

Instagram Links September 1st - September 4th 2022

September 1st - [Natural Ways to Boost Cognition and Brain Health](#) & [Herbs for Focus and Energy](#)

September 2nd - [Addiction Treatment and Brain Health](#), [Integrative Mental Health Care](#), & [Brain Health Factors for Integrative Mental Health](#)

September 3rd - [A Functional Medicine Approach to Thyroid Health](#) & [The Thyroid-Gut Axis](#)

September 4th - [Supporting Someone with a Mental Health Diagnosis](#) & [Mental Health Stigma](#)

Instagram Links September 5th - September 11th 2022

September 5th - [Managing the Extreme Stressors and Anxiety of Back-to-School 2022](#)

September 6th - [Yoga and Glutathione](#) & [The Epigenetics of Mind-Body Medicine](#)

September 7th - [A Holistic Approach to Resiliency and Rejuvenation](#) & [Naturopathic Medicine Tips for Stress Relief](#)

September 8th - [Edible Mushrooms for Brain Health and Wellness](#)

September 9th - [The Top 15 Most Dangerous Drugs for the Brain](#)

September 10th - [How to Make Friends as Any Adult and at Any Age](#)

September 11th - [5 Key Tips for Keeping a Relationship Strong](#)

Instagram Links September 12th - September 18th 2022

September 12th - [An Integrative Approach and Resource Guide to Support Mental Health & Cope with Back-to-School Stress and Anxiety](#)

September 13th - [The Hormone and Health Benefits of Black Cumin](#)

September 14th - [The Brain-Pain Connection](#)

September 15th - [Should You Take a Multivitamin](#) & [Clearing the Confusion on Supplements](#)

September 16th - [A Holistic Approach to Brain Health and Memory](#), [Hormones and Brain](#), [Focus and Brain Health](#), [Brain Health Factors](#)

September 17th - [Lemon Oil for Nausea](#) & [Essential Oils for Digestive Pain](#)

September 18th - [Determining Good Essential Oils](#) & [Quality and Essential Oils](#)

September 19th - September 25th 2022

September 19th - [How Hormones Impact Your Mood and Body](#)

September 20th - [Living Longer with Better Friends](#) & [The Heart-Relationship Link](#)

September 21st - [The Gut Microbiome and Health](#) & [More on the Microbiome](#)

September 22nd - [Mind-Body Rejuvenation of Chronic Illness](#)

September 23rd - [Probiotics for Stress, Anxiety, and Depression](#)

September 24th - [The Role of the HPA Axis and Stress](#) & [The Stress-Hormone Connection](#)

September 25th - [What Makes Someone More Vulnerable to Suicide?](#)

Instagram Links September 26th - September 30th

September 26th - [Perimenopausal Rage - Can Hormones Really Make You THAT Angry?](#)

September 27th - [Suicide Prevention Starts in the Brain](#)

September 28th - [Herbs for Sleep, Stress, and Calming Nerves](#)

September 29th - [Mental Health, the Brain, and PTSD](#)

September 30th - [Focus Issues? The 7 Types of ADHD & Mental Health and Back to School](#)