

MONIKA CHAUDHRY M.D. TODAY'S COMPASSIONATE PSYCHIATRIST

The field of psychiatry has vastly changed over the past few decades. New and more effective means have been found to deal with everything from depression, anxiety, panic disorder, ADHD and Bi Polar disorder, to most anything that confronts the emotional makeup of Motion Picture and Television people. The stressors are many in this fabulous industry—as are the Industry “Ups and Downs.” It takes a well-grounded, healthy individual in both body and mind to navigate the tumultuous waters of the Industry—and to be able to enjoy the ride. It also takes a psychological mentor that is on the “cutting edge” of the latest physiological and psychological discoveries to aid us on this road.

Enter Dr. Monika Chaudhry, today's true definition of Brains and Beauty, complemented by just the right amount of incisiveness and compassion—a psychiatrist who understands our “Motion Picture and Television Issues”, and with the latest technology and psychiatric discoveries at her fingertips, can help every “Industry Individual” come back to a place of self-support and understanding.

The Innovative Dr. Monika Chaudhry has always sought to understand all cultures, being a native Californian and choosing to venture to Virginia for undergrad at Virginia Commonwealth University—and receiving her M.D. at the Medical College of Virginia School of Medicine in 2011. Having always had a deep caring for the welfare of others, Dr. Chaudhry was able to balance her demanding academic schedule with an active interest in the political scene. It greatly disturbed her that people were allowed to endanger their health and the health of others, by smoking in restaurants in the area—and she took action. In this area (Virginia) where tobacco is king, she was able to institute a movement that resulted in the ban of smoking in the restaurants. William Morris had to step back.

This is the kind of tenacity, focus and understanding that Monika Chaudhry, M.D. has now brought to the world of psychiatry in Los Angeles, holding the title of psychiatric resident at LAC+USC Healthcare Network while adding a day a week to her schedule at the prestigious Keck Medical Center at USC.

“The Motion Picture and Television Industry has its own particular set of challenges.” reminds Dr. Chaudhry, “For the actor, with all the roles that they play, they can lose their sense of who they really are and depression can set in. It is about finding the real self, and coming back to who they really are. Why did they pursue a career in the Motion Picture and Television Industry? Is it because being loved by the masses fills a void? Or are they like Sandra Bullock, filled with humility and down to earth? What does money mean to them? Does it make them happier or more comfortable—and what are they willing to sacrifice for it?”

With the numerous temptations that fame offers in the Motion Picture and Television Industry, have they become “bigger than life” exhibiting unhealthy narcissism and uncontrollable behavior, succumbing to substance abuse because they feel infallible—or perhaps because they have a punitive Super Ego and are actually filled with self-loathing causing depression and anxiety when things are not ‘perfect’—and drugs and alcohol become the answer. Motion Picture and Television people need tools and coping mechanisms—to help realize that they are not defined by their jobs, or how much money they make, but rather by who they really are. Psychiatry has also made great strides in treating ADD and Bipolar disorder, social anxiety and panic attacks, so that the patient has more to bring to their craft as a writer, actor, director, or any Industry Individual.

I also have started special groups to support Fibromyalgia sufferers, dealing with the depression and anxiety that they can cause. In the outside world, in some instances, the patient is thought to be “just faking it”, when the pain is very real.

I love to partner with my patients and bring them back to a place of true self-awareness, and balance which yields a fulfilled life. In some instances, medication is necessary; while in other cases psychotherapy coupled with meditation, yoga, and guided relaxation can prove extremely effective. I keep an open mind where the patient's wellness is concerned. There are so very many excellent tools today—every patient's needs are different. I find psychiatry an art. Everybody has a story, and I love to help that person formulate a happy ending.

And in this Motion Picture and Television business, where we all strive for a “Happy Ending” isn't it time to find yours with Dr. Monika Chaudhry? You may contact her by calling (323) 409-7115--- Dr. Monika Chaudhry, Today's Compassionate Psychiatrist.



DR HAMLIN EMORY: BRAIN-BODY BALANCE WITH A PERSONAL TOUCH

In the Motion Picture and Television Industry stressors are many...demanding schedules with long hours on the set or location, heavy negotiations, extended times away from family and the expectation to be “PERFECT.” Though we love it, working at one's capacity extracts heavy physical and psychological tolls.

Hamlin Emory M.D., a leading Los Angeles physician and neuro-psychiatrist says, “If we maintain physical fitness during ordinary times, we function better during stressful periods at work.” According to the American College of Sports Medicine's Health & Fitness Journal, those who regularly participate in physical activity can sustain fitness for brief intervals by exercising less than 20 minutes a day.

Dr. Emory was schooled at Washington and Lee University for his undergrad and earned his MD degree at the University of Virginia, School of Medicine. Initially a general medical doctor, he later completed psychiatric residency and a child and adolescent fellowship at UCLA. After a few years practicing traditional psychiatry, he admitted to himself that he was only reducing symptoms without knowing how he was affecting patients' physiology.

Disappointed by the limitations of the psychiatric model, he has spent over two decades matching patients' brainwave features with response and nonresponse to medications. He developed the first brainwave medication response database, which allows him to select prescriptive and/or naturopathic agents to improve a person's brain and body physiology. He calls this approach brain-body balancing.

Dr. Emory's research taught him that people who enjoy physical and mental wellbeing are just lucky, while those who experience persistent distress have usually inherited a variance in the automatic nervous system. Although common across populations, genetically based variations aren't recognized in current medical practice; therefore, human beings instinctively find ways to relieve distress and feel better, but this is only temporary. Whether it is panic attacks, sleepless nights, migraines, mood fluctuations or disordered eating, behaviors that improve a person's automatic nervous system are reinforced and become habitual. Persistent drug and/or alcohol use, anorexia, bulimia, obsessiveness, worrying, hair pulling, anger/aggression, gambling, etc. are a few common adaptations.

“Labeling a person as behaviorally problematic doesn't tell a doctor about the nature of their neurophysiology,” explained Dr. Emory. “In contrast to the popular assumption, this research taught me that a person's repetitive habits usually serve an adaptive physiologic purpose. That's why my first goal is to learn if a physiologic factor is causing a person's suffering.”

Dr. Emory doesn't just chat with patients, but obtains comprehensive physiologic information and looks for any variance in the automatic physical functions. “Instinctive bodily functions, such as sleep/wake cycle, alertness/energy, hunger/satisfaction/digestion/elimination, cognition/attention, calm/relaxation, etc. should be automatic and within a normal range. Inherited variations in the automatic nervous system can be improved or normalized,” says Dr. Emory. He does a physical exam and orders clinical lab tests as indicated, and then obtains a visual electro-encephalogram or EEG.

An EEG tracing shows the electrical activity of the brain, which appears as fluctuations or brainwaves. EEG is a proven, safe technology and senses brain electrical activity in real time. Computer technology allows digitization of the EEG and converts it into a quantified EEG (QEEG). Dr. Emory has pioneered the integration of a patient's physical findings and EEG/QEEG data to gain insight about their neurophysiology and how to improve it.

After interviewing Dr. Emory, this Power Agent Reporter found him to be one of the most caring and charismatic physicians I have ever met. Dr. Emory delivers old-fashioned consistent support that has guided many of his patients to wellness. “Dr. Emory's treatment felt like no other treatment I've received and the results are superior...” wrote one patient. Another stated, “Not only did Dr. Emory take the time to know me, but he performed medical tests (including EEGs) and developed a treatment model actually tailored to my needs... the results are remarkable.” Another said, “I have never felt more free from anxiety, obsessive thoughts, and urges... I feel like a new person.”

Dr. Emory is dedicated to helping patients achieve and maintain Brain-Body Balance with a personal touch. Check out his informative website at www.dremory.com. You can email his office at office@dremory.com or call at (310) 277-7711.

