

Guillermou

The evidence contemplated by Dr. Mercola reflects that thanks to exercise, as a properly planned and structured body movement, many health problems can be prevented and improved. Clinical and preclinical studies suggest that stress is a key mediator in the pathophysiology of depression. Exercise is a readily available and effective therapeutic option as a first-line treatment in mild to moderate depression. Open your mind when you think about exercise. Look for ways to add small amounts of physical activity into your day. For example, take the stairs instead of taking the elevator. Park a little further from your work, for a short walk.

Or, if you live close to your work, consider cycling to work. Exercising releases endorphins, removing worries from your mind. Gain confidence to achieve goals and have social interaction. Longitudinal studies have established that those who exercise with others have a lower risk of developing cognitive impairment, depression, and functional disability than those who exercise alone. Regarding the scenario in which all participants exercised with others 2 times per week, the risk of developing cognitive impairment decreased by 29.2%. This impact was greater than the scenario in which the participants exercised alone, which was 15.1%.

According to a recent report by the Spanish Society of Neurology (SEN), between 35% and 50% of those who suffer from Alzheimer's must be considered. , they also have depression. This report also maintains that depression is, after apathy, the second most common neuropsychiatric symptom in Alzheimer's disease. The immune system is now considered an important component in the pathogenesis of depression and a target of antidepressant strategies. Alterations in the composition of the gut microbiota and the relative abundance of specific taxa have been associated with depressive disorders.

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Furthermore, it has been proposed that the microbiota-gut-brain axis may use inflammatory mechanisms to mediate the progression of depressive behavior. Research has shown that acute bouts of exercise transiently modulate circulating levels of kynurenine and norepinephrine, brain-derived neurotrophic factor, and a variety of immunoinflammatory mechanisms in clinical cohorts with depression. In this systematic review with meta-analysis, we identified that exercise increases circulating levels of and BDNF in adults with depressive disorder. The pathogenesis of depression involves the interaction of complex biological components, such as the immune system and the microbiota-gut-brain axis.

Complementary lifestyle-oriented approaches to depression, including physical exercise and special diets, are promising therapeutic options when combined with traditional antidepressants. The effect of physical exercise on the bidirectional relationship between the intestine and the CNS is characterized by its effect on the diversity and abundance of the intestinal microbiota through various mechanisms involving BDNF signaling pathways. Therapeutic options related to the gut microbiota, including diet and exercise, exert a strong impact on the bidirectional relationships of the gut brain, resulting in improvement of comorbid depression.

Furthermore, targeting the CREB/BDNF signaling pathway in gut microbiota dysfunction-induced depression represents a therapeutic strategy.

www.sciencedirect.com/science/article/abs/pii/S0167494322002953 (2023).--

www.nature.com/.../s41380-022-01819-w (2023).--

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Posted On 05/17/2024

juststeve

Gui, look how many boxes in the positive column get checked! And, consider this. Positives in spite of the sea of toxic negatives we currently swimming in. Just how much buried potential do we have?

Posted On 05/17/2024

Guillermou

Just, your assessment is very correct. We must influence all those behaviors that we have assumed as our own in our daily lives and that have a positive impact on our physical, mental and social well-being. Healthy lifestyles and habits are of great importance in promoting health and preventing mental illness in general, including depression. In a cross-sectional study that extracts data from the "Survey of Green Spaces, Daily Habits and Urban Health 2018" carried out in Carmona (Spain). The study included sociodemographic and lifestyle variables, vision of green spaces from home, self-perceived health status, and risk of anxiety and depression measured using the Hospital Anxiety and Depression Scale (HADS).

Chi-square tests were used to evaluate associations of variables and multiple linear regression models to identify the variables that explain the risk of anxiety and depression, taking into account sociodemographic characteristics, frequency of visits and view of green spaces from home. According to the results, adults who enjoy the view of green spaces from home have a lower risk of anxiety and depression. www.mdpi.com/.../7014 (2020).---

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forbiddenhealing

Exercise is not likely to appeal to a depressed person, though moving body fluids increases oxygen and removes wastes and toxins as it restores body-voltage...Metals and other industrial toxins are high on the list of root causes; detoxing, sunshine and sauna are called for...Emotional stress from economics, relationships, loneliness, toxic environments and the media fear/stupidity machine are epidemic leading to addictions and suicide...and where "antidepressants" usually make matters worse...and where a spiritual awakening into one's personal demon, the ego, is the ultimate answer to attaining higher consciousness, happiness and loss of "separateness" from the universe that has always plagued man with fear, greed, anger and inability to deal with the human condition of suffering and mortality...

Some find assistance through meditation, hallucinogenics, cannabis, nature, pets, fasting, a drastic change in scenery or finding a sense of purpose...while others, unable to have a positive thought, succumb to defeat and check-out with fentanyl or a bullet.....I would suggest a start to recover with a detox protocol and Mega Vitamin C...and a serious look at one's ego that will lead to the realization of oneness with the universe. forbiddenhealing.substack.com/.../scurvy

Posted On 05/17/2024

nancy_falster

I'm so grateful for farm life and hoping it fits the bill for regular, moderate exercise. Yesterday: I milked two cows, brought 4 square bales of hay and broke up to feed critters, carried 4 buckets of feed to feed the pigs, bought and carried in two 50 pound bags of alfalfa, canned 18 qts of chicken using my big canner weighing quite a bit, weeded the garden and blew down the drive and walks with blower But I did not get in a walk! Ahh, today is another chance- after chores!

Posted On 05/17/2024

rjn777

I do envy you! You're living the good life, and yes, it fits the bill perfectly for moderate exercise.

Posted On 05/17/2024

shery77

nancy-falster Amazing!!! Wow, what a great life on a farm, such fruitful exercise!! God bless, very inspiring to read. How life was meant to be.....

Posted On 05/18/2024

sss7457

Way to go, NancyF! Yesss, I'd say u were using ur muscles & certainly no couch potato. I always count 30 min of vacuuming or other house chores like sweeping, shoveling, digging, harvesting for my activity. U can actually find charts for the calories burned for a comparison that way. I'm just enjoying that I get points for seeing green outside my window! I live on a little city lot but it's all green right now! The delivery service took a proof of deliv pic fr their truck at the curb & u can't c the house 20' away nor a pkg-lol!! It is very relaxing to sit on the porch w the birds, etc or hear them fr in the house, feel the temp & air, & c green fr in-/outside. Sounds lk u were enjoying ur environment & the animals, etc too. Aah.

Posted On 05/17/2024

wearewell

I think us drones are forgotten because 'they' say our housework is not regimented enough....well, I clean a bank, go out after, and usually average 108 steps in just going 'up' at these two places ... (meaning, not counting going down)...my home has about 30 steps either upstairs or to the basement....this does not include going up the the attic. I vac. the bank 3 x's a week, and my home usually 2 x's a week...scrubbing floors is good exercise too right? Same as making beds right? I know I am getting a good workout whenever I start to sweat...is this not good enough?

I can't seem to get rid of ten pounds but I blame on covid....2020 was when husband worked from home more = to more food. Same with retirement in 2021...now I am eating more food than I ever have. Just because we have a full freezer does not mean it ends there...I actually sweat planning a menu some weeks....and he likes a fancy salad....I do not just throw a piece of a salad green in a bowl and say: "here's your salad".....I take much pride in my cooking and we never go out to eat...It has taken 4 years but he now asks what he can eat for lunch, not just 'take'.....but in a way, he has taken over my kitchen...grrrrr.

Do I get depressed about being ten pounds overweight? Not really - I pick and choose what I want to be depressed about....and now I just look weird when I dance...(used to dance a lot in the 80's)...I am not ready yet for polka dances. I do not wear 'tight' clothes anymore and my new hobby is 'cutting' some waste bands! Shhhhhh.

Posted On 05/17/2024

juststeve

- 'Michael Noetel, a senior lecturer at the School of Psychology in Queensland, Australia, told PsyPost: "We were surprised exercise worked so well for so many people. The benefits were bigger than we expected. Exercise was as good as therapy and drugs." Strongly disagree. Exercise properly done Is Better Than therapy and drugs and only has positive Safe & Effective Side Effects.

Posted On 05/17/2024

Guillermou

Thank you Just for highlighting relevant aspects. Also Yoga. Depression is one of the main causes of disability and conventional treatment has several limitations. The Integrated Yoga Module (IYM) for standard care with additional yogic education on lifestyle modification (YELM) in patients with clinical depression. AIM as an adjunct is superior to conventional medical treatment in reducing symptoms and improving positive psychological resources in clinical depression.

journals.sagepub.com/.../00207640231223431 (2024).--

Posted On 05/17/2024

BernadetteGately

Thank you for this post with the uplifting information. I find that doing Tai Chi and QiGong is a well-being savior. Happy and effective exercising everyone, and maybe then throw away any anti-depressants.

Posted On 05/17/2024

MiketheAngel

Known for at least fifty years officially and by anyone who ever went out for a walk, bike ride, skiing, etc. Associations between the composition of daily time spent in physical activity, sedentary behavior and sleep and risk of depression: Compositional data analyses of the 1970 British cohort Study Background: The benefits of moderate to vigorous physical activity(MVPA) in lowering depression risk are well established... Conclusions: Displacing any behaviour with MVPA was associated with a lower risk of depression. This study provides promising support that increasing MVPA, even in small doses, can have a positive impact on prevention, mitigation and treatment of depression.

Posted On 05/17/2024

fvomasch

Most people are low in essential nutrients due to poor diet and many medications. Magnesium/Vitamin D/probiotics/B vitamins/zinc/trace amounts of selenium. www.ncbi.nlm.nih.gov/.../PMC7352515
psychcentral.com/blog/nutritional-deficiencies-that-may-cause-depressi..
www.ncbi.nlm.nih.gov/.../PMC5986464

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References of interest vtomasch. Environmental chemicals, such as exposure to heavy metals, as a cause of mental disorders (such as depression) have attracted much attention in recent years, but whose effects have been underestimated. Heavy metals are ubiquitous globally due to their natural existence in the Earth's crust and anthropogenic activities. Most people tend to be exposed to toxic metals throughout their lives through inhalation of contaminated air or dust, consumption of contaminated food or water, and skin absorption in daily life, and it has been suggested that Persistent exposure to low doses of environmental pollutants is harmful to humans.

health. Studies pointed out that heavy metal exposure could induce neuroinflammation, oxidative stress, hormonal fluctuation, and disturbance of neurotransmitters such as dopamine and serotonin, which are potential mechanisms of depressive disorders. This study aimed to evaluate the association between urinary exposure to heavy metal mixtures and depression, and also considered the modifying role of physical activity in the effects of heavy metal mixtures on the risk of depression.

In total, 4212 participants were included and 7.40% of the subjects suffered from depression. We found that urine tin and antimony were separately associated with increased odds of depression. Recreational activity could attenuate the harmful effects of the heavy metal mixture on depressive symptoms. www.sciencedirect.com/science/article/abs/pii/S0161813X23000165 (2023)

Posted On 05/17/2024

robbie2u

Drug groups fear that people may see through the mirage that is pharmaceutical health. Once they realize that public health and drugs are a mirage they may begin to reason and think for themselves whether it is a day at a time or one disease at a time.

Posted On 05/22/2024

Alina1122

If you have a real depression, especially a severe one exercise will do absolutely nothing. If you are severely pressed you cannot even move. People confuse depression with just feeling down. They are not the same thing.

Posted On 05/19/2024

m231231

Nothing lessens my depression like a huge bowl of ice cream. In fact, a better natural high sets in when I just eat out the whole carton and finish it. Just kidding. Berg and local MD O'Mara, also lawyer, claim the best exercise are sprints. No one cares but this summer, my sprinting distance is the same as sprinting from Mpls to Fort Wayne right down interstates 94-90-94-through loop -80-65-30 by Nov 1st, or 568 miles, or 10,000 sprints. Currently at sprint 1,700, or 510,000 feet, nearing 100 miles, and it's damn depressing! But it's much more depressing for the neighbors as they get to see this 69 year old out their windows obscuring their views of peaceful easy feelings they were hoping to achieve with scenery of trees outlining the park and some retired trucker whackjob has to wreck the view for them twice a day, 75 minutes each.

That's just too bad. Park to left is a block away, other park to right is 2 blocks away. One warm morning last summer , sweated off 48 oz while drinking 24 oz. Trying to strengthen heart, lower the beat count, save enough of them with goal of living to 100. Pulse 55 in resting state, BP usually 2-1 ratio , 120/60. Have some \$14 gadget that I wrap around wrist evenings to make sure I'm still alive. Other nite, ran with headlamp in dark, almost out of body experience.

Routine is 120 steps north, 70 strides south , 100 yards, repeat 25 times, twice a day. Nearing my high school weight of 185. Then also use my two soloflex machines in basement every other day. Exercise sucks but never fails! It's ok, wife agrees with all of you she married one strange guy. 4 years ago , jumped 200,000 in 51 weeks, jumped to 5 below,. Could only jump 3 days a week due to round the clock self employment. Anyone welcome, Shiloh Park, Plymouth MN. On my way for my next 25. I don't exercise for today, I exercise for 5,10,20,30 years from now. Let's go!

Posted On 05/17/2024

jtblau67gmail.com

We all know exercise is key. Unfortunately, for those who have deep depression it's hard for them to even get out of bed. So telling them to get up and go out to exercise would be challenging. The key is to help them get up first and then open the shades to get some sunshine for starters but that is probably too difficult.

Posted On 05/17/2024

rkostoff

An Op-ed has been posted on Trial Site News titled "PhotoBioModulation: Overview of the Pubmed Literature on Low Level Light Therapy" (www.trialsitenews.com/a/photobiomodulation-overview-of-the-pubmed-lite..). PhotoBioModulation (PBM), also known as Low-level light therapy (LLLT), is a type of optical therapy that uses red or near-infrared lasers or light-emitting diodes (LEDs) for medical treatment. The Op-ed provides a comprehensive overview of the published literature, and also examines the use of PBM for treating four of the major adverse effects following Covid-19 vaccinations (Cardiovascular, Neurological, (where blood clotting has been included in the Cardiovascular and Neurological categories), Autoimmune, and Cancer. The Op-ed is available Open Access at the link above.

Posted On 05/17/2024

skupe59

All true but all the exercise in the world can't fix an unhealthy and organic diet without alcohol or drugs of any kind (including pHARMA scripts)!

Posted On 05/17/2024

juststeve

Agree. It all can help or improve, but can't fix the worst of bad behaviors, or a misguided Treat the Symptom\$ Medical System.

Posted On 05/17/2024
