DEPRESSION

- **Identify the cause. Has there been trauma, an accident, or are there nutritional deficiencies?**
- **Get tested for metal and chemical toxins and detox if needed.**
- **Test for allergies, food sensitivities, deficiencies.**
- **A lack of Vit. B5 is often linked to depression.**
- **Taking 2 EMP from True Hope for breakfast and again for supper - very helpful for depression and anxiety.**
- **A lack of serotonin (see addendum "Neurotransmitters" can be the cause, however most (80%) of the serotonin made by the body is made in the gut, so fix the digestion.**
- **Avoid alcohol, caffeine, processed foods, esp. Sugar.**
- **Hypothyroidism may be an issue. Take your underarm temperature before getting out of bed in the morning. It should read 97.6F or 36.4C. If it is lower than normal, suspect hyperthyroid. Test yourself or get tested for the correct supplements to help eg. Iodine, tyrosine.**
- **Serotonin is the happy neurotransmitter and 80% of serotonin is made in the gut, not the brain.**

<u>Diet for Depression:</u>

Water – stay hydrated, drink a minimum of 4 glasses a day (preferably spring water, but if you can only get reverse osmosis, then drink that and add mineral supplements to your regime). You need to drink water for tryptophan brain absorption.

Lean Protein – organic chicken, turkey, beef, and lamb, and wild caught fish, will give the amino acids you need for proper neurotransmission.

Avocados – high in oleic acid, great for depression.

Low Glycemic foods – see Blood Sugar information

Dark Leafy Greens – kale, spinach, broccoli etc. Fights inflammation which is linked to depression.

Fermented Foods – kimchi, sauerkraut, pickles – help healthy gut bacteria

Berries – blueberries, blackberries, raspberries help moods, provide antioxidants, vitamins etc.

Also – the Anti-Inflammatory Diet which will greatly help.

Also – see the information under "Neurotransmission"

<u>Herbal help:</u>

Bach Flower Remedy "Gorse" is often used for depression

St. John's Wort increases serotonin levels, alternative to prozac, takes a couple of weeks to work, but don't use with prozac, too similar – do one or the other

Gingko Biloba oxygenates the brain. 300Mg 3x/day

Cayenne (1/4 tsp 3x/day) stimulates circulation

Green Tea (2-4 cups a day)

Reishi Mushroom calms the mind, helps sleep better

Valerian root, Kava Kava, Rhodiola for anxiety

Bacopa for brain, memory, adrenals

<u>Homeopathy:</u>

Ignatia is often used for depression, grief.

Aurum, Nat Mur, Staphysagria, Calc Carb are typical remedies for depression. Aurum has been good for suicidal tendencies – use 200x or 200c potency.

<u>Tissue Salts:</u>

Depressed spirits: Kali Phos, Calc Phos, Nat Mur.
Despondent moods: Nat Mur, Nat Sulph, Silica
Discouraged, feeling: Nat Sulph
Desires solitude: Calc Phos.
Fits of Crying: Kali Phos
Fits of Laughing: Kali Phos
Home sickness: Kali Phos
Hopeless, with dejected spirits: Nat Mur
Melancholy: Nat Mur, Kali Phos
Gloomy: Kali Phos
Weeps easily: Nat Mur

Other:

Regular massages
Focus on positive thoughts, nip negative thoughts in the bud and see them for what they are.
Some supplements that may help: 5 HTP, magnesium, Vit. B6, B12, Vitamin D
Include lots of seafood in your diet

<u>Serotonin helpers:</u>

Diet.: Boosted by poultry and complex carbohydrates. Eat as much fruits and veggies as you wish.

Food Therapy: Pork, Turkey, Wild game, Cottage Cheese, Avocado, Wheat Germ, Sausage meat, Eggs, Ricotta cheese, Duck, Chicken, Whole Milk, Oak flakes, Granola, Chocolate, Yogurt.

Avoid: simple carbohydrates (eg. white flour, white sugar), artificial sweeteners, chemicals in foods, food dyes, PCB's, pesticides, burning plastics, mercury (as in certain fish), loud music, violent films, porn, foul language.

Supplements that may be helpful: Tryptophan Vit. B6 St. John's Wort (Serotonin uptake) Fish Oil B12 5HTP Vit. B5 Folic Acid Niacinamide Thiamine (Vit.B1) Melatonin Magnesium Hydroxycitric acid Passionflower Progesterone

Exercise: Running or Dancing or Swimming 30 min 3 times a week.