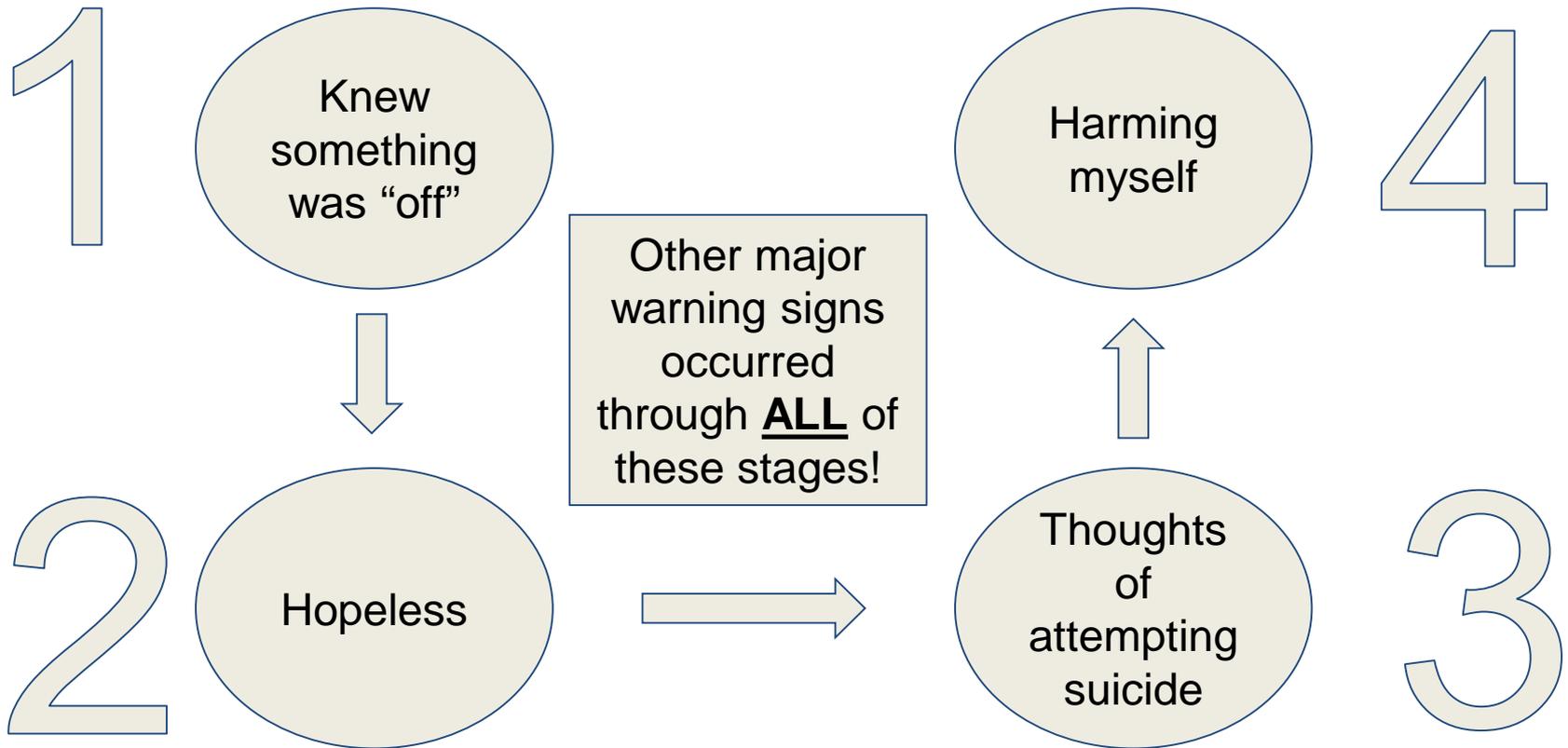
Panic attacks, eventual panic disorder.

Major depressive disorder.

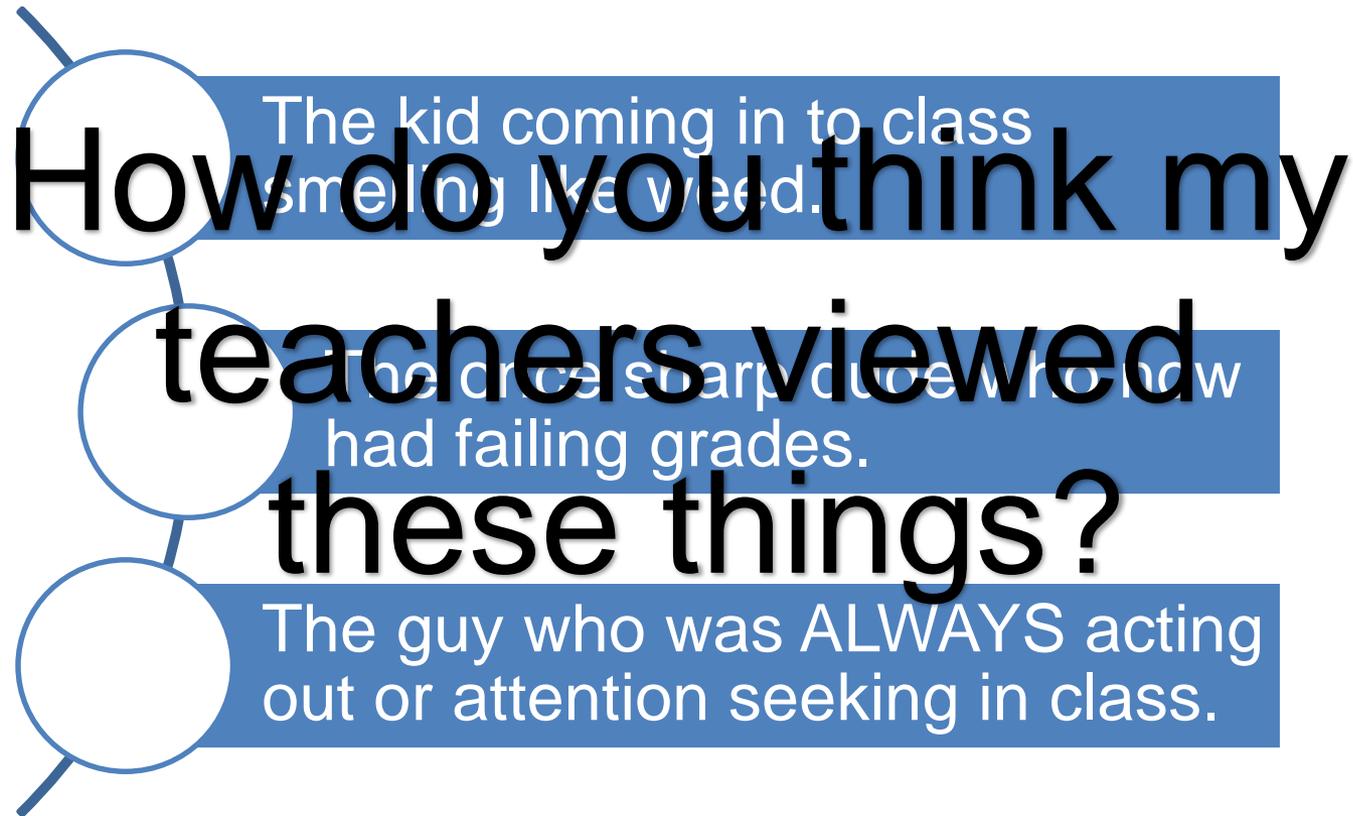
Hypochondriasis.

Substance use disorder.

## Progression of Depression



What did depression look like *externally*?





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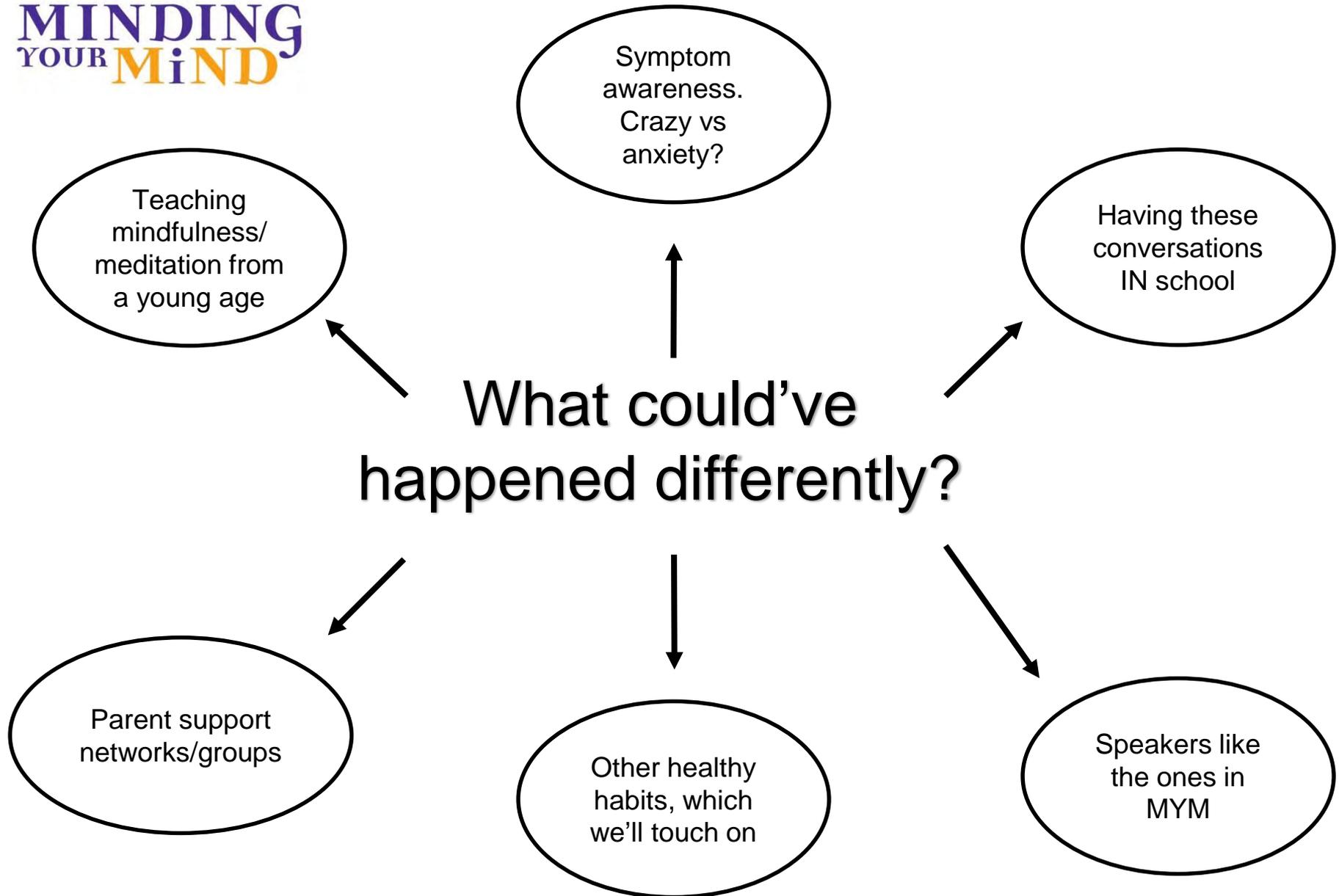
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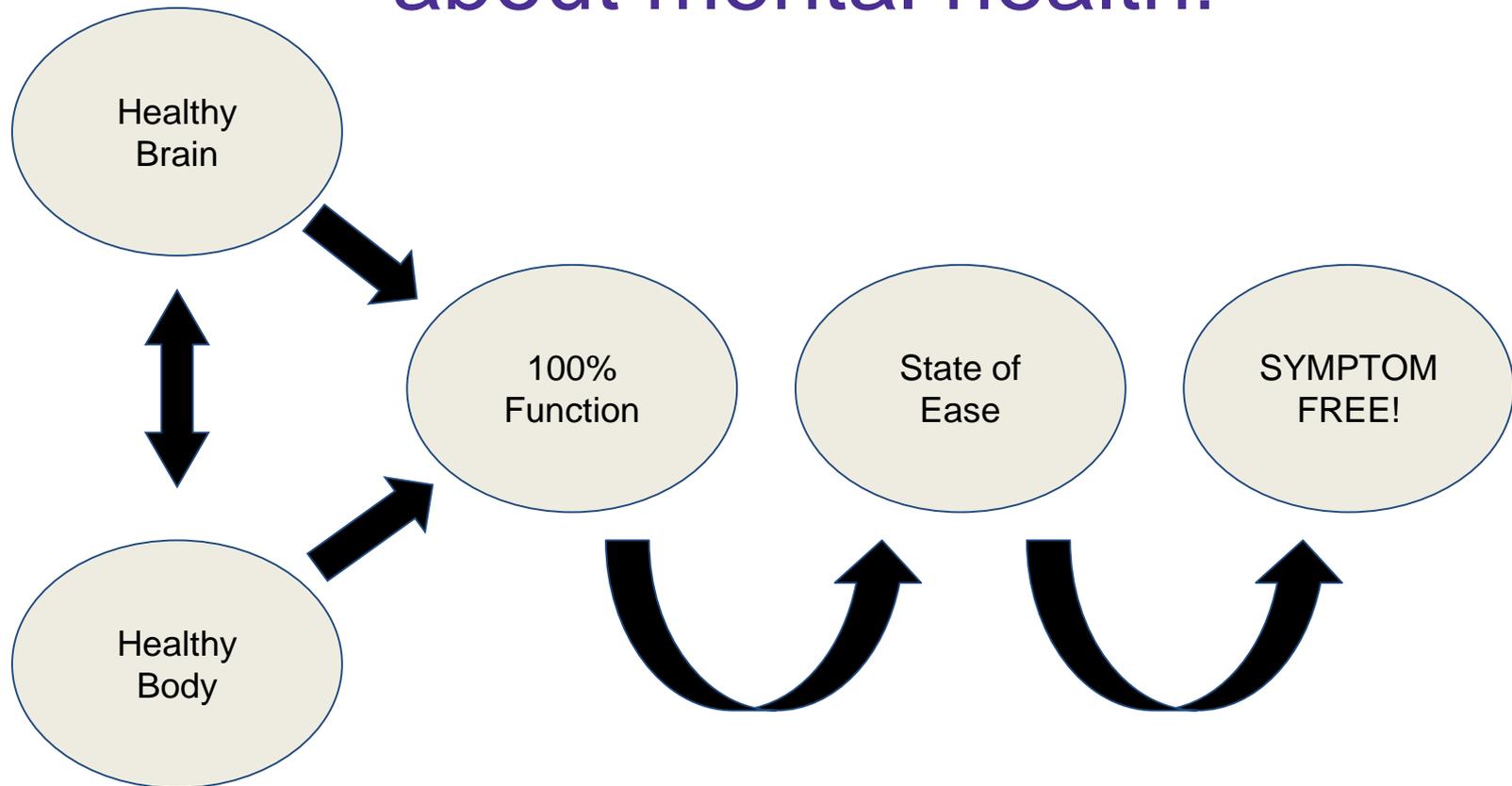


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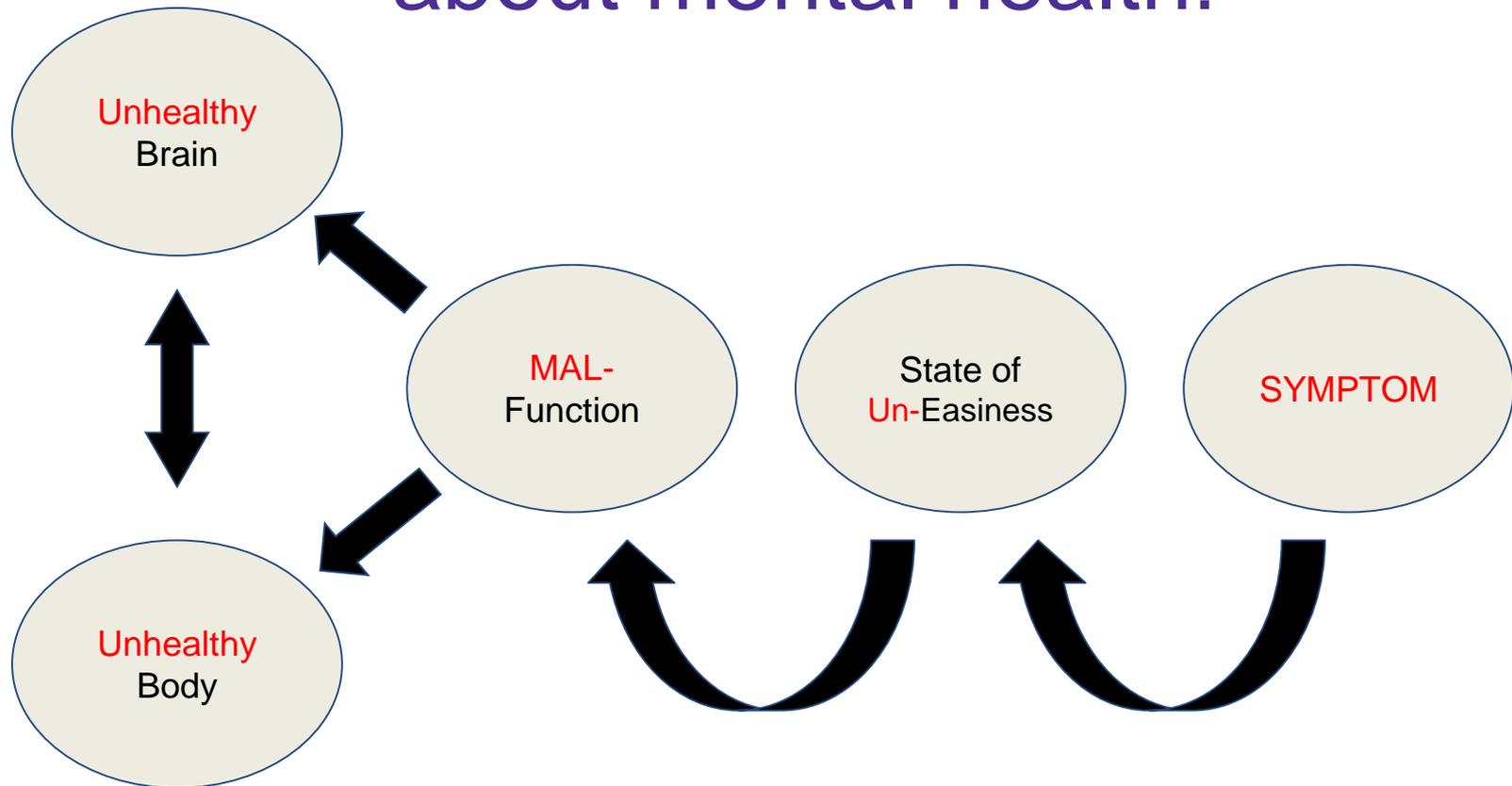


Something happened that  
completely shifted the  
way I looked at mental  
health issues!

# Resolution - A new way to think about mental health!



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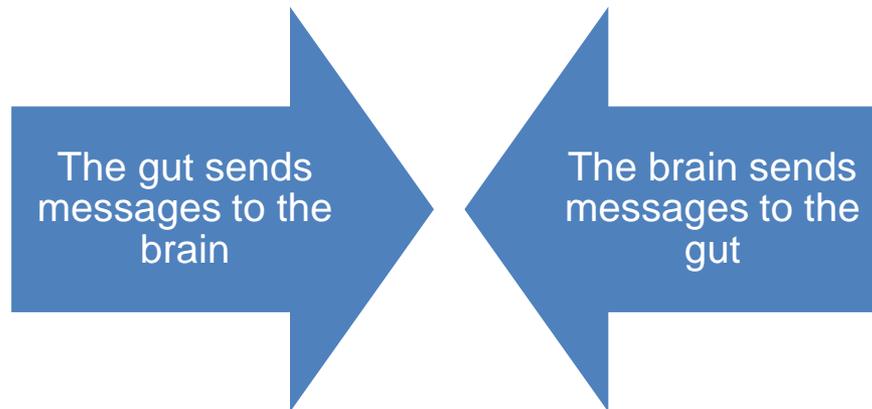
The best  
part?!?

We will change the course  
of our health forever when  
these two things are  
practiced in our lives...

The two main things that lead to the **COMPLETE** resolution of my mental health issues can be used by schools, for students!

“Leaky gut...” Ring a bell?

“The gut-brain axis (GBA) consists of bidirectional communication between the central and the enteric nervous system, linking the emotional and cognitive centers of the brain with peripheral intestinal functions.”



# Leaky Gut Progression



Stress



Toxins



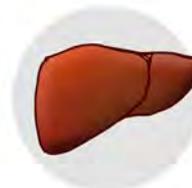
Food  
Particles



Drugs

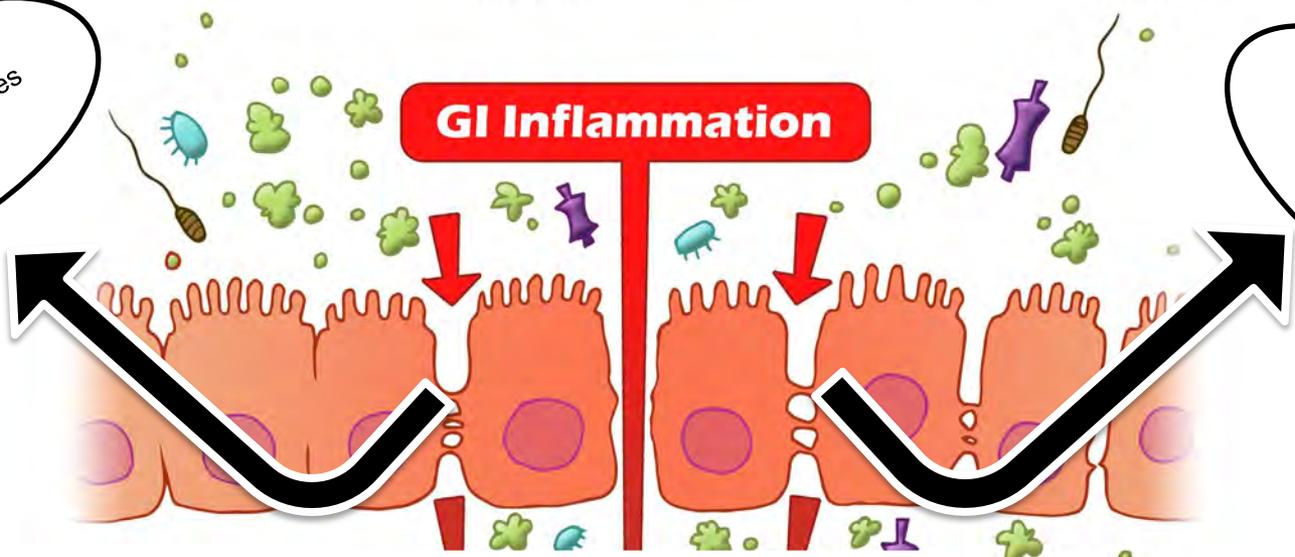


Pathogens



Organ  
Malfunction

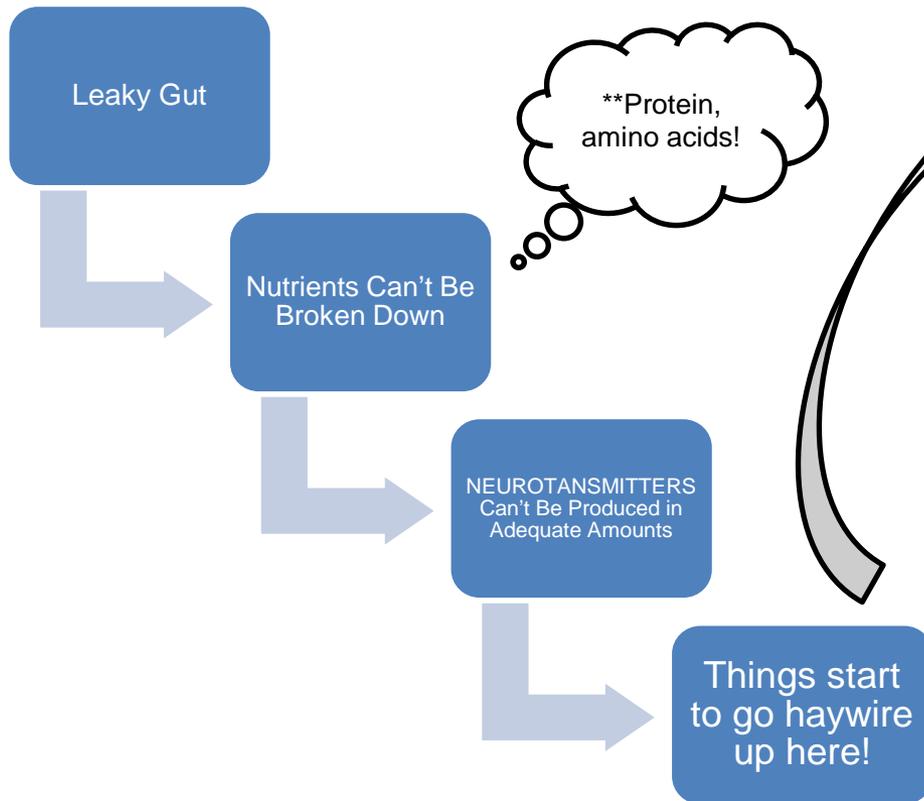
Malabsorption issues



**GI Inflammation**

Gut  
microbiome  
issues

# Malabsorption Issues



# Action Steps!

Environmental toxins, such as glyphosate (RoundUp), and bodily stress are the biggest known contributors to a “leaky gut.”

1

Organic food should be a staple in ALL schools

2

Eco-friendly “green” products used for cleaning

3

**STRESS REDUCTION!!!**

# Artificial Lighting.

## Once upon a time...

Humans lived outdoors in their NATURAL habitat! (Remember, we ARE animals, just relatively intelligent ones...)

We ate *real, single-ingredient* food, drank *real* water, and slept when it was dark.

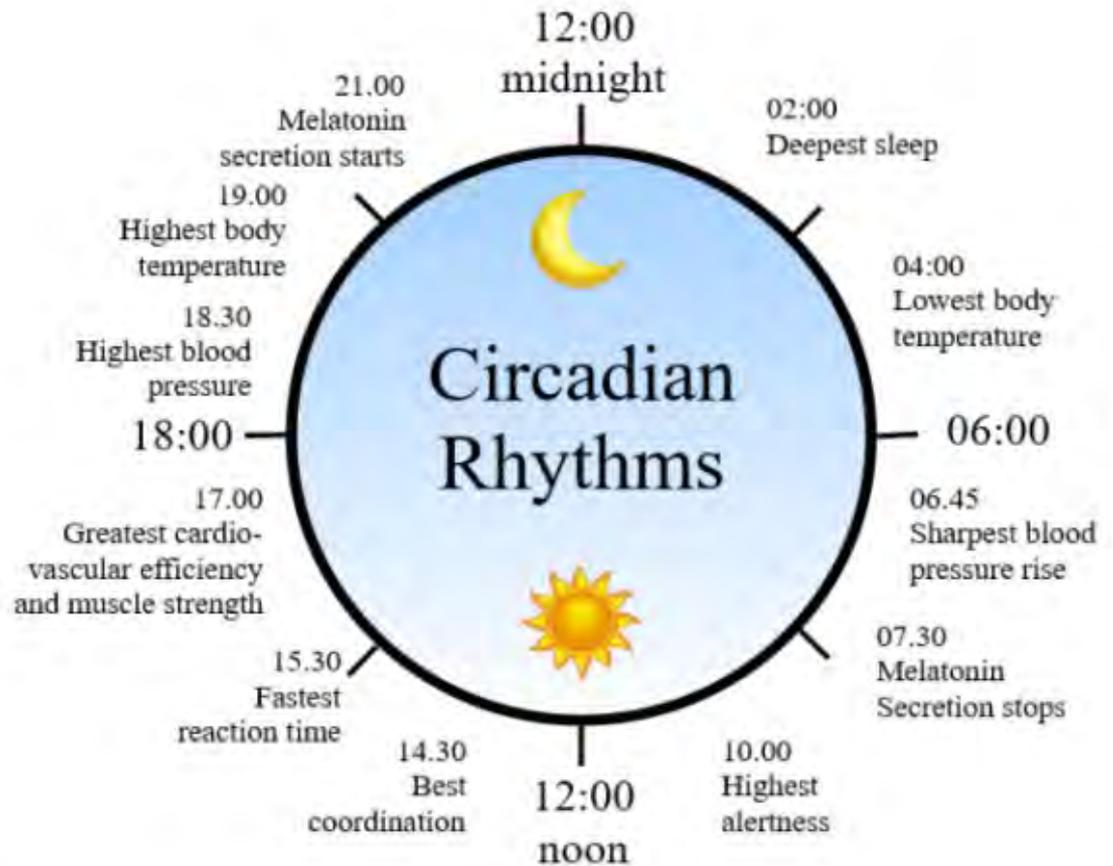
Overtime, we moved away from this, and we are starting to see the consequences!



Your body was intelligently designed around this...

**What science has PROVEN our sleep revolves around:**

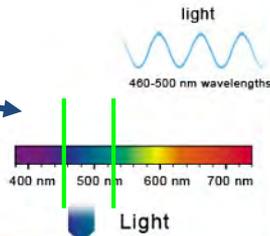
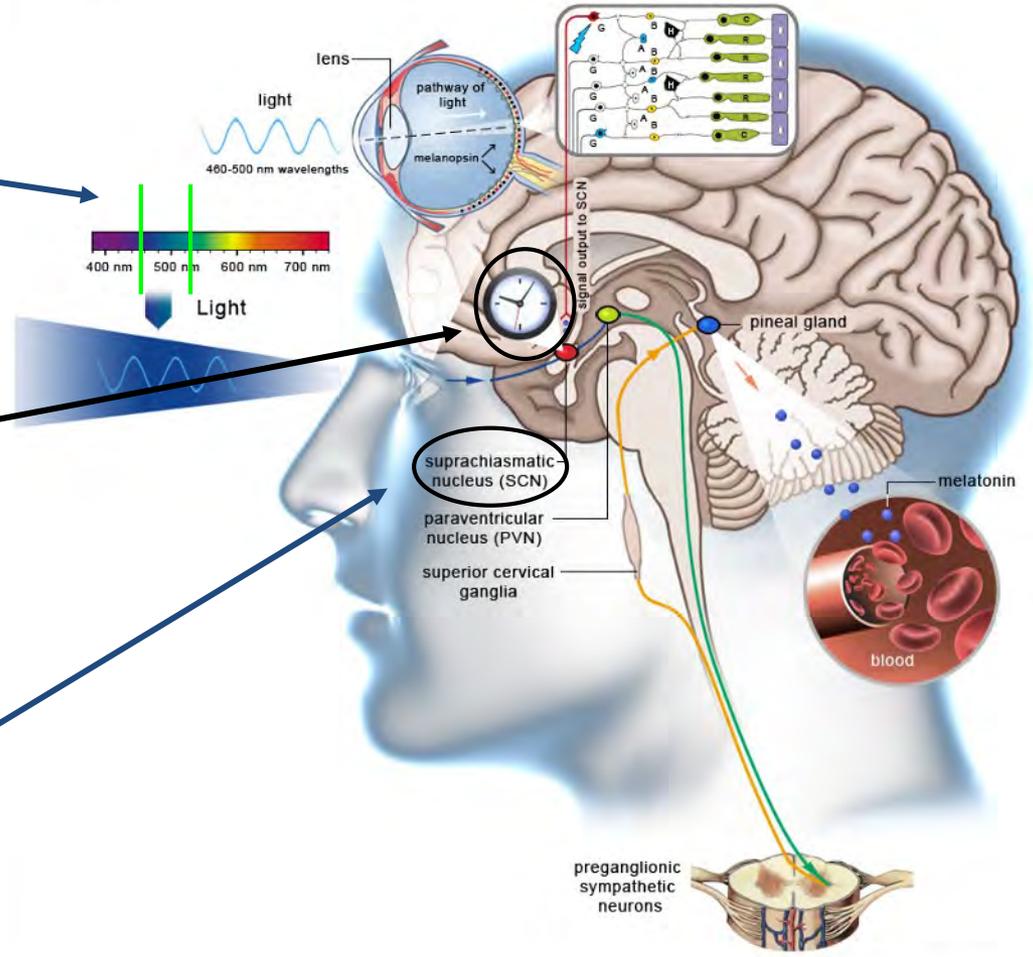
- Meal timing and size of meals
- Outside temp.
- Light exposure (specific wavelengths)
- Time of day



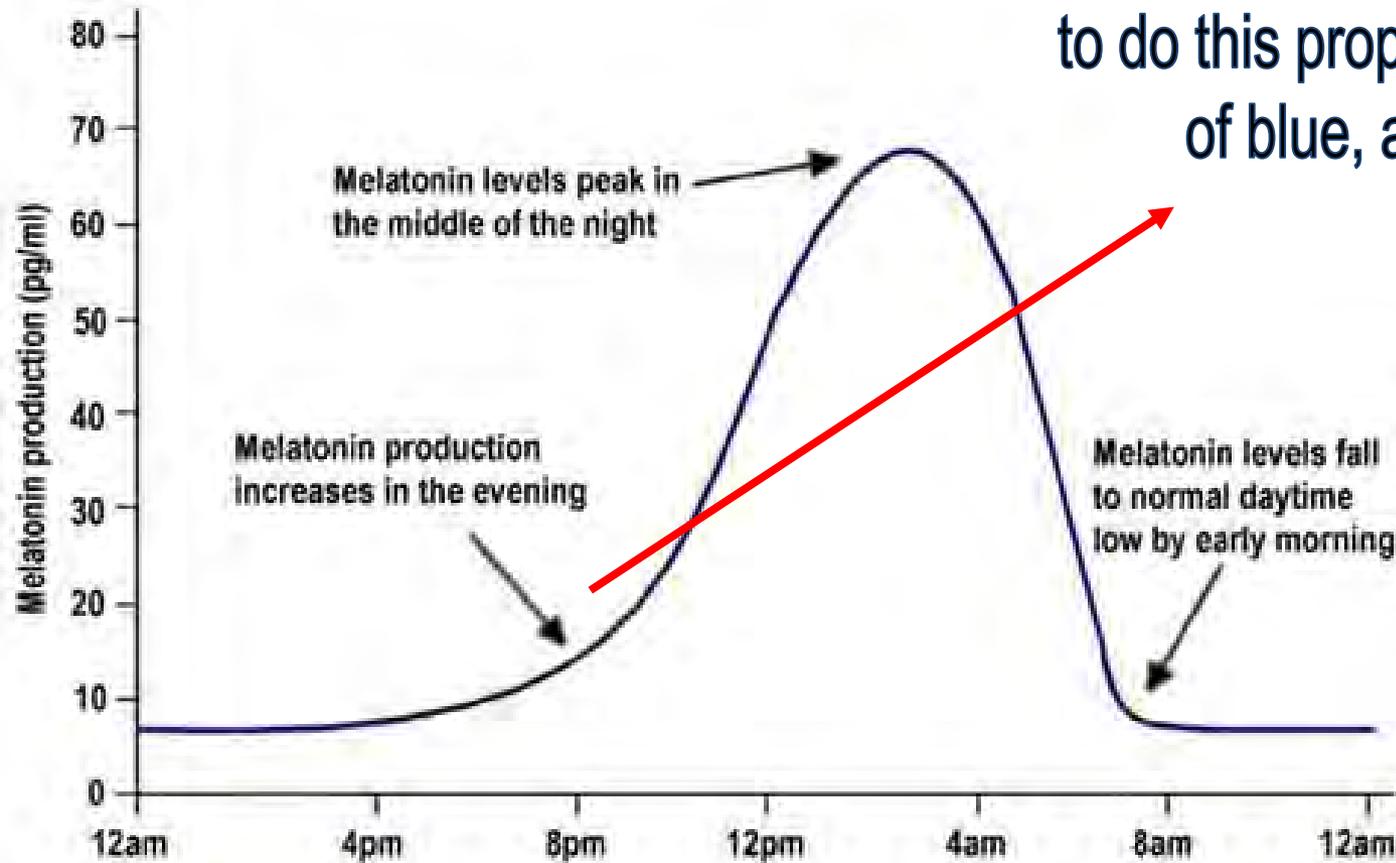
"Blue light" stimulates

Tricks the body into thinking its still daytime!

Suprachiasmatic Nucleus



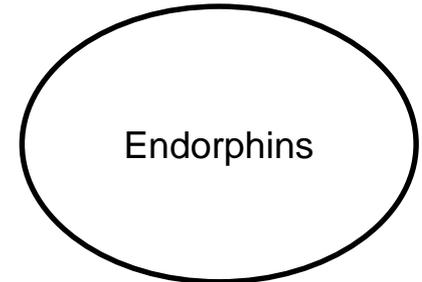
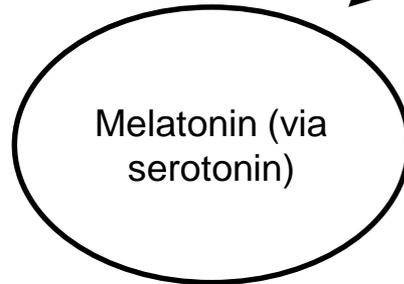
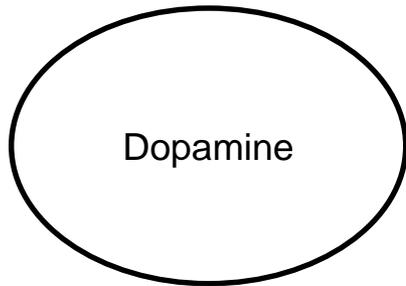
It is **PHYSIOLOGICALLY** impossible for **ANY** human to do this properly in the presence of blue, artificial lighting



# What can schools do?



Light from the sun that “hits” either the NAKED eye or bare skin, both in the morning and throughout the day (but ESPECIALLY in the morning), increases a protein made in the brain called POMC (proopiomelanocortin).



## And when kids are stuck inside?

FULL-SPECTRUM  
Lighting.



Studies that monitored children in environments that used full-spectrum lighting showed consistently profound results.

Results have ranged from **SIGNIFICANT** (80%+) reductions in symptoms of ADHD, improved grades, and higher subjective well-being. I highly encourage everyone to do your own research, it is a super interesting topic!

# Action Steps!

1

Kids AND adults need to be outside as much as possible, especially in the morning.

2

Full-spectrum lighting should be used in schools.

3

Educate yourselves on the topic of the dangers of artificial light at night, and then educate parents.

**In conclusion...**



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National Suicide  
Prevention Lifeline:

**1-800-273-8255**

CRISIS TEXT LINE:

Text "CONNECT" TO

**741741**