

# The Number One Depression Fighting Tip

By Merri Ellen Giesbrecht of [www.cure-your-depression.com](http://www.cure-your-depression.com)

What's the best depression fighting tip that I would give? Hands down it is paying attention to your food choices. The first step is recognizing that your body is an amazing living creature and needs only the best to run smoothly. You wouldn't drive a Lamborghini and put recycled oil into it. Not a good idea!

We often pay careful attention to what we do with our material possessions but often neglect our bodies. The problem is our bodies are attached to our minds and they can depression due to poor eating habits. Don't get me wrong. There are many different causes of depression such as a traumatic experience (which I had), but getting yourself on a proper nutritional plan while you seek help from a professional counselor will do wonders!

But, for now I am talking about the number one depression fighting tip...

While implementing the complete anti-depression battle plan, **you need to reboot your nutritional system**. This depression fighting tip gets your blood sugar levels back to normal which also gets your stress hormones such as adrenaline and cortisol back to normal. Why is this important? Your stress hormones are responsible for mood-swings, depression, and anxiety. (And research even makes a connection between stress hormones and phobias, alcoholism and drug-addiction. (Nagaraja HS, Jeganathan PS. 2002)

*"Stress is commonly associated with a variety of psychiatric conditions, including major depression, and with chronic medical conditions, including diabetes and insulin resistance." (Wolkowitz OM, et als. 2001)*

*"For the six countries with available data for the primary analysis, **there was a highly significant correlation between sugar consumption and the annual rate of depression** (Pearson correlation 0.948, P=0.004." (Westover AN, et al. 2002)*

The following eating plan needs to be adjusted to your needs and nutritional biochemistry and possible allergies. (It's also a possibility that allergies could be causing your depression. Learn more at our site below...)

## **So, what's the eating plan?**

1) **Avoid sugar**, coffee, strong tea, nicotine if possible, refined carbohydrates, such as white bread, white rice, cakes and sugary drinks, candy bars, colas, cookies, ice cream sweetish fruits such as bananas, grapefruit, melons, honey and dates (these fruits may be reintroduced at a later stage in moderation) etc. (Werbach, 1991, 123 )

Instead, choose foods your body is desperately missing. Learn more...

2) Enjoy **high protein & complex carbohydrates snacks every three hours** or sooner, to provide a slow release of glucose, and to prevent a dip in mood. A high protein breakfast is the most important meal of the day. Good sources of proteins are eggs, white meat as in chicken and fish. Eat plenty of green vegetables and fruits in many varieties.

3) Take **supplements of** anti-stress vitamin B-Complex tablets, including vitamin B6, B3, B12, chromium picolinate, magnesium, zinc & Vitamin C, and fish oil (omega-3 fatty acids).

This isn't a 'quick fix diet'. It takes time for the body to adjust to a different nutritional lifestyle. Time is needed for your body to turn these desperately missed foods into the neurotransmitters, enzymes and coenzymes which make for a healthy mind. But, this is hands down the best depression fighting tip that worked for me!

You will most likely experience a difference within three months. (And some of my readers have said a few weeks!) If you have been using drugs of any kind, it may take even longer. Some studies have suggested that receptors for neurotransmitters may be repaired some 9 to 14 months after abstinence from the drug(s). (Volkov ND et als, 2001)

Remember to talk to your doctor before stopping any medications! You may even want to ask your doctor about a B12 injection.

## **What's my number two and three depression fighting tips?**

My number two and three depression fighting tips are exercise and quiet relaxation...

*"Stress reduction techniques such as meditation, yoga, exercises, walking meditation, religion, praying, listening to classical music and others on a regular basis have this in common that they appear to calm the person and prevents to secretion of excess stress hormones (cortisol, adrenaline, HPA hormones) that interfere with the synthesis of serotonin. Thus **these techniques seem to facilitate serotonin production - the hormone of satisfaction.**" (Jorm AF, et als. 2002, Tyni-Lenne R, et als. 2002, Yung P, et als. 2001)*

There is hope! You are worth it!

Merri Ellen Giesbrecht

***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 over 80 countries around the world through her website. Enjoy her free e-course at: <http://www.cure-your-depression.com/depression-viplist.html>