Welcome To The Depression And Anxiety Solutions Summit Transcript

(Transcripts are generated by AI and may contain errors)

Welcome to the Summit

Hi, Dr. Drew Ramsey here. I'm so excited that you've joined me for the Depression and Anxiety Solutions Summit. You've taken a great step towards taking control of your mental health.

I'm a psychiatrist, a bestselling author, and a nutritional psychiatry pioneer.

How to Access the Summit Materials

And for 20 years, I've been helping patients transform their mental health with nutrition and lifestyle. Mental fitness changes. Now, I'm excited to bring those insights to you.

That's why I'm hosting this summit. I'm so excited for you to experience the summit in your own way, at your own pace. You can come back to any of these lectures whenever you need them.

They're incredible presentations, and you're going to want to check back. Speaking of which, let's go over two important points. The first, you have access to all of the videos in this course forever.

The second, you also have access to all of the transcripts and all of the audio files. So please check those out. I really love listening to the summit conversations when I'm on a walk or on a long drive.

Support and Closing Remarks

It's a great way to take in the information. You can access these at any time by the menu next to your account profile. If you purchased any other items during your checkout process, our team has already emailed you and you've got an email waiting in your inbox about those.

And if you have any trouble at any time, we have a wonderful, very diligent support team. You can email them at support at Doctor talks.com that support at Dr.

Talksport.com. That's it for now. Please enjoy everything that the summit has to offer. We're here for you. Together.