

TJ Nelson: First thing we're going to do is I'm going to introduce you to vitamins, minerals, and amino acids that are going to bring your brain and body back into balance so you don't feel depressed anymore. These are the things that I started taking when I started and really got my body back and replenished those stores of neurotransmitters in my brain to the point where I could function again.

I took a lot of this from the book *Depression Free Naturally* by Joan Mathews-Larson and *The Mood Cure* by Julia Ross. They had tried this on thousands of patients. You can check out their books for more information. I encourage you to do your own research, but these are the things that you're going to want to start taking now so that in a month or two you're going to be really feeling the effects and you'll be feeling a lot better.

I want to say a quick word about the good thing about all this. When you see all this stuff it's going to seem like a lot, and it is at first, but the good news is, with these amino acids, vitamins and minerals, it doesn't cause dependence.

I started out taking way more stuff than I do now. Now I just take a few things and I'm fine. I don't have to take a lot of stuff all the time. I can even go weeks without taking anything and I feel okay because I've brought my body back in balance originally. At first you're going to be taking more stuff and it's going to feel kind of crazy.

The first thing that I take is B vitamins. These are the ones you can stop taking after a while, but I still take these even today. B vitamins are critical for creating all sorts of neurotransmitters in your brain such as dopamine, serotonin, norepinephrine, essential for numerous critical functions in your body.

Stress depletes B vitamins. If you've been stressed for a while, B vitamins are especially going to work for you and help you feel a lot better because after you've been stressed for months at a time your body is just going to be craving for more B vitamins than what you have currently.

Another thing you want to be taking is vitamin C. There's been tons of research on vitamin C on how it prevents burnout, other certain diseases. When you first start out, around 2000 milligram is going to be best. This is another thing I don't have to take anymore, but when I first started out I was taking lots of vitamin C. It's recommended by some of the top nutritionists in this field.

The next thing you want to start taking is fish oil if you aren't taking already. I'm sure you've read all about the effects of Omega-3, how it affects your brain, how the healthy fats are going to prevent you from depression.

I personally have this form in capsules. I typically like the liquid best. There's a lot of different forms of fish oil out there. You're going to want to find something if it's in capsule form it's going to have at least 300 milligrams of combined DHA and EPA. Most people don't convert flax to DHA properly so I would strongly suggest you guys start taking fish oil if you're trying something like flax.

The next mineral that makes a huge difference in a lot of people's lives is magnesium. Magnesium is chronically low in people that suffer from depression and anxiety. Magnesium is one of the things that I still take to this day every night because it helps so well with insomnia. I actually had a blood test done that showed I was low in magnesium. Not if it shows anymore how magnesium

for me, if I'm low in magnesium and I'm thinking positive thoughts it's not going to do anything because I need magnesium otherwise I'm still going to feel anxious. Magnesium is huge in preventing anxiety, insomnia and depression. So many people are deficient in it because they don't eat enough salads, greens, and those sorts of things. It's a great thing to start supplementing with to see how it affects you.

The next thing you want to start taking is vitamin D. Vitamin D is actually a hormone that is responsible for all sorts of different functions in your body. You obviously have all heard about getting enough sun, you get the vitamin D in your body, all those sorts of things. Now recent research suggests that we actually need more vitamin D than we thought we did. Even if you're getting enough sun there's still a chance that you're low in vitamin D. If you're low in vitamin D you're not going to feel good.

Now a lot of people, let's say for a start like 1,000 international units a day. With vitamin D it's something you want to test for if you're going to be taking a lot of it or experimenting extensively with it because too much vitamin D is toxic for your body. I personally have taken 5,000 international units for a year. I just got blood work done and my results are perfect. They're right where I need to be but I wouldn't suggest start taking 5,000 international units right away unless you test for it because too much is toxic and too much is going to make you feel worse.

Another mineral worth considering is calcium. Calcium is notorious for bone health. All those got milk commercials, what a lot of people don't know is calcium is also essential for production of a lot of neurotransmitters as well. A lot of doctors have combined calcium and magnesium together to help you with anxiety or insomnia. Some people even describe calcium and magnesium combined as like a super tranquilizing effect.

The last thing you want to take is a multivitamin. Now some people don't like multivitamins, some people love multivitamins. When I first started out, it was one of the main things I started taking as well. I don't have to take a multivitamin anymore but a multivitamin is going to help cover your basis, get you some of those vitamins that maybe missing in your diet so that you're not missing out anywhere and have any holes in your nutrient system.

Last thing, I want to personally recommend is probiotics or digestive enzymes. When I first started my digestive system was trashed. If I ate something I got bloated all the time. When I started taking a bunch of probiotics I was getting my healthy bacteria in my gut back into balance. When I ate food I would take digestive enzymes so that I could absorb the food and absorb the nutrients from the food.

If your digestive system is out of whack, all the vitamins, all the healthy foods are not going to do much because you can't absorb the nutrients themselves and from the very get go your body is not going to function right.

Common hang ups for taking all these vitamins, minerals and that sort of thing is that people tend to put off by, "Look, this is a lot of pills I got to take." If swallowing the pills themselves is hard for you, there's a lot of chewable forms, liquid forms of these vitamins and minerals that you can find so you don't have to swallow the huge pills if you can't, if that's not your thing.

Now another thing with it is, yes, it might feel a little weird but if you're not going to be depressed, I don't care how weird it is. It might seem expensive to buy all these vitamins and minerals up front. But the thing with it is, it's a large sum of money up front and it seems like a lot, but if you actually calculate it out how much of this per month, it's not that much because a lot of the stuff will last you a really long time. Vitamin D for example, it's nine or 10 bucks per bottle, but that bottle is going to last you almost a year because there's so many capsules within that bottle. Another thing is for me, I knew from the beginning I was depressed I was thinking, "Nah, this won't work. This won't work." Going through my brain. I didn't want to ... "No, I'm going to spend the money. It's not going to work."

If you tried all these other things and you're still depressed, not trying this is more expensive than not doing it because you're going to stay depressed if you don't find the root cause and cure it.

At the beginning you're going to take a lot but you have to realize in the future you don't have to take them anymore. In the beginning you have to take a lot because you're bringing your body back into balance, but after a while a lot of

the things, you don't have to take them unless you're in a stressful situation or you're depressed again.

You don't have to take these for the rest of your life. This is only right now. If you're taking them, you're getting your body back doing what you need to do.

Lastly, I wish I could have told myself this when I was thinking about it and procrastinating and not doing it but doing this, buying the vitamins, minerals and becoming healthy is less expensive than not doing that because once you actually become healthy and not depressed, for one, I mean you don't feel like killing yourself you solved the problem; and two, you will start to be able to do more and be more productive in life.

It wasn't until I treated my depression I was able to actually really succeed in a job. I increased my income by 20 times in this one job. I was able to do because I finally had energy to be able to talk to people when I wasn't depressed anymore.

Those are the basics you want to start out with. If you guys have questions let me know. If you've already taken your B vitamins, if you're already taking fish oil, you don't have to order those but make sure you look at these, try to get as many as you can or whatever is the most important to you, all of them is ideal and then start taking them and go from there.