

Depression - Managed Naturally

Exercise: physical activities (as vigorous as possible) releases endorphins & enkephalins.

Diet/Nutrition:

Essential fatty acids > aids in transmission of nerve impulse for brain function

5 Hydroxytryptophan > ↑ serotonin levels (do not use with other antidepressants)

Vitamin B complex > normal function of brain & nervous system

Zinc > deficient in people with depression

Vitamin B6 (pyridoxine) > brain function, lift depression 50mg 3x/day

Vitamin B5 (pantothenic acid) > most potent anti-stress vitamin 500mg/day

Vitamin B3 (niacin) > cerebral circulation 50mg 3x/day

Vitamin B12 & folic acid > deficient in people with depression.

B12 1-2,000mcg/day

Folic acid 400mcg/day

Kava kava > induces calm & relieves depression

(can cause drowsiness, do not use if pregnant/nursing or if taking antidepressants)

St. John's Wort >(do not take with other antidepressants or any medication that interacts with MAO inhibitors)

Things to eat: raw fruits & vegetables, soybeans & soy products, whole grains, seeds, nuts, brown rice, millet & legumes. Eat protein meals containing essential fatty acids; salmon & white fish.

Turkey/Salmon > high in tryptophan & protein.

Diet too low in complex carbohydrates > serotonin depletion

Items to avoid: alcohol, caffeine, all sugars, even “good” sugars as they lead to quick fatigue & depression processed foods

saturated fats leads to ↓ in blood flow

NutraSweet, Equal leads to ↓ serotonin formation causes nervous tics, headaches & insomnia

Phenylalanine, aspartame > highly allergic

Wheat gluten > linked to depressive disorders

Stimulate the senses: Classical music, Colors, Smells

*Always consult with your doctor/chiropractor before starting any health related program.