

## **Nutrition – The Missing Link in Curing Your Depression**

### **Foods That You Need to Avoid**

#### **#1: Sugar**

- Some of you might be able to cure your depression alone just by avoiding sugar
- Sugar is more addicting than drugs
- Always ask for no added sugar in your shakes and food (this is so important, the first thing I learned in Thai was “No Sugar”)
- Ingredients Label – Manufacturers use other names for sugar. Avoid eating it if you see it has any of these other names for sugar:
  - Agave Nectar, Barley Malt Syrup, Brown Rice Syrup, Corn Sweetener, Corn Syrup, Dehydrated Cane Juice, Dextrin, Dextrose, Evaporated Cane Juice, Fructose, Fruit Juice Concentrate, Glucose, High-Fructose Corn Syrup
- Also beware of dried fruits, fruits canned in syrup, applesauce, or too much fruit in one sitting.

#### **#2: White-Flour**

- Cereal, bread, cookies, etc.
- Acts just like sugar in the body and is just as addicting as sugar.

#### **#3: Wheat**

- Pasta, bread, cereals, anything with gluten in it.
- Gluten can irritate the digestive tract, prevent absorption of nutrients from food.
- Your depression alone could be caused by a gluten intolerance, or *celiac disease*.
- Gluten can lower serotonin, resulting in depression and anxiety
- People have been cured of bipolar by not eating gluten
- Gluten affects the brain like an opiate and many experts call it a brain allergen because people can become fully addicted to it.
- There has been an explosion of people that are “Paleo” and low carb because of how much better people feel when they eliminate wheat.

#### **#4: Vegetable Oils**

- Corn oil, soy oil, canola oil, safflower oil, sunflower oil, peanut oil, sesame oil, wheat-germ oil, cottonseed oil, walnut oil.
  - Use butter or coconut oil instead! Rates of depression and disease are much higher now compared to when everyone used butter and coconut oil.
  - Scandinavians have a more genetic inability to manufacture chemicals from gamma-linolenic acid (GLA) into prostaglandin E1 (PGE1) which is associated with depression.
- Vegetable oils contain high amounts of Omega-6 fats and are unstable, meaning they oxidize easily.
  - When there is oxidation in your body it damages your cells and tissues, especially the brain.
  - When you have too much Omega-6, it competes against Omega-3 fatty acids, and without enough Omega-3 fatty acids our brains don't function properly.

#### **#5: Processed Meats**

- Bacon, canned meats, cold cuts, deli meats, hot dogs, salami, sausage
- Have artificial ingredients and preservatives that sap your energy and damage your body.

#### **#6: Milk**

- Highly processed these days, it often has hormones in it that cause havoc in our bodies
- Many people cannot digest lactose properly. Some people can eat some forms of dairy fine and others not so fine. Try eliminating milk in the “Food Allergy Test” for two weeks to see if it affects you adversely.

### **#7: Soy**

- Can mess up your digestion, increase your estrogen, depress your thyroid, and mess with your neurotransmitters.
- It was touted as a health food, but a quick Google search will reveal a plethora of research done on soy fed babies, soy fed farm animals, etc. that shows negative findings.
- Miso and fermented soy can be fine at times.

### **#8: Caffeine**

- Depletes B Vitamins, lowers immune system, causes anxiety, messes up your sleep patterns, over-acidifies your pH levels, and inhibits serotonin and melatonin production.
- Stick to low strength green tea if you have to, but if you are taking tyrosine, it is likely you won't need any caffeine anymore

### **#9: Alcohol**

- Alcohol is a depressant, many forms are derived from wheat products, can contain a lot of sugar, and overall mess with the delicate neurochemistry in your brain.
- Depletes brain of B Vitamins
- Best to avoid it if you can, and you will feel better all day and night long instead of having hangovers all the time.

### **#10: Artificial Ingredients**

- Artificial sweeteners
  - Aspartame still raises insulin levels and is linked to diabetes
- Artificial colorings, preservatives, any chemical additive
- Pesticides
  - Aim for organic produce whenever possible

### **Food Addictions**

- Some foods make you feel good because you are not metabolizing them correctly. The antigens that attack undigested foreign food particles also release psychoactive chemical in brain that produces endorphin effect, making us love the harmful food.

### **Final Words**

- I gave up sugar and what a long time ago. I feel so much better, and now everything tastes much sweeter to the point where if I eat something with sugar in it, I get destroyed and it tastes nasty.
- Your body will begin to crave healthy foods, don't worry. But at first you may feel a little withdrawal if you have developed addictions to certain foods.
- Again, just like the supplements and vitamins, you need to take this very seriously in the beginning. After a long time once you have become stabilized, eating a piece of bread won't hurt you, even though you shouldn't do it.
- Going to be hard at first. Supplements will help you. Trust me, it will be worth it in the long run when you don't want to kill yourself anymore and have energy that lasts all throughout the day.
- For more in depth information you can check out Julia Ross's book [The Diet Cure](#)