

NATURAL WAYS TO HEAL DEPRESSION

Depression can be devastating, but too often during quick office visits physicians put patients on SSRIs rather than attack the underlying cause. SSRIs are often very hard medications to stop. (If the below interventions are ineffective, I'll try other nutraceuticals or medications targeted to their specific type of depression).

1. Address the BRIGHT MINDS risk factors.
2. Check for and correct low thyroid function.
3. Work with a nutritionally informed physician to optimize your folate, vitamin B12, vitamin D, homocysteine, and other nutrient levels.
4. Check your Omega-3 Index (www.omegaquant.com) and get it above 8 percent using 1,400 mg or more omega-3 fish oil with a ratio of approximately 60/40 EPA to DHA.
5. Eliminate processed foods as well as artificial dyes, preservatives, and sweeteners.
6. Try an elimination diet for 3 weeks.
7. Increase protein, lower carbs, and add colorful vegetables into your diet.
8. Eliminate the ANTs (Automatic Negative Thoughts).
9. Exercise.
10. Begin taking the following nutraceuticals:
 - Curcumin, not as turmeric root but as Longvida®, which is much more efficiently absorbed
 - Magnesium as glycinate, citrate, or malate 100–500mg with 30 mg of vitamin B6 a day
 - Zinc as citrate or glycinate 30 mg (tolerable upper levels are 40 mg a day for adults and 34 mg a day for adolescents; less for younger kids)
 - Probiotics

