

# DEPRESSION

Depression is a mental health disorder characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities.

## POSSIBLE CONTRIBUTING FACTORS

- Food sensitivities
- Leaky gut/brain
- Nutritional deficiencies: vitamin B1, B6, B12, zinc, vitamin D
- Adrenal hypofunction (low cortisol)
- Thyroid hypofunction
- Lack of exposure to sunlight
- Omega-3 fatty acid deficiency due to a lack in diet and/or gallbladder dysfunction
- Low protein intake (e.g. tryptophan), and/or hypochlorhydria (lack of protein digestion & absorption)
- Sex hormone imbalance: low estrogen, low testosterone, low progesterone, low DHEA
- Heavy metal toxicity (e.g. mercury)
- Mold toxicity



## LIFESTYLE & DIETARY RECOMMENDATIONS

- Focus on a whole foods VPF diet. Increase quality proteins and healthy fats.
- Avoid vegetable oils (canola/rapeseed, corn, soybean, sunflower, safflower, etc)
- Eliminate fried foods & hydrogenated fats/oils, refined carbs, alcohol and caffeine
- Consider an elimination challenge of dairy and gluten for a minimum of 90 days. Consider KBMO food sensitivity testing to uncover other foods potentially causing inflammation
- Exposure to sunlight daily for at least an hour, especially within 30 minutes of waking. Consider using a therapy light if you wake up when it's still dark in the mornings. Ex. HappyLight by Verilux
- Assess home or workplace for hidden mold growth
- Remove silver amalgam fillings (if any) with a biological dentist
- Sweat daily (i.e. exercise or sauna 4-5 days per week for 20 minutes) and replenish lost electrolytes
- Reduce stress: meditate, deep breathing, journal, delegate/do less, more nature/grounding, Epsom salt baths
- Focus on sleep hygiene



## SUPPLEMENT CONSIDERATIONS

- Omega-3 (higher in DHA than EPA)
- Liver/gallbladder support formula
- Vitamin D3 with K2
- Zinc
- Methylated B Complex
- Maca root (1 tsp to 2 Tbsp) (if low estrogen & testosterone)

