

## **Your Favorite Drug Is Telling You Something**

### **Using Your Favorite Drug To Discover Your Depression Type**

What substances do you typically turn to? What do you *get* from these substances?

Do you smoke marijuana to relax, or to give you energy? Do you get more energy and motivation? Does it relax you and allow you to sleep?

This will help show you what direction to head in more easily. The fact is, most people using addictive drugs are using them for a very real biochemical problem. I was a bad drug addict at one point in my life. I had tried 12 step groups, counseling, etc. Nothing could deter me away.

Once I actually fixed my depression, it suddenly became much easier. I *felt* good without the drugs. I didn't need them anymore. Granted, it took a while for all the drugs to get out of my system, especially marijuana, which required some willpower and sobriety. But once I got my depression handled, the drug problem largely resolved itself.

If you truly want to be free from addiction, then combining traditional approaches with nutritional therapy is going to give you the best results.

Marijuana at one point gave me *tons* of energy. I felt like I was suddenly awake and alive. It turned out that I was exhausted and I had messed up my adrenals. Using tyrosine, a little bit of DHEA, phytisone, and taking it easy on lifting weights and allowing myself to recover, I eventually gained my enthusiasm and energy back.

If you crave sweets, alcohol, marijuana, tobacco, or other drugs to get rid of negativity, low self-esteem, irritability, anxiety, insomnia, suicidal thoughts, and obsessive thoughts, you likely have low levels of serotonin.

If you crave those same drugs and uppers like cocaine or amphetamines, aspartame in diet sodas, or caffeine to get you going to relieve symptoms of no motivation, lack of energy, "flat" depression, lack of enthusiasm, and feel you need a ton of sleep and put weight on easily, it is likely you are low in catecholamines.

If you use drugs and tend towards tranquilizers like Valium, painkillers, or food to calm you down and get rid of feeling pressured, overwhelmed, being snappy, having trouble relaxing, being sensitive to bright light and noise, and simply want to finally calm yourself down, you most likely are low in GABA and have a hard time dealing with stress, indicating you have low levels of stress fighting hormones and may have problems with your adrenal glands.

Instead of beating yourself up for drug use, instead start to ask yourself *why* you use the specific drugs that you choose. There is often a very real reason why you are using them in the first place. This isn't to say that you should simply accept your crack addiction and feel OK about it, but it does relieve a lot of the stress of having "low willpower" and realizing that once you fix the root causes of your mood problem, things become that much easier.

I knew someone who was addicted to diet sodas. It turned out that aspartame contains a lot of l-phenylalanine. Not a whole lot of supplements I gave him had much effect, but L-

phenylalanine was one of the rare supplements that affected him positively.

I encourage you to go a step deeper if you have a certain addiction towards certain medications or drugs to ask what those drugs do for you and use that insight to move forwards to healing yourself from depression.