

# Dr. Smith **Live**

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## Energy Medicine: The New Frontier

### **Topic: Uncommon and Common Causes for Depression**

- Learn which common mineral excess causes depression.
- Learn how to combat this problem.
- Can brain allergies cause depression?
- Can low-level electrical magnetic frequencies (EMFs) reverse depression?
- 10 [Herbs](#) and Supplements to Help Fight Depression

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## High Levels of Copper

Organic copper (monovalent) is found in such foods as avocado, asparagus, liver, mushrooms, nuts, and chocolate. Organic copper, considered an essential micronutrient, is, by and large, **safely bound to proteins and utilized to help form red blood cells**, and for **healthy bones, connective tissue**, and **the immune system**. The **copper is bioavailable** and is **critical for your body to build collagen** – you can't have radiant, wrinkle-free skin without it. When in balance with zinc (its mineral antagonist), copper is responsible for activating more than **thirty enzymes**.

However, inorganic copper (divalent) or bio-unavailable copper is found mainly from environmental sources, like **drinking water** coming from **copper pipes** and **multivitamin/mineral supplements**. Other common sources of inorganic copper include copper-lined cookware, **copper intrauterine devices**, **dental amalgams**, **fungicides for swimming pools**, and **copper wiring often found in homes and offices**. This divalent copper **accumulates silently and stealthily over a period of many years**, causing **serious neurological damage by switching on an inflammatory response in the brain** that begins to fuse beta-amyloid to plaque, eventually **leading to the destruction of brain cells and to Alzheimer's**.

**Copper toxicity alters our brain and changes the way we age**, taking us from healthy, productive, independent individuals to a **state of continual dependence and sickness**. This process doesn't happen overnight, but its long assault on our brain cells ultimately leads to destruction.

### **Telltale signs of copper toxicity**

Dr. Paul Eck, described “copperhead” personality types that are distinguished by their highly charged nervous system, which causes **compulsive and sometimes addictive behaviors**. These individuals are **highly creative and intensely hyperactive**.

Other common symptoms associated with copper toxicity include **depression, insomnia, anorexia nervosa, anxiety, various skin disorders, hair loss, and allergies**.

**Many children who suffer from learning disabilities and hyperactivity also suffer from a copper imbalance.** Once the copper is in check, the hyperactive symptoms disappeared.

Potential of excess copper is the corresponding decrease of zinc. **A copper-zinc imbalance also affects the liver’s ability to detoxify, as both are needed to activate key liver enzymes.** A nutritionally oriented psychiatrist, Carl Pfeiffer, MD, PhD, was instrumental in teaching a whole generation of psychiatrists how a **copper excess was at the bottom of many depression, anxiety, and bipolar issues**. For his breakthrough work in researching the connection between biochemical imbalances in the body and mental illness, he was inducted into the Orthomolecular Hall of Fame in 2004.

**Copper levels also rise and fall in tandem with estrogen levels. If you are deficient in zinc, the balancing mineral to copper, copper levels tend to rise. Weight gain as well as food cravings, mood swings, fatigue, depression, and yeast infections are all common symptoms of copper overload. In fact, migraine headaches are often triggered by an improper copper-to-zinc imbalance, which can influence the restriction of blood vessels.**

**Avoid taking supplements that contain copper.** Avoid copper-enriched multivitamin/mineral supplements as they most likely contain the inorganic form of copper.

### **Test your drinking water levels.**

If your water is over 0.01 ppm, install a filter that removes copper (such as a reverse osmosis filter) and place on the tap used for drinking and cooking.

**Remove as many copper sources as possible.** These include copper lined pots and pans, copper IUDs, and copper dental components.

**Balance intake of copper-rich foods.** Copper-rich foods include avocado, soy, shellfish, tea, chocolate, nuts, and seeds. **Balance with zinc-rich meat, pumpkin, and eggs.**

**Supplement with zinc.** This immune-boosting mineral **plays a key role in the health function y of neurons.** Zinc is the “good guy” in brain health. **Alzheimer’s patients are typically zinc deficient. Zinc is not stored in the body and needs to be taken daily. Zinc also kills viruses but needs quercetin or Hydroxychloriquine to drive it into the cell** where the virus is located.

**Bind copper with resveratrol.** Resveratrol is a copper chelator.

### **Uncommon cause for Depression**

A book, Brain Allergies by William H. Philpot, M.D. and Dwight K. Kalita, Ph.D. focuses on foods that can cause brain dysfunction and depression. **Common foods like chicken, milk, strawberries, nuts, etc. can trigger episodes of depression.** If you want to learn more, please read this book.

Another book, Psychodietetics, by Dr. Emmaual Cheraskin, focuses on nutritional deficiencies, vitamins B, C, folic acid;

minerals, calcium, magnesium; and proteins lysine, glutamic acid, and threonine have major consequences that show up as mental illness.

### **Depression, Anxiety Disorders, Insomnia Helped by very low-level electrical stimulators**

Shealy et al (2007) detail clinical findings for treatment of depression and mood management, reduction in anxiety, and treatment of insomnia. Electrical energy stimulators, microcurrents, that deliver very low-level EMFs have been reported to be clinically effective in the alteration of neurobiochemicals including serotonin and cortisol. **Depression, mood disorders and insomnia have been related to dysregulation of serotonin levels.** Use of EMFs to reduce symptoms of depression, anxiety and insomnia are authorized by the FDA, and have been in use since the 1970's. Shealy reports that transcranial stimulation by EMFs led to a significant relief of depression in 85% of patients who had failed pharmacological agents, and was at least twice as effective as any known antidepressant drugs and without complications. The intensity of such therapeutic exposures nearly always falls below current public exposure standards.

### **10 Herbs and Supplements to Help Fight Depression**

1. **Omega-3 fatty acids:** There are number of studies which shows that omega-3 fatty acids are proving to be very effective against the treatment of major depression disorder and other psychiatric disorders.

2. **Probiotics:** The nerve cells in our gut manufacture 80 to 90 percent of our body's serotonin, the neurotransmitter we need to stay sane. That's more than our brain makes. And the gut is in constant communication with the brain, sending it information that most definitely affects your mood, even as the messages never come to consciousness.
3. **NAC (N-acetylcysteine):** is a precursor to the amino acids L-cysteine and glutathione. **Glutathione is considered one of the most important antioxidants in your body and critical for regulating inflammation and protecting cells against oxidative damage.**
4. **B-12:** Folate, vitamin B-6, and vitamin B-12 the "mighty methylators for mental health." A remarkable study in the American Journal of Psychiatry found that 27 percent of severely depressed women over the age of 65 were deficient in B-12.
5. **SAM-e (S-adenosylmethionine):** when the amino acid methionine combines with adenosine triphosphate (ATP), which is involved in the synthesis of neurotransmitters.
6. **Turmeric (Curcuma longa):** ability to activate genes to produce antioxidants, which then protect "our precious mitochondria," which produce the chemical energy in the form of ATP (adenosine triphosphate).
7. **Vitamin D<sub>3</sub>:** a **deficiency in vitamin D<sub>3</sub> will feel very much like depression.** As many as three-quarters of U.S. teens and adults are deficient, according to a 2009 study published in the Archives of Internal Medicine.

8. **Magnesium:** 73% of Americans today don't get enough of magnesium because stress, caffeine, sugar and alcohol all deplete it.
9. **GABA (Gamma-aminobutyric acid):** GABA is known as the "anti-anxiety" neurotransmitter.
10. **Melatonin:** superior antioxidant capacity of melatonin to limit oxidative stress. Produced by the pineal gland and is one of the body's most powerful antioxidants.

### **Five Natural substances to aid the body to produce GABA and serotonin:**

\* 5-HTP (-hydroxytryptophan), L-Theanine, Ashwagandha, Passion Flower, and Lemon Balm have been clinically proven to boost GABA and serotonin levels in the human body.

Preliminary studies indicate that 5-HTP may work as well as certain antidepressant drugs to treat people with mild-to-moderate depression. Like the class of antidepressants known as selective serotonin reuptake inhibitors (SSRIs), which includes Prozac and Zoloft, **5-HTP increases the levels of serotonin in the brain.** One study compared the effects of 5-HTP to Luvox in 63 people and found that those who were given 5-HTP did just as well as those who received Luvox. They also had fewer side effects than the Luvox group.

**Say no to drugs.**