

## Discover Your Depression Type Intro

The first step in truly fixing your depression is finding out what is causing it in the first place.

Your symptoms of depression tell you what is going on in your body and what you need to do to correct it. One of the biggest insights I had when I was depressed was that my symptoms were a guide to how to fix myself.

You can shortcut the process to curing your depression, get to the root cause of what is making you feel depressed quicker, and have a better idea of what supplement and action plans you need to feel better.

Go over these basic checklists to gain some quick clarity with some quick fixes that may help you recover, then move on to the more specific causes of depression and see if you suffer from hypothyroidism, blood sugar instability, fatty acid imbalances, etc.

Do you eat enough calories?

- Does your weight go up and down? Do you “yo-yo” diet?
- Experience moodiness and irritability for most of the day?
- Less energy and endurance in exercise?
- Do you usually eat less than 2,100 calories a day?
- Do you often skip meals, especially breakfast?
- Eat mostly low-fat carbohydrates (bagels, pasta, fat free yogurt, etc.)?
- Constantly think about your weight?
- Use aspartame (NutraSweet) daily or drink lots of diet soda?
- Have become vegetarian in the past or present?
- Have decreased self-esteem?
- Have become bulimic or anorexic?

If you marked more than 4 than you probably are either dieting or you are not eating enough calories. Simply eating more calories can give you a significant mood boost, and there are great ways to lose weight without experiencing symptoms of depression. It is also likely you might have a few vitamin and mineral deficiencies if you have been eating too little calories for too long.

Do you have food allergies or digestive problems?

- Crave milk, ice cream, yogurt, cheese, or doughy foods (pasta, bread, cookies) and eat them frequently
- Experience bloating after meals
- Gas, frequent belching
- Digestive discomfort of any kind
- Chronic constipation and/or diarrhea
- Respiratory problems, such as asthma, postnasal drip, congestion

- Low energy or drowsiness, especially after meals
- Allergic to milk products or other common foods
- Undereat or often prefer beverages to solid food
- Avoid food or throw up food because bloating after eating makes you feel fat or tired
- Can't gain weight
- Hyperactivity or manic-depression
- Severe headaches, migraines
- Food allergies in family

If you marked more than 4, you likely have food allergies and/or digestive problems contributing to your depression.

Do you have hormonal imbalances?

- Premenstrual mood swings
- Premenstrual or menopausal food cravings
- Irregular periods
- Uncomfortable periods cramps, lengthy or heavy bleeding, or sore breasts
- Peri- or postmenopausal discomfort (e.g., hot flashes, sweats, insomnia, or poor memory)
- Males: Loss of motivation, muscle tone, sex drive
- Males: Loss of "morning wood" or erection quality
- Skin eruptions with period
- Use(d) birth control pills

If more than two of these apply to you, it is likely you have some hormonal issues.

Do you have yeast overgrowth?

- Often bloated, distended abdomen
- Foggy-headed
- Depressed
- Yeast infections
- Used antibiotics extensively (at any time in life)
- Used cortisone or birth control pills for more than one year total
- Have chronic fungus on nails or skin or athlete's foot
- Recurring sinus or ear infections as an adult or child
- Achy muscles and joints
- Chronically fatigued
- Rashes
- Stool unusual in color, shape, or consistency

If more than 4 of these apply to you, you may have yeast problems.

Do you have candida?

- Bloating, swelling, or gas after eating
- Frequent diarrhea or constipation

- Recurring vaginal yeast infections
- Recurring urinary tract infections
- Feeling worse on damp, muggy days or in moldy places
- Feeling light-headed from a small amount of wine or beer
- Recurring sinus infections or fungal infections of the nails
- Chronic fatigue and foginess
- Past heavy use of antibiotics that preceded any of the above symptoms

If more than 4 of these apply to you, you may have candida.

These checklists were taken and modified from *The Diet Cure* by Julia Ross.