

Depression, Anxiety and Stress

The Quest for the Happy Hormone!

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.

What foods might help boost serotonin? A few suggestions would be complex carbohydrates such as apples, blueberries, carrots and garbanzo beans or eating foods rich in L-tryptophan such as chicken, turkey, salmon, beef, nut butter, eggs and green peas. Magnesium is needed to make serotonin so eat plenty of almonds, cashews, walnuts, spinach, watercress or dandelion. Add plenty of Vitamin D and K foods to help absorb the magnesium.

What about supplements? Since the bounty of concentrated nutrients has been reduced from over-farming the soil, GMO's, and chemicals like pesticides, herbicides and chemical fertilizers, you may prefer to take some supplements. Out of the different types of magnesium, threonate, glycinate or citrate will be best taken with D3 or MCT oil to help absorption along with some Vitamin D and K. Omega 3, Taurine, MSM, Vitamin C Pre and Probiotics, Lithium Orotate, Curcumin and a good B Complex might be recommended but it is best to consult a Nutritional Therapist before adding any supplements to insure quality, quantity and what is needed to accompany them for best absorption.

What foods should be avoided? Some foods can make depression worse or are adversaries to absorption of the needed nutrients such as fried foods, processed foods, grains, sugar, starch, processed meats, phytates (wheat, bread), oxalates (all bran, rhubarb), phytic acid (beans that have not been soaked long enough) and alcohol.

Don't forget to get 30 min a day of exercise and 30 min a day of sun for a natural anti-depressant. Yoga, Tai Chi and meditation are terrific to add to your day as well.

Be Well, Chill, Eat clean and get some exercise in the sun!

Pen Klohs, Nutritional Therapist

