

## Guillermou

In depression and mood, we must think of a comprehensive management strategy, which includes proactive lifestyle changes, behavioral therapy, nutritional support and natural supplements. Aspects such as genetics, metabolic phenomena such as inflammation, oxidative stress, and hormonal imbalances can cause or exacerbate mood and depression. The research links depression with metabolic phenomena, including intestinal dysbiosis, inflammation, insulin resistance, and oxidative stress. The relationship between chronic stress, depression and anxiety is complex, but incredibly powerful.

The trauma first years of life, negative thinking, personality and temperament, stress and difficulties in relating to others. loss of a loved one, sexual abuse, etc., contributes significantly to prolonged periods of depression. Depression is more common in people with diseases of the central nervous system, hypothyroidism, metabolic and degenerative diseases.

The ability of the individual to respond to the demands of the environment, is essential to avoid falling into depression. In general, depressive patients show more difficulty in making decisions and experience negative emotional reactions to solve problems and face difficult situations. Several studies have shown that the absence of a confident person constituted a vulnerability factor for depression. Social support can be a moderating factor of stress.

Depression is a multifactorial disease and requires addressing several neurochemical and metabolic imbalances that may underlie mood disorder. Nutrients that can help in depression Wide range of nervous system function through omega-3 and magnesium. DHA is a great food for cognitive and anti-inflammatory functions. Magnesium is a cofactor for more than 300 enzymes in the body; It is important for the regulation of blood sugar, and has a calming effect on the nervous system. In general, Americans consume too much omega 6, and not enough of omega-3 fatty acids.

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## Guillermou

Exercise increases the levels of powerful chemicals in the brain such as serotonin, dopamine and noradrenaline, which may help mitigate some of the effects of stress and the creation of new neurons, including those that release the reassuring neurotransmitter GABA. In addition, it increases the levels of anandamide, and endocannabinoid that acts against pain and depression.

[articulos.mercola.com/sitios/articulos/archivo/2017/10/05/antidepresiv..](http://articulos.mercola.com/sitios/articulos/archivo/2017/10/05/antidepresiv..)

[articles.mercola.com/sites/articles/archive/2017/10/19/exercise-for-de..](http://articles.mercola.com/sites/articles/archive/2017/10/19/exercise-for-de..)

(2017) Meta-analysis. [www.sciencedirect.com/.../S0924933817304340](http://www.sciencedirect.com/.../S0924933817304340)

(2017) [link.springer.com/.../s10597-017-0213-9](http://link.springer.com/.../s10597-017-0213-9)

For the synthesis of neurotransmitters: SAME, folic acid, B12, B6 and tryptophan. had improved the serotonin supply. Methylation is essential for many functions in the body, including the production of neurotransmitters. SAME acid, folic, B12 and B6 are required. SAME helps the production of creatine, glutathione, taurine, L-carnitine, and melatonin. A lack of sun and vitamin D is associated with seasonal depression, and its ability to control inflammation. Insulin resistance is associated with depression. Ancestral diet, and regulation of blood sugar: berberine, chromium and green coffee extract. Zinc levels in blood are associated with mood and depression. Antioxidant effects of lipoic acid, NAC curcumin and selenium help fight free radicals. Hypericum perforatum is a medicinal herb used to treat depressive, neurological and psychiatric disorders.

[articulos.mercola.com/sitios/articulos/archivo/2016/10/20/inflamacion-..](http://articulos.mercola.com/sitios/articulos/archivo/2016/10/20/inflamacion-..)

Meta-analysis (2017) [www.sciencedirect.com/.../S0924977X17304455](http://www.sciencedirect.com/.../S0924977X17304455)

[www.mayoclinic.org/diseases-conditions/depression/expert-answers/natur..](http://www.mayoclinic.org/diseases-conditions/depression/expert-answers/natur..)

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**stanleybecker**

thank you Gui - for the researched and summarization of the present scientific appraisal of depression and its possible causes - "confidence", including self confidence, a belief in the righteousness of one's decisions must boost self esteem and strengthen one's resolve against life's vicissitudes - this "strength" in the face of disappointment and discouragements from an everyday standpoint - [quite apart from accidents/ bereavements/ financial setbacks] - some people have temperaments that provoke "depression" - the ancients believed that "meloacholy" one, of the four temperaments/humors had links to sadness/ melancholy - in this system the psyche is critically influenced by planetary positions - [www.skyscript.co.uk/melancholy.html](http://www.skyscript.co.uk/melancholy.html)

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## Guillermou

Stan, excellent link on temperaments. This also links to traditional Chinese medicine (TCM). TCM, acts on the basis of a holistic approach, with techniques such as acupuncture, Chinese herbs, massage, meditation and energetic exercises to restore the imbalances found in the body and mind, taking into account the emotional state of a person, addressing depression, with modalities that resolve root imbalances instead of suppressing emotions. Acupuncture acts with the purpose of stimulating the flow of energy of the body and functionality, called Qi, contemplating: 1. Depression related to the stagnation of the liver Qi - Frustration. 2. Spleen Qi: concern 3. Kidney deficiency - Anxiety.

[www.acupuncturetoday.com/.../article.php](http://www.acupuncturetoday.com/.../article.php)

Since the early 1990s, studies from around the world have suggested that the treatment of TCM depression has a positive and holistic effect on patients with depression. The psychologist John Allen, from the University of Arizona in Tucson, and acupuncturist Rosa Schnyer, carried out the first pilot controlled study on the treatment of depression symptoms with acupuncture in the Western scientific world, which met the diagnostic criteria of the DSM -IV, with positive results. In the United States, the DSM-IV, a diagnostic tool for psychological disorders, is widely used in the diagnosis and treatment of depression. [allpsych.com/.../dsm](http://allpsych.com/.../dsm)

[journals.sagepub.com/.../1467-9280.00074](http://journals.sagepub.com/.../1467-9280.00074)

Since then many studies have been carried out with positive effects. The findings suggest that the use of acupuncture alone may be as effective as other types of treatments to relieve the symptoms of depression that are commonly used in Western medicine, such as psychotherapy and drugs. (2017)

[www.ncbi.nlm.nih.gov/.../NBK409491](http://www.ncbi.nlm.nih.gov/.../NBK409491)

The United Nations World Health Organization has approved acupuncture as a treatment for depression, approving the "Vision of depression according to Chinese Medic

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You mention magnesium and omega-3 regarding depression, however, as I'm sure you are aware of, the presence of zinc, Vit-C, B3 and B6, are also required for the proper synthesis of EPA-DHA in humans, and even at best, humans are not all that efficient in this conversion. This is why EPA-DHA has been crucial for any serious attempt at dealing with depression.

Now, if we interfere with that conversion process by having too many of those conversion cofactors pulling double duty as antioxidants to prevent replication damage, it is easy to see how fast things start going south as stress starts interfering with, in this order, hydration, nutrient absorption, and overtaxing our available antioxidants. Taken to the next level, it is no wonder why caffeine has been implicated as a significant culprit, yet all the caffeine junkies continue to exhibit their addictive behaviors whenever someone suggests that they quit it for a month to re-establish their tolerance baseline. The arguments, the sneers, the denial; one would think they were dealing a crack addict. I mean, how many caffeine junkies are willing to alter their "routine", even when exhibiting so many symptoms of this conversion failure?

Sure, caffeine has its antioxidative benefits, but so do acai, pomegranate, amla, noni and gac fruits, and lycii berries, and any other plants that have provided man a source of vVitamin C and antioxidants. The state of health during the evolution of man has been dependent upon the presence of these sources in his diet. Coffee beans are, by no means, the only source. Coffee, unfortunately, also contains caffeine, which when taken during stress, merely compounds the problem of caffeine metabolism. While the body can metabolize its five stress hormones (with half-lives of between 1.2 to 1.5 hours), caffeine's half-life is 5.2 hours and every time that caffeine takes another round through the bloodstream, off go the stress hormones and the fatty acid conversion process gets challenged.

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## Guillermou

Hi Pisces, your comment has excellent points to consider. Concerning the conversion of linolenic acid to EPA and DHA. In the conversion of ALA to EPA and DHA, it requires the activity of the D5D and D6D enzymes mediated by the FADS1 and FADS2 genes, and may be compromised, due to nutritional deficiencies, such as the coenzymes that you comment, as well as inflammatory conditions. In healthy women, only about 20% of dietary ALA becomes EPA and less than 10% becomes DHA. In healthy men, only about 8% of ALA is converted to EPA and there is no conversion to DHA. The conversion rates of EPA and DHA from ALA are reduced by up to 40% when ALA is consumed together with fatty acids such as linoleic acid and arachidonic acid, as is typical in Western countries. In addition, the consumption of alcohol, reduces the level of DHA in the liver and blood. hyperglycemia and hypercholesterolemia interfere with the activity of D5D and D6D.

[themedicalbiochemistrypage.org/omegafats.php](http://themedicalbiochemistrypage.org/omegafats.php)

[www.ncbi.nlm.nih.gov/.../17622276](http://www.ncbi.nlm.nih.gov/.../17622276)

The DHA status of infants and adults who consume preformed DHA in their diets is higher than that of people who do not consume DHA. ALA supplements, even with EPA, do not improve DHA, such as direct consumption of DHA. The increase of cardiovascular and cerebral diseases makes it necessary to supplement omega 3. Phospholipids (krill oil), has greater assimilation than triglycerides, and is higher than ethyl esters. But it is better, the consumption of fish guarantee 1-2 times a week. Recent studies support the consumption of fish in the prevention of diseases as a complement to a diet progetarian.

DHA is highly concentrated in the brain, where it collaborates in neuronal communication with neurons and protects them from oxidative stress. The EPA is very important for the health of the heart and also influences the function of the brain to have healthy blood vessels, thanks to its anti-inflammatory and anticoagulant properties.

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## stanleybecker

Dr Mercola - John Yudkun's book "Pure, White and Deadly" was the first warning way before anyone else - [www.amazon.com/.../0241965284](http://www.amazon.com/.../0241965284) - the addictive enslavement to sugar and the problem with ALL addictions - is the constant withdrawal that drives the addict to desire and crave another hit/ another "fix"/ another period of dissatisfaction or depression while the addictive receptors demand that the enslaved brain be "satisfied" with some more SUGAR - this state of urgency/ conditioned desire puts the Sugar Junkie under tremendous stress and discomfort - more sugar, more sugar, more sugar - this is the vicious cycle that Junk Food Addicts find themselves perpetually chained to - this addiction destroys the emotional balance that the human organism is wired to gain - now the Junkie goes on the rollercoaster journey of short bursts of pleasure that transform into pleasureless emotional confusion - this is the same experience as the lab mouse has on the running wheel - [www.blogmarketingacademy.com/wp-content/uploads/2010/08/mouse-wheel.jp..](http://www.blogmarketingacademy.com/wp-content/uploads/2010/08/mouse-wheel.jp..) - running aimlessly from one "fix" to the next "sugar fix" - round and round - despairingly hoping for the Final Fix - diabetes/ heart disease/ cancer/ kidney failure/ amputations/ - all for the love of SUGAR

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## Guillermou

Good morning, Stan. Sugar sweet poison. The combination of sugar and gluten is deadly for intestinal microbiota and inflammation, causing a multitude of pathologies, including depression and mood. High-sugar foods and starchy carbohydrates produce an excessive release of insulin, which can cause blood sugar levels or hypoglycemia to drop. In turn, hypoglycemia causes your brain to secrete glutamate, at levels that can cause agitation, depression and anxiety. Avoiding sugar (especially fructose) and grains will help normalize your insulin and leptin levels, which is another important aspect of mood and depression

Sugar causes chronic inflammation, something that alters the normal immune function of your body with important repercussions in mental illness. In addition, being rich in sugar and grains, processed foods also contain a number of additives that can affect their brain function and mental state, especially monosodium glutamate and artificial sweeteners such as aspartame. Glyphosate, used in large quantities in transgenic crops such as corn, soybeans and sugar beets, reduce liver detoxification enzymes. Gluten sensitivity is also a common and hidden cause of depression, causing intestinal diseases and intestinal permeability, which intoxicates the blood disturbing the brain chemistry, in addition to creating multiple autoimmune pathologies.

The toxicity of glyphosate causes oxidative stress and inflammation, damaging cellular systems throughout the body. interferes with CYP enzymes, acting synergistically with the biosynthesis of aromatic amino acids by intestinal bacteria, and the, metabolism of glycine and minerals, causing most diseases and conditions associated with a Western diet, including depression Sugar also suppresses a fundamental growth hormone brain-derived neurotrophic factor (BDNF) This hormone promotes healthy neurons of the brain, mitochondrial health, and aids cognitive functions. People with low levels of BDNF are prone to depression.

Posted On 11/30/2017

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## stanleybecker

morning Gui - thank you for replying to my post - most people regard sugar as a positive aspect of their life - compensation eating and food rewards are sugar based - sweetness is the criterion of "what tastes good" - desserts are the main course and not the meat/ fish/ vegetable plate - people wait eagerly eating through the main course in anticipation of dessert - a hostess is often judged by the "sweetness" of her dessert - the overkill of her dessert - desserts are remembered while the main course is quickly forgotten - this is the "REWARD" that ends the dinner - carbohydrates are quick burners - carbohydrates are contraindicated for sedentary/ no exercise types - the sugar conversion has no fuel requirement for the sedentary eater who burns no calories - this leads to circulating sugar - which leads to the most powerful hormone in the human body = insulin being released to remove excessive sugar from the blood and store it as fat [tryglyceride] - lack of movement makes fast burners like sugar build up with no place to go but storage - the pancreas is never allowed to rest - this form of existence is not aligned to dietary needs - hence sugar that has no purpose because the ingester sits on his/her a ss all day - sugar becomes a health hazard leading to the three main diseases of heart/ cancer/ diabetes - cut out the dessert - cut out the sugar

Posted On 11/30/2017

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## acs4457

The old adage was:- A healthy body makes for a healthy mind. Today, with mass marketing and the big companies who are without personal responsibility and a conscience behind them, the exact opposite is probably as true. The TV and these cheapskate sensationalist magazines that appeared from round the late 70;s are probably the worst culprits in this respect. I raised 5 children and threw both of them out of the house permanently when the children were very young. One does not allow anyone into your lounge or house but most do it by keeping a TV there ! It is a powerful medium when it comes to mind control and establishing detrimental living habits that leads to ill health and destructive social cultures. I am so pleased I did it in those days. Non of the children are TV addicts today. They also do not let their children watch without proper control.

Posted On 11/29/2017

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## stanleybecker

hi acs - in South Africa TV was not introduced until 1975 - I saw my first TV in London when I was 25 years old - it was referred to as the "Devil's Box" by Dr Albert Herzog of the fascist regime then in power, whose vision of morality has not stood the "Test of Time"

Posted On 11/30/2017

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## Guillermou

Yes ACS and Stan, You have to know how to educate your children and sometimes you have to be tough in the face of certain attitudes. Television is a waste of time. There are more interesting things, like reading books, playing sports, talking with parents and friends. The addiction to television trash, negativiza the brain: realty shows, old series repeated over and over again, tragic news presented with morbid. Television is a window into the world, and it turns out that it is full of catastrophes, murders, corruption, hatred, crying. Surely the most negative people see a lot of television. Television is advertising and more advertising, medicines for flu, pain, which cause diseases. They are means managed by large corporations that promote excessive consumption and drugs. Some children's channels, are real washings of celebros. Now at parties the use of useless toys is encouraged.

Television is not creative. The viewer has a passive, sedentary attitude. It creates the "mass man", the "man herd", absorbing and absorbing content, at the same time as junk food, to promote metabolic diseases. Then they must educate the children to enjoy their free time, to play and enjoy the pleasures of life, to be cheerful, to be free to choose what they want to have, and what they want to see, to be creative children, that are healthy and do not generate obesity. Education in childhood and youth, is the basis of the development of critical thinking.

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## Krofter

Our current potus is the most media oriented person ever to occupy the white house, constantly tweeting. His blatant vanity reveals a person who is quite insecure. His mood swings indicate he has no control over his emotions, which is a sign of early stages of dementia. Consequently, he sets a terrible example for the rest of the country and that shows up in the form of neo \*\*\* and other radicals coming out of the woodwork.

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## iamblessediam

Yo Krofter...about the current POTUS - I've said this before on this forum - look at Propecia - the Merck drug for preventing hair loss: [[www.thedailybeast.com/why-i-would-never-take-propecia-president-trumps..](http://www.thedailybeast.com/why-i-would-never-take-propecia-president-trumps..)]. Beyond the associated "libido" issues: [[www.rxlist.com/propecia-side-effects-drug-center.htm](http://www.rxlist.com/propecia-side-effects-drug-center.htm)] - WHAT'S EVEN SCARIER are the known NEUROLOGICAL "side effects" that can get progressively worse with long term use - so much so there's now a "foundation" formed as a public information venue to "educate" men about the dangers of prolonged use: [<http://www.pfsfoundation.org/>].

I know people that've known the current POTUS for well over 40 years and they are concerned about his current state of mental health - some state he's demonstrating early signs of dementia. I've shared with them my concern that it may be drug use related - the dude's been using Propecia for a long time. PLEASE - Trump supporters - DON'T go "all out" getting confused that I'm sharing a "political conspiracy" rant - do your own research on the Big Pharma DRUG the guy you elected as POTUS is using - STRESS and Propecia definitely don't get along very well. And God knows being POTUS is a stress filled job. Be well! LBP!

Posted On 11/30/2017

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## niboroyam

What kind of wine can you drink while on the Keto Plan?

Posted On 11/30/2017

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## grulla

Have your 5-8 oz glass of (table) wine (only one a day preferably with your meal) dry, not sweet, and red for the resveratrol. ALSO, Be mindful of possible toxins in certain wines like arsenic and gyphosate:

[www.ecowatch.com/monsantos-glyphosate-found-in-california-wines-even-w..](http://www.ecowatch.com/monsantos-glyphosate-found-in-california-wines-even-w..)

[patch.com/georgia/cumming/which-california-wines-reportedly-contain-po..](http://patch.com/georgia/cumming/which-california-wines-reportedly-contain-po..)

Posted On 11/30/2017

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## Dr. Mercola

Best wines for keto are listed in the article from Dry Farm Wines

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## seg

One has to be very careful with wines, even Organic wines are allowed a number of substances that are not so healthy and some years ago i remembered reading an article that showed that approx. 60% of the Organic wines tested from the Bordeaux region contained chemicals...I am very fond of the X-dry wines from Bordeaux, but now rarely consume them ..And this problem is not unique to Bordeaux region, i suspect it is going on right across the globe, though with varying levels of toxicities.. Best bet is to get some good wines that are produced the natural way without those pesky additives...check this out, i posted it yesterday i believe CHEERS <https://www.dryfarmwines.com/>

Posted On 11/30/2017

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**njlady**

As someone who suffered from severe panic disorder, I obviously stay far away from caffeine. But one day at work I had a cup of coffee which everyone swore was decaf. About an hour later I felt wonderful! My brain was crystal clear, I felt energetic, and felt little pain. I had no idea why. Around an hour later I had one of my out of the blue panic attacks and felt a bit crappy after that. As I thought about it, I realized the coffee I drank was probably caffeinated. I wish there was a way to have the caffeine without the crashing afterwards! Perhaps a caffeine pill without side effects? Boy did I feel good! Needless to say, from that point on, to make sure the coffee was really decaf, I made it myself..lol

Posted On 11/30/2017

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## Guillermou

Hi "NJ" with the happiness and the humor that transmit your comments, it is difficult to think, that something feels bad to you. The international standard states that for a coffee to be considered decaffeinated it must have eliminated at least 97% of all its caffeine. The most common method to eliminate caffeine from coffee is to wash the beans. The normal process consists of moistening the green coffee bean first, so that it dilate and extraction is easier. Next, various organic solvents are used, such as methylene chloride, which are responsible for eliminating caffeine. Finally, the remaining solvent is removed by passing the grains again by steam, and finally drying them with hot air. The resulting decaffeinated grain then goes to the usual roasting and grinding phase, for later commercialization. This is an important detail: coffee is always decaffeinated, before toasting.

The method of elimination of caffeine by carbon dioxide under pressure. The extraction of caffeine from coffee with carbon dioxide is by far the most effective. An average of 99.9% of the total caffeine in the grain is eliminated. Coffee decaffeinated by this process, according to all experts, is the closest to the original, both in aroma and taste. However, it is also the most expensive method, and therefore is not usually used in large-scale industry.

The same reason that decaffeinated coffee is of a lighter color is that it produces less intense aroma. In the process of eliminating caffeine, other nutrients and antioxidants are lost, as well as a good part of the aroma that characterizes coffee. Therefore, doctors recommend this drink. Caffeine is the compound that makes you have the sensation of being full of energy when you drink coffee, helping you to lose weight.

Posted On 11/30/2017

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## njlady

Hi Gui As always, you have provided excellent information! I usually get my decaf coffee at Whole Foods. They sell the whole bean from the barrel,, which I grind at home as needed. I get either the decaf French or Mexican which are the only decaf beans they sell. When the beans are so fresh, the coffee has a wonderful aroma and rich taste. I will have to ask them if they know the process that is used for the decaffeinating. It always amazes me that people can drink 5 cups a day and it will not effect their brain chemistry!

Posted On 11/30/2017

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## **Rose\_5-HT**

**NJ: Decaffeinated coffee dramatically RAISES blood pressure because of the residues of highly toxic solvents (don't trust the water extraction, it's a marketing fraud, the effect on BP is the same !). If you want to avoid anxiety from coffee, it's simple, buy the instant / soluble one.**

Posted On 11/30/2017

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## **nutritionyoucanuse**

**Food and mood is such a fascinating topic - and a broad one. The connection seems to work in multiple ways, with some foods helping and some hurting. It doesn't help that there is a psychological and a physical impact to foods as well and the two aren't always complementary.**

Posted On 12/02/2017

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## **badboy2**

As stated;

"Foods that promote good mental health do so by optimizing your gut microbiome, quelling inflammation, reversing insulin resistance and optimizing mitochondrial function

Sugar, wheat (gluten) and processed foods have been linked to a greater risk for depression and anxiety. Diets low in animal-based omega-3 fats and folate also raise your risk

Key dietary recommendations for the prevention of depression include following a "traditional" dietary pattern such as the Mediterranean diet and avoiding processed foods, fast food, commercial baked goods and sweets"

The above Story at-a-glance says it all, not only for depression, stress, but also for most health problems, including body aches and pains along with arthritis, especially B6 and magnesium).

The full package of a vitamin B complex, will support many problems along with vitamin B3 (Niacin).

Remembering that B vitamins are water soluble and stay in the body only 4-1/2 to 6 hours, depending on the B vitamin. With 24 hours in a day, it may be hard to get enough from the animal foods we eat, so supplementation may be necessary. B12 is not the only B vitamin necessary for a Vegan's good health.

B vitamins not only support the nervous system, brain, etc; but are necessary for all the cells to function properly along with amino acids, minerals, and other vitamins.

Posted On 12/01/2017

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## **badboy2**

It is good to see Dr. Abram Hoffer's name mention in a positive thought in this article, for he did a lot, and took a lot of abuse from the medical establishment. Dr. Hoffer helped a lot of people with the aid of vitamins that the established medical and psychological doctors had given up on.

[orthomolecular.org/.../index.shtml](http://orthomolecular.org/.../index.shtml)

Posted On 12/01/2017

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## Valeria5

I can't believe you've used any data from research by or funded Nestle. They single handedly peddle vast quantities the very things you are recommending we abstain from, all over the world. I have done research myself & am completely aware of how easily findings can be skewed to seem favourable. I can't at a pinch think of a one single healthy product Nestle produces. Even the back of can of baby formula is nightmarish. Lots of additives to make something inferior acceptable. Toddler formula... dead food like concoction. Bye bye baby microbiome.

Posted On 11/30/2017

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## grulla

Today's article title reads, "Eating the Right Foods Can Give Your Mood a Boost", and with the article subtitle, "Substantial Amounts of Glyphosate Found in Many Foods", this timely article just now arrived about Monsanto "Out of Control" and more: [www.organicconsumers.org/bytes/organic-bytes-570-spinning-out-control](http://www.organicconsumers.org/bytes/organic-bytes-570-spinning-out-control)

Posted On 11/30/2017

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## Case\_7

I've been reading Dr Mercola's journal for 3years now and my health that was challenged is 70% ok. All my supplements is Mercola's product, but am affraid now because i feel my daily intake of supplements is high.

Can someone help to define overdose supplements.

Posted On 11/30/2017

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## Guillermou

Exercise increases levels of powerful brain chemicals such as serotonin, dopamine and norepinephrine, which may help mitigate some of the effects of stress and create new neurons, including those that release the calming neurotransmitter GABA. In addition, it increases the levels of anandamide, and endocannabinoid that acts against pain and depression. For the synthesis of neurotransmitters: SAmE, folic acid, B12, B6 and tryptophan. serotonin supply had improved. Methylation is essential for many functions in the body, including the production of neurotransmitters. SAmE, folic acid, B12 and B6 required.

SAmE helps the production of creatine, glutathione, taurine, L-carnitine, and melatonin. An insufficiency of sunshine and vitamin D is associated with seasonal depression, and its ability to control inflammation. Insulin resistance is associated with depression. Ancestral diet, and blood sugar regulation: berberine, chromium and green coffee extract. Blood zinc levels are associated with mood and depression. Antioxidant effects of lipoic acid, NAC curcumin and selenium help fight free radicals. Hypericum perforatum is a medicinal herb used to treat depressive, neurological and psychiatric disorders.

People who develop active strategies focused on solving problems have lower levels of anxiety and depression. On the contrary, subjects who are focused on their negative emotions do not use these activities to distract themselves from their emotions, do not use strategies to solve the problem, and present a high risk of severe and prolonged depressive episodes. Research links depression to metabolic phenomena, including inflammation, insulin resistance, and oxidative stress. The relationship between chronic stress, depression and anxiety is complex, but incredibly powerful.

Posted On 02/27/2024

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## **jaygee123**

'Mental health' (formerly Mental hygiene) is ground zero of Eugenics. Health is not divisible, and cannot be logically divided into one health for body (physical) and another separate health for the (hypothetical mind that has no location in the human being.) Doing so is nothing more than a lucrative business scheme. If your cured from a 'mental health brain disease' (lol) by optimizing your lifestyle, environment, diet/supplement intake, then you were never suffering from 'mental illness' to begin with; you simply had lifestyle imbalances.

Most IF not ALL symptoms falsely labelled and commandeered by the toxic mental health industry, are PHYSICAL in nature. Depression is a symptom, symptoms are NOT diseases, but the bodies warning signal that something is wrong and has to change. See medical mimics and psychiatric pretenders or diseases misdiagnosed as 'mental health' issues. Even practitioners who have been raising the alarm bells for decades on the DSM fraud, the Chemical Imbalance Myth, the suicide and death rates of so called 'anti-depressants' refuse to admit or address the vast body of evidence revealing that countless bona fide diseases and over 500 prescription and street drugs cause symptoms that are far too often misdiagnosed and mistreated as 'MI'.

Adding to this, agreeing to be "mentally ill" robs people of their legal rights, agency and makes them far more likely to be medically gaslite and iatrogenically re-injured. This is the tip of the iceberg. Mental health is the fastest, shortest road to hell.

Posted On 02/27/2024

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## **Joyeinthelord**

I am thankful God has placed you on this earth for such a time as this to help us all navigate our health to be at our optimal level. I appreciate your insight on depression and things to help as I've struggled in recent weeks. I'm a hospice social worker and emotions are heavy. One topic I would love to see studied more is those I serve with Alzheimer's who are sleeping during the day and are awake all night beginning with sundowning in afternoons. Caregivers are exhausted in not getting their sleep due to their loved ones being awake all night. God continue to bless the work of your hands Dr Mercola ! Joye

Posted On 02/27/2024

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