

What are some natural solutions for depression?

Depression is a major problem in the United States and can manifest itself in many different ways from feeling deep sadness to lack of motivation. But keep your chin up—there are natural measures to deal with depression that are both safe and effective. This month we will discuss diet and nutrition. Stay tuned next month, for more natural options.

First off: Drink **Water** (take your body weight and divide it by 2 and that's your minimum amount) to help the liver detoxify the body.

Eat whole foods high in complex carbohydrates like **brown rice, quinoa, yams and lentils** because they contain serotonin which affects mood.

Don't forget **fish, nuts, avocados, and seeds (especially flax, sunflower, and pumpkin)** which contain essential fats as well as taking a concentrated omega 3 – this alone could cause depression.

Foods high in chlorophyll such as **spirulina, wheat grass, and blue-green algae** also contain essential fats. Drink a tablespoon of chlorophyll supplement in your water daily.

Certain fresh fruits like **blackberries, blueberries, and raspberries** help the flow of energy through the liver. Greens First supplement contains the antioxidant equivalent of 15 fruits and vegetables and can easily be put into daily smoothies.

St. John's Wort has been proven as an antidepressant.

**Avoid** *sugars, alcohol, smoking, caffeine, and diet drinks* (which contain chemical sweeteners that can trigger depression).

Also, getting regular exercise may be the **most powerful antidepressant** available. Exercise increases the body's feel good hormone called endorphins.

**Important note:** For more information on these supplements, visit our website at [www.YostFamilyChiropractic.com](http://www.YostFamilyChiropractic.com) .

Stay tuned for next month's *natural ways to defeat depression*.

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