

# **DEPRESSION AND HOW TO OVERCOME IT**

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Many cases of depression are in small or large part due to nutritional imbalances. Hair mineral analysis can identify many of these, and guide their correction easily in most instances. Other causes are mental, emotional or even spiritual in nature and require a different approach.

**Warning:** Anyone who has feelings of killing oneself or others should immediately see a qualified doctor for help. Do not attempt to solve these type of depression problems by yourself.

## **PHYSICAL AND CHEMICAL CAUSES OF DEPRESSION**

These are by far the most important causes to consider, if you are feeling down in the dumps.

**Low Energy.** Thousands of people are tired. Their adrenal and/or thyroid glands are sluggish. They must drag themselves through life, often using stimulants like caffeine, worry, anger and others just to function. Life just is not much fun. This gives rise to negative thoughts and negative emotions. The main one is depression.

Essentially, the body literally sends one messages all day long that it does not feel good, it doesn't feel like doing things, and there is little hope. Everything is more difficult when one is tired, and the entire world looks bleak. In contrast, when one has so much energy one feels like conquering the world, depression is unlikely.

**The Need For Rest And Sleep.** This can be a simple cause for depression if it is due to simple lack of rest and sleep. So the first thing to consider is whether you are resting enough.

This cannot be emphasized strongly enough. Rest a lot more and the most important factor is often going to bed very early, by 9 PM or even earlier. Sleep a lot more, and see if your symptoms improve. If you cannot rest or sleep well, take extra calcium and magnesium at bedtime, herbs such as valerian, or 5 htp, melatonin, homeopathics if they work, or even a medication to help.

Sleep is absolutely critical for all aspects of health, including your thoughts and emotions. So do not overlook this important and simple cause for depression.

**No Natural High and adrenal burnout.** If this does not help, then think about deeper causes for fatigue. The adrenal glands secrete cortisol, a hormone that provides a natural high.

People on cortisone therapy feel no pain. That is why cortisone is used for pain control. When the adrenals are exhausted, cortisol production diminishes and the natural high is gone, replaced by achiness, fatigue and often a lowered mood.

You may find that a simple test for this is whether you are achy in the morning. If you are a little stiff and it gets better as the day goes on, your adrenal glands may be tired out and usually nutritionally depleted. This is extremely common, almost too common to be made second to lack of sleep. So it is a likely contributor to your depression feelings.

**Low thyroid.** This is very related to tired adrenal glands. However, do not take thyroid hormones, in my view even if your T3 and T4 are low. Nutritional balancing programs, with kelp, vitamins, minerals, digestive aids and other necessary products, can usually rebuild and detoxify your thyroid so it works properly. It is usually much better than hormone replacement therapy, in my experience. For example, most people need more iodine from kelp, perhaps, and must avoid iodine antagonists like fluorides, chlorides and bromides.

If however, you insist on taking thyroid hormones, use the natural ones, rather than synthetic ones such as Synthroid or Levoxy.

## **MINERALS AND DEPRESSION**

**Calcium And Depression.** Mineral analyses of the hair of those with depression usually reveals elevated levels of calcium and magnesium. Calcium stabilizes cell membranes and increases the voltage at which nerve cells fire. This effectively has a depressive effect on the central nervous system. This means that you may feel depressed because you have too much calcium in your body tissues. This is an extremely common cause of depression.

Read [Calcium Mysteries](#) for more information about this cause, which is related to the adrenal and thyroid imbalances mentioned above.

In some cases, the tissue calcium level gets very high, over 175 mg% on a hair tissue mineral analysis. In these cases, depression is very likely.

We call this pattern a [Calcium Shell](#), which you can also read about on this site. Both situations with calcium are quite correctible, often within a few months. So do not despair about any of these causes of depression.

## **COPPER TOXICITY**

A very common metal that is elevated with depression is copper. It may be elevated on a hair analysis, or there may be indicators of hidden copper toxicity. Copper imbalance is very common today, mainly due to exhausted adrenal glands. To read more about copper, [click here](#).

Women are somewhat more prone to this cause of depression, and it may be worse around the time of the menstrual period in younger women.

## **CADMIUM TOXICITY**

Another toxic metal associated with depression is cadmium. It causes pronounced fatigue and many other symptoms. One can be born with it, or common sources are tap water, junk food and cigarette and marijuana smoke. To read more about cadmium, [click here](#).

**Correct the entire biochemistry for best results.** Biochemical factors are very important today as contributors to depression. Correcting body chemistry, which is not the same as using symptomatic remedies, is an important factor in correcting any depression. Even if imbalanced chemistry is not the primary factor, it will enhance the effects of psychotherapy, counseling and other therapies.

## **ZINC, MANGANESE AND OTHER TRACE ELEMENTS**

Many minerals can play a role in feelings of depression. Zinc, for instance, stimulates the neocortex of the brain, which is the newer part of the brain. When zinc is deficient, it can feel the same as a copper toxicity discussed above.

Other essential minerals including, but not limited to manganese, selenium, chromium and others can also influence the way one feels at all times. Only through a tissue mineral test can we know all the possible imbalances that are present in these and other common trace minerals in the body.

## **OTHER NUTRIENT DEFICIENCIES**

Deficiencies of dozens of vitamins, as well as mineral and other vital nutrients can cause or contribute to feelings of depression. This is quite complex, but is the reason why the basis of our program is a healthful diet with cooked vegetables at least twice daily.

**Problems From Birth.** Some of these imbalances and deficiencies may be present at birth. These are called *congenital imbalances*, as they are not inherited in the genetic sense of the word.

Congenital imbalances are those one is born with due to imbalances in one's mother at the time she was pregnant with you. These imbalances, such as low zinc or high copper, are transmitted through the placenta to the developing child.

Few people realize that any deficiency or excess of nutrients can be passed through the placenta during the growth of the developing child. These will show up on a hair tissue mineral analysis of a young child and is an important reason why depression may occur often today in children.

**Children's Diets.** Other imbalances in children are due to vaccinations, a poor quality diet, unhealthy eating habits that impair digestion, stress that impairs digestion and uses up more nutrients, intestinal infections and food intolerance that damages the intestines.

**Consuming anti-nutrients.** Most people, especially children, eat a lot of sugar, toxic food additives and other substances that provide basically no nutrition at all, and just contribute to stuffing the body with poisons that cause many problems, including often depression.

Among the worst chemicals for everyone are Aspartame or Equal, along with some colors and flavors if one is sensitive to them. One can have a 'brain allergy' which just means that the part of the body affected by the chemical or even a food is the brain.

Consuming anti-nutrients like refined sugar, stimulants such as caffeine, MSG and others, and foods that have been stripped of nutrients like bleached, white flour

aggravate deficiencies and open the way for the development of depression in many people.

## OTHER TOXIC METALS

Health problems develop slowly as nutrient minerals become depleted and are replaced by toxic metals in vital enzyme binding sites. These are like replacement parts on a car that are not the correct part. When enough accumulate, hundreds of symptoms may begin to appear. Lowered energy, discouragement and many others are among them.

Today, most children are born with quite a load of toxic metals, passed on through the placenta. This is revealed on hair mineral charts of newborn babies. For this reason, problems can start at a young age. Also, one's entire personality may develop based on nutritional imbalances that were present at birth (congenital) or which developed soon after.

**How toxic metals can cause depression.** They interfere with energy production, alter neurotransmitter levels and can affect all body systems. Excess copper, mercury, cadmium, lead and aluminum are often found in the tissue mineral tests of those with depression.

Tissue mineral analysis may or may not reveal the presence of these toxic metals on the first or even on a second hair mineral analysis. It may take a few months to a year or more of following a specific nutritional balancing program for the body to begin to eliminate most of a person's toxic metals, which everyone has today to some degree. This occurs because the toxic metals are usually buried deep within the brain and elsewhere, and will not show up on *any* toxic metal tests, including urine challenge tests, feces tests, hair or blood tests. In other words, do not assume you do not have toxic metals just because all the tests are normal. This is rarely the case today.

**Reducing toxic metals in stages or layers.** Eliminating toxic metals is a primary goal of nutritional balancing programs. In my experience of 29 years, they are much better than chelation of all kinds, and far superior to simply taking random vitamin, mineral or other products to remove toxic metals. Nutritional balancing is also much safer.

## OTHER CAUSES FOR DEPRESSION

**Hypoglycemia and diabetes.** The brain is highly dependent on a constant level of blood sugar. When blood sugar levels vary, it causes lowered energy, mood fluctuations, confusion and at these times one can easily feel depressed. Sometimes one feels as though one is on a blood sugar rollercoaster all day long as one's energy level and mood fluctuate during the day.

Correcting hypoglycemia is often easy with nutritional balancing science. Diet is an important factor. Stopping all sweets and eating some protein and perhaps some fats or oils every three or four hours will take care of some cases of hypoglycemia. Trace minerals including zinc, manganese, chromium and others are also required for blood sugar regulation. Most people are low in these trace minerals. Read [Hypoglycemia](#) for more information.

When hypoglycemia persists for years, it turns into diabetes, another cause of depression. If you think you might have this, visit a doctor to make sure. With diabetes, you often, but not always, will feel tired all the time and need to eat sweets or you will get shaky and even weaker, and you may need to urinate a lot, even during the night.

This is still another physical cause for depression that often is overlooked by psychiatrists and psychologists.

**Slow Metabolism.** A common finding on the trace mineral tests of people with depression is a pattern indicating a slow oxidation rate and very low cellular energy production. Tissue sodium and potassium levels are usually low and the sodium/potassium ratio may be low as well. When the metabolism slows down, it is usually due to sluggish adrenal gland activity, as explained above.

**Deficiency of essential Fatty Acids.** This cause of depression is a little less common. Today, most people eat a predominance of the omega-6 fatty acids found in vegetable oils primarily. However, they are also found in our meats, poultry, butter, milk and other foods because the animals are not allowed to graze freely on grasses. Instead, they are fed indoors on corn and other vegetable cereals.

As a result, the fatty acid content of their meat, dairy and other products are quite different today than they were 100 years ago. The correct fatty acids are important for proper functioning of the brain and central nervous system.

## **DEPRESSION AS AN ADAPTATION TO STRESS**

*Depression can be a positive adaptation to exhaustion.* In these cases, depression occurs to prevent further depletion of energy that could cause more serious illness.

The truth of this is observed as a person recovers their health. Many patients comment after several months or longer on a health building program their depression lifts, but they are exhausted. After several more months, the exhaustion begins to lift. As they regain their health, they retrace the sequence of events that led to the depression.

Thus depression may be a stage of life after exhaustion. Rebuilding body chemistry is necessary to reverse the process. Sometimes the reversal process is fast. At other times, toxic metal elimination and nutrient replacement can take up to several years.

## **EMOTIONAL OR EGO DEPRESSION**

This type of depression is caused by emotions that are basically out of control. One reacts or over-reacts to stimuli that cause severe negative feelings. This is common with copper imbalance, but can be caused by a lack of emotional control. Emotional depression is more common in women, while depression caused by mental aberration is more common in men. This has to do with their mineral balance, hormones and other factors.

The answer to this type of depression is to learn emotional balance by whatever means is effective. Among the best ways is the Roy Masters meditation that we recommend for all adults. To investigate this method further, read the article entitled [Meditation](#). Other methods that may help include reading the bible or other spiritual or

uplifting books, watching movies or listening to CDs that reminds you to relax, laugh at yourself a little rather than be too serious. Some people may need to talk with a counselor, and always remember that we are spiritual beings having an experience on earth that we will not always understand, so there is no point in over-reacting to everything and everyone.

## **DEPRESSION DUE TO MENTAL CAUSES**

This occurs when one wants something one cannot or does not have. It is a disappointment of the ego when it cannot have or control the world as it would like. This kind of depression is often rooted in immaturity, fantasies and delusions about oneself or about the world.

This depression is basically caused by beliefs or other types of thinking that are not healthy or are not true, or are not grounded in this reality. For example, one may believe that one deserves to win the lottery. Therefore, one may become depressed when this does not occur.

**Playing The Victim.** The most important single cause of this type of depression is to feel sorry for oneself. This is also called the victim mentality or “poor me”. This is unfortunately encouraged by liberal politicians, the media and even some religions.

This belief is basically that one is worse off than others and somehow deserves a break or special treatment or even monetary compensation because of one’s skin color, religion, state of physical or mental health, financial condition or other situation or behavior choice.

This type of depression is always basically at its root a mental aberration that can only be corrected by adjusting one’s thoughts and beliefs so that they reflect reality. In fact, there are no victims, but this is hard to believe for many people. The best approach is to know that one is a child of God and there are unseen angels and other beings standing ready to assist everyone at all times.

## **SPIRITUAL DEPRESSION**

Some people are depressed because they are living in a way that is not compatible with their deepest nature. This is what I call spiritual depression. One may be in a job that is incompatible one’s nature and ability. This may apply to the work itself or simply the office associates.

It can also occur in personal relationships that are simply not working well. One person may be more aware than the other, but the more aware person is deferring to the less aware one. As a result, the more aware person is not living the fullness of his or her life, and depression is a common result.

This cause of depression will not be remedied by nutrition, unless nutrition improves the physical health of the more aware person to the point that he or she becomes more assertive in the relationship, and takes appropriate action in order to be more assertive, in general.

Children have less control over their lives. Many are not compatible with their school environment and at times they are not appreciated or possibly misunderstood by their parents or even their friends. This can be a difficult situation that can lead to teen

pregnancies, drug and alcohol abuse, runaways, failing grades, violence and even suicide.

A mild type of spiritual confusion or depression can also be a stage in one's spiritual development that is actually quite common. Carolyn Myss coined the term "spiritual madness" to describe this phenomenon. It is a condition in which it seems like the world is not the way one thought. One is becoming aware of new approaches to living, new ways of thinking and viewing reality and an imbalance occurs as one tries to fit new ideas into old ways of living.

This can be extremely confusing and one must feel one's way forward gently and slowly. The sense of confusion, uncertainty and temptation to return to old ways can create a type of depressed attitude in some people that is important to be aware of and not to fall prey to the use of drugs or other crutches to pass through this important stage in one's development.

This can occur at multiple intervals as one awakens to more dimensions of reality and one is forced to leave behind old friends, old ways, old relationships, old jobs and so forth. This is, indeed, an important type of depression that occurs in those who are attempting to make positive changes in their lives.

## **OTHER CAUSES FOR DEPRESSION**

**Pharmaceuticals.** Many drugs have depression as a side effect. Among the most important are cortisone therapy especially as one reduces the dose, depressants such as valium, ADHD drugs, blood pressure medications such as beta blockers and many others. Always be sure to check the side effects of any medication you are using on a regular basis if depression begins to occur. It can be life threatening, so do not ignore this cause of depression.

Medications of all sorts can cause depression directly by inhibiting various neurotransmitters in the brain. They can also cause depression by inhibiting or interfering with other nutrients. They may also affect your appetite, sensations or other areas that lead indirectly to feelings of sadness, inadequacy or other problems. This applies to over-the-counter remedies equally as it applies to prescription or recreational drug use.

For example, birth control pills, patches or the newer insertable Nuvo-ring can cause depression by affecting copper balance. This is well known by some women, but many are unaware that these drugs can affect one's entire personality, leading even to suicidal thoughts.

## **WHEN WILL I FEEL BETTER?**

This is the most common question we receive. It is not easy to answer. Some people feel better in a week or two when they eliminate sugar from their diet and begin sleeping more. Most people, in fact, start to feel better on a nutritional balancing program rapidly. However, for best results, do not expect to feel better overnight, especially with physically-caused depression. It may take longer, depending on many factors.

For example, if one's depression is physical, then physical changes will improve it. However, if it is emotional, mental or spiritual, then other types of changes are needed to alleviate the condition.

Even if it is a simple physical depression, improvement may require at least several months. This occurs because the body has buffering systems to prevent it from absorbing too much of any nutrient at once, as this would upset body chemistry. Thus, making large changes in body chemistry always take time. Similarly, making important emotional and lifestyle changes may also take a while. Thus, you should not be discouraged if time is required to overcome depression feelings.

## HOW TO PROCEED TO OVERCOME DEPRESSION

Testing with hair tissue mineral analysis by someone who understands how to interpret the test can be a very helpful step to identify many imbalances, including mental, emotional and spiritual ones, believe it or not. This is explained in a number of articles on this website, such as [Introduction To Hair Mineral Analysis](#) and [Psychological Patterns On A Hair Analysis](#).

The hair analysis will help you to avoid random and often harmful dieting and supplementation that often wastes time and money, is often less effective or could even make the problem worse. We can identify your metabolic type, for instance, that tells whether you will tend to do better on more fats and oils, or less of these essential foods.

**Replacement Therapy Is Not Often Helpful.** It is important to note that when a mineral is low on this test, it is not sufficient to simply take that mineral. This is called [Replacement Therapy](#) and you may click on it to read more about this very poor way of using hair mineral analysis.

The method we use, called nutritional balancing science, is more complicated, but yields far better results. We teach this to doctors and other practitioners, because it is far less well known or understood. Anyone interested in this can read about on the page regarding [Training](#).

**Hormone Therapy.** Also, we never recommend hormone replacement therapy, which is now very popular among holistic medical doctors and naturopaths. It is rarely ever needed and while it may give a temporary lift to a person, generally upsets the body a lot more in the long run. It is also more costly.

**Antidepressant drugs.** First, do not stop antidepressant medication without careful thought and attention. Many patients report side effects when stopping these drugs. This is a sad fact about these drugs.

Adverse effects of the drugs or of stopping them may include headache, nausea, depression, anxiety and many, many more. Be careful and preferably work with a health professional. I never tell patients to stop prescription medication without the assistance or okay of their doctor.



However, a new study reviewed all of the past studies on four popular antidepressant drugs. These are representative of the newer class of antidepressants called SSRI antidepressants.

*The researchers concluded that they are no better than placebo, except for some very severe cases of depression.* This is a very important study. Here are questions everyone taking these drugs must ask himself or herself:

- Why risk the side effects of these drugs that include suicide in teens, homicide in adults and many more that are just less severe?
- Why risk the toxic effects of any drug if it is no better than a sugar pill?
- Why spend the money on these drugs?
- Why take any toxic products that don't work well anyway?

Please pay attention to this study, which you are not likely to hear about on the evening news.

Reference: *PloS Med.* 2008;5(2):e45.

## CONCLUSION

Depression is a natural phenomenon that everyone experiences at times. It does not require drugs in 99% of the cases and will go away on its own when life changes for the better. However, if one is not healthy, and most people are not healthy, then depression feelings are often a signal that one is tired, copper toxic, hypoglycemic or that some other physical imbalance is present. For this type of depression, a nutritional balancing program is superb.

In other cases, mental fixations or emotional imbalances can also cause depression feelings. One may need meditation, talking with a counselor, or just a new lifestyle to overcome this type of problem.

Very rarely, drug therapy may be helpful, although I have never needed to refer someone for antidepressant drugs. They have many too many side effects, are costly and are quite toxic to the body. Therefore, I recommend trying a natural approach first in all cases. Shotgun vitamin or herb therapies may work, but do not rebuild the body. Nutritional balancing may be a little slower, but it will build a solid foundation of health that will also prevent or correct dozens of the symptoms and conditions at the same time, and is therefore safer and much more health-producing. If one combines it with the Roy Masters meditation, most depression can be taken care of in a few weeks to a few months or less.

Any depression feelings that persist for more than a few months might indicate another medical condition and one may wish to consult a health professional.