

7 **SINISTER** SOURCES AND 8 **SURPRISING** SOLUTIONS FOR DEEP **DEPRESSION**



**HealthGlade**

BY ADAM ROTH

Source – Antibiotics

There are literally hundreds of scientific studies proving that antibiotics cause not only depression, but severe mental illnesses. A few examples are [this study](#) on over 150,000 people in the UK, [this study](#) in the Journal of Brain, Behavior, and Immunity, and [this study](#) done on children and adolescents in Denmark.

One of the mechanisms they believe is at play is that the antibiotics destroy the beneficial gut bacteria, creating a negative imbalance which leads to depression, and a whole range of other mental disorders.

This was further confirmed when [a study](#) in the Journal of Psychiatric Research took fecal samples from patients with depression, transplanted them into rats, and the rats got depression symptoms. The same result was seen in [a study](#) where patients with anxiety had their fecal samples transplanted to mice, and the mice became anxious.

Solution – Sunshine

Touted as nature's most powerful antidepressant, sunshine has been proven to get rid of the blues. Today it's known as [Seasonal Affective Disorder](#) (SAD), but it was previously known as Winter Depression, because people would feel sadder in the months with less sunlight.

An [Australian study](#) that measured the levels of chemicals produced in the brain, found that people had higher serotonin on bright days compared to cloudy ones, no matter what the temperature was that day. Both [this study](#) and [this study](#) looked at Vitamin D levels, and they both found lower Vitamin D levels strongly correlate with depression.

Source – Antidepressant Drugs

You might find it surprising that antidepressants are listed here as a source of depression, when they are prescribed as a solution for it. But the truth is, they make depression far worse. In 2004, the FDA issued a [Black Box warning](#) that they led to suicidal tendencies, and analysis of mass shootings in the USA has proven a link with antidepressants.

An [interesting study](#) done on fish found that the antidepressant drug Prozac passed on these altered mental states to the next 3 generations. Meaning that if your parents, grandparents, or even great-grandparents took these drugs, it could be the cause of your depression and mental problems, especially if your mother took them while pregnant.

Solution – Exercise

Exercise is a great solution for depression, but it doesn't have to be a lot to get positive effects. Researchers from Japan found that as little as 10 minutes of moderate intensity running benefits mental health. [Their study](#) showed that blood flow was increased to the pre-frontal cortex, and this led to improvements in the mood of participants.

[A paper](#) titled The Benefits of Exercise for the Clinically Depressed looked at 80 studies on depression and exercise, and they found the positive relationship was well proven. [This study](#) showed that people who exercised had 43% fewer days of poor mental health, and [this study](#) showed that just over 1 hour of walking per week was enough.

Source – Negative Thoughts

It is said that no poison can kill a positive thinker, and no medicine can cure a negative thinker. So, if you are a person who constantly harbors negative thoughts, you face an uphill battle stopping your depression. Abraham Hicks said “Hold a thought for just 17 seconds, and the Law of Attraction kicks in”, showing that negative thoughts become reality.

Negativity can come from external sources, like toxic family members or friends, and most notably, the mainstream media. Are you a person who says “Let’s turn on the news and watch the most horrible things that happened in the world today”? Check out this [great article](#) titled “News is bad for you – and giving up reading it will make you happier”.

Solution – Gratitude

A growing body of evidence is confirming that an ounce of gratitude is worth a pound of cure. Robert A Emmons Ph.D. is a professor of psychology at UC Davis, and a leading scientific expert on the science of gratitude. [His studies](#) have found that it greatly reduces depression, even so far that it is a key factor in the prevention of suicide.

[Harvard researcher](#) Shawn Achor was quoted as saying “Something as simple as writing down 3 things you’re grateful for, every day for 21 days in a row, significantly increases your level of optimism...”, and a [brain imaging study](#) by the Indiana University on patients with depression scientifically proved that gratitude has a positive effect.

Source – Constipation

More than 100 years ago, a man named George Porter Phillips was walking the wards of London's notorious Bethlem Royal Hospital, and he observed that his patients with melancholia also suffered from severe constipation, as well as other signs of metabolic clogging.

He removed all meats except for fish from their diets, and gave them kefir, a fermented milk drink containing ample amounts of the lactic acid bacillus bacteria. 11 of the 18 patients were completely cured, and 2 more significantly improved. He published his findings in the [Journal of Mental Science](#), proving that gut issues were linked to depression.

Solution – Probiotics

As in the constipation source above, where the lactic acid bacillus bacteria were found to be a beneficial probiotic, many other studies have drawn the same conclusion. [This study](#) provided population-scale evidence for microbiome links to mental health, and [this paper](#) shows multiple studies where probiotics were proven to help with depression.

A [great study](#) in the journal Nature Microbiology found that almost all gut bacteria can produce neurotransmitters which communicate with the brain and influence mood and behavior. Plus, they found patients with depression were missing 2 strains of gut bacteria: Coprococcus and Dialister, both of which can be replenished by taking probiotics.

Source – TV, Computers, & Phones

TV is bad for you, and it has been proven. [This study](#) found that adults who watched over 2 hours of TV every day had higher levels of obesity, anxiety, and depression, and [this study](#) and [this study](#) also found TV watchers were more depressed. [This study](#) established a link between severe depression and higher time watching TV and using computers.

The studies proving television causes depression are quickly being outnumbered by studies showing smartphones cause depression. [This article](#) and [this article](#) both reference multiple studies showing links between phone use, depression, and even suicide, and [this study](#) shows that excessive phone use can actually change brain neurotransmitters.

Solution – Smiling & Laughing

Smiling can immediately improve your mood. Using your face muscles, and thinking of smiling, both trigger the production of happy chemical endorphins and serotonin in your brain. Try to think of something negative while smiling – you can't. Or try this test – take your blood pressure, smile for a few minutes, and take it again. It's always lower.

But smiling has nothing on laughing for curing depression. Both [this study](#) in Iran, and [this study](#) in Indonesia, used laughter therapy on residents of nursing homes, and found it greatly improved depression, and overall quality of life. If you want a good laugh, try these 3 simple solutions for an immediate depression release.

Hold your nose closed with your fingers, and say: Sneep Snop

In a really deep voice, say: Boop De Boop

In the angriest voice you can muster, say: Bubbles

Source – Poor Sleep

An [incredible study](#) done in McLean Hospital examined the postmortem brains of 15 healthy controls against 15 brains from people with bipolar disorder, and 12 with schizophrenia. They found that abnormalities in circadian rhythms produced changes in brain neurotransmitters, particularly somatostatin, which regulates both anxiety and depression.

Almost everyone with depression has sleep trouble, and doctors are told not to diagnose depression in the absence of a sleep disorder. [This study](#) showed that 75% of patients with depression have insomnia, and others have sleep apnea, and hypersomnia. [Johns Hopkins](#) says people with insomnia have a 10-fold higher risk of developing depression.

Solution – Hugging Family

Yes, a simple hug can help your battle with depression. Oxytocin is known as the “hug hormone” and [this paper](#) details how it has a role in the pathophysiology of major depressive disorders. While you may or may not be able to get it from hugging anyone, this [rodent study](#) showed that they only produced it when touching family members.

But the oxytocin and depression connection goes further than just hugs. [A study](#) conducted where young girls would have a phone call with their mothers, and it noted a sharp rise in oxytocin levels. While [another study](#) on infants showed that oxytocin levels rose when they could either see or hear their mothers.

Source – Inflammation

Proteins called [cytokines drive inflammation](#), but they also impact neurological function in patients with depression, as shown in [this meta-analysis](#), where they found significantly higher concentrations of 2 pro-inflammatory cytokines. While lupus researchers [stumbled across](#) a mechanism that directly links inflammation to mental illness.

The sources of inflammation are varied, and include toxin exposure from chemicals, and even vaccines, which augment inflammatory responses linked to mental illness. Diets are another major source, consisting of sugar, processed foods, gluten, and dairy. [This study](#) showed a gluten free diet significantly improved depressive symptoms.

[This study](#) showed that the consumption of foods grown with the dangerous pesticide glyphosate introduced depression and anxiety, due to it killing off beneficial gut bacteria, similar to the effect that antibiotics have. But as [Scientific American](#) points out, any pesticide used by farmers elevated their rates of both depression and suicide.

Solution – Get out in Nature

[A study](#) led by the University of Queensland found that people who visit parks for 30 minutes or more each week, are less likely to have mental health issues, suggesting that people need a minimum “dose of nature”. Stress, anxiety, and depression were all reduced, as well as a number of other health markers, including blood pressure.

[Another study](#) in the journal of Psychology and Cognitive Sciences noted the increased levels of mental illness and depression due to urbanization, and found that a 90-minute walk in nature reduced the activity in an area of the brain linked to mental illness.

Solution – Herbs & Supplements

One of the best herbs for depression is an ancient one, famous in Ayurvedic Medicine: Ashwagandha. As an immunomodulatory and adaptogenic herb, it will identify and resolve issues, bringing all hormones and organs back to their optimal levels. It is so powerful that it even [improved depression](#) in patients with schizophrenia.

For the mineral supplements, my first choice would be magnesium. [A study](#) in Norway found that magnesium intake is related to depression in the community, while [this study](#) showed it is related to both depression and suicide attempts. [This study](#) showed it helped with severe mania, and [this study](#) showed it had results similar to lithium.

In terms of vitamins, the #1 vitamin is without a doubt B3, or niacin. Serotonin is metabolized from tryptophan, but tryptophan is also used by the liver to make B3. Often B3 is prioritized and made first, so when deficient in B3, you won't be making optimum serotonin. [Studies](#) have also shown that B3 supplementation ameliorates depressive behaviors.

If you are looking for a quick snack to get you out of a depressive state, turn to cashews. As above, tryptophan is incredibly important for making serotonin, and just 2 handfuls of cashews have 500mg of tryptophan, which is the therapeutic equivalent of a dose of Prozac. You can also get a similar amount from eating a large portion of beans.

For further information on sources of depression and solutions to completely recover from this condition, please visit [HealthGlade.com](https://www.healthglade.com)