Introduction to BodyMind Online Course

**Dr. David Van Nuys:** Hello. This is Dr. David Van Nuys, clinical psychologist and professor emeritus, and I've built the first of a series of courses for you on the topic of mind, body, spirit. The first course is about what some professionals these days are calling body/mind. It's based on seven interviews with luminaries in the field. Here are three brief excerpts.

The first voice you'll hear is that of Harvard psychiatrist and researcher John Ratey, MD. The second will be with the founder of a movement known as Whole Psychiatry, Robert Hedaya, MD. And finally, you'll hear an excerpt from Dr. Jason Holder speaking about adventure-based therapy with disturbed children.

**Dr. John Ratey:** There is just a flock of it that’s for the benefits for depression, for anxiety, for panic disorder. Part of what the real overall message is if you activate your brain with exercise, you're going to release a lot of the nerve transmitters that we aim with in psychopharmacology or drugs that we use. Serotonin drugs, dopamine drugs, norepinephrine drugs all tend to try, we think, elevate the levels of these neurotransmitters. Exercise does that fairly quickly.

**Dr. Robert Hedaya:** What I'd like to say is that to make a Big Mac, you need a special sauce and a sesame seed bun, and a lettuce, and a pickle, etc. You got to have the ingredients to make a Big Mac. In the same way, you got to have the ingredients to make neurotransmitters. You’ve got to have tryptophan and you’ve got to have tyrosine, you've got to have B6, you've got to have B12, you’ve got to have folic acid, you have to have copper, you have to have zinc. And these are basic nutrients that you have to have, and if you don't have them, you're not going to make enough serotonin, or dopamine, or norepinephrine.

**Dr. Jason Holder:** It’s the ability to experience difficult challenges and persevere beyond their self-perceived capabilities. And we feel that that’s the greatest preparation for life ahead, and so if we can get them to see and experience and step up to what they perceive as a difficult challenge, and work through it, then that’s huge.