

journeymanjim

Regarding the psilocybin video - this amazing research is decades overdue. I commend the bravery of the study participants at such a difficult time in their lives, as well as the uphill battle the researchers must fight every step of the way. Now that the door to this research has been opened a crack, it's time to kick it wide open & show just how miraculous & safe organic psychedelics can be in a controlled setting.

More importantly, why wait until you're dying to undertake the most significant experience of your life? Just imagine how the rest of your life might unfold if this sacred knowledge is acquired earlier than your deathbed. Our gov't handlers tell us we can't handle the truth, but the seekers among us know different. Now go forth & unlock your doors of perception!

"Psychedelics are illegal not because a loving government is concerned that you may jump out of a third story window. Psychedelics are illegal because they dissolve opinion structures and culturally laid down models of behaviour and information processing. They open you up to the possibility that everything you know is wrong." — Terence McKenna

Posted On 02/24/2017

abe5680

Well said journeyman and Terrence McKenna - this is, of course, EXACTLY what it is about. Alcohol is accepted because it merely allows people to escape "normality" but WITHOUT the ability to actually change one's perception. We have been carefully programmed almost since birth and psychedelics really interfere with this "programming", which is why the youth of the sixties rebelled against "the system." & also why the music industry rarely has any lyrics worth listening to anymore. So it is all about control. Also, drug control is also about controlling anything that might compete with the petrochemical industry, and the pharmaceutical industry by extension.

Drugs, and psychedelics in particular, have the ability to literally widen our perceptual horizons, and if more people partook of such things "the masses" would become much harder to control. Also why we have toxic poison dumped into our water supplies etc. (apart from the endocrine effects et al). Thanks for the Terence McKenna quote - I think he's great. Here's another quote from Terence that I like: "If the words "life, liberty and the pursuit of happiness" don't include the right to experiment with your own consciousness, then the Declaration of Independence isn't worth the hemp it was written on." - Terence McKenna

Posted On 03/01/2017

MDG

They certainly changed my life for the better, though I do wish I had had more directed and controlled experiences, as I did have some unpleasant ones that set me back a bit at the time. Overall though, my experiences were positive, and I fully believe they helped me overcome depression. This was back in my early 20's, and while my depression was mainly seasonal, it was still debilitating. I think due to not have the controlled setting for the experiences, it took more of them and a few years to really have the break through I needed, but ever since that time (around age 26), I have not had any problems.

Posted On 03/02/2017

RobertSniadach

Perception Is All. Change your perception, change your world. "45 years ago I came to the conclusion that LSD was the greatest discovery ever made." – Myron Stolaroff "The LSD experience usually changes forever the worldview and basic life-orientation of all who experience it." - Ralph Metzner

"I see the true importance of LSD in the possibility of providing material aid to meditation aimed at the mystical experience of a deeper, comprehensive reality. Such a use accords entirely with the essence and working character of LSD as a sacred drug." - Albert Hoffman "... LSD demonstrated, even to skeptics, that the mansions of heaven and gardens of paradise lie within each and all of us." - Terence McKenna "Another aspect of the psychedelic vision for me that has been very profound, is the sense that everything is alive, or that at least, there is no distinction between what we call living and non-living." - Andrew Weil

"I share the belief of many of my contemporaries that the spiritual crisis pervading all spheres of Western industrial society can be remedied only by a change in our world view. We shall have to shift from the materialistic, dualistic belief that people and their environment are separate, toward a new consciousness of an all-encompassing reality, which embraces the experiencing ego, a reality in which people feel their Oneness with animate nature and all of creation." - Albert Hoffman

"If we could take something that would, for five or six hours each day, abolish our solitude as individuals, atone us with our fellows in a glowing exaltation of affection and make life in all its aspects seem not only worth living, but divinely beautiful and significant, and if this heavenly, world-transfiguring drug were of such a kind that we could wake up next morning with a clear head and an undamaged constitution – then, it seems to me, all our problems... would be wholly solved and earth would become paradise." - Aldous Huxley

Posted On 03/02/2017

RobertSniadach

A couple of interesting articles crossed my path the last two days: Alcohol and Caffeine Created Civilization (www.cato.org/publications/commentary/alcohol-caffeine-created-civiliza..), and this one on Mercola. Putting them together, we have alcohol stimulating altered consciousness, then along came caffeine stimulating altered consciousness, and recently hallucinogens (esp LSD) creating massively altered consciousness. Seems to be a theme here... And maybe you have already seen the difference between a normally communicating brain vs the brain on hallucinogens:

blogs.discovermagazine.com/d-brief/files/2014/10/brain-networks.jpg

Looks like big leaps in creativity were strongly stimulated.

Posted On 03/02/2017

iamblessediam

Hi journeymanjim -- If people would take the time to practice the "breathe work" associated with your avatar everyday, me thinks they'd be well served: [www.yogajournal.com/.../mastering-om]. Love, blessings and peace!

Posted On 03/02/2017

otis101

"The Doors of Perception" 1954 by Aldous Huxley is about his experience and thoughts on taking 4/10 of a gram of mescaline for the first time. It is full of information that someone may be interested in and without the trip although the actual trip will be full of individual experiences.

"Visual impressions are greatly intensified and the eye recovers some of the perceptual innocence of childhood, when the sensum was not immediately and automatically subordinated to the concept."
Aldous Huxley.

Huxley includes a quote from William Blake, "If the doors of perception were cleansed every thing would appear to man as it is, infinite."

Posted On 03/02/2017

veritasoreventus

"Where do consequences lead? Depends on the escort." - Stanislaw Lem Word of the day -
Lemmings-----A word of caution----- There are many cliffs in our world. Self education is the best defense in avoiding becoming a member of the lemming herd.

Posted On 03/03/2017

Almond

I will suggest another reason for depression. Today's teens are stressed and overloaded in a way that goes beyond juggling academics, after school activities and holding down jobs. They can be busy every minute of the day and fall into bed exhausted. However, social conditions have changed a lot. It is becoming less and less common for children to grow up in 2 parent households. Even where parents are married, it may not be a good relationship. Often, there is stress of some sort within the home, or maybe just apathy with regard to children. Many children are left to not only raise themselves, but also their parents. I am amazed some children turn out as well as they do. Very often, no outsider wants to get involved in a child's life.

When a child finally goes to bed, they should feel they are safe and loved. They should feel they have emotional support and someone cares about them and their welfare. There should be people a teen can turn to for advice. Teens need someone who believes in them. They especially need a grandmother.

Nowadays families necessarily move all around the country or globe. They no longer have an extended network of relatives involved in a child's life. Neighborhoods are empty with people away from home working. A school teacher may only have a student in class for less than an hour a day and not really have time to offer any individual attention. Religion no longer plays the strong social role in most people's lives that it once did, when so many activities were centered around churches.

I believe many teens are actually suffering from the isolation of modern civilization. Electronic gadget activities replace real relationships and adults do not make time to be involved in their lives. At the root of many problems and challenges is loneliness. Any burden is easier to bear if shared. But many teens are very much alone without the deep and stable relationships earlier generations could rely on for support.

Posted On 03/02/2017

slimandslim

Almond, you mention the importance of a safe family environment for children, and especially a grandmother. Just today there was an article in the paper about the importance of grandmothers for the development of children's abilities. The author, Alison Gopnik, says that except for one kind of whales, humans are the only species whose lifespan is longer than their fertility. Thus, children can benefit of the knowledge of two generations. Gopnik says that this had an impact to speed up mankind's evolution. I have never thought of this and find it quite amazing. I never knew my grandparents nor an extended family, but always felt the love of my parents, despite difficult circumstances.

Posted On 03/02/2017

mirandola

I have seen kids break down crying because of being so worried about their extreme homework overload from school. Teachers heap way too much work on kids, they are overly stressed out. To boot, parents and au peres drive kids to infinite numbers of after-school activities which, while fun and well-meant, also are far too many for them to keep up with and which stress the kids out due to overload. Kids need time to Just BE kids and not to have to do, do, do all the time. Play and day-dreaming are important for children, even teens, and even adults need "down" time. "And God rested on the seventh day" and considered the Sabbath, the day of rest, sacred. So should we all, not only once per week, but daily rest is needed for inner well being.

As for latchkey kids raising themselves, families don't even eat together anymore. Kids graze from ready-made, processed foods handily at their reach at any moment in time, either in the freezer or the pantry. Grab, eat, graze at will, no sit-down time for connection and a real, healthy, nourishing meal. Parents should have families eating together, preferably by candlelight and with lively dinner conversations. Consider singing together at the dinner table, this can be fun, peaceful and very bonding. Spirits will improve accordingly, as soul nourishment as well as bodily nourishment, are improved by real food and real time to connect.

Posted On 03/02/2017

kittykity

Has anyone seen the commercial where the mom laughs that she is too lazy to get up 15 minutes earlier to feed her kids? They are totally out of control running around, fighting, tossing things, and mom thinks all of this is so cute. So her solution to all this is to give them Little Debbie Muffins for breakfast. Someone asks her "why not give them scrambled eggs?" The answer: "Well, no" and laughs. I am appalled.

Posted On 03/02/2017

Almond

kittykitty... What you say is something I have seen many times. One example in particular comes to mind. There was a woman who had 5 children, another baby on the way and was teaching school. I do not know why she was working as with some budgeting they prob could have gotten by on her husband's salary as he was well-employed.(Well, maybe they had expenses I did not know about. However, it has been my observation that not much is brought home from a second paycheck unless the spouse has a high-paying professional job, but even in those cases, there are many expenses and taxes.) She did not have time for personal grooming. She was very obese. Her children ran wild and were undisciplined and her classroom was in chaos.

Admittedly, she was juggling a lot and not doing any of it very well. So, maybe that is the point. This world needs people who can do a few simple things well. Most of the work I have done has been nontraditional where I own my own business and set my own hours. I am somewhat retired (?), although I am not sure I will ever quit working as long as we own land. Long ago, I realized it does not matter if I cannot do everything. Every set of working hands is needed and there is plenty of work to go around. Some days when I feel like I did not accomplish much, I must remind myself of how important it is to have a good meal on the table, clean underwear in the drawers and just keep the household running smoothly even if my dust bunnies are having litters.

When we were first married, I had considered working outside the home. But hubby and I sat down and drew up a budget to plan for our expenses. Our situation was complicated by a unique tax situation related to self-employment. I realized that on a \$20K income--remember this was years ago and that was a lot of money--my working would result in a \$9000 loss of a household tax write off, \$5000 in taxes-permits-fees and additional expenses such as needing a second car, insurance, wardrobe, etc. -con.-

Posted On 03/02/2017

Almond

-con.- Then there would be times when I grabbed something from a deli (extra expense) because I was too tired to cook or hired someone to do jobs I would no longer be at home to do. Quite honestly, I was not willing to work for what little I would take home. My husband's first employer was a shy man who was very good to us. the company set annual goals for each employee. I remember on his first meeting to set goals, his employer wrote down that he should not go back to school during the next year, not seek organizational offices or get involved in community affairs. He said, your highest goal is to work on your marriage. If you can do that, the rest will take care of itself.

There was a lot of wisdom in that. Young people no longer benefit from this kind of personal interest. After pushing the pencil, I decided I was more valuable at home. Our first year of marriage, I canned 500 jars of food, mostly from our garden, gleaning and foraging. (I took so many prizes at the fair that I never entered again as it made the old ladies angry that their food did not win prizes-ha!) I learned to repair things and did a lot of rural chores. I was home during the day so I could do sales shopping answer the door for delivery packages, bake homemade bread and make raw milk yogurt. I have never been a very structured person, anyway, so I enjoyed setting my own schedule. I saw all of this as opportunity--the kind I never saw growing up.

Now I see so many pensions being unilaterally cut and no advancement in professions. I have to wonder if so many women would have made the same choices years ago if they had only known the outcome. Many people live lives where they feel trapped. I see the first step to freeing oneself is having land under your feet, even if it is just a rental where you can plant a nice garden. A married couple is a good economic unity. You don't pay for work you do yourself. You need to earn twice as much to pay someone else.

Posted On 03/02/2017

turn off the freaking tv, it is the unhappiness machine, programing follows advertising, not the other way around, tv is to make you unhappy, so they can sell you something to alleviate that unhappiness. the news is all a lie, john Swinton, foremost journalist of his day (1880)spoke these words at a banquet given in his honor by his press associates. it was in answer to a toast given to the freedom of the press. "There is no such thing, at this date of the world's history, in America, as an independent press. You know it and I know it.

There is not one of you who dares to write your honest opinions, and if you did, you know beforehand that it would never appear in print. I am paid weekly for keeping my honest opinion out of the paper I am connected with. Others of you are paid similar salaries for similar things, and any of you who would be so foolish as to write honest opinions would be out on the streets looking for another job. If I allowed my honest opinions to appear in one issue of my paper, before twenty-four hours my occupation would be gone.

The business of the journalists is to destroy the truth, to lie outright, to pervert, to vilify, to fawn at the feet of mammon, and to sell his country and his race for his daily bread. You know it and I know it, and what folly is this toasting an independent press? We are the tools and vassals of rich men behind the scenes. We are the jumping jacks, they pull the strings and we dance. Our talents, our possibilities and our lives are all the property of other men. We are intellectual prostitutes.

Posted On 03/02/2017

Almond

breath of life... I do not own a television. My husband and I are self-employed. Our income is based only on our productivity and not any form of political correctness--it keeps a person honest that way. I encourage young people esp. to obtain skills and prepare for autonomous self-employment.

I still believe if everyone had a garden, it would solve many social problems. At present, I am actively working to make that happen and encouraging people to save heirloom seed and share it with other gardeners, reclaiming one neighborhood and one community at a time. Maybe I cannot change the world, but I am confident I can change the nearest town and surrounding area.

I suppose I could just sit around, blame others and complain that I have no special skill set to change the world since my main talents are cooking, gardening and healing people. (-But not in a "standard" way that people are willing to pay for.) It is different when we think in terms of reaching out and using the skills we do have to make as much change as we can.

Further, although I may be cautious, I value my freedoms above all else. A lot of people like to think they are survivalists, but they would not last long in difficult circumstances. I know what I am capable of--and also how much my arthritis would hurt if I had to leave the comforts of home to survive day in and day out to live free. Some of us older folks may be in a lot better shape than younger folks, not only because of our health, but because of our skills and life experience. Many of us have already been "tested".

Posted On 03/02/2017

seg

Every so often i am reminded, when you stray from your native environment you are going to get into trouble big time..Stray we have and trouble we are seeing daily..When i think or hear of any "spiritual connection" the prince o' peace immediately comes to mind... No magic mushrooms or any other mystical substances needed .. and you don't need a PhD to leckcha ya either..Simple motto, do the best you can, with what's at hand and leave the rest up to da man..Short, simple and sweet..

Posted On 03/02/2017

Almond

At a time in my life when I was suffering depression, I was told my college diet was poor. I am not sure how that could be as the food looked good and I was an omnivore living in farm country where we got fresh salads and local meats. (This was a long time ago, before GMOs.) However, I did have free access to a soft drink machine and took advantage of low-calories soda. It is more likely this was a factor. After I graduated, it got worse. I observed that I had bad abdominal cramps during the worst periods of depression, where it took an all-encompassing effort just to stand up and pretend I did not hurt to keep my stressful job. My immunity was also a struggle. Hindsight is great, but I did not understand at the time. Now, if I would consume a single soft drink, I would suffer for the rest of the day... and maybe also the following day.

Posted On 02/23/2017

mirandola

I recall being very stressed out and worried about significant life changes, financial pressures, lack of direction and know-how financially, during my college years. This had me very depressed. I think kids may benefit from financial empowerment at a young age, and guidance in this area from counselors would help a lot. In addition to the very important dietary considerations, and balancing hormones and blood sugar.

Posted On 03/02/2017

Naxossa

I think I completely agree with Almond on this. Of course the gut biome is incredibly important and -all things else being the same- could quite well totally upset a normal mind, but there is a lot more these days that in my opinion need a different approach. However that may not be as simple as trying to convince a Bernie Sanders to run for office. I think many of our young adults are quite aware of the fact that there isn't much good coming from the Clintons or Obama, and don't even start on Trump. US society looks hell bent on collapse and the people in the big cities are more than likely going to get hurt pretty seriously. Getting out before everybody else is planning on, might be a option. Becoming an active member of the small community you are moving to. You don't need a whole lot of land to grow a lot of your own food. There are a lot of things that can be done together and it can pretty much all be done with next to no money exchanging hands. Depression is a form of ennui. In fact a fairly aggressive form. Meaning of life is ebbing or gone. Growing a head of broccoli is not going to help, but an option or hope beyond could work.

Posted On 03/02/2017

IsobelChaveh

Hello Naxossa, You've just given us the True Answer to our problems. Depression is due in great part to the horribly unnatural lifestyle modernism has foisted upon the 'Spirits Imprisoned' here on Earth.

See my posts in yesterday's column on Farmicide for an elaboration of your astute answer.

The other reason for depression is bioelectromagnetic in nature, due to forced separation on the Earth of bonded positive-negative Conscious Energies. These Energies are called Soul Mates.

This prophetic {see the very end}, symbolic-filled video portrays an awakening awareness of this now-beginning Season of Reunion for these formerly separated Soul Mates.

Most all rock music written in the 60's, 70's, 80's was compiled & produced while under the influence of psychotropic substances or in a mind-altered state, making it easy to write these symbolic-filled songs that SGs use to send messages to UMs about their own personal reunions

<https://youtu.be/D00M2KZH1J0>

And for the cure for this second type of depression, see my post in today's article on catnip oil.

Posted On 03/02/2017

NanaBon

There's one element of the disparity between the young men and women that no one (as far as I have read) has mentioned—sex. It is in our nature that women give sex to get love and men give love to get sex. But in today's "liberated" society, there is no necessity for the young men to give love in order to get sex. Women have given up their advantage. Whether they admit it or not, sex for women is more than just an indoor sport. Teen girls especially, who, as many have stated in other comments, may not find the love and guidance they need at home, look for it in sexual relationships. And they are almost invariably disappointed. Unfortunately, many then try to get commitment from the guy by having a baby. Surely that will bind them together! Right. So we have an epidemic of single mothers. Even for girls who really want to wait until marriage to have sex, the pressure is immense, leading to depression for both those who have sex and those who don't.

Posted On 03/02/2017

seg

nanaBon, you make some good points about your observations and the reality of things "today"..But to really get into the heart of the matter, sex is how we multiply, it is how we have been able to stay alive as a specie for all these millenias.. This is a very sacred thing and should never be a one way street solely dedicated to the pleasure and excitement of men..There are also enormous health benefits from sex, but i am not talking about promiscuous sex, i am talking about safe consensual sex..

Posted On 03/02/2017

Suzubick

A lot of women don't want to get married. A lot don't want to have babies, married or not. And a lot of women actively enjoy sex for its own sake.

Posted On 03/03/2017

mihail

I have taken magic mushrooms four times, around the ages of 30 to 33, the tiny grey-brown kind with the thin long stalk grown in the cow-farms of British Columbia. I can attest that I never felt the urge of addiction and it was always a conscious decision to experiment with them, because I felt it was an eye opening experience. I knew nothing about psilocybin and anxiety until I first read it here recently. I tend to agree with JourneymanJim about the power centers fearing for their models of behavior.

Posted On 03/02/2017

Sam.Shuter

I do not always trust the NIH reports, but there are quite a lot of other studies as well concerning Vitamin B Complex and depression. Here is: "The effect of methylated vitamin B complex on depressive and anxiety symptoms and quality of life in adults with depression." at:

www.ncbi.nlm.nih.gov/.../23738221

I do NOT recommend any of the so called STRESS formulas of B Complex. When the individual B vitamins in a complex supplement are produced where the natural ratio of each B vitamin to the other B vitamins is altered, specific B deficiency symptoms can occur over time. This is why whole rice or brewer's yeast, dessicated liver, etc., are so important - as they have the B Complex vitamins as they exist in their natural ratios to each other. B-Complex deficiency is the most overlooked factor in so many aspects of brain 'malfunctions'. This is my opinion. * Here is an interesting story of how one woman turned her depression around with B-Complex supplementation:

depressionlife.com/.../index.html

Posted On 03/02/2017

jca652041

How about getting out into nature? Yep, that forgotten part of our under siege planet that seems to take a backseat to our endless consumption and self focus. We never talk about our natural environment anymore, the beauty, the wildlife, the quiet..... Yet it's the connection to our planet that is so vital to our well being. We need to care deeply about it, but our schools don't talk about it, parents don't talk about it, media never mentions it. Wildlife is disappearing, the forests are gone in a clearcutting frenzy of insanity, the sky is full of planes spraying coal ash in the name of solar radiation management, our beaches are covered with trash.....but few care because most don't go outside anymore to see what's happening. I'd be depressed too if all I had were humans and technology to make me happy.

Posted On 03/02/2017

sage55

Yes! Learning respect for nature and realizing it is something we never should take for granted. Water, air, plant life, fire we all need to protect our resources from being squandered. Mindful not to ignore huge destructive endeavors. The writer Robin Wall Kimmerer shares in her latest book 'Braiding Sweetgrass' about the act of reciprocity for Mother Earth. She tackles the issue of our wordless shame of the phenomena of how much we humans have trashed the planet with entitlement and how we can all in our own small ways fall in love with the world to spur healing.

For teenagers to grasp there is something larger than their own misery, is an act of love if you can time it right. If that coincides with the natural world all the better. Love and light for everybody.

Posted On 03/04/2017

IsobelChaveh

".....For example, fermented foods have been shown to curb social anxiety disorder in young adults, and animal research found obsessive-compulsive repetitive behaviors were pacified by introducing a strain of the bacterium *Bacteroides fragilis*."

The article Dr. Mercola quotes this statement from: www.google.com/.../395918 states that *Lactobacillus*, a milk fermenting bacteria used in yogurt-making, also induces calmness as well.

Lactobacillus is present in both mother's milk & in the birth canal www.ncbi.nlm.nih.gov/.../PMC4086764

Deficient amounts of *Lactobacillus* produces anxieties and obsessive/compulsive habits
www.google.com/.../395918

Lactobacillus is added to baby formula in dormant form as a probiotic
www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pag..

Pressure canning is done at temps of 240° to 250° nchfp.uga.edu/.../food_pres_temps.html

Probiotics die above 158°F www.quora.com/At-what-temperature-do-probiotic-bacteria-in-yogurt-die

Thus, there is no live *Lactobacillus* in baby formula. It would be interesting to find out what the baby's gut bacteria does with all that dead *Lactobacillus* being introduced into his stomach several times a day. My guess is biological stress.

Antibiotics also destroys gut *Lactobacillus* (see answer by Ru-Jeng Teng
www.researchgate.net/post/What_is_the_method_to_reactivate_dormant_Lac..)

Posted On 03/02/2017

IsobelChaveh

Hi Suzubik, that's a good question, I wasn't aware that there were different types of infant formula.

Apparently there's canned ready-to-use, canned condensed that must be diluted with water, and powdered. On the same researchgate.net page

www.researchgate.net/post/What_is_the_method_to_reactivate_dormant_Lac.. another researcher posts that it takes one week to activate dormant lactobacillus at 98.6° in vitro. In vivo, I don't know what happens to these spores, whether or not they remain in the baby's gut & become activated, or if they are simply expelled. I did not find any research on this question.

Posted On 03/03/2017

grulla

Besides the need for Vit D, it seems that Vit B3 niacin should be mentioned in the article as well, especially since schizophrenia is mentioned:

www.orthomolecularvitamincentre.com/a_hoffer_schizophrenia.phpyn

Posted On 03/02/2017

veritasoreventus

Not being an expert in this field and having limited perspective, I am in full agreement with Dr M's article today. His suggestions all seem to 'naturally just feel right on the mark.' Just a couple of thoughts regarding this, a complex problem - I've always considered depression as being based to a great degree on a person's circumstances in life and their feeling of "hopelessness" as to their ability to control the situation. I have wondered if taking a more philosophical view of their circumstances and viewing them "from above or afar" might be of help.

To this I notice that the problem seems to afflict young/teenage girls the worst. After discounting those possibilities that the research covered I wondered - What about testosterone levels? Boys, especially at that young age, generally tend to be surging with it. The answer to my question was immediately forthcoming:

www.healthline.com/.../depression

Can we elevate testosterone levels naturally?

www.webmd.com/men/features/can-you-boost-testosterone-naturally#1

Posted On 03/02/2017

IsobelChaveh

Hello veritasoreventus, Pine tree pollen surges with testosterone. Tell those girls to go for a walk in the woods. Right now in my 'neck of the woods', the pines are exploding with pollen <https://youtu.be/gzLRgBOquOw> - difficult to see in this video, but the cloud of pollen is being drawn towards the river [a Watercourse, see definition of 'lode', as in lodestone, which is a polarmagnetic rock] at the lower left of the screen - and you can hear these Waters rushing. The human brain produces ♪ Chains [by Zola {"Famous Bearer", born in January} & The SGs- <https://youtu.be/4vIBfWktLqY>] of polarmagnetic iron ferrite in the brain - a 'watercourse', as in 'valley', a channel(er) guided by a Watercourse.

Re your re-mark about 'On the Mark'- <https://youtu.be/y4OmfbfNYs4> The line in the song about 7 horses refers to the 7 Marwari horses & their iconic symbolism (see 'Interpretation & Iconography' Section en.m.wikipedia.org/.../Talk:Marwari_horse)

Posted On 03/02/2017

veritasoreventus

Thanks for the suggestion/reminder Isobel... We also have to remember to get our histamine levels in synch if we want to avoid depression:

www.joanmathewslarson.com/HRC_2006/Depression_06/D_roller_coaster.htm

Ah Choo! Excuse me....

Posted On 03/02/2017

BillieBob

veritas, Here is an article by a guy who more than doubled his testosterone without treatment. Basically he used lifestyle changes. He started with very low testosterone for his age, so people with normal testosterone will probably not see their testosterone double.

www.artofmanliness.com/2013/01/18/how-to-increase-testosterone-natural..

In my view, he NORMALIZED his hormones. It would have been interesting if he had tested other endocrine hormones before he started his program to see what happened to the full spectrum. I suspect that if a woman were to follow his program, it would not hormonally turn her into a man. It would probably produce a normal hormone spectrum. After all, everything he did is just healthy living. Most of the changes he made are regularly recommended by this site. I believe none of them to be harmful. The difference is that he educated himself, made a plan and then stuck with it. Learn. Decide. Act.

Posted On 03/02/2017

veritasoreventus

Thanks Billie for the very helpful posting. No doubt we can agree on most of the suggestions that were included. To that Dr. Mercola's most recent articles suggest reviewing information related to a ketogenic diet, such as researched and reported in this article:

articles.mercola.com/sites/articles/archive/2015/01/22/depression-caus..

No to Vitamin C? Maybe not for his purposes but there's tons of research and articles as to it's benefits. I would consider one of our fellow commenters on this site to be quite knowledgeable in this field: www.forbiddenhealingforum.com Best in health and health education - Veritas

Posted On 03/02/2017

mirandola

In addition to healthy diet as wisely suggested by Dr Mercola, I would ask the question if hormone imbalance/changes are involved, particularly in teenage depression and in early adulthood. The herb vitex, also known as Chaste Berry or agnus castus, may "talk to" the pituitary gland in the brain, which oversees androgenous, male and female sex hormone production. Balance is key, work with your naturopathic physician. Liver supporting herbs and foods alongside, may be helpful in aiding the organ to chemically process excess hormones in the blood, thereby playing a role in balancing excess hormones. Blood sugar should be checked and monitored by a naturopathic physician, and a whole-body workup by the naturopath should be done to rule out any other organic causes of depression and/or anxiety, both alike. Datis Kharrazian's brain health book is superb information, with lots of info about inflammation which can contribute to anxiety and/or depression <http://brainhealthbook.com/>

Be aware that printed information is always generic, check with the naturopathic physician to make sure that a specific program is followed, tailored to individualized needs. Above is only information, not medical advice, ask your naturopathic physician about this.

Posted On 03/02/2017

catrionastgeorge

The information regarding mushrooms and depression can be extremely dangerous. I personally know of a very depressed person who in 2012 took these mushrooms as "treatment" and subsequently attacked a family member with knives while hallucinating. I don't recommend them as treatment and the suggestion could create a serious safety issue. Resorting to mushrooms for spiritual healing is like eating at McDonalds when your malnourished. For true spiritual healing, a good place to start is Proverbs chapter 1.

Posted On 03/06/2017

farmercist

You could probably throw in there EMFs, TV, and Social Media too. Just look at the last election how many kids have gone bonkers. It used to be that kids would just play outside and not concern themselves.....they were in the sun and earthing.

Posted On 03/02/2017

Beeologo

While the video drew more attention, look at the effects of the sun. Sunlight can influence your mood. Quite a paragraph that. A childhood friend recently shared with me that when they were ill or feeling bad her grandmother would put them in their sunny yard in a rocking chair to soak up some sunlight, and that usually that helped. Besides those subcutaneous effects on the whole body, D3 generation for the immune system if the sun is high enough, and ocular factors, there is the spirit of being out, watching the trees wave, hearing the birds sing, and absorbing the beauty of creation. Heady stuff we all need.

Posted On 03/04/2017

Suzubick

My experience of episodic major depression spans 45 years. I grew up in a sun-drenched country in a culture that expected children to be outside till dinner time, closely followed by bed. We ran barefoot all summer. This was long before glyphosate or personal electronic devices were invented. We didn't eat the SAD. I was diagnosed with major depression when I was 12. Over the last 45 years, I've worked through herbs, vitamin supplements, acupuncture, CBT, autogenics, biofeedback training, Burns therapy, SSRIs, tricyclics. I can go for a couple of years without a single flare, then be hit with one despite no change in my circumstances. A flare might resolve as suddenly as it came on, within a few weeks, or it might drag on for years.

I take 2,000IU of vitamin D3 and 600mg of magnesium every day, and 1g of B12/week. I eat well, getting 10 servings of veggies and fruit most days. I drink kefir, choosing brands with the highest number of live cultures, and I eat yogurt and sauerkraut. Spiritual anaemia is not my problem: I'm passionate about my work, archaeology, as well as permaculture and earth sciences. I'm currently taking classes in geography and GIS, and loving them.

My latest depression flare was so severe and long-lasting (3 years) that my doctor and I were preparing for ketamine treatment. As a last-ditch attempt, I started taking Wellbutrin - and it was magical! I feel as if I'm living in a world I never knew before, even when I wasn't actively depressed. There's colour and light I've never seen before, food has flavours I'd never known, the ground feels firm beneath my feet. Wellbutrin acts on the dopamine neurotransmitters. I'm currently researching ways to boost my body's production and circulation of dopamine. Once I have a reliable protocol, I'll taper off the Wellbutrin.

Posted On 03/03/2017

seg

Suz you take 1 gram of B12 a week or is it 1 mg. 🐼

Posted On 03/03/2017

stoneharbor

Have you read William Walsh's Nutrient Power? Studied his work or that of Mensah regarding methylation? If not, check it out. Possibly a couple more vitamin/mineral supplements may fix you for good. Genetics may be involved, but these two guys have found epigenetics are usually more important than what SNP's you have.

Or listen:

www.youtube.com/watch

www.youtube.com/watch

www.mensahmedical.com/patient-resources/advanced-nutrient-therapy-vide..

Then there's the Ben Lynch / Amy Yasko approach to methylation issues which starts more from the genetics end and only secondarily looks at clinical and lab results. I consider these two to be beginners in the field, but Lynch at least is making some strides toward understanding the issues:

mthfrliving.com/.../supplementing-for-mthfr-b12

Where Walsh and Mensah excel is in their vast databases on their clinical results.

If you already have experience with any of these practitioners, I'd love to hear your opinion.

Posted On 03/04/2017

Suzubick

Hiya Stone, I'll have a look and get back to you. I'll download and print the pdfs; I prefer written material to videos. I do have some doubts about methylation, as I don't see how genes undermethylated during gestation can be retroactively saturated by diet. Diet might improve functioning, as with MTHFR. However, I'll have to read the material before I can form an opinion.

Thanks for the pointers.

Posted On 03/05/2017

Krofter

Having a misogynistic president can't be helping any women in this country. Perhaps he's the one that needs to be taking psilocybin, so he can experience true love for once. Let the negs begin.

Posted On 03/02/2017

MisterWillem

much light helps for me a lot

Posted On 04/11/2017

MollyMalone

Niacin / niacinamide / inositol hexaniacinate all help with depression and other brain issues, as well as arthritis and other health concerns such as high cholesterol and diabetes. I take it for arthritis and it helps a lot, 3.5g/day for me. Please check out Abram Hoffer, MD, PhD and his pioneering work on niacin therapy:

www.doctoryourself.com/hoffer_niacin.html

Posted On 03/09/2017

MollyMalone

Friends, also please consider learning and using EFT. Dr Mercola has some great articles on this, and teaches how to do it in one of those articles. It uses no drugs or supplements, and has an excellent track record demonstrated in a head-to-head trial with both psychotherapy and anti-depressants, and placebo. Guess which came out on top? EFT. It equals prayer and meditation in other tests, so all three (prayer, meditation, EFT) are safe and excellent, and one or all may help.

<http://eft.mercola.com/>

www.eftuniverse.com/index.php?option=com_content&view=article&..

These three modes of healing, prayer, meditation, EFT, are not meant to discount other useful therapies, they just need to be mentioned in conjunction with the rest.

Feel Well!

Posted On 03/09/2017

Guillermou

We must consider the importance of intestinal health in depression, which of course is related to the level of toximia and the state of micronutrients. Research is showing that the better intestinal health, the better mental health and vice versa. The relationship that bacterial strains known as psychobiotics have with the central nervous system and with the blood-brain barrier, the guardian of our brain, is key in addressing many pathologies in the mental sphere, in addition to other possible benefits that they can provide to others. levels. The modulation, development and renewal of ENS neurons are controlled by the intestinal microbiota. Although the vagus nerve (VN) is in contact with all layers of the intestinal wall, the fibers cross the intestinal wall and are therefore not in direct contact with the intestinal microbiota through 100 to 500 million neurons in the enteric nervous system (ENS) in the submucosa and the myenteric plexus of the intestinal wall.

In this intestinal health we can consider psychobiotics are involved in: -----1.- Produce neurochemicals, gamma-aminobutyric acid (GABA), which, being antagonistic, modulate our mood when we have an adequate relationship, as reported by Dr. Mercola. GABA signaling is often altered in those suffering from anxiety 2.. -----2.- It has been previously shown that all of these factors are negatively affected by stress. Short-chain fatty acids (SCFAs) counteract the long-lasting effects of chronic psychosocial stress.

Posted On 02/14/2024

Guillermou

-----3.- 'Psychobiotics' can influence our mental state through their impact on the hypothalamic-pituitary-adrenal axis (HPA axis). When dysfunction in the HPA axis occurs, our daily rhythmic production of cortisol and other stress hormones is disrupted, which can result in feelings of stress, altered mood, and disrupted sleep. Dysbiosis can lead to a "leaky" intestinal barrier, allowing gut contents to pass through the porous lining of the intestine, triggering an immune response. This immune response involves the production of pro-inflammatory messengers that can activate the HPA axis.

-----4.- Another mechanism of action against stress and depression is related to the impact that probiotics can have on inflammation. Beneficial probiotic bacteria in a healthy gut microbiome produce short-chain fatty acids (SCFAs) when they break down prebiotic fibers. These SCFAs may help maintain the integrity of the intestinal lining, helping to limit inflammation caused by increased intestinal permeability. Inflammation plays a crucial role in the appearance of symptoms of psychopathological diseases, anxiety and stress since it is capable of altering the metabolism of biogenic monoamines involved in their pathogenesis.--- www.mdpi.com/.../1838 (2022).--- <https://biorender.com/> .---- nyaspubs.onlinelibrary.wiley.com/.../nyas.14993 (2023).---- www.mdpi.com/.../13394 (2023).---- www.jrtdd.com/.../2017 (2023).--- link.springer.com/.../s12035-023-03691-3 (2023).---- www.mdpi.com/.../1838 (2022).--- www.mdpi.com/.../2099 (2021).---

Posted On 02/14/2024

Guillermou

People with depression have higher body temperatures, suggesting there could be a mental health benefit to lowering the temperature of people with the disorder, a new study led by the University of California, San Francisco, found. The study, published February 5 in Scientific Reports, does not indicate whether depression raises body temperature or whether a higher temperature causes depression. It is also unknown whether the higher body temperature seen in people with depression reflects a decreased ability to cool down, increased heat generation from metabolic processes, or a combination of both.

The findings shed light on how a new approach to treating depression might work, said Ashley Mason, PhD, lead author of the study and associate professor of psychiatry at the UCSF Weill Institute for Neurosciences. A small set of existing causal studies has found that using hot tubs or saunas can reduce depression, possibly by causing the body to cool itself, for example through sweating. scitechdaily.com/surprising-link-discovered-between-body-temperature-a.. (07/02/2024)

Posted On 02/14/2024

TruthseekJT

This is reason 4934 why I don't do "social media" of any kind! I never have, & I never will. The great consumer of your life. Then you get to wake up one day & realize your life is gone. But hey, at least you got to post a bunch on meaningless s**t on F. Book, all the while making that America-Hating turd worth hundreds of billions. Great job America!

Posted On 02/14/2024

idruid

The current woke agenda won't be helping much either. Being forced to identify as anything other than "normal" - even though technically you are - in order to be accepted as part of a group or school community must put students under some incredible mental stress. Basically living a lie and having no one to talk to about it.

Posted On 02/14/2024

allunoisrong

This is a Realm of Lies. Opposite "World". Not your final destination. Learn that one is an immortal soul, that you are here to learn instead of giving in to the Fear generated by the troublemakers. Fear or Faith (in your immortality and ability to make your own reality) are your two real choices. Good diet, etc. is nice, but with Faith in yourself, you will right your ship, instead of worrying about the future all the time. What you Fear will persevere. One big lie is how to Pray. Organized Religion is a prison, all created by the same troublemakers.

You don't ASK the God of this Realm (a Satanic consciousness), you visualize what you want, give it strong intent, and have faith that it has already happened and you don't need to worry about the steps to get there. The Neutral Construct will comply. Just as if you think negative, it will obediently make sure you are right. Another big lie is Karma. The only thing "Jesus" really did for you is to tell you to "Go, and Sin no more". That wipes your slate clean in that moment.

Posted On 02/14/2024

pecanroll

Three potent contributors? Heavy metal poisoning, Lyme disease and parasites. Mindfulness is practicing gaslighting.

Posted On 02/14/2024

jen3070

The prevalence in teen girls, and later women also, makes it seem there is likely a hormonal connection. I'm not a teen in this modern world, but I have a hard time believing social media etc. is the main cause, though it could be for some girls. Hormones are harder to keep balanced in a world full of pollution, especially endocrine disruptors and xenoestrogens, toxins in food, environment, and medicine, not to mention all the toxic beauty and personal care items that teen girls may be using. We know hormones can play a huge part in mood, and these causes of hormonal imbalance can also apply to the guys as well.

Posted On 02/14/2024

Maritt

Many people with anxiety suffers from Pyroluria where they are severely deficient in zinc & vitamin B6. Had great results with a child implementing the following: www.everywomanover29.com/blog/pyroluria-questionnaire-from-the-antianx..

Posted On 02/14/2024
