

## **Permanent Change**

### What if I'm still depressed?

If you fixed your nutrition, are taking the basic vitamins/minerals and amino acids, integrating exercise every week, reducing anxiety and stress with relaxation or meditation, sleeping well and still have depression, don't worry. There is always a cause and a few extra things you can do.

Sometimes fixing depression takes a little time and fine-tuning. Here are some more hacks to help.

Make sure you have tried the supplement SAM-e and B-Vitamins if you have methylation problems (high histamine levels), checked for pyroluria and thyroid problems, and got your sex hormones tested. You might be surprised that this whole time you had low testosterone or an underactive thyroid, both common problems among depression sufferers (especially thyroid problems).

### **Lightbox and Sunlight Exposure**

- Are you getting enough sunlight? Try and get at least 30 minutes in the sun everyday.
- If you can't get enough sunlight, get a lightbox, preferably around 10,000-lux.
  - If you click these links, I get a small commission. Feel free to search for lightboxes on your own if you don't like that.
  - [NatureBright SunTouch Plus Light](#)
  - [Lightphoria Energy Light Lamp](#) – Great for travel
- You can place these in front of yourself while you're eating breakfast in the morning, on the bathroom counter while getting ready for work, etc. I was on the fence forever with these lightboxes. Then I realized, well I'm depressed, I can try it for 30 days and if doesn't work return it. If it does work, I'm not depressed. So try it if you've ever had depression in the winter or are still experiencing symptoms, who knows, it might just work.

### **Vitamin D**

- Again, are you getting enough sunlight and/or Vitamin D?
- Vitamin D levels are notoriously low these days as people shift from working outside to sitting in an office all day.
- Get a Vitamin D test to determine your levels and take more Vitamin D if you are deficient in it.

### **Up The Exercise**

- 30 minutes of exercise 3 times a week is what researchers found to be effective to defeat depression. However, other studies on people without depression shows the greatest change in the brain and physiology for people who exercise an hour a day.
- If you are up for it, try increasing your exercise. But remember, the goal isn't to destroy yourself. If you feel even more depressed and tired from exercising really hard, it's ok to rest.

### **Increase Omega-3 Intake**

- Try doubling your Omega-3 intake and get a blood test done to evaluate your ratio of Omega-3 to Omega-6 fats to make sure you are getting enough.
- Getting your blood drawn might seem like a hassle and not worth it, but if you are still depressed, you might have an imbalance in your Omega-3 to Omega-6 ratio. You get your ratio under control, you're that much closer to feeling good and not wanting to kill yourself.

### **Did You *Actually* Stop Eating Sugar?**

- Seriously, did you stop? Sugar will completely mess you up.
- Neuroscientists have discovered that sugar is potently addictive. It lights up pleasure centers just like cocaine.
- If you can't cut out sugar because things just don't taste good, use other alternatives.
  - Instead of sugar, use honey (in moderation), stevia, or xylitol instead.

### **Are You Getting Enough Protein?**

- Are you eating a good amount of turkey, beef, chicken, pork, fish, eggs, and beans? Cheese and milk if you can tolerate dairy?
- Stress hormones deplete how much tryptophan is available to the brain. Try eating more protein or supplementing with tryptophan if you feel that low serotonin is still an issue.

### **Is Taking the Supplements Suppressing Your Appetite, and You're Not Eating Enough?**

- Supplements like L-Tryptophan and 5-HTP can actually reduce your appetite (5-HTP is marketed as a weight loss supplement as well).
- Sometimes it can be easy to *not eat enough*, and the lack of calories will slow your body down. It's important to make sure you are eating enough to get the calories you need to feel healthy.

### **If You Still Are Depressed, Make Sure You Have Ruled These Out**

- *Conditions That Can Cause Depression*
  - Diabetes
  - Hypothyroidism/Hyperthyroidism
  - Sleep Apnea
  - Mononucleosis
  - Persistent Infection
  - Hormonal Imbalance
  - Malnutrition (eating disorder or not eating enough)
  - Heart Disease
  - Cancer
  - Stroke
  - Brain Injury
  - Parkinson's Disease
  - Alzheimer's Disease
- *Medications That Can Cause Depression*
  - Benzodiazepines (Klonopin, Valium, Ativan, Xanax)
  - Tranquilizers
  - Steroids
  - Blood Pressure Medications
  - Beta Blockers
  - Antihistamines
  - Birth Control Pills
- *Other Complications*
  - *PTSD* – Post traumatic stress disorder can keep the brain's stress response circuits on all the time. This can seriously interfere with your recovery from depression.
    - Good news is that PTSD has a high success rate with traditional psychotherapy. Fixing your nutrition, taking supplements, exercising etc. will help greatly in your ability to deal with painful life events, but additional help can be a life-saver.
  - *Anxiety* – if you still have some anxiety after making the changes in the course, taking supplements like GABA and L-Theanine, you might want to try behavior or exposure therapy.
    - I used to be extremely terrified of public speaking, so I joined Toastmasters and forced myself to get up in front of people. It was extremely scary, but to this day I'm glad I did it.
  - *Eating Disorders* – Bulimia or anorexia can seriously affect how much vitamins and

minerals you are getting. If after the week of nutritional changes you still find yourself with serious problems, you need to seek help immediately to recover from depression. You need to be able to get the needed vitamins, minerals, and amino acids for your brain to function.

- *Bipolar or Schizophrenia* – certain supplements can produce mania in people with bipolar. We all know too well that a manic episode is much more destructive to one's life than a depressive one. There are certain supplements like Lithium Orotate that I have tried that worked, but people with Bipolar should seek additional help. Getting into a manic state can cause havoc to one's life.
  - *Schizophrenia* – I am not trained or knowledgeable in the treatment of schizophrenia. If you have delusion thoughts that certain people are persecuting you, hear voices, etc. it is important to seek additional help as you improve your nutrition, exercise, etc.