

Medical Rule Outs

In order to accurately diagnosis a depression or anxiety, etc., make an appointment with your Primary Care Physician to discuss possible contributing medical conditions, such as:

- Blood sugar imbalance, hypoglycemia, diabetes
- Anemia
- Thyroid imbalance
- Hypertension
- Ferritin (Iron stores)
- B12, B6, folic acid
- Vitamin D, RBC zinc, copper, and magnesium
- Neurotoxin exposure (e.g. lead poisoning, mercury other heavy metals)
- Infections
- Medication side effects, interactions
- Viruses
- Complete blood count, basic metabolic panel to assess general nutritional status
- Sleep Disorders



Help your antidepressant work better

Researchers recommend:

- Antidepressant
- Omega 3 fish oil
- Vitamin D3
- And Deplin

Omega 3 Fish Oil: Study after study has suggested benefits for omega-3 fatty acids, which are plentiful in certain fish oils. A handful of small studies have suggested that omega-3 fatty acids can help smooth out the mood swings of bipolar disorder. Researchers noted significantly lower levels of omega-3's in the red blood cell membranes of patients with depression. It is possible that increasing the omega-3 levels makes it easier for serotonin -- a chemical that carries messages from one brain cell to another -- to pass through cell membranes. Therapeutic dose is 1050mg if EPA form, or 150mg if DHA form.

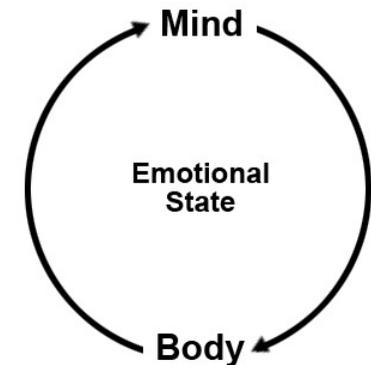
Vitamin D: A number of studies report some connection between vitamin D levels and the risk of depression and even psychosis. Therapeutic dose is 1000-2000 IU (not more than 10,000 IU).

Deplin® is a medical food that is used under the supervision of a healthcare professional. (Rx). The L-methylfolate found in Deplin® provides the nutritional requirements to dietarily manage depression by supplying the brain with the L-methylfolate it needs to make the neurotransmitters that regulate mood: serotonin, norepinephrine and dopamine. Deplin.com



Turtle Dove Counseling
Hood River Hypnosis & DBT
turtle-dove-counseling.genbook.com

Mental Health Vitamins and Supplements



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Vitamins

The B Complex Vitamins (water soluble)

"The B-complex vitamins are essential to mental and emotional well-being. They cannot be stored in our bodies, so we depend entirely on our daily diet to supply them."

Take a B Complex with any single B

- Vitamin B1 (thiamine): Helps reduce anxiety and fatigue. Women need 1.1 mg.
- Vitamin B3 (niacin): In large doses has a calming effect. Too large doses are toxic. Start slowly work up to 500 mg twice a day.
- Vitamin B5 (pantothenic acid): Symptoms of deficiency are fatigue, chronic stress, and depression.
- Vitamin B6 (pyridoxine): A known energizer that also has a calming effect. Rx levels may help lift depression. Take 50 mg twice a day between meals for two weeks, then three times a day, then just take B complex. Also useful during PMS.
- Vitamin B9 (folic acid): Folic Acid: About one third of depressed patients are shown to have a diet deficient in folic acid. This deficiency leads to a low serotonin level in the brain. Doses of folic acid, a B vitamin, bring serotonin levels back up to normal.
- Vitamin B12: Anemia can cause mood swings, paranoia, irritability, confusion, dementia, hallucinations, or mania. Rx levels linked to acetylcholine. Can be sublingual or injected. 300-500mg twice daily.
- Inositol: has been shown in studies to have a positive effect in the calming of the symptoms of panic attacks and obsessive-compulsive disorder. Therapeutic dose for anxiety and depression is 12 grams, for OCD take 18 grams.

Vitamin C (water soluble)

Subclinical deficiencies can produce depression symptoms, which requires the use of supplements. Necessary for proper function of adrenals. In large doses has a tranquilizing effect, known to decrease anxiety. Vital for dealing with stress. Therapeutic dose is 1000mg three times daily.

Vitamin D—see back panel

Minerals

Calcium: Depletion affects the central nervous system. Low levels of calcium cause nervousness, apprehension, irritability, and numbness. 500mg

Magnesium: Deficiency can result in depressive symptoms, along with confusion, agitation, anxiety, and hallucinations, as well as a variety of physical problems. 3 to 4.5 mg magnesium per pound of body weight

Note: Calcium & Magnesium should be taken together. Cal/Mag also comes with Zinc & D3, but check dosages, you may need to take more D3.

Chromium: helps keep blood sugar level in balance. Take 200mcg twice a day for a month, then reduce to once a day.

Iron: Depression is often a symptom of chronic iron deficiency. Other symptoms include general weakness, listlessness, exhaustion, lack of appetite, and headaches. Associated with anemia.

Manganese: This metal is needed for proper use of the B-complex vitamins and vitamin C. Since it also plays a role in amino-acid formation, a deficiency may contribute to depression. Do not take more than 11mg per day.

Potassium: Depletion is frequently associated with depression, tearfulness, weakness, and fatigue. 4,700mg per day

Selenium: Selenium is essential to brain function. Increases in dietary selenium, especially in deficient people, improve mood and depressive symptoms. Research hints that selenium may be used in the future as a preventive or in treatment of depression and other psychiatric conditions. If you are experiencing depression, selenium deficiency might be the culprit. Therapeutic dose is 100 mcg

Zinc: Inadequacies result in apathy, lack of appetite, and lethargy. When zinc is low, copper in the body can increase to toxic levels, resulting in paranoia and fearfulness. Take 30-40 mg.

Resveratrol: This extract of red grapes boosts blood flow to the brain so you feel more alert and upbeat. Health expert, Dr. Mercola reports that studies suggest a dose between 250 and 500 mg. Personally, I'd start on the lower end. Resveratrol is also a powerful antioxidant.

CoQ10: This supplement, though pricey, is a super-effective energy booster. It has a whole bunch of other benefits too that I won't go into here. You can read more about it if you're curious.

Herbals

Chamomile tea: One of the top selling herbal teas, this tea is an excellent choice for soothing nervous tension, headaches, depression and indigestion. It also helps to ease muscle pain and menstrual cramps. In the Middle Ages, the Greeks called Chamomile "Kamai" which means ground apple (because of its sweet apple-like fragrance). In most children, it is also a safe and gentle herb. You can also take Chamomile as a tablet, Calms Forte'.

Valerian Root: Valerian is a powerful anti-anxiety herb. The herb can be classified in many ways. It is a pain reliever, anti-inflammatory, antispasmodic, antiemetic, carminative, sedative, hypnotic, anti-hypertensive and antibacterial herb. It influences the cerebro-spinal system, making it a good sedative and good for helping to aid hypochondriacs and nervous people who haven't had much rest. It helps reduce fear, anxiety, hysteria, nervous exhaustion, headaches and even arthritis pain.

