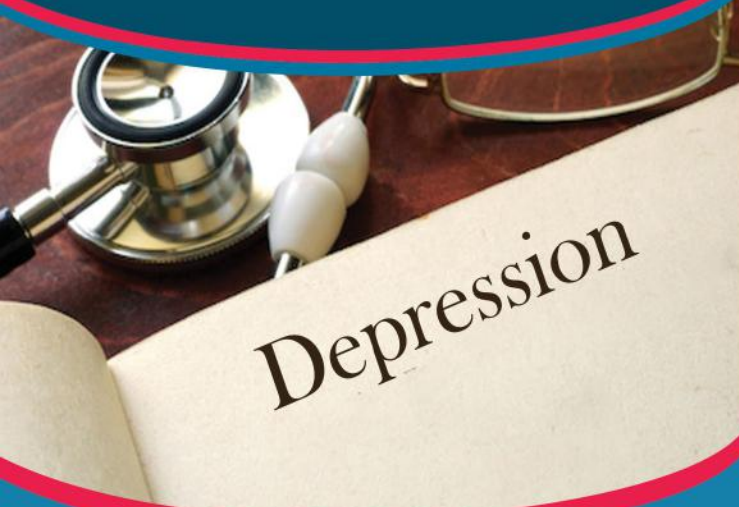




# Depression



- 8. Focus: Decreased ability to think or concentrate or be too hesitant
- 9. Suicidal ideation: Having thoughts of death or suicide or having a plan for suicide

## ► Nutrition and medical treatment regimen in depression

Fish oil supplements with a combination of 60% EPA and 40% DHA have the greatest effect in treating depression.

Curcumin seems to be a promising treatment for depression. A recent study shows that a strongly absorbed form of curcumin is effective in treating major depression. Research also shows that this particular strongly absorbed form of curcumin has the same effect as prozac.

The effects of regular curcumin are reduced due to insufficient absorption, so the use of BCM95 form in these studies is necessary for curcumin to be effective. Vitamin B and magnesium deficiencies are also associated with depression. Significant improvement has been seen in patients treated with 8 mg of folic acid per day or 4 mg of vitamin B12 per day.

In addition, numerous case reports have shown that in patients treated with 300 mg to 125 mg of magnesium at meal or at bedtime,



major depression often resolves rapidly in less than a week. In people with atypical depression, supplementation with 600 mg / day chromium picolinate was found to be beneficial in reducing carbohydrate cravings, but no difference was found in the depression scores of chromium-treated people and those receiving placebo. Key effects of chromium include its effect on carbohydrate intake and appetite regulation. Low serum zinc levels also predispose people to treatment-resistant depression. Providing zinc levels may reinforce other ineffective treatments.







## Depression



- ▶ Mood that indicates a change from the basic level (mood swing)
- ▶ Dysfunction: Socio-Occupational Education
- ▶ **Specific symptoms:** There should be at least 5 of the following 9:

1. A depressed or irritable mood occurs most hours of the day and almost every day that is expressed by the person himself



(such as feeling sad or empty) or as a result of other people's supervision over the person (for example, crying).

- 2. Decreased interest or enjoyment in most activities and during most hours of the day
- 3. Significant change in weight (5%) or change in appetite
- 4. Change in sleep status: insomnia or oversleeping
- 5. Change in activity: mental-kinetic restlessness or slowness (long delay)
- 6. Fatigue or loss of energy
- 7. Worthless sin: Feeling worthless or too much guilt and delinquency

Major depressive disorder is a common and costly disorder that is usually associated with severe and persistent symptoms leading to social dysfunction and increased mortality. Major depressive disorder is one of the leading causes of disability worldwide.

▶ **Several factors are involved in the development of depression, such as:**

Genetics, Nutrition, Environmental stress, Stop hormone secretion, especially in the hypothalamic-pituitary-adrenal axis (HPA), Changes in the biology and function of neurotransmitters

▶ **Diagnosis of major depression**

▶ Depressed mood or lack of interest or enjoyment in daily activities for more than 2 weeks