

## Understanding depression

Depression is a mood disorder in which people experience feelings of sadness, loneliness, and loss of interest for long periods of time.

Depression is the leading cause of disability worldwide. Depression Symptoms are 3 Times Higher During COVID-19 Lockdown

### Major contributory factors:

- a. Chlorine in the water
- b. Fluoride in water and toothpaste; blocks iodine receptors in the thyroid.
- c. Bromine in breads, hot tubs, and degassing of plastic car dashboards
- d. Mercury leaking from fillings
- e. Perchlorates inhibit uptake of iodine
- f. Soy inhibits thyroxine
- g. Excess vitamin A and zinc; deficiency of selenium
- h. Excess intake of polyunsaturated adulterated fats (safflower, sunflower, cottonseed, canola, soy, corn) block thyroid hormone secretion, its movement in the circulation, and response of the tissues to the hormone.
- i. Amino acid deficiency especially L-tyrosine (direct precursor to thyroxin)
- j. Excess copper levels from copper plumbing.
- k. Brain allergies from food (chicken, strawberries, peas, etc.): Brain Allergies by Philpott and Kolita.
- l. Oral infections that drain to the thyroid.
- m. Certain medications. Some drugs, such as isotretinoin (Accutane, used to treat acne), the antiviral drug interferon-alpha,

and corticosteroids, can increase your risk of depression. Barbiturates, benzodiazepines,

increase your risk of

- n. Chronic pain.
- o. Prolonged exposure to EMFs.
- p. Hypothyroidism.

**1. The laundry list of hypothyroid symptoms is long:**

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| <ul style="list-style-type: none"><li>a. Fatigue</li><li>b. Forgetfulness</li><li>c. Insomnia</li><li>d. Weight gain</li><li>e. Constipation</li><li>f. Digestion problems</li></ul> <p>feet</p> <ul style="list-style-type: none"><li>g. Menstrual cramping</li><li>h. Swollen tissues (non-pitting edema)</li><li>i. Mental fog</li><li>j. Dizziness</li><li>k. Frequent colds and flu</li></ul> <p>extremities</p> <ul style="list-style-type: none"><li>l. Hoarseness</li><li>m. Loss of hair</li><li>n. Heart palpitations</li><li>o. Cold hands and feet</li><li>p. Infertility</li><li>q. Dry skin</li></ul> <p>face</p> <ul style="list-style-type: none"><li>r. Brittle nails</li><li>s. Muscle spasms</li><li>t. Hypermobility ligaments</li><li>u. Lowered immune system</li></ul> <p>eyebrow</p> <ul style="list-style-type: none"><li>v. Depression, anxiety, and panic attacks</li><li>x. High cholesterol</li></ul> <p>fibromyalgia</p> <ul style="list-style-type: none"><li>y. Frequent headaches</li></ul> <p>attaches</p> | <ul style="list-style-type: none"><li>a. Decreased sweating</li><li>b. Slow speech</li><li>c. low or high blood pressure</li><li>d. Tooth decay</li><li>e. Translucent skin in elderly</li><li>f. Yellow palms and soles of</li></ul> <ul style="list-style-type: none"><li>g. Allergies</li><li>h. Low pulse</li><li>i. No energy</li><li>j. Apathetic</li><li>k. Tingling/numbness in</li></ul> <ul style="list-style-type: none"><li>l. Intolerance to cold</li><li>m. Enlarged tongue</li><li>n. Feelings of insecurity</li><li>o. Goiter</li><li>p. Mood swings</li><li>q. Butterfly rash over the</li></ul> <ul style="list-style-type: none"><li>r. Itchy skin</li><li>s. Acne</li><li>t. Miscarriages</li><li>u. Loss of lateral third of</li></ul> <ul style="list-style-type: none"><li>v. Trigger points</li><li>x. Diffuse pain -</li></ul> <ul style="list-style-type: none"><li>y. Increased rate of heart</li></ul> |
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z. Loss of libido

z. Clogged arteries

**Though not reported on by the mainstream media, there are now numerous studies confirming a link between high amounts of EMF radiation exposure and negative psychiatric symptoms.**

An Iranian study followed 103 electricians, dividing them into 5 different groups based on potential for exposure to extremely low frequency electromagnetic fields. It was found that the group with the highest exposure also had the highest probability of experiencing feelings of depression, psychosis, obsessive-compulsive behavior, hostility, and anxiousness.

1997 study of 540 adults living near high-voltage transmission lines found that higher doses of EMFs were correlated with symptoms of psychological distress, regardless of each participant's beliefs about the health effects of exposure.

A cohort study (<https://oem.bmj.com/content/57/4/258>) of roughly 139,000 workers in the electric industry also found a higher incidence of depressive symptoms in the workers who consistently received higher EMF exposure. They also discovered that younger workers with recent exposure, in particular, were at increased risk of committing suicide.

One way that EMFs are observed to influence human biochemistry is that they activate voltage gated calcium channels (VGCCs). These channels regulate the amount of calcium taken in by multiple types of cells throughout our bodies. A disruption in the delicate intracellular balance of calcium to other ions can in turn wreak havoc on key physiological processes.

“VGCC activation has been shown to have a universal or near universal role in the release of neurotransmitters in the brain and also in the release of hormones by neuroendocrine cells...Both the high VGCC density and their function in neurotransmitter and neuroendocrine release throughout the nervous system suggests that the nervous system is likely to be highly sensitive to low intensity EMFs.” For more information BioInitiative 2012.

### **Reducing the Risk**

1. Diodes placed on your cell phones reduce your exposure.
2. Faraday cages placed on smart meters, routers, and other electronic devices like cell phones.
3. Imprinting your eye glasses with scalar energy.
4. Use blue blockers or full spectrum hyperpolarized lenses when working in front a your computer.
5. Wearing the Tesla Energy Card helps reduce EMF exposure.
6. Go hard wire with your wi-fi connections

**Note:** Another neurotransmitter, melatonin, is responsible for regulating our sleep-wake rhythms. It has been established that EMF exposure suppresses the secretion of melatonin by the brain’s pineal gland.

## **Beating Depression Naturally** **Natural remedies from the inside and out**

### **Nutritional Support to Combat Depression**

- **The SAM-e thing:** S-adenosyl-L-methionine (SAME) is a compound made naturally by the body. It helps produce serotonin, melatonin, and dopamine. Serotonin is an important chemical and neurotransmitter.

Much clinical research suggests that SAMe may have short-term beneficial qualities. However, long-term studies are lacking.

SAMe can interfere with other medications. People who take blood thinners may have a higher bleeding risk if they also take SAMe. The compound itself can cause a variety of side effects, including dry mouth, diarrhea, dizziness, and insomnia.

- **5-HTP:** 5-hydroxytryptophan (5-HTP) is a chemical the body makes from L-tryptophan. L-tryptophan, or tryptophan, is a protein building block. 5-HTP may help raise your brain's serotonin level. Medications that increase serotonin tend to help ease symptoms of depression.

Not all research supports the use of 5-HTP. A 2012 analysis Trusted Source of 5-HTP studies found that the benefits of the chemical were largely exaggerated.

In fact, the study, published in the Journal of Neuropsychiatric Disease and Treatment Trusted Source, claims 5-HTP may make underlying symptoms of depression worse. Long-term use of 5-HTP may deplete other neurotransmitters.

- **Omega-3 fatty acids:** These essential fats may be good for relieving symptoms of depression. The human body can't make omega-3s on its own.

A 2003 study in European Neuropsychopharmacology found that people who took omega-3 fatty acid supplements had reduced depression symptoms.

**Taking fish oil supplements for depression:** Based on the research of Dr. Brian S. Peskin, fish oils are rancid at room temperature and will deplete CoQ10 which can result in congestive heart failure. Dr. Peskin has

formulated a plant based supplement of organic, cold pressed oils which include: Flax oil, Evening Primrose oil, Pumpkin seed oil, Sunflower oil and extra virgin Coconut oil. This formula provides an 11:1 ratio of omega 6 to omega 3 oils.

**Vitamin B:** B vitamins are important to your brain health. Vitamins B-12 and B-6 are particularly significant.

They help produce and control the chemicals that influence mood and other brain functions. Indeed, low levels of these vitamins are linked to depression.

If your levels are low, you can increase your vitamin B through your diet. B-rich foods include meat, fish, eggs, and dairy.

As will all supplements they must be food based to maximize results.

**A total of 14 drugs are known to interact with Vitamin B Complex 100 (multivitamin) categorized as 2 major, 11 moderate, and 1 minor interactions.** <https://www.drugs.com/drug-interactions/multivitamin,vitamin-b-complex-100.html>

**Vitamin D:** People with depression tend to have low vitamin D levels, but most people in the United States are deficient in vitamin D. Increasing your levels of the vitamin might ease depression symptoms. You can get vitamin D from certain foods, including milk, sardines, and eggs. Not all vitamin D supplements are equal. Most retail sources are made from irradiated lanolin. I personally take 10,000 IU a day. Symptoms of vitamin D toxicity include weight loss, heart arrhythmias, and excessive urination.

**Saffron (Crocus sativus):** Packed with antioxidant compounds, including the carotenoids crocin and crocetin. Interestingly, saffron has shown promise as a natural treatment for depression (7Trusted Source).

Studies have observed that it increases levels of the mood-boosting neurotransmitter **serotonin** in the brain. While it's unknown exactly how this process works, it's thought that saffron inhibits serotonin reuptake, thereby keeping it in the brain longer (7Trusted Source).

A 2013 study in the Journal of Integrative Medicine (Trusted Source) found that saffron supplements actually improve mood and reduce symptoms of major depressive disorder more than placebo supplements.

Saffron is generally very expensive because many plants are needed to make a tiny amount of the spice. Therefore, saffron supplements aren't easy to find, and they can also be costly.

An analysis of five randomized controlled trials found that supplementing with saffron significantly reduced depressive symptoms in adults with MDD compared with placebo treatments (7Trusted Source).

What's more, the review found that saffron supplements were similarly effective at reducing depressive symptoms as antidepressant medication (Trusted Source).

**Kava kava:** One study published in Psychopharmacology Trusted Source investigated the effectiveness of kava kava. Researchers found that a water-based version of kava produced anti-anxiety and antidepressant activity in people with depression.

Researchers also noted the extract brought up no safety concerns in the amount and duration studied (250 milligrams of kavalactones per day).

**Rhodiola is an herb linked to a variety of potential health benefits when taken in supplement form. These include reduced depressive symptoms and an improved stress response, which can help your body adapt to stressful situations.**

The herb may exert antidepressant effects via its ability to enhance nerve cell communication and reduce overactivity of the hypothalamic-pituitary-adrenocortical (HPA) axis.

The HPA axis is a complex system that regulates your body's stress response. Research suggests overactivity of the HPA axis may be associated with major depression (3Trusted Source, 4Trusted Source).

A study in 57 people with depression found that treatment with 340 mg of rhodiola extract per day for 12 weeks led to clinically meaningful reductions in depressive symptoms (3Trusted Source).

Rhodiola treatment maybe less effective than some of the antidepressant medications it has fewer side effects (3Trusted Source).

Another study found that a supplement composed of rhodiola and saffron significantly reduced depression and anxiety symptoms in adults with mild to moderate depression after 6 week.

**Cordyceps (Dr. Stanley Ngui's source):** It is a phenomenal modulator balancing hormones, increasing stamina, oxygenation of blood, and balancing neurotransmitters.