

Nutrition for Depression

Magnesium, zinc, selenium, and vitamin B12

Magnesium, zinc, selenium, and vitamin B12, found in fruit and vegetables, may help depression. People who eat the most fruit and vegetables are up to 14% less likely to suffer with depression, according to a new study that analysed dietary information on 440,000 men and women worldwide.

The study, reported in the journal, *Nutrition* ... found that those who ate the most fruit had a 14% lower risk of depression, while the biggest vegetable-eaters had an 11% lower likelihood of it.

Vitamin C, Vitamin E, and Folic Acid could also help, say the researchers from the Medical College of Qingdao University, China.

[Mail on Sunday, 08 November 2015].

Sugar

The 'serotonin hypothesis' argues that a deficiency of brain serotonin causes severe clinical depression. The drugs Wellbutrin and Prozac are often given as treatment. But another way to boost serotonin is eating more carbohydrates, especially sugar, as it facilitates serotonin transport - the problem is that more and more sugar is needed to continue the effect...

[Robert H. Lustig, M.D., *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*, (2012), p.62].

The Benefits of Vitamins

'*That Vitamin Movie*' features a long list of vitamin experts and health professionals ... discussing the healing potential of vitamins. The director was inspired to make this film after a close friend told him he'd turned his life around.

He had finally got control of the depression that had plagued him:

- Removing sugar from his diet was the first step,
- and taking niacin (Vitamin B3) was the second step.

In the documentary '*Food Matters*', Andrew Saul, Ph.D., talks about the usefulness of niacin in the treatment of depression.

But if vitamins are so effective for treating disease, including mental disorders like depression, why aren't doctors prescribing them instead of drugs?... The reason is because the drug industry wants to protect its own business.

Food is Medicine

The bulk of our nutrition should come from food, rather than supplements. Unbalanced ratios of nutrients tend to be a side effect of eating a processed food diet, and can be worsened by mega-dosing on individual vitamins.

BUT, most of our soils are frequently depleted of micronutrients as a result of industrial agricultural practices, so that foods are not as nutrient-dense as they used to be. Thus vitamin supplements can be helpful – *within reason*.

Some Helpful Supplements for Depression

- **Vitamin D3** (OR: try to get sufficient amounts of sun-exposure year-round),
- **Animal-based Omega-3 fat**, (OR: try to eat oily fish at least 2-3 times a week, such as tinned sardines or pilchards / tuna: tinned or fresh / salmon: tinned or fresh),
- **Vitamin C** (especially if you eat mainly processed foods, as processed foods provide very little Vitamin C),
- **Probiotic supplement** (OR: try to eat a good amount of fresh vegetables, and traditionally fermented foods [*see sheet: Candida Overload for good fermented foods*] which provides fibre – essential nourishment for beneficial bacteria in your gut).

[<http://articles.mercola.com/sites/articles/archive/2016/02/20/vitamins-healing-potential.aspx#!>]

Some Other Helpful Aids for Depression

- Frankincense