



Are You Experiencing Depression?

www.cure-your-depression.com

About the Author:



From suicidal to impacting the lives of others, Merri Ellen Giesbrecht shares hope for those suffering from depression. When antidepressants made her life worse, she began to research the medical journals to find the truth. What she found would not only change her life but also thousands of others in countries around the world through her website:

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**Your diet may lack foods which contain these nutrients.
(Find out where to get them below!)**

Vitamin B3

Wholegrain – brown rice, rice bran, wheatgerm / Veg – broccoli, mushrooms, cabbage, brussel sprouts, courgette, squash/Nuts – peanuts/Meat – beef liver, beef kidney, pork, turkey, chicken/Fish – tuna, salmon/Seeds – sunflower seeds



Vitamin B6

Wholegrains – brown rice, oats, bran, barley /Fruit – bananas, mango/Fish – tuna, trout, salmon/Veg – avocado, watercress, cauliflower, cabbage, peppers, squash, asparagus, bok choy, potato/Meat – chicken, pork loin, turkey/Beans – lima beans, soy beans/Pulses – Chick Peas/Seeds – sunflower

Vitamin C

Veg – red pepper, red cabbage, broccoli, brussel sprouts, cauliflower, kale, celery, squash, cabbage, watercress/Fresh Fruit – strawberries, oranges, tangerines, kiwi, cantaloupe, papaya, cranberries, pineapple

Folic Acid

Green Leafy Veg - Spinach, lettuce, Asparagus, beets, Savoy cabbage, bok choy, broccoli, green peas, fresh parsley, brussels sprouts, avocados/ cauliflower/avocado/Fish – cod, tuna, salmon, halibut, shrimp/Meat – calf's liver, turkey/Nuts and Seeds – peanuts, sesame seeds, hazel nuts, cashew nuts, walnuts/Beans and Pulses -lentils, chick peas, black beans, kidney beans, pinto beans/Fruit – oranges

Magnesium

Veg – spinach, watercress, avocado, peppers, broccoli, brussle sprouts, green cabbage, watercress/Nuts – Almonds, brazil nuts, cashews, peanuts, macadamias, pistachios, walnuts, pecan /Seeds – pumpkin, sunflower, poppy/Wholegrains – oatmeal, wheatbran, long grain rice, buckwheat, barley, quinoa/Dairy – plain yoghurt/Legumes – baked beans/Fruit – banana, kiwi, blackberries, strawberries, orange, raisins/Sweet – chocolate

Selenium

Wholegrains – wheat germ, brewers yeast /Meat – calf liver, turkey breast / Fish/seafood
Cod, Tuna, Halibut, Salmon, Shrimp, /Vegetables – mushrooms, garlic, spinach / sunflower seeds / legumes – tofu/Nuts – brazil/ Wholegrains – barley, rye, oats, long grain brown rice/ Dairy – mozzarella cheese /Seeds – mustard, sunflower

Zinc

Seafood/fish – oysters, mussels, shrimp /Cereals – fortified breakfast cereal/Nuts – cashews, walnuts, almonds/Dairy – mozzarella, Swiss, cheddar cheeses, low fat yoghurt /Pulses – chick peas, kidney beans, baked beans,lima beans/Legumes – lentils, miso/Meat – chicken (dark meat), turkey, lamb, pork, ground beef/Seeds – pumpkin, sesame/Vegetables – spinach, mushrooms, squash, asparagus, broccoli
Fruit – blackberries, kiwi

Omega 3 fatty acids

Fish – Salmon, sardines, mackerel, Scallops, fresh tuna, halibut, shrimp, cod, trout/Seeds – Flax/Nuts – Walnuts

Tryptophan

Lean meat – Skinless turkey, skinless chicken, /Dairy – plain yoghurt, milk, eggs, cheddar, gruyere, swiss, cottage cheeses/Nuts – almonds, pistachios, pecan, hazelnuts, peanuts/soy nuts/Seeds – poppy, pumpkin, sesame seeds/Pulses – lentils, chick peas (hummus)/Legumes – kidney, lima beans, soya/Vegetables – spinach, watercress, cabbage/Wholegrains – porridge oats, brown rice/Fruits – bananas, pineapple, plums, dates, figs, prunes

Tyrosine

Lean meat – turkey, tuna, chicken liver, beef liver/Dairy – Cheddar, stilton, boursault, camembert, emmenthal, gruyere, mozzarella, parmesan, swiss cheeses, sour cream/Veg – avocados, green beans tofu, miso soup, soy sauce, spinach, yeast extract (marmite etc)/Fruit – bananas, canned figs, plums, raisins, tomatoes, prunes

GABA

Wholegrains – oatmeal, brown rice, wheatgerm, bran, brown bread

Disclaimer

This information is intended as a guide only. Some foods may cause allergic reactions. If you have any dietary concerns or feel you may be anxious or depressed or experiencing any other mental health problem, you should consult your GP or medical advisor.

For more encouragement and wisdom...

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