

DEALING WITH 2020 ANXIETY

BY DAWN ANDERSON
PHOTOS BY DICK ARNSIPGER

To say that 2020 has been a tumultuous year thus far is an understatement. With an ongoing pandemic, continuing economic uncertainty, social unrest, and an upcoming presidential election, how do we prevent feeling overwhelmed from becoming our default setting? The CDC offers the following “Healthy Ways to Cope with Stress”:

- Know where and how to get treatment, counseling, or therapy.
- Take care of your emotional health.
- Take breaks from watching, reading, or listening to news stories, including those on social media.

Take care of your body. Take deep breaths, stretch, or meditate. Eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Avoid excessive alcohol or drug use.

- Make time to unwind.
- Connect with others.
- Connect with your community or faith-based organizations.

If you have made a valiant effort at the usual healthy coping mechanisms but still feel anxious or depressed, a discussion with your primary care physician may be in order. However, many people are uncomfortable with the idea of prescribed benzodiazepines or SSRI (selective serotonin reuptake inhibitors) antidepressants, primarily due to unpleasant side effects. Prescribed drugs may be necessary for some, and you should always consult with your doctor before beginning any over-the-counter medications or supplements. However, there are safe, effective alternatives available which may be combined with SSRIs to increase their effectiveness or lower the dosing of SSRIs.

MAGNA Pharmaceuticals offers allergy, cough and cold products as well as three dietary supplements, Denovo®, Nufola®, and MAGNA Omega-3, that can help alleviate symptoms of anxiety, mild depression, and other mood, inflammatory, and nervous system disorders. MAGNA Pharmaceuticals is owned and operated right here in Louisville. Dr. Warren P. Lesser founded MAGNA in 2000 after acquiring another small pharmaceutical company. After working in Big Pharma in the



Whitney Schulten and Dr. Warren P. Lesser

late '70s and the 1980s, he made it his mission with MAGNA Pharmaceuticals to provide safe, effective and affordable products. He accomplished this by acquiring off-patent “legacy drugs” and formulating OTC efficacious allergy, cough and cold products, and dietary supplements. “I realized we could make a living by providing patent-expired, tremendous products, which were abandoned by Big Pharma,” says Dr. Lesser.

MAGNA sells to wholesalers as well to the general public through e-commerce. Because all of MAGNA's products are OTC, they can eliminate the middlemen and PBMs, who contribute to driving up drug prices. By shopping with MAGNA, you can support a local company and not even leave your house. Knowing how good these products are, every MAGNA employee personally takes one or more MAGNA products themselves. Whitney Schulten, MAGNA Pharmaceuticals, Inc. Director of Communication and Business Optimization suffered from postpartum depression after the birth of her son. Not wanting

the side effects that go hand in hand with traditional prescription antidepressants, Whitney was able to take MAGNA's Denovo® supplement to manage her symptoms.

According to the product drug facts, “Denovo® is a dietary supplement used for the metabolic management of low folate levels associated with mood disorders.” Although Denovo® is not an antidepressant drug, this readily absorbable folate helps regulate imbalances in the neurotransmitters, serotonin, dopamine, and norepinephrine, that lead to depressive symptoms and provides “adjunctive support for individuals who are on an antidepressant.” For about \$1 a day, most patients begin to feel results in two to three weeks.

Nufola® and MAGNA Omega-3 help reduce inflammation in the body, which has been linked to depression. Nufola® with readily absorbable B-6, B-9, B-12, and ALA supports a healthy nervous system. MAGNA Omega-3 is formulated with the clinically recommended ratio of EPA:DHA for cardiac and cognitive health support. In addition, MAGNA Pharmaceuticals' antihistamine Ahist®, and antihistamine/decongestants Stahist AD® and Stahist TP® help treat Louisville's infamous seasonal allergies that can otherwise cause sleepless nights. Sleep deprivation often contributes to anxiety.

Another consideration regarding anxiety and depression is that depression can manifest differently in men and women. Men tend to experience feelings of anger and irritability, whereas women feel deep sadness, worry, and fatigue. In treating these symptoms, MAGNA Pharmaceuticals focuses its efforts on quality versus quantity. Dr. Lesser says, “There is nothing better than a patient coming back and saying, ‘This MAGNA product really helped me.’” ■