

Integrative Wellness

This document is intended to offer ideas for further research related to treatments for depression and anxiety.
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Good practices for all of us:

- Move your body: Regular exercise (minimum of 21 min. per day; recommended 30 to 60 min.)
- Sleep
- Eat a healthy diet
- Journal Writing or Visual Journaling: Keep track (daily or weekly) of your experiences and moods, taking time to process the effects that experiences have on your life.
- Practice Prayer/Mindfulness/Meditation/Guided Imagery
- Yoga/Tai Chi/Chi Gong
- Get out into nature (take a “forest bath”) for 20 min.
- Take a multi-vitamin (for possible deficiencies)
- Seek professional help:
 - Counseling
 - Rebalance your gut flora (take a high quality probiotic)
 - Check sodium, potassium, hormone, thyroid and adrenal levels (e.g. BMP, CBC)
 - Urine and/or blood screen for other biological issues affecting mood and mental health.
 - CT Scan for possible brain changes.

For Depression

Natural Health

- Anti-Inflammatory food/eating habits – a balanced food plan
- Complex carbs
- Check for gluten intolerance
- Avoid saturated fats
- Eliminate sugar & processed foods
- Avoid caffeine, alcohol
- Check for food allergies
- Light therapy (“Happy Light” or “Sun Touch Plus” products)
- Vitamin D: sun exposure 15 min./day – NO sunscreen!

Supplements

- Omega-3 Fatty Acids (fish oil) 1-3 g/day with food
- SAmE (usually is depleted with those who have depression) 200mg on an empty stomach twice/day. Increase your dose every two weeks to a maximum dose of 600mg twice daily
- St. John’s Wort (for mild to moderate depression; cautions about interactive effects with some medications and foods) 300mg three times/day
- 5-HTTP: 50-300 mg up to three times/day -- start at 50mg in the morning
- Vitamin D
- B Complex (folic acid & B6 for nervous system functioning)
- Antioxidants (for healthier cell functioning)
- L-Tyrosine (boosts adrenalin)
- Zinc (usually low in people with depression)
- Folic Acid (Deplin, Sarafolin)
- Calcium (calming effect)
- Vitamin C (immune function)
- Check for low iron
- Assess for absorption problems
- Take an anti-inflammatory supplement (e.g. Saffron)

Other Treatments

- Acupuncture/Acupressure
- Join a support group

For Anxiety

Natural Health

- Minimal animal protein
- Consume complex carbs (calming effect)
- Avoid sugar, caffeine, simple carbs
- Eat something quick (e.g. nuts or other protein for possible blood sugar drop)
- Avoid black tea, cola, chocolate
- Drink green tea (contains L-theanine)
- Avoid preservatives/additives
- Explore diet and environmental toxicity issues
- Aroma therapy: try and one of these – Lavender, Rose, Orange, Lemon, Sandalwood, Bergamot, Chamomile oils/scents; use a room diffuser or place drops nearby
- **4-Square Breathing** (Breathe in to the count of 4; hold for 4; exhale for 4, hold for 4; repeat 2-3 times) or **4-7-8 Breathing Technique** (Exhale completely through your mouth, then inhale through your nose for a count of four. Hold your breath for a count of seven. Now let it out slowly through your mouth for a count of eight. Repeat at least twice a day.
- Get hot: go to the sauna, steam room, Jacuzzi or hot tub (alters neural circuits that control mood)
- Monitor/track your thoughts
- Use Emotional Freedom Techniques (EFT) Tapping

Supplements

- Calcium & magnesium (natural tranquilizers)
- Potassium (adrenal function)
- B Complex (calms nervous system)
- Vitamin C (adrenal gland functioning)
- Zinc (calming effect)
- Chromium (those with anxiety are often deficient)
- Magnesium (can also assist with sleep)
- L-Tyrosine (a gentle tranquilizer)
- Chamomile (calms; find it in tea and aromatherapy)
- Kava Kava (lowers anxiety)
- Valerian Root (a sedative; for sleep)
- Skillcap (for sleep)
- “Rescue Remedy”

Sources:

- Dr. Weil: <http://www.drweil.com>; <http://www.drweil.com/drw/u/PAG00324/Supplements-Vitamins-Herbs.html>
- Dr. Mercola: <http://www.mercola.com>
- Psychology Today: <https://www.psychologytoday.com/blog/owning-pink/201103/11-natural-treatments-depression-md-s-tips-skipping-the-prozac>
- Dr. Katherine T. Kelly: www.DrKatherineTKelly.com