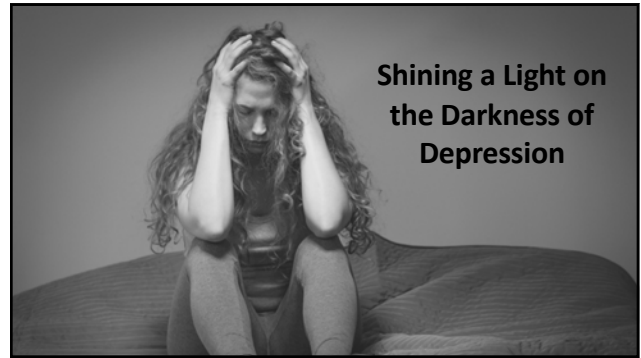


The Sunshine Sharing Hour

With Steven Horne, DNM, DHS, RH(AHG)

Tuesday, December 17, 2019

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Depression Stats

Percentage of Americans Who Took at Least One Antidepressant in the Past 30 Days

Age	1988-1994	1999-2002	2011-2014
18-44	1.6%	6.0%	8.8%
45-64	3.5%	10.5%	17.5%
65 and older	3.0%	9.3%	18.9%
All	1.8%	6.4%	10.7%

Source: NCHS, National Health and Nutrition Examination Survey

- 7% of the American population (about 17 million people) have a major depressive episode each year
- About 10% of all doctor and hospital visits are about depression
- About 12% of the population are taking antidepressants each month
- Drug prescriptions for depression have increased by over 400% in the last two decades

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Occasional Depression is Normal

- Just about everyone will become depressed at one time in their lives
- It's perfectly natural to feel depressed when
 - We've lost a loved one
 - Have suffered a major setback in life, such as the loss of a job or home
 - Have been under stress for an extended period of time
- Most of the time depression is temporary and we'll get over it naturally given time

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The Drug Problem

- Today, most depression is treated with drugs
- The most common drugs are SSRIs (Selective Serotonin Reuptake Inhibitors)
- Originally approved for severe depression they are now being prescribed for
 - Mild to moderate depression
 - Anxiety
 - Sleep disturbances
 - Neuropathic pain

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Serotonin Drugs

- SSRIs—Selective Serotonin Reuptake Inhibitors (inhibit serotonin reuptake, may also increase GABA responses)
 - Fluoxetine (Prozac), Paroxetine (Paxil, Seroxat), Sertraline (Zoloft, Lustral), Citalopram (Celexa), Escitalopram (Lexapro, Cipralext), Fluvoxamine (Luvox)
- SMS—Serotonin Modulators and Stimulators
 - Vilazodone (Viibryd), Vortioxetine (Brintellix)
- SARIs—Serotonin Antagonists and Reuptake Inhibitors (block serotonin receptors)
 - Etoperidone (Axiomin, Etonin) and Trazodone (Desyrel)

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SSRI Side Effects


- A 2009 study of 700 patients taking SSRIs found the following side effects:
- 56% experienced decreased sexual functioning
 - drowsiness (53%)
 - gained weight (49%)
 - dry mouth (19%)
 - insomnia (16%)
 - fatigue (14%)
 - nausea (14%)
 - light-headedness (13%)
 - tremor (12%)



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Black Box Warnings

- The FDA itself issued a black box warning in 2004
 - SSRIs were associated with suicidal thoughts and behaviors
- The warning was updated in 2007
 - Highest risk is for young adults between the ages of 18 and 24 as well as children under 18
- Suicide rates have gone up 30% in the past two decades
- Suicide is now the 10th leading cause of death in the United States and the 2nd leading cause of death among young people age 15-29



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Other Potential SSRI Side Effects


- Mania and psychosis
- Increased agitation and restlessness
- Increased aggression and violent behavior
- People on SSRIs are more likely to fight with spouses, bosses and even police, causing problems with work, marriage and other conflicts
- SSRIs may dull feelings of empathy and concern for others
- There may also be increases in alcohol and substance abuse

<http://www.drugawareness.org/ssri-facts/ssri-meds/>



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Understanding Serotonin



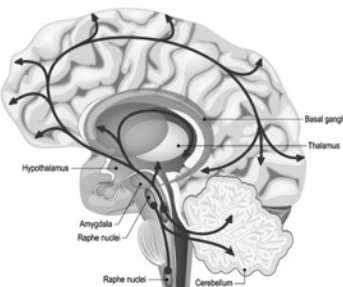
Serotonin
C₁₀H₁₂N₂O

- Regulates carbohydrate cravings, digestion
- Regulates sleep cycle
- Affects pain tolerance
- Promotes assertive behavior and the drive for self-esteem
- 90% of serotonin receptors are in the gut, 8% in the blood and only 2% in the brain

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Serotonin Producing Neurons

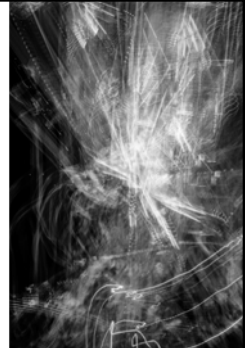
- Located in the raphe nuclei, the midline of the brain stem
- Project upwards into all parts of the brain and downward into the spinal column
- Have a regular, slow spontaneous level of activity during the day that varies little
- Slow down when you sleep, shut down when you dream



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Serotonin and LSD


- LSD binds to a variety of serotonin receptors slowing their rate of firing
- This induces hallucinations that last well beyond the time LSD stops interfering with serotonin
- Remember that serotonin is also inhibited when we are dreaming
- Ergot fungus and psilocybin from certain mushrooms has a similar effect



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Serotonin and Status

- Research shows that serotonin neurons are involved in our drive for status and achievement
- Serotonin neurons push us to get our needs met
- People who have achieved a high degree of status have higher levels of serotonin
- Psychologist Jordan Peterson says this is even true for lobsters
- When a dominant lobster is defeated by a stronger lobster, the loser suffers a loss of serotonin
- Given SSRIs, the losing lobster may return and fight again
- So, SSRIs are linked with increased aggression



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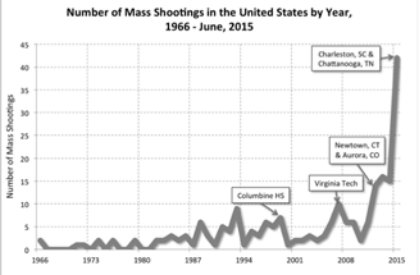
SSRIs and Mass Shootings



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The SSRI Link

Number of Mass Shootings in the United States by Year, 1966 - June, 2015




- There has been a large increase in mass shootings
- Some researchers have linked this with increasing use of antidepressants like SSRIs
- There is evidence that most, if not all, of these shooters have been using drugs that alter brain chemistry like SSRIs

Data Source: Stanford Geospatial Center, Mass Shootings in America Database (accessed in June of 2015)

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Violent Mice

- Mice with a mutation that causes their brains to be flooded with an excess of serotonin (Tg8 mutation) have fierce tempers
 - Mutant Mice May Hold Key To Human Violence—An Excess Of Serotonin, A Chemical That Helps Regulate Mood And Mental Health, Causes Mayhem by Jean Chen Shih from <http://www.drugawareness.org/ssri-facts/ssri-meds/>



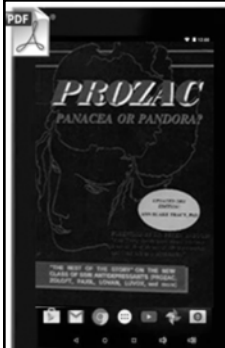
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Practical Insights on Serotonin and Depression

- Do You Have a Biochemical Imbalance?
 - <https://youtu.be/ARZ2Wv2BoFs>
- How to Help a Suicidality Depressed Person
 - <https://youtu.be/t7OPWRqjaSQ>

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Abrupt Changes in SSRI Dosages are Dangerous



- "With antidepressants the FDA has now warned that any abrupt change in dose, whether increasing or decreasing the dose, can produce suicide, hostility, or psychosis – generally a manic psychosis when you then get your diagnosis for Bipolar Disorder."
- "WARNING: The practice of taking a pill every other day throws you into withdrawal every other day and can be very dangerous when you consider the FDA warnings on abrupt changes in dose."

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Weaning Off Antidepressants

- The brain adjusts to the presence of SSRIs, which means that the balance of the neurotransmitters changes when the dose is altered.
- The daily dose should be reduced slowly over the course of many months, or even years
- Save off small amounts of the pills, don't cut them
- Slowly reduce the dose over months or even a year
- Ideally this should be done under professional supervision
- One can use the Chinese Qi Regulating formula or small amounts of 5-HTP as the dose reduces

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Fighting Depression Naturally



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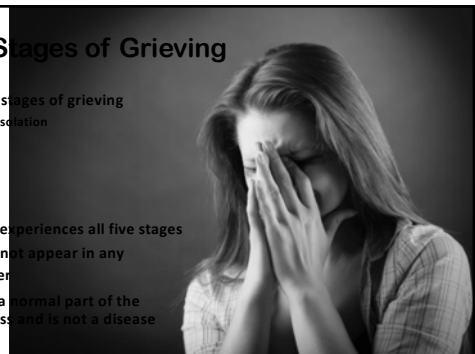
Depression is Primarily Psychological, Not Chemical

- Most of the time, the cause of depression isn't physical
- People get depressed when they:
 - Suffer loss and experience grief,
 - Are under excessive stress
 - Feel life has no higher meaning
 - Are lonely and alienated from others
- Depressed people usually need assistance in learning how to cope with their problems
 - Besides professional counselors, pastors, ministers and even good friends may help
 - Counseling has the same success rate as drugs without the potential side effects.

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The Five Stages of Grieving

- There are five stages of grieving
 1. Denial and isolation
 2. Anger
 3. Bargaining
 4. Depression
 5. Acceptance
- Not everyone experiences all five stages
- The stages do not appear in any particular order
- Depression is a normal part of the grieving process and is not a disease



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Self-Care is Important



- Self-care is important in overcoming depression
- Eat a healthier diet
 - Fresh fruits and vegetables
 - Adequate protein intake
- Exercise
 - Try walking for 30-60 minutes a day in the fresh air and sunshine will help
- Get a good night's sleep

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Try Some Basic Supplements

- Anti-Stress Vitamin Supplement
 - B-Complex
 - Vitamin C
 - Nervine and adaptogenic herbs
- Omega-3 Essential Fatty Acids
- Algae Supplement
 - Spirulina, Blue Green Algae, Chlorella
- Chinese Qi Regulating Formula



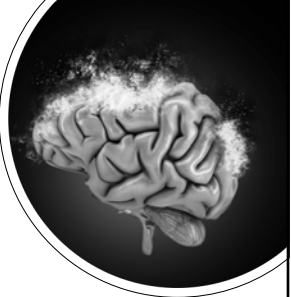
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Inflammation


- Recent research suggests that there is a link between chronic inflammation and depression
- Inflammation is not the direct cause of depression, but reducing chronic inflammation eases depression
- Signs of chronic inflammation
 - General aches and pains
 - Dark red or purplish colored tongue
 - High levels of C-reactive protein
- Anti-inflammatory remedies
 - Formulas with turmeric, boswellia, mangosteen and willow bark
 - Curcumin and/or turmeric
 - Omega-3 Essential Fatty Acids



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Remedies for Grief and Sadness


- Essential Oils
 - Rose
 - Bergamot
 - Pine
 - Helychrisum
- Flower Essences
 - Self-heal
 - Love-lies-bleeding
 - Bleeding heart
 - Borage
 - California Wild Rose
 - Rescue or Distress Remedy



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Stress and Burnout


- Symptoms of stress-related depression
 - High anxiety and nervousness
 - Severe fatigue
 - Loss of interest in life
 - Low libido
 - Feeling "I just can't cope anymore!"



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Stress-Related Depression

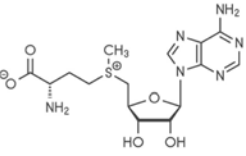
- Adaptagens (Schizandra, Eleuthero, Korean Ginseng)
- Kava Kava
- Adrenal Glandulars
- B-Complex Vitamins
- Chinese Fire Increasing formula
- Take a vacation and get some rest
- Get more sleep
- Mediate and pray
- Evaluate your priorities and let go of what is less important in favor of what is more important



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Disturbed Methylation

- May be involved in depression, anxiety and mental illness
- Signs of under methylation include:
 - High levels of homocysteine and histamine
 - A tendency to seasonal allergies
 - Depression that responds favorably to SSRIs.
- SAM-e aids methylation and is helpful for depression involving undermethylation
 - Studies suggest it can be effective for mild to moderate depression
 - Helps mood-enhancing neurotransmitters like dopamine and serotonin
 - Acts as a natural reuptake inhibitor for these neurotransmitters
 - Aids liver detoxification
- Over methylators do not respond well to SSRIs or Sam-e



S-adenosyl methionine

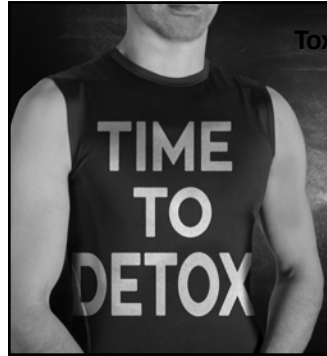
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Sam-e

- Dr. Bressa, in a meta analysis of studies on Sam-e concludes, "The efficacy of SAM-e in treating depressive syndromes and disorders is superior to that of placebo and comparable to that of standard tricyclic antidepressants. Since it is a naturally occurring compound with relatively few side-effects, it is a potentially important treatment for depression."
- It acts on mood rapidly, most often within a few days.
- SAME has no withdrawal reaction, commonly found with antidepressants

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Toxicity and Depression

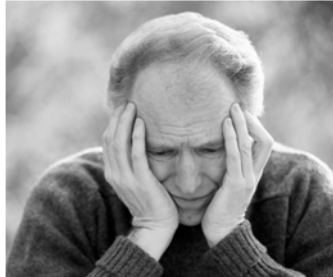


- Depression was once called melancholia and was thought to be an accumulation of black bile
- Today we'd consider black bile an accumulation of toxins
- More serotonin is produced in the gut than in the brain
- Gut health has been linked with mood problems like anxiety and depression
- When the liver isn't detoxifying well one can become irritable, anxious or depressed

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Age Related Depression

- As a person ages, they may become depressed
- This may be associated with dementia or the early stages of Alzheimer's disease
- Possible remedies:
 - Ginkgo
 - Ginseng
 - Gotu kola
 - DHA and Omega-3 EFAs



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Female Hormones

- Women who have depression associated with PMS or menopause, or post partum depression are often low in estrogen
- Women who are abused may also suffer from hormone-related depression
- Possible remedies include:
 - Black cohosh
 - Damiana
- Get back in touch with your feelings and take responsibility for them



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Male Hormones

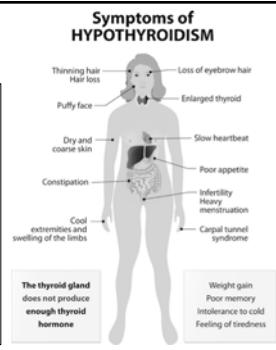
- Low levels of testosterone in men can lead to depression
- Fluoride and xenoestrogens can contribute to this
- Possible remedies:
 - Korean Ginseng
 - Damiana
 - Sarsaparilla
 - Zinc
- Build "wins" for yourself, masculine energy needs to achieve to feel good



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Low Thyroid


- Low thyroid can create low energy levels which make a person feel mildly depressed
- Low thyroid symptoms include:
 - Fatigue
 - Weight problems
 - Dry skin
 - Low body temperature
 - High cholesterol
- Feeding the thyroid gland with a **Hypothyroid Formula**, containing herbs like kelp and dulse, may help
- Ashwaganda may also be helpful



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Working with Depression

- Don't treat it symptomatically
- Get in touch with what is "getting you down"
- Try to understand what you need that you are not getting and find a way to fulfill your needs in a constructive manner
- Seek out help and support from others
- Prayer and learning to "count your blessings" can also be helpful



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Herbal Remedies



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St. John's Wort


- A remedy that "brings in the light"
- Helps regulate the solar plexus, the nerves which regulate digestion
- Good for depression associated with digestive problems and anxiety
- Helps strengthen gut instincts
- Can help nightmares in children or feeling overly vulnerable
- Modulates a number of neurotransmitters in the brain and reduces inflammation
- Do not use with antidepressant drugs



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Black Cohosh


- Helpful antidepressant for dark, brooding emotions
- Feeling like you have a black cloud over you
- Feeling trapped in darkness and unable to get free
- Continually getting entangled in addictive, abusive relationships
- A feeling that you are spiritually struggling with the powers of darkness
- Needed in very small amounts (part of a capsule, drops of a tincture or as a flower essence)



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Damiana


- Indicated for nervous exhaustion causing depression, mental fatigue, physical fatigue, poor concentration, poor sex drive
- For depression in the elderly, use with rosemary or rosemary and sage
- Has a nice mood elevating effect
- It can help a person find something they lost somewhere on the road of life.



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Rose


- The essential oil or flower essence of rose can open the heart to ease sadness and grief
- Helps a person be responsive to love and open to relationships
- Works well with mimosa to comfort the heart
- Works well as a flower essence with bleeding heart and love-lies-bleeding




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Lemon Balm	
<ul style="list-style-type: none"> • Works as a mood elevator in depression brought on by grief • Use the herb or the essential oil • Uplifting and energizing • Combines well with mimosa and/or rose for grief-related depression • Combine with St. John's wort to treat SAD (Seasonal Affective Disorder) 	


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Mimosa	
<ul style="list-style-type: none"> • Calms the emotions • Opens the heart • Relieves tension • Eases bad temper • Lifts depression • Reduces insomnia and irritability • The bark has been traditionally used for general stress, depression and a broken heart • The flowers create mild euphoria and giddiness 	

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	Borage
	<ul style="list-style-type: none"> • Can be used as an herb or flower essence for feeling heavy-heartedness or grief • It rebuilds the adrenals and helps people who feel their situation is hopelessly difficult • Promotes cheerful courage when facing adversity and brings out joy and playfulness • Helps a person "take heart" or have the courage to continue in spite of difficulty • Use the oil, flowers or flower essence


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Kava Kava	
<ul style="list-style-type: none"> • Very good herb for reducing muscle tension and anxiety • Helps create a calm body with an alert mind • May be helpful for stress-related insomnia • Mildly euphoric • Can be helpful for stress brought on by chronic stress • May aid sleep by relaxing the body 	

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Upcoming Education
<ul style="list-style-type: none"> • Upcoming Member Webinars <ul style="list-style-type: none"> – A Holistic Approach to Disease <ul style="list-style-type: none"> • Tues, January 14, 6:00 MT – Mood Disorders: Anxiety, Depression, Mental Illness – Sunshine Sharing Hour <ul style="list-style-type: none"> • Tues, January 28, 6:00 MT – The Endocannabinoid System • No Other Classes and Events Schedules

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Comments, Questions and Answers	
<ul style="list-style-type: none"> • Type your questions about tonight's topic into the chat box • Product presentation to follow this Q&A 	

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