



## ***The Instinct to Heal: Curing Stress, Anxiety, and Depression Without Drugs and Without Talk Therapy***

David Servan-Schreiber, MD, PhD

Clinical professor of psychiatry at the University of Pittsburgh School of Medicine and Cofounder of the Center for Complementary Medicine at the University of Pittsburgh Medical Center

---

*“Over the last 30 years, rates of depression have been steadily increasing in Western societies. In the last 10 years, consumption of antidepressants has doubled in the most advanced Western countries. Today, more than 11 million Americans are taking antidepressants.”*

*“Clinical studies suggest that 50 to 75 percent of all visits to the doctor are primarily related to stress, and that, in terms of mortality, stress poses a more serious risk factor than tobacco. In fact, eight out of ten of the most commonly used medications in the United States are intended to treat problems directly related to stress...”*

Statements like these are not hard to find in Dr. Servan-Schreiber's book. Fortunately, for every ounce of despair, he offers a pound of hope. In easy-to-read language, Servan-Schreiber moves from the ground floor upward, exploring everything that makes for stress, anxiety and depression (as well as all their attendant complications). Based on the premise that the human heart has a mind of its own, *The Instinct to Heal* reveals not only the way the heart-mind works, but what happens when it doesn't and how to get it back on track when necessary.

*Stimulating the “emotional brain” by the natural processes detailed in Instinct to Heal also kindles the immune system. “It promotes the proliferation of those so-called ‘natural-killer’ cells, making them more aggressive against infections and cancer cells.” (Page 155)*

*“To overcome a chronic illness, we need to capitalize on all the mechanisms of self-healing to which we have access. We need to build, through several interventions, a treatment synergy greater than the momentum of the illness itself.” (Page 219)*

Moving among topics as diverse as physiology and nutrition to EMDR (Eye Movement Desensitization and Reprocessing) and animals that heal, Servan-Schreiber explores seven natural drug- and talk therapy-free treatments that capitalize on the mind and brain's own healing mechanisms for recovering from stress, anxiety and depression. After a compelling look at this collection of problems and solutions, the reader is given specific and easy-to-follow steps for building a plan that will bring the body and heart into coherence, thereby reducing or eliminating a plethora of ailments and symptoms. A true resource for the stressed,

depressed, and panic-stricken soul, *Instinct to Heal* also contains a chapter detailing organizations and institutions that specialize in the complementary and alternative therapies he promotes throughout the book.

In an age of mass drugging and endless psychological spinning, there has never been a more important message to the world than the one clearly stated in this book. If you are interested in learning how to communicate with your emotional center, alleviate manic-depression with nutritional supplements, disarm painful memories instantly, and conquer anxiety with simple exercises, then *Instinct to Heal* is a must-read.

---

*Ryan N. Harrison, MA is a Holistic Health Educator/Consultant with a private practice (<http://www.BeWholeBeWell.com>). He has taught nutrition and holistic health for many years in both online and traditional settings. He has his Masters Degree in Transpersonal Psychology and certifications as a Nutritional Consultant, Holistic Health Practitioner, Spiritual Counselor, Quantum-Touch Practitioner; he is also an Advanced Practitioner of EFT (Emotional Freedom Techniques). He currently serves as Editor of Natural Healing Today magazine, and works closely with DrNatura.com, a natural health e-commerce and information site.*