

DEPRESSION

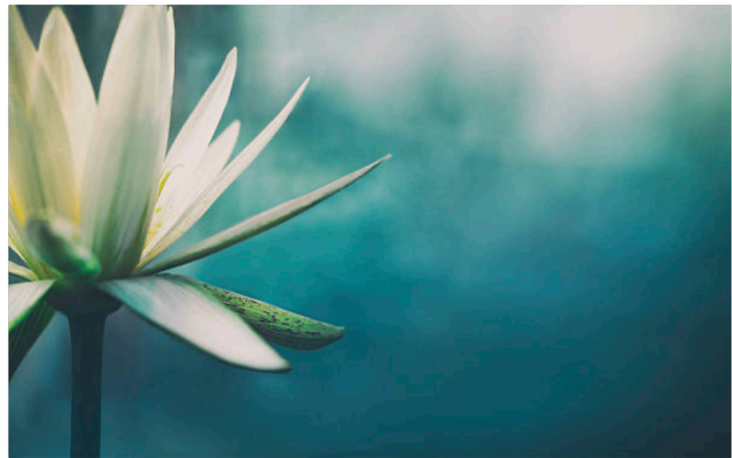
If you look for perfection, you'll never be content. –Leo Tolstoy

Signs and symptoms

- Depressed mood, diminished interest or loss of pleasure in activities
- Significant weight change or appetite disturbance
- Sleep disturbance
- Feelings of worthlessness
- Fatigue or loss of energy
- Psychomotor agitation or retardation
- Diminished ability to think or concentrate; indecisiveness
- Recurrent thoughts of death, or suicidal ideation without a specific plan

Resources

- The National Suicide Prevention Lifeline (U.S.)
Call 1-800-273-TALK (8255)
- Crisis Text Line – Text HOME to 741741 to connect with a crisis counselor
- Lifeline Crisis Chat:
suicidepreventionlifeline.org



Strategies to improve depression

- Dietary intervention significantly lowers depression scores. Incorporate marine-based omega-3 fats. Strive for omega-3 index >8%. Avoid fast food, sugar and artificial sweeteners – which are linked to increased risk of depression. Normalize B vitamins (B1, B2, B3, B6, B9, B12).
- Normalize vitamin D levels - ideally by getting sensible sun exposure (optimal levels: 40-60 ng/ml or 100-150 nmol/L). Vitamin D is crucial to mental as well as overall well-being. Low levels predispose to depression. Add magnesium, which is needed for vitamin D metabolism.
- Incorporate light therapy by spending time outdoors in broad daylight.
- Incorporate exercise which is a powerful tool for the prevention and management of depression, in part by normalizing insulin resistance.