



## THERAPEUTIC GUIDE

### DEPRESSION

Depression is an all too prevalent condition characterized by persistent low mood and lack of positive affect. There are many types of depression, and the causes are wide and varied. It may be triggered by seasonal change, stress, trauma, chemical imbalances, thyroid disorders, digestive problems, food sensitivities, nutritional deficiencies, viruses, or allergies. Foods greatly influence the brain's behavior, and poor diet, especially snacking on junk foods, is a common contributing factor. Please refer to the Food Sensitivities (Allergies), Anxiety, Adrenal Dysfunction, and Hypothyroidism pages of this guide.

#### Homeopathics

**5-HTP Phenolic**- homeopathic cord of 5-Hydroxytryptophan designed for people with mood issues, especially related to food or phenolic sensitivities.\*\*

**ADD HPT™**- high potency formula for symptoms associated with attention disorders such as lack of attention, poor concentration, hyperactivity, procrastination, and memory and comprehension problems.\*\*

**Allerstat I™**- homeopathic detoxifier for common food allergies, indicated for indigestion with flatulence and bloating and loss of weight.\*\*

**Aurum Met**- single homeopathic remedy indicated for melancholy and hopelessness, especially in persons who do not value themselves.\*\*

**L-Dopa Phenolic**- homeopathic cord of this amino acid designed for people with mood issues, especially related to food or phenolic sensitivities.\*\*

\* **Mentox HPT™**- high potency formula for mood issues, indicated for mental confusion, forgetfulness, and tendency toward melancholy.\*\*

**Multi-Flower**- combination of all of the traditional English flowers essences, may temporarily relieve emotional conflicts.\*\*

**Norepinephrine Phenolic**- homeopathic cord of this neurotransmitter designed for people with mood issues, especially related to food or phenolic sensitivities.\*\*

**Parathyropar™**- glandular homeopathic for parathyroid dysfunction and balancing calcium metabolism, indicated for weakness of the extremities, sensitivity to cold, and mood issues, especially in those dealing with disturbances in calcium metabolism.\*\*

**Phenylalanine Phenolic**- homeopathic cord made from phenylalanine, an important amino acid in neurotransmitter production.\*\*

\* **Psychypar™**- glandular homeopathic for emotional support, indicated for irritability, anger, confusion, and disorientation.\*\*

\* **Serotonin Phenolic**- homeopathic cord of this important neurotransmitter designed for people with mood issues, indicated for depression and insomnia.\*\*

*\*Denotes primary remedies*



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### DEPRESSION (CONTINUED)

#### Herbals

**Ginkgocom™**- fortifier for the circulatory system, indicated for mood support.

\* **Gotacom™**- fortifier for the brain and endocrine system, indicated for mood support by improving cerebral circulation.

**Dandecom™**- fortifier and detoxifier of the liver, indicated for mood issues related to liver toxicity or dysfunction.

**Inflamacom™**- formulated for all types of inflammation, indicated for when inflammation is contributing to mood issues.

**Passionflower**- single herb for mood issues with circular thinking

\* **St. John's Wort**- single herb well known for its ability to support emotional wellbeing by promoting serotonin production.

**Stress Formula**- Amazon Rainforest formula that may help ease tension, nervousness, and depression, and maintain balance at high-stress moments.

#### Nutritionals

\* **B Complex**- B Vitamins are essential for normal brain and nervous system functioning.

**B-6 250 MG**- important vitamin cofactor for neurotransmitter production.

**Calcium 6 Plus**- six sources of calcium plus magnesium, indicated for mood issues related to mineral deficiencies.

**D-3 1000 IU or D-3 5000 IU**- important vitamin for mood support, especially in winter months.

**Enervimin™ Stress Focus**- full spectrum vitamin and mineral supplement high in the B Vitamins, designed for individuals under stress.

**L-Threonine**- amino acid mostly found in the central nervous system to support mood balance.

**L-Tyrosine**- this amino acid is a precursor of the neurotransmitters norepinephrine and dopamine.

\* **Marine E.P.A.**- omega-3 fatty acids to support optimal functioning of the nervous system.

**Melatonin**- this sleep hormone may improve sleep and mood issues related to disrupted circadian rhythm.

\* **Methylfol**- methylfolate and methyl-B12 to support energy and healthy brain chemistry.

**Multi-Amino**- multiple amino acid formula to help ensure the brain has the building blocks for neurotransmitter production.

*\*Denotes primary remedies*



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### DEPRESSION (CONTINUED)

#### Additional Considerations

A diet of plenty of raw fruits and vegetables, brown rice, millet and legumes is recommended. A diet too low in the complex carbohydrates can cause serotonin levels to drop leading to depression. If spirits need lifting, turkey and salmon are high in tryptophan and other amino acids to support brain health. Consider eliminating wheat products. Tell the patient to avoid all types of sugar, alcohol, caffeine, and processed foods.

\*\*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*\*Denotes primary remedies*