



DEPRESSION NUTRITIONAL GUIDE

1. Avoid drugs.

- Beta blockers can cause a reduction in monoamines in the brain.

2. Avoid certain foods.

- Dairy ?in some people.
- Follow the low stress diet.

3. Further dietary changes.

- Increase tryptophan – turkey, salmon, milk.
- Reduce caffeine.
- Reduce sugar.
- Eating more protein can be useful.

4. Correct any nutritional deficiencies.

- Selenium, zinc, magnesium, iron, vitamin C, B5 (burning feet).

5. Nutritional and dietary supplements that have been tried.

- L-5-OH-tryptophan 25-75mg daily (serotonin precursors).
- L-tryptophan 2-3g daily (serotonin precursors).
- Phenylalanine 200-2000mg daily (noradrenalin precursors).
- L-tyrosine 2g daily (noradrenalin precursors).
- Calcium 10mg twice daily.
- Acetyl-L-carnatine 500mg four times a day.
- Inositol 12g daily.
- Lithium 400mcg.
- Phosphatidyl serine 300mg daily.
- SAMe 80mg twice a day – has an antidepressant effect on its own.
- Thiamine 50mg daily.
- Vitamin C 1000mg daily.
- Vitamin B12 injection.
- Selenium 200mcg daily.
- Iron 300mg three times a day.
- Folic acid 800mcg daily.
- Vitamin B6 40mg daily (in women on the oral contraceptive pill).
- Chromium – enhances insulin utilisation and increases tryptophan utilisation in the central nervous system.
- Note: folic acid and phenylalanines enhance the effect of conventional anti-depressants.

6. Omega 3 fish oils 3000mg daily.

7. Herbs.

- St Johns Wort.