



## Accurate Clinic

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Phone: 504.472.6130 Fax: 504.472.6128

[www.AccurateClinic.com](http://www.AccurateClinic.com)

## Depression

Research has shown that diet has a definitive influence on depression. Some foods and nutrients contribute to depressed mood, others improve mood. The following recommendations are based on sound research and are offered here to help guide you to a healthier frame of mind.

### Diet

The "Mediterranean Diet" has been shown to be useful in improving both pain and depression. It is characterized by:

- High intake of vegetables, legumes, fruits, and (unrefined) cereals
- Moderate to high intake of fish
- Low intake of saturated fats and high intake of mono-unsaturated fats especially olive oil
- Low to moderate intake of dairy, mostly cheese and yogurt
- Low intake of meat
- Modest intake of alcohol, mostly as wine

### Fats

Three types:

Saturated Fats – mostly animal fats, best kept to a low intake

Monounsaturated Fats (MUFAs) - Omega-9 family

Polyunsaturated Fats (PUFAs)

Omega-6 Family

Omega-3 Family

- Lower levels of omega 3 linked to depression
- Excess omega 6 linked to depression

### Carbohydrates

Carbohydrates are a quick source of energy but diets too high in carbohydrates or the wrong types of carbohydrates can lead to worsening of mood as well as contribute to other unhealthy manifestations. Carbohydrates can be measured by their "glycemic index" which indicates their tendency to stimulate insulin spikes and other metabolic processes. In general, carbohydrates with a low glycemic are preferred and are associated with less depression.

### Proteins

Proteins can be obtained from animals, fish, nuts, and beans. Protein rich meals tend to enhance energy and alertness.

### Vitamins and Mineral Supplements

#### Folate

Low folate levels are often associated with depression and may cause a diminished response to the SSRI antidepressants such as prozac, zoloft, paxil and others. Diet supplementation with folate has been shown to improve fatigue and mental performance.

#### B Vitamins

Vitamins B1 (thiamine), B6 and B12 are necessary in the manufacture of neurotransmitters in the brain and nervous system.

#### Vitamin D

Low Vitamin D levels have been implicated in depression and supplementation with Vitamin D has been shown to improve depression.



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### **Magnesium (Epsom Salt)**

Magnesium may be very effective in preventing headaches. Magnesium in the form of epsom salt baths is absorbed through the skin and may reduce the frequency and severity of headaches, sometimes dramatically. It also may help protect against the development of diabetes. It is estimated that 60-80% of people older than 50 are magnesium deficient.

**Dose:** 350-700mg/day or epsom baths 3-4x/week

**Precautions:** Caution with kidney disease. Diarrhea is a common side effect when taken orally but not as a bath.

### **Multivitamin recommendations:**

- Vitamin C 200 milligrams a day
- Vitamin E 400 IU of natural mixed tocopherols (or 80 milligrams tocopherols and tocotrienols)
- Selenium 200 micrograms
- Mixed carotenoids, 10,000-15,000 IU daily (no preformed vitamin A - listed as retinol or retinol palmitate)
- Folic acid 400 micrograms; B12 50 mcg
- Vitamin D3 1,000 IU (or depending on Vit D level)
- Supplemental calcium depending on dietary intake

### **Other Supplements useful in depression:**

#### **Omega 3**

This supplement offers many benefits including improving the pain associated with arthritis and the pain associated with menstruation. It is also an excellent supplement for improving the health of the heart and has been shown to reduce mortality associated with heart disease. It also reduces the severity and frequency of migraine headaches.

#### **Dose:**

2 – 4gms/day of Omega3 (total of EPA + DPA).

#### **St John's wort**

- As effective as low-dose tricyclics - amitriptyline (Elavil)
- As effective as low-dose SSRIs - fluoxetine (Prozac), sertraline (Zoloft), and paroxetine (Paxil)
- Improves mood, decreases anxiety and physical symptoms
- Decreases insomnia related to depression

#### **Warning!!**

- St John's wort is associated with many potentially dangerous drug interactions (check with physician before using)
- only for mild to moderate depression
- 300 mg three times daily

#### **SAMe (S-adenosylmethionine)**

This is a precursor to many of the neurotransmitters that play a role in pain and depression. Having been in popular use in Europe since 1975, SAMe offers relief for the pain of arthritis with effectiveness equal to ibuprofen and other nonsteroidal antiinflammatories (NSAIDs). It is also useful for treating depression with effectiveness equal to many prescription antidepressants.

It may take one or more weeks of use for the benefits to be fully appreciated. SAMe appears to be free of any interactions with other medications and has few if any side effects.

#### **Dose:**

Up to 1200mg – 1400mg/day. Start by taking 200mg twice a day and build the dose up slowly, increasing the dose every week or so until a maximum benefit is perceived.

#### **Precautions:**

SAMe should be avoided in those with bipolar disorder as it may trigger manic behavior.



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### **Rhodiola Rosea** (Standardized to 3% Rosavin)

This plant has been used in folk medicine for hundreds of years to improve mental clarity and fatigue. Studies show that it is effective for anxiety, depression and insomnia.

#### **Dose:**

340mg – 680mg/day

#### **Precautions:**

Purchase only preparations that are labelled "Standardized to 3% Rosavin" to assure proper quality and dosing.