

What can I do to improve my well being and feel less depressed!

Mild cases of depression have seemingly affected more people than ever before. The feeling of overwhelming stress, burden, loss and/or anxiety has somehow become common, almost to a point of people considering it “normal.” The collateral damage these symptoms cause to family, friends, and co-workers is immeasurable and relationships can suffer irreversible damage. However, There are a lot that people can do to improve their sense of well being, reduce stress, wipe out anxiety, and clear the fog from their heads to live a life we all expect to live.

Our society today lends itself to such high demands. Work stress, paying bills, and family demands are tough enough, we tend to be put ourselves over the edge and overwhelmed with mundane, everyday tasks like driving kids to soccer practice, ballet classes, piano lessons, birthday parties, daycare, school etc. Depression is the most common emotional disorder today. Almost 25% of all Americans suffer from depression at one time or another during their lifetime. At any given time, 20 million Americans or 13% of the population may be suffering from serious depression.

There are three main types: Reactive, Endogenous (internal), and drug induced. Reactive arises from external stressors like financial difficulties, marital problems, or death of a loved one. Endogenous doesn't really respond to psychotherapy and is very self limiting caused from internal unknown triggers. Drug induced is mostly through the ongoing use of birth control medications, and high blood pressure medications.

It is thought that in most cases, depression in women is caused by birth control medications depleting vitamin B-6 from the body. Depression in men is mainly triggered by B vitamin deficiency, typically from chronic stress. Other nutrients thought to become deficient from oral contraceptives are folic acid, vitamin B-1, vitamin C, vitamin B-2. Other drugs that can create depression include alcohol, nicotine, cannabis, caffeine, corticosteroids, betablockers, and other high blood pressure medications. B-6 is a vital cofactor in the conversion of tryptophan into serotonin and melatonin, both essential neurotransmitters for healthy brain function.

We also see patients with digestive and absorption problems creating significant nutrient depletions of B vitamins, Vitamin C, Folic acid, and essential fatty acids. This hypochlorhydria condition can be worsened by the use of antacids and acid reducing medications. Sugar consumption triggering hypoglycemic reactions and insulin surges can also lead to extreme

swings in mood and depression. Removing these problems, re-establishing healthy nutrient levels, and supporting healthy digestion has shown to be extremely effective in reducing the occurrences of depression.

The ultimate goal is to have a clear mind, active lifestyle, and a sense of well being. To not allow the mundane tasks of everyday life to bring us down and rule our lives. Our bodies have the ability to adapt to the daily stress, and keep us in a positive mental attitude. We need to support with healthy nutrients that our bodies digest with ease. When we can achieve this, we can function at optimal levels without anxiety, depression, and brain fog. Health is inside out, not outside in.

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