

Depression causing foods

Can the foods you eat be causing your depression?

Recently I have had several clients presented with diagnosed depression which their GP prescribed a drug known as SSRI's or Selective Serotonin Reuptake Inhibitors which may work providing your body is making enough serotonin.

If you have a gas tank without any gas, putting a gas additive into the tank will not work! If you don't have any serotonin or are deficient in it, you can't increase what you don't have! You need to make more. By increasing your production of serotonin, it may help the drugs perform better or you may find you might be able to forego the need for drugs. But, only your GP can determine this.

Perhaps before your depression gets so out of hand that you need to take drugs, let's look at some natural ways that might help to turn that frown upside down.

Where is serotonin made? About 90% is made in the digestive tract. If your digestive tract is sluggish or you have digestive problems, you won't be producing enough serotonin. So, the first step is to heal the gut, remove parasites, toxins and heavy metals. There are many ways to heal a digestive tract depending on why it is not working optimally.

The foods we eat can directly affect our mental health. Out of convenience, habit or flavour we eat inflammatory foods on a daily basis that increase our chances of getting leaky gut, damage our friendly bacteria needed to make our Happy Hormone – serotonin and we develop chronic inflammation that leads to depression.

The Worst Foods to Eat Are:

Gluten – The glue-like protein in wheat can interfere with digestion and cause inflammation by irritating intestinal tissue and creating intestinal permeability or “Leaky Gut”.

Dairy – Casein, a protein in dairy, can increase inflammation and has even been linked to several psychiatric conditions from schizophrenia to depression. Watch out for casein in protein powders, too!

GMO's and Non-Organic Food – Most genetically-modified foods are treated with toxic pesticides and herbicides that are designed to kill. The toxins damage the microbiome in our gut and messes with our production of essential amino acids like tryptophan needed to produce serotonin.

Sugar and Artificial Sweeteners – This addictive food can create the blood sugar/insulin roller coaster that gives us high blood sugar that causes inflammation, derails our hormones increasing cortisol – the stress hormone – and can starve the brain and damage important structures in our bodies like cell membranes and blood vessels. All this leads to depression.

Vegetable Oils – Commercial veg oils like canola, safflower, sunflower or soybean are “processed” with high heat and high-pressure steps, as well as chemical solvents and many are made from GMOs. These oils are found in processed, packaged foods. They cause inflammation and have been linked to psychiatric disorders like depression.

So, WHAT DO IT EAT?!! I will write my next article for the 19 Oct edition on **GOOD MOOD FOOD**, offering suggestions on what to eat to reduce and prevent depression. Make sure to pick up a copy!

If you can't wait for two weeks, you can always contact me for a private consultation.

To Your Health!

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