

Five Ways To Reduce Depression and Improve Your Mental State

When the body is healthy, the brain is healthy. If the brain is impaired it's pretty difficult to enjoy life. Do not underestimate how your health affects your mind!

For those suffering from depression, there's situational depression and there's chronic depression. Situational depression is generally triggered by a traumatic incident like losing a loved one or being unable to find work. Chronic depression often starts with situational depression, but it can also just seem to come out of nowhere. Either way, eliminating depression is much harder and often impossible without a healthy brain. For many who do not address health, the best they can hope for is situational happiness, where sadness or anxiety is the norm and outside influences are needed to trigger positive feelings. Addiction is common for such people.

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Eat Right: Healthy Gut = Healthy Brain

A healthy gut is necessary to break down food, assimilate nutrients, balance hormones, and supply beneficial microflora throughout the body that keeps pathogenic activity from proliferating. An unhealthy gut prohibits proper nutrient assimilation, causes hormonal imbalances, and leaks unhealthy, infectious microbes and undigested food into the body. Pathogens, undigested food particles, hormonal imbalance, and a lack of proper nutrition balance all lead to inflammation.

If the body is inflamed, the brain is inflamed. Studies have shown that people with depression have higher levels of inflammatory markers compared to people who are not depressed. Chronically higher levels of inflammation due to medical illnesses are also associated with higher rates of depression.

Poor diet hurts brain function in other ways too. The refined sugars found in most processed foods spike insulin and trigger the release of inflammatory cytokines. Pesticides, herbicides, artificial colors and flavors, and other chemicals cause problems in many different ways as well. Each and every toxic ingredient harms our health in multiple ways, which is the nature of toxins. But, gut health usually is the best indicator of overall health.

You can inhibit some of the effects of depression with drugs, for a while, but to truly be well one must heal the gut. Healing the gut requires lots of raw vegetables and herbs along with the elimination of pharmaceuticals and other drugs, as well as refined and processed foods. For more on that check out [How To Heal Your Gut](#).

Related: [Sugar Leads To Depression](#)

Foods That Fight Depression

This is where articles typically go over the benefits of salmon, fresh whole fruits and vegetables, leafy greens, nuts, chocolate, oysters, etc. Readers are expected to pick out a few of their favorite foods that made the list and start eating more of those foods in a futile attempt to feel better about their lives.

It doesn't work that way.

Salads are the best thing anyone can eat to heal the gut and the entire body (except for those rare exceptions when someone suffers from things like histamine intolerance, but still, the goal for anyone healing from chronic disease should be to get on daily salads, even if one cannot start off that way). We're not just talking about lettuce and carrot shreds. Salads should have at least ten vegetables and a few herbs. [This article](#) has a recipe for the kind of salads we're talking about. Other than that, focus on whole foods and diversity. And don't let corporations make your food for you.

In a nutshell, eat salads, eat whole foods, avoid processed and refined foods, make your own food.

Related: [*Stop Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*](#)

Squats and Other Exercises

We were meant to squat. And the great thing about squats is you can do them almost anywhere. In nature we squatted to hide, to defecate, to pick things up, and we squatted instead of sitting. In paleo times, if you couldn't squat you probably wouldn't be around much longer.

Squatting helps massage and activate organ and glandular function, releases positive hormones, aligns the spine, and

helps to get the lymphatic system moving. If you can't squat, try assisted squats to work on the range of motion, and try "get-ups", which are done by laying on the ground and getting up. Alternate sides and alternate legs being used each time.

Other exercises that are good for alleviating depression include:

- **Running:** We are also meant to run. The human body should be squatting and running every day. Studies show that aerobic exercise is often as effective as anti-depressants for treating depression. And if you manage to achieve that "runner's high" you'll want it again and again.
- **Hiking In the Woods:** Getting outdoors and in nature for some time has also been shown in studies to match or exceed anti-depressants for treating depression. While you're out there, do some earthing.
- **Yoga:** Studies also show yoga can alleviate depression. We can't recommend Yoga with Adriene enough.
- **Resistance Training:** Weightlifting and other forms of resistance training have much less research regarding the benefits for depression, but the little bit of research that has been done looks promising. And anyone who can put more than their body weight on their back to squat can attest to how amazing it feels.
- **HITT:** If you want to squeeze the most out of the least amount of time, you can't beat high-intensity interval training. Try it once and you'll know why it's a good routine for alleviating depression.

Related: [Running Without Knee Pain](#)

Breathe

Most of us are rapid, shallow breathers. We raise our shoulders, pull in our diaphragm, and take a breath that fills only the top portion of our lungs.

When you breathe properly, your diaphragm, your stomach, and your ribcage expand, not the pectoral area. Fully exhaling is important, too. Remember, you are breathing in oxygen-rich air and releasing carbon dioxide and toxins.

Proper breathing dramatically increases stamina and mental clarity, elevates your mood, and helps the body detoxify more efficiently (more toxins are released through breathing than through the pores, urination, and defecation combined).

Supplements For Depression

If you're looking at supplements to replace a healthy diet, that's going to work only a little better than skipping exercise for a protein shake. Supplements can certainly help improve symptoms but without the right diet, true health cannot be achieved.

That said, chronic depression indicates a deficiency in the body and pathogenic activity. Most people who suffer from chronic depression also suffer from an abundance of Candida. In fact, most people who suffer from chronic anything have too much Candida. For anything regarding yeast, mold, or fungi, we recommend [SF722](#), second only to a healthy diet with lots of salad. For more on that, see [How Candida Leads to Depression](#).

Probiotics

As stated earlier, healthy gut microbiome is imperative to brain health. Our symbiotic bacteria play a key role in nutrient assimilation, hormone production, immune system functionality, and science has just discovered that [our gut bacteria also resides in our brain!](#)

Probiotics can help bring the gut into homeostasis and can help keep pathogenic microbes from flourishing. Probiotics are anti-inflammatory, and some studies have indicated that probiotics may alleviate depression. Be careful though. Don't

just pick up any cheap probiotic and expect good results. A high-quality probiotic along with a prebiotic diet (raw vegetables) can help build a healthy gut biome, while a cheap probiotic can actually feed pathogens and do more harm than good.

[Fatty Acids](#)

Our brain is 60% fat. Our brain, gut, and whole body need a variety of fats to function properly. We need saturated fats, monounsaturated fats (omega 9s), and polyunsaturated fats (omega 6s, 3s). A typical western diet is heavy in trans fats and rancid fats which cause inflammation. Some people don't get enough fats and most people get too many of the wrong types of fats.

A large [Norwegian study](#) showed that people who regularly consumed cod liver oil were about 30% less likely to show signs of depression. The longer the participants took cod liver oil, the less likely they were to have high levels of depression. [In another study](#) with 49 patients who had a history of harming themselves, study subjects were randomly assigned to receive either 1200 mg EPA and 900 mg DHA, or a placebo. Both groups also received counseling. The study lasted 12 weeks. In the end, the group receiving the fat supplementation improved significantly more than the placebo group.

Many other studies have shown promise in treating depression and anxiety and other mental health disorders with beneficial fat supplementation. It's best to get your healthy fats through a healthy diet but supplementation can help speed up healing and have an almost immediate reduction in inflammation and brain health.

[Tryptophan \(5-HTP and L-tryptophan\)](#)

Tryptophan is an essential amino acid because it can't be

produced by our body. We need it for anabolic processes and the production of various hormones, including serotonin, and the liver can synthesize niacin from tryptophan. So there's a lot of competition for tryptophan. For those who are low in serotonin, supplementation may help (but low serotonin levels are an indication of poor gut health). Several studies have shown that low tryptophan levels can lead to a depressive state and cause anxiety.

5-HTP is generally recommended over l-tryptophan because it crosses the blood-brain barrier and gets converted into serotonin more efficiently than l-tryptophan. Studies have shown greater results in alleviating depression with 5-HTP supplementation.

[Selenium](#)

[A study looked at selenium and depression](#) with a total of 978 young adults aged 17 to 25. Participants filled out a questionnaire to track their mood daily for two weeks to determine their levels of depression. Blood tests were done to determine their selenium levels. The results showed that when selenium levels are too low or too high depressive symptoms were much more likely. The study also showed that lower concentrations of selenium were found to be more detrimental than higher levels.

[Vitamin D](#)

Many studies have shown a link between vitamin D deficiency and depression. People with low vitamin D were at a much greater risk of depression. We recommend daily access to sunlight. For those with whom it's not possible to get enough sunlight, and for those who are overweight, vitamin D supplementation makes sense.

B Vitamin Complex

According to some experts, one of the common causes of chronic depression is a lack of or imbalance of B vitamins. Vitamins B3, B6, B9, and B12 are all known to be imperative for proper brain health and hormone production. Taking just one B vitamin for a long period of time can cause an imbalance that can be more detrimental to health than being low in most or all Bs. Poor B vitamin assimilation is a sign of poor gut health.

Ashwagandha

Laboratory rats were administered imipramine (a common anti-depressant medication) or ashwagandha. The results were almost identical. In another study, ashwagandha was also found to work as well as diazepam with depression and anxiety caused by social isolation. Ashwagandha is an effective anti-depressant without the serious side effects that medication comes with.

Eleuthero

Eleuthero has a mild sedative effect and supports the adrenals and inhibits stress hormones. While this herb can be a godsend to some, it also can be overstimulating and is contraindicated in some people, especially those with very high blood pressure.

Holy Basil

Holy basil is well known for its ability to reduce inflammation, stress, and anxiety and it can help manage depression. Research has shown that holy basil decreases the amount of cortisol released during stressful events.

Maca Root

Maca root has been shown to help reduce depression and anxiety. [A study compared postmenopausal women](#) who took maca

root versus those who took a placebo. The study revealed a significant reduction in anxiety, depression, and sexual dysfunction after Maca consumption.

[St. John's Wort](#)

Dubbed “nature’s antidepressant,” St. John’s wort is a very popular alternative to antidepressant medication for those dealing with depression. Multiple studies have shown that this herb can be as effective as medication for mild to moderate depression. It could likely help with severe depression as well but there have not been enough studies done on this yet.

Conclusion

No medications will work to treat chronic depression forever, and the same is true for supplements. There are also many different nutrient deficiencies that can lead to depression. Taking one or two supplements may help for a little while, but the root cause will not be addressed without lifestyle changes. If you suffer from depression, stop letting corporations make your food for you, heal your gut, get outside, and put in the hard work to get well. I know that’s easier said than done. I’ve been there. I’m prone to depression and I’ve had some catastrophic losses in my life. I recommend baby steps. And for me, personally, I found the products below to be most helpful. But again, gut health is paramount! Be sure to check out [How To Heal Your Gut](#).

Recommended Products

- [Shillington's Brain Tonic](#)
- [Shillington's Nerve Sedative Formula](#)
- [St. Johns Wort Capsules – Gaia Herbs](#)
- [Ultimate Omega-D3 Sport – Nordic Naturals](#)
- [Stress B-Complex – Thorne Research](#)

Antidepressant Use Connected To Antibiotic-Resistance Superbugs

The more fluoxetine an E.coli microbe is exposed to, the more likely that bacteria is to develop multidrug resistance, says a new study from the University of Queensland in Australia. What is fluoxetine, and why is this a big deal?

Fluoxetine is a selective serotonin reuptake inhibitor (SSRI) and the active ingredient in some of the world's most prescribed anti-depressants like Prozac and Sarafem. E.coli bacteria were exposed to fluoxetine for 30 days in different concentrations. The bacteria were then exposed to antibiotics like chloramphenicol, amoxicillin, and tetracycline. The microbes exposed to the fluoxetine showed an increased resistance to antibiotics that was 50 million-fold higher than the experiment control. The more the bacteria were exposed to the SSRI, the more quickly the drug resistance developed. Jianhua Guo is one of the authors of the study.

Fluoxetine is a very persistent and well-documented drug in the wider environment, where strong environmental levels can induce multi-drug resistance...This discovery provides strong evidence that fluoxetine directly causes multi-antibiotic resistance via genetic mutation."

Related: [Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked \(Protocol Included\)](#)

Ubiquitous Fluoxetine

Fluoxetine is an incredibly popular drug. Healthcare practitioners issued more than 28 million prescriptions for it in 2018. It's almost always among the top 30 medications prescribed worldwide. It's everywhere, and the link between the antidepressant and antibiotic-resistant bacteria could have serious consequences.

This study is a lab-based study, and it's fair to wonder how the drug and the bacteria interact in a real-world scenario. Scientists don't know. When a drug this popular has the potential to hasten the evolution of multidrug-resistant bacteria though, we need more studies.

In People

Most antidepressants are taken for longer than a year. But even a short period on fluoxetine can give harmful bacteria the time they need to develop resistance. Prozac takes longer to exit the body than other SSRI medications like Paxil or Zoloft. While those examples 99 percent out of the body after 5 and 6 days respectively, Prozac takes nearly a month. These medications "fix" problems by disrupting the endocrine system. A disruption like that allows infections to flourish in the body.

Related: [How To Heal the Gut](#)

Not to Be Depressing...

We're not ready for the level of antibiotic-resistant bacteria developing in our society. We know that antibiotics fed to food animals are a major source of those developments. Yet U.S. farmers are still using antibiotics regarded as "crucial to human health." The authors of this study found that triclosan, an ingredient in antibacterial soaps, causes

antibiotic-resistant bacteria. Now antidepressants have been linked to multidrug resistance.

We aren't taking confirmed causes of this health seriously, and we are constantly finding new potential causes we hadn't even considered. It's a recipe for disaster.

Sources:

- [One of The Most Widely Used Antidepressants Has Just Been Implicated in Breeding Antibiotic Resistance – Science Alert](#)
 - [Antidepressant may cause antibiotic resistance – University of Queensland Australia](#)
 - [Antidepressant fluoxetine induces multiple antibiotics resistance in Escherichia coli via ROS-mediated mutagenesis – Science Direct](#)
 - [Fluoxetine Hydrochloride Drug Usage Statistics, United States, 2005 – 2015 – ClinCalc](#)
 - [Going off antidepressants – Harvard Health Publishing](#)
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Nitrates from Cured Meat Have Been Linked to Mania in New Study

No one mistakes hot dogs for health food, but a new study published in Molecular Psychiatry suggests that they might be even worse for you than previously thought, linking hot dog, beef jerky, salami, and processed meats to mania. Examining 1,101 individuals, researchers at Johns Hopkins noticed that the subjects who had been hospitalized for mania were 3.5 times more likely to have consumed cured meats. The same

outcome did not occur with other untreated meats or fish. Researchers then fed rats nitrates in a dose equivalent to what a human would eat in a hot dog or beef jerky. The second part of the study confirmed that nitrates negatively impact gut bacteria and the brain. Dr. Robert Yolken, the lead author of the study and professor of neurovirology in pediatrics at the Johns Hopkins University School of Medicine, says,

We looked at a number of different dietary exposures and cured meat really stood out. It wasn't just that people with mania have an abnormal diet...There's growing evidence that germs in the intestines can influence the brain...And this work on nitrates opens the door for future studies on how that may be happening."

Related: [How Farmed Fish Degrades Our Health and the Environment – Better Options Included](#)

Needed Nitrates

This is not the first time nitrates have been mentioned in conjunction with serious health issues. Past studies have linked the compound with early death, an increased risk of cancer, and male infertility.

Nitrates are more complicated than that, though. Once they're ingested, they're turned to nitrites by your oral bacteria. From there these nitrites turn into nitric oxide or N-nitroso compounds. Nitric oxide is a free radical, protecting cell mitochondria, and relaxing blood vessels. Plants like celery, spinach, lettuce, onions, broccoli, and peas are excellent sources of naturally occurring nitrates that don't turn into carcinogenic N-nitroso compounds, which are carcinogenic. This is because plants are excellent sources of vitamin c and polyphenols, which keep those compounds from forming.

Naughty Nitrates

Meat, on the other hand, has all the conditions needed for nitrites to turn into carcinogenic N-nitroso. There are no anti-oxidants or polyphenols. Meat also has higher quantities of protein and heme. Heme is an iron-containing compound found in hemoglobin and has been in the news recently as the ingredient responsible for the Impossible Burger's meaty flavor.

Processed meats have nitrites added as a preservative and a coloring. They're responsible for that pink color you see in so many lunch meats. The World Health Organization has classified processed meats as carcinogenic to humans since 2015. Cooking (especially over high heat) makes the numbers of carcinogenic chemicals worse, making hot dogs the worst (seriously, though, the worst).

Gut-Brain Connection

These researchers found a link between human mental illness and a food group. Then they manufactured the same conditions in rats to find an even deeper connection and a greater risk of long-term health conditions.

Related: [*Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked \(Protocol Included\)*](#)

Much has been made of our increasing mental issues. Mania is most commonly associated with bipolar disorder, and diagnoses of that disorder have been on the rise for over a decade. Young people have been hit especially hard. Yet the exact cause of that is unknown.

However, not enough attention has been paid to how crucial the gut-brain connection is. The enteric nervous system controls the function of the gastrointestinal tract and has been referred to as the second brain. It follows that what you fuel

the gut with profoundly affects both brains. We are losing our the diversity of our gut bacteria at an alarming rate. We are beginning to see what happens when those microbes are permanently lost.

Related: [*Does Meat Cause Cancer? Yes and no...*](#)

How can we take care of this world, of anything else when we're constantly on the verge of losing control of our own sanity? We often hear about mental health coping strategies or mental health tools for dealing with situations. Why is diet not one of those tools, indeed the very foundation? The gut dictates brain function. What does your brain food look like?

Sources:

- [*Hot Dogs and Beef Jerky Linked to Mania in Study – Newsweek*](#)
 - [*Nitrated meat products are associated with mania in humans and altered behavior and brain gene expression in rats – Nature.com*](#)
 - [*Why Some Nitrates Are Healthy While Others Are Harmful – Dr. Mercola*](#)
 - [*The Impossible Burger: Inside the Strange Science of the Fake Meat that Bleeds – Wired*](#)
 - [*WHO report says eating processed meat is carcinogenic: Understanding the findings – Harvard School of Public Health*](#)
 - [*Bipolar disorder cases rise sharply in U.S. children – NY Times*](#)
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How to Detox From Plastics and Other Endocrine Disruptors

The soles of your shoes, the fabric of your clothing, your contact lenses, your chewing gum, your phone, food containers, mattresses – all are made with plastic. It's everywhere. It's in our salt and it's in our water. Plastic may be the most insidious and enduring product we've ever produced.

While plastic improves our daily life in countless ways, it is also suffocating our planet and causing catastrophic pollution, much of it hidden and microscopic. Just how bad is it?

Bottled water samples were collected and analyzed by scientists over a ten-month investigation. The study analyzed 259 bottles from 19 locations in nine countries across 11 different brands and found an average of 325 plastic particles for every liter of water being sold.

In one bottle of Nestlé Pure Life, concentrations were as high as 10,000 plastic pieces per litre of water. Of the 259 bottles tested, only 17 were free of plastics, according to the study.” – [Drinking Bottled Water Means Drinking Microplastics](#)

This study comes just after a damning study of [plastic found in sea salt](#) brands was published in the scientific journal *Scientific Reports*. They analyzed seventeen commercial salt brands from eight different countries on four continents for plastic particles. They found plastics in all but one brand.

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BPA's Replacement, BPS, Likely No Better

BPA is the starting material for producing polycarbonate plastics. We found out it leaches into the ground and water and causes all kinds of problems. Of course, the manufacturers denied and lied until the mounting evidence was incontrovertible. Then BPS was developed, and was a favored replacement; they thought BPS was more resistant to leaching. But BPS is leaching. Nearly 81 percent of Americans have detectable levels of BPS in their urine. Once it enters the body it can affect cells in ways that parallel BPA.

Microplastics, Endocrine Disrupters, and the Environment

Microplastics are most likely, to varying degrees, already in all of our drinking water and in all of our bodies. Microplastics absorb toxic chemicals linked to cancer and

other diseases and release those chemicals into animals that consume it, like fish and humans who eat those fish. Experts say since these fibers have been found in most of our water supply, they have to be in our food as well. From fish to organic vegetables, microplastics are everywhere. At this time, there is no known way to completely filter or contain them.

Plastic waste doesn't biodegrade. Instead, it breaks down into smaller pieces of itself, down to the nanometer scale (one billionth of a meter). Science knows that particles of this size migrate through intestinal walls and travel to lymph nodes, glands, and bodily organs.

Plastic is toxic. It has been proven to cause cancer. It's a known endocrine disruptor, meaning it screws up our hormonal system. Plastic weakens the immune system, metabolism, and affects people's skin, weight, behavior, and much more.

Plastic particles will leach into food and drink and is also absorbed through skin and lungs.

Endocrine disruptors (EDs) are chemicals that mimic our own hormones. They bind hormone receptors and disrupt the body's normal hormonal actions. Endocrine disruptors may cause a more powerful response than the natural hormone would have or a diminished response. In some cases, they cause a completely different response than its natural counterpart would have created. EDs are typically measured in parts per trillion, which is indicative of the fact that very small amounts can have a disrupting effect on us. EDs are very stable. They don't break down quickly. This is, in large part, why they are in so many products. They also get stored in our fat cells. They tend to stick around for a long time.

The dangers of plastics have not been studied adequately, and the plastic industry has no desire or intention of doing so. A study looking into the effects of BPA on rat testicles found that lipoic acid exerted antioxidant effects that can protect

against BPA damage. In the study, BPA was shown to reduce testosterone, testicular weight, protein content, antioxidant activity, and beneficial enzyme activity, while damaging the mitochondria. Fetal exposure to BPA has been associated with obesity, altered reproductive function, and cancers later on in life. BPA was accidentally discovered to be carcinogenic when medical researchers came to find that rats were getting cancer during a study for something else. They found out that it was caused the BPA in the water bottles. And now we are supposed to trust BPA free plastics?

How to Avoid Plastic Toxicity

Many manufacturers have stopped using BPA to harden plastics, replacing it with “BPA-free” alternatives like the most common replacement, BPS (Bisphenol S).

Our research showed that low levels of BPS had a similar impact on the embryo as BPA. In the presence of either BPA or BPS, embryonic development was accelerated. Additionally, BPA caused premature birth.” –[Nancy Wayne](#)

You probably can't avoid plastics. Even if you go to another planet plastic is going to take you there and contaminate that ecosystem. But you can limit plastic consumption and keep your body in a homeostasis state that detoxifies itself at all times. And the good news is that with the right diet and a healthy body, BPA and BPS can be flushed out of your system quickly, some say within 24 hours. A properly working body can process and dispel a lot of toxins. An unhealthy body rids itself of toxins at a slower rate than the toxins are consumed and produced.

Ways to Limit Plastic Contamination

& Plastic Use

1. Keep your home clean, and vacuum regularly
2. Filter tap water
3. Always avoid artificial fragrances
4. Stay away from warm or hot plastics, don't even breathe near them
5. Avoid canned foods
6. Avoid conventional personal care products like shampoos, soaps, moisturizers, makeup
7. Avoid conventional and big-ag produce (pesticides and herbicides have plastic residues)
8. Cook your own foods using whole-food ingredients
9. Stop using plastic straws, even in restaurants
10. Purchase food, like cereal, pasta, and rice from bulk bins and fill a reusable bag or container
11. Use paper or your own reusable shopping bags, bulk goods bags, and bring your own mesh produce bags (FYI: I suspect that many paper bags contain BPA and BPS)
12. No more chewing gum, it's made of plastic
13. Buy boxes and glass instead of plastic bottles whenever possible
14. Use a reusable bottle or mug for your beverages or coffee and soda refills (but you don't drink that crap, do you?)
15. Boycott any restaurant that still uses styrofoam – Why is that still a thing?
16. Use matches or invest in a refillable metal lighter – avoid the plastic disposable ones
17. Eat real, whole foods – fresh foods equates to less packaging and less previous plastic contact
18. Don't use plasticware ever, bring your own if need be
19. Use cloth diapers – disposable diapers are extremely toxic to the environment and your baby
20. [Make your own cleaning products](#)
21. Pack your lunch in glass containers and reusable bags.
22. Use a razor with replaceable blades instead of a

disposable razor

23. Find other disposal products that can be replaced by their non-disposable counterparts
24. [Avoid seafood](#)
25. Avoid cheap supplements and be wary of [sports supplements](#)

Also, Avoid BPA receipts!

Did you know that some receipts contain 250 to 1,000 times the amount of BPA typically found in a can of food? If that isn't scary enough, BPA transfers readily from the receipt to skin and cannot be washed off. Different types of receipts contain varying levels of BPA. If you aren't sure whether or not a merchant uses BPA in their receipts, either ask directly or let them know early in the transaction that you will not need your receipt. Gas station receipts are particularly notorious for containing huge amounts of BPA."

– [Home Maker Chic](#)

How to Detoxify Plastic Byproducts

Make sure your gut is not leaking! See [Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases](#) for more on that.

To eliminate BPS, BPA, and other plastic residues from the body, one must also eliminate heavy metals and other toxins as well. Toxins tend to disrupt the endocrine system. The endocrine system is your hormonal system, which includes glands like the thyroid, adrenals, and the pancreas. For an impaired endocrine system, check out [Holistic Guide to Healing the Endocrine System and Balancing Our Hormones](#).

I contend that most people living on a modern, refined diet suffer from candida overgrowth, and consequently, a leaky gut. Ingesting pesticides, GMOs, antibiotics, alcohol, and other

toxic foods kill our natural, beneficial gut microbiome. The refined sugars and flours we ingest feed the microbes that survive our toxic lifestyles. These microbes thrive in our toxic bodies because they feed off of simple sugars and weak cells. If you want to detoxify plastics or anything else, your gut needs to be in proper working order.

The diet I recommend may sound extreme. It's the same diet I advocate for those suffering from cancer, diabetes, depression, or for those who just want to detoxify. If you are sick, no amount of supplements will fix that. But with the right diet, supplements will radically speed up the process of getting well. If you want to live life disease free, save the following articles:

- [*Detox Cheap and Easy Without Fasting – Recipes Included*](#)
- [*Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet*](#)
- [*How to Make the Healthiest Smoothies – 4 Recipes*](#)

Even if you're not feeling ill in any way, detoxifying plastic or anything else is done best with raw, fresh vegetables. The right salad will chelate heavy metals, BPAs, BPS, and more, all while replenishing the minerals we need. Garlic, parsley, cilantro, and many other foods show promising chelation properties, but their effects alone are weak. The trick is to combine many healthy foods with their many health benefits for a holistic approach. Taking a few cloves of garlic a day will not significantly reduce levels of toxins any more than taking a supplement. In other words, don't underestimate the importance of the right diet. It must contain a wide variety of fresh, whole foods.

Supplements for BPA and BPS, Heavy Metal Detox, and Other Endocrine Disrupters

Without a proper diet, the right supplements will work, but only to a certain extent, and only for a little while. On the

other hand, supplements taken with a healthy diet can radically speed up healing time.

Probiotics

1.) Get thee some probiotics – pronto. I'm not talking celebrity endorsed yogurt here. Chose fermented foods like kimchi, natural sauerkraut, and kefir. A refrigerated, concentrated probiotic supplement helps. Drink kombucha. Bifidobacterium breve and Lactobacillus casei were found to extract BPA from the blood of mammals and were excreted out through the bowels. That is very good news!

Beneficial bacteria strengthen the gut and help break down chemicals like BPA so they can be cleared out. As a bonus, they break down pesticides, another major endocrine-disruptor, and other toxins as well. Probiotics are becoming well known for breaking down endocrine-disruptors and other toxins in the body.

Activated Charcoal (AC)

Chelators are small molecules that bind very tightly to metal ions. Activated charcoal is proven to attach to heavy metals including beneficial macrominerals, so mineral supplementation is recommended when consuming activated charcoal, though this can be mitigated with a healthy diet like as mentioned above.

Activated charcoal is highly negatively charged. It seems to bind with positively charged particles. Pathogens typically have a high positive charge associated with them, and so do plastics. Activated charcoal filters have shown to remove BPA from water, but I don't see any research on its ability to filter BPA from the body, but I think it works.

Bentonite Clay

Like activated charcoal, bentonite clay is negatively charged. Unlike charcoal, bentonite clay provides minerals and other

nutrients to the body while it sucks out toxins, as it helps repair the intestinal tract.

Diatomaceous Earth (DE)

Another chelator, and much more. Any self-respecting eco-friendly health-nut has a bag of food-grade DE somewhere. Take it with water to kill pathogens in your gut, and use it outside or indoors for pest control.

Food grade DE is approximately 80-85% silica. Life cannot exist without silica. Most people are silica-deficient.

There are tons of uses and benefits of using DE. Read more: [*Diatomaceous Earth – Mother Nature's Secret Weapon: What Is It, How to Use It, Where to Find It.*](#)

Chlorella

Chlorella has a well-documented history of helping remove heavy metals and other toxins like dioxin from the body expeditiously. Its high concentration of chlorophyll and fiber seems to be a big part of its exceptional detox benefits. It's almost certain, considering the mechanism, that Chlorella (and spirulina) help pull out BPAs and other plastic residue.

Chlorella is a good source of protein, GLA, and phytochemicals, B12, B2, B3, iron, magnesium, Beta Carotene, and a bunch of powerful phytochemicals. Chlorella stimulates the growth of friendly bacteria. Furthermore, chlorella's cell walls act to absorb toxic compounds within the intestines, restoring proper gastrointestinal pH and helping to promote normal peristalsis. And it is another chelator, as it is also very negatively charged, attracting positively charged molecules.

Phytochemicals found within Chlorella pyrenoidosa support the complex network of enzymatic reactions that drive the human detoxification system. This detoxification network involves the Phase I and Phase II enzymatic reactions that take place

in nearly all cells in the body, though they are concentrated in the liver cells. Phase I detoxification reactions change non-polar chemicals that are not water-soluble into relatively polar, water-soluble compounds. The Phase I process can result in the formation of reactive chemicals that are typically more toxic than the original compounds. Phase II detoxification is necessary therefore to add chemical groups to the toxic intermediates to make them water-soluble so that they may easily be excreted via urine and/or feces. Phase I and Phase II detoxification pathways must remain functional for the removal of toxins from the body. This research focuses specifically on the Chlorella pyrenoidosa species of green algae recognized for its detoxification properties. – [King Hardt Academy](#)

Spirulina

Chlorella is green algae, but spirulina is more of a blue-green in color. These two algae have a lot in common. Chlorella's green hue demonstrates that it's richer in chlorophyll than spirulina, and chlorella is said to have stronger detoxification properties. But spirulina is an even better source of protein, and it offers iron, B1, B2, B3, B6, B12, calcium, potassium, zinc, and a host of microminerals.

Related: [Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula](#)

Enzymes

Digestive enzymes break down food. Metabolic enzymes, also known as systemic enzymes, break down foreign proteins, fibrin, and other toxins, and they clean the blood of impurities. Consider the ramifications of this. Probiotics and enzymes together help breakdown nearly everything in the gut that doesn't belong. Read more [about systemic enzymes here](#).

Green Tea

One way in which BPA harms body tissues is through oxidative stress. Two laboratory studies using extracts from both green tea and black tea were able to mitigate the damaging effects of BPA by protecting our cells from oxidative damage. Green tea has also been shown to stimulate glucuronidation, a detoxification pathway used for eliminating BPA from the body.

Lipoic Acid and folate have also been shown to reverse many of BPAs most damaging effects, especially oxidative stress.

Conclusion

My family and I do avoid it as often as we can. Years ago, I spent considerable time trying to completely eliminate plastic from my life. I found that my overall environmental footprint went up a little. Plastics make things so easy and convenient that sometimes it just doesn't make any sense to do without it. I'm careful, but plastics don't scare me. The body can handle a remarkable toxic load when the diet is right. I trust my diet to eliminate the BPA, BPS, and whatever else gets in there that shouldn't be.

That said, I cannot wait for the day when our plastics come from hemp or some other sustainable alternative. There are much better options available to us if we can just get out from under this petroleum-based economy.

Supplements:

- [Intestinal Detox](#) (activated charcoal, bentonite clay, those with slow bowels should accompany with [Intestinal Cleanse](#))
- [Total Nutrition Formula](#) (spirulina, chlorella, and much more)
- [Diatomaceous Earth](#)

- [Abzorb](#) (enzymes and probiotics together, take with food for better digestion and on an empty stomach for system enzyme supplementation)

Recommended Reading:

- [Holistic Guide to Healing the Endocrine System and Balancing Our Hormones](#)
- [Sugar Leads to Depression – World’s First Trial Proves Gut and Brain are Linked \(Protocol Included\)](#)
- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#)
- [How to Make the Healthiest Smoothies – 4 Recipes](#)

Sources:

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- [Plastic Contaminating Water – Rodale’s Organic Life](#)
- [Invisibles – The plastic inside us – Orb media](#)
- [7 Ways to Drain BPA from the Body – Activist Post](#)
- [BPA-Free Plastic Containers May Be Just as Hazardous – Scientific America](#)
- [Transport and release of chemicals from plastics to the environment and to wildlife – NCBI](#)
- [The ameliorative effect of black tea extract and quercetin on bisphenol A-induced cytotoxicity – Research Gate](#)
- [Nutrients that Protect Against BPA – Beyond Health News](#)
- [Toxicology and Industrial Health – Sage Journals](#)
- [Maternal nutrient supplementation counteracts bisphenol A-induced DNA hypomethylation in early development – PNAS](#)
- [Chlorella vs. Spirulina, Which Algae is the Best? – Radiant Life Catalog](#)

The War On Coconut Oil

Prior to World War II coconut oil was a common cooking oil and an ingredient in many food products. During World War II the Japanese occupied the Philippines and other South Pacific islands. They cut off the U.S.'s supply of coconut oil, and so, American manufacturers used vegetable oils instead. The vegetable oil industry then used advertising to promote vegetable oil as the healthier alternative to tropical oils.

For some time now science has been urging us to rethink our coconut oil stance, and many now consider it a heart-healthy ingredient. But companies selling coconut oil are finding themselves being attacked for claiming that coconut oil is healthy. The FDA does not allow such a claim, even if scientific studies and public awareness back it up. Companies are facing class actions lawsuits as attorneys take advantage of the FDA's Ruling on Saturated Fats.¹

Related: [35 Things You Could Do With Coconut Oil – From Body Care to Health to Household](#)

Lawsuits – Businesses Affected

- [Nutiva, 1/8/2016](#)
- [Nature's Way, 3/19/2016](#)
- [BetterBody Settlement, 5/24/2017](#)
- [Carrington Farms, 5/4/2017](#)
- [All Market's Vita Coconut Oil, 12/1/2016](#)
- [Costco Coconut Oil Settlement, 7/26/2017](#)

American Heart Association's Presidential Advisory

The main sources of saturated fat to be decreased are dairy fat (butter), lard (pork), beef tallow, palm oil, palm kernel oil, and coconut oil. Polyunsaturated fats are contained in canola oil, corn oil, soybean oil, peanut oil, safflower oil, sunflower oil, and walnuts. However, original high-linoleic varieties of safflower and sunflower oils are uncommon. High-oleic varieties of safflower and sunflower oil, olive oil, avocados, and tree nuts such as almonds, cashews, hazelnuts, pistachios, and pecans have mainly monounsaturated fats and are low in saturated fat. – [AHA](#)

Recommended: [How Himalayan Salt Laps Work](#)

What's Wrong with the AHA's Stance?

Saturated fats are not the problem. They got it wrong when we linked saturated fats to heart disease. There are pros and cons to animal saturated fats, and science is working it out, but saturated fats from plants like coconut oil do not seem to have any health drawbacks.

In the 1940's farmers tried coconut oil to fatten their animals but discovered that it made them lean and active and increased their appetite. Coconut oil stimulates the thyroid." – [HealthStatus](#)

What Science Says About Coconut Oil

- Promotes weight loss, raises metabolism ²
- Helps balance cholesterol ³
- Does not clog arteries ⁴
- Supports your immune system ⁵

- Supports the endocrine system ⁶

Recommended: [Diatomaceous Earth – Mother Nature’s Secret Weapon: What Is It, How to Use It, Where to Find It](#)

While [research](#) shows coconut oil contains higher amounts of saturated fat and does increase total cholesterol, those amounts do not increase your heart attack or stroke risk. In fact, [one study](#) among lean, heart disease- and stroke-free Pacific Islanders who consumed up to 63 percent of their calories from coconut fat found total cholesterol rose but so did their “good” HDL. Other studies found [lipid profiles improve on high-fat diets](#) containing coconut oil. Researchers concluded it wasn’t saturated fat from coconuts that negatively impacted cholesterol profile. Instead, the coconut oil’s overall effect raised HDL while lowering triglycerides and small LDL cholesterol particles, which is definitely a good thing.” – [Dr. Hyman](#)

Recommended Reading:

- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#)
- [How to Make the Healthiest Smoothies – 4 Recipes](#)
- [Holistic Guide to Healing the Endocrine System and Balancing Our Hormones](#)
- [How to Cure Lyme Disease, and Virtually Any Other Bacterial Infection, Naturally](#)

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2. [How Coconut Oil Can Help You Lose Weight and Belly Fat – HealthLine](#)
3. [Is Coconut Oil bad for Your Cholesterol? – Dr. Mark Hyman](#)

4. [Does saturated fat clog your arteries? Controversial paper says 'no' – CNN](#)
 5. [Three Ways Coconut Oil Can Boost Your Immune System – Primal Paleo](#)
 6. [Will Coconut Oil Help with Thyroid Problems? – Wellness Mama](#)
-

Sugar Leads to Depression – World's First Trial Proves Gut and Brain are Linked (Protocol Included)

It's official. If you're keeping up with the latest science, you know that the gut is inexorably linked to the brain. This year researchers found a correlation between depression and mood swings in men and high sugar intake.¹ Last year a study showed probiotics could help with reducing the risk of depression.² A growing body of evidence is proving that healthy people's microbiota has a lot in common with other healthy people's microbiota, and diseased people's micro-biota also have common traits.³ They've been talking about how the gut may affect the brain and the immune system more and more for the last 20 years. Mainstream medicine is slowly figuring out that our gut's microflora correlates directly with our health, and sugar and other junk foods do not promote healthy gut bacteria.

[Trials and Studies](#)

- [How and Why](#)
- [Depression Free Diet & Lifestyle](#)
- [Supplements To Fix The Gut & End Depression](#)

World's First Trial Shows Improving Diet Can Treat Major Depression

Depression is one of the world's most prevalent and costly medical disorders. It may be surprising to read "World's First" in regards to a trial study establishing a link between diet and depression, as many would guess that this kind of study has done before. It hasn't been, but headlines proclaiming that healthier diets may decrease the risk of depression have been appearing in the news more frequently. That is the work of Director of Deakin's Food and Mood Centre Professor Felice Jacka and her team. She's published numerous epidemiological (survey-based) studies reporting that eating an unhealthy diet shows you are more likely to be depressed. The studies were based on questionnaires. They were not actual diet experiments. They have simply educated guesses that hadn't been tested in the real world yet. Until now.

Professor Jacka said the results of her team's new study may offer a better approach to depression.

We've known for some time that there is a clear association between the quality of people's diets and their risk for depression.

This is the case across countries, cultures and age groups, with healthy diets associated with reduced risk, and unhealthy diets associated with increased risk for depression.

However, this is the first randomised controlled trial to directly test whether improving diet quality can actually treat clinical depression.” – Professor Jacka

The Study Details

Professor Jacka’s team recruited 67 men and women. The participants had severe depression and also reported eating a relatively unhealthy diet. Most of them were taking antidepressants and/or were in regular psychotherapy.

Half of the participants adhered to a Mediterranean diet while they attended dietary support sessions with a nutritionist. The others continued eating as usual (unhealthy), but they were required to attend social support “befriending” sessions. Everyone’s depression symptoms were graded using several different tests.

Encouraged foods included: whole grains, fruits, vegetables, legumes, low-fat/ unsweetened dairy, raw unsalted nuts, lean red meat, chicken, fish, eggs, and olive oil

Discouraged foods included: Sweets, refined cereals, fried food, fast food, processed meat.

Beverage information: maximum two sugar-sweetened beverages per week and maximum two alcoholic drinks per day, preferably red wine.

The Study Results

People in the unhealthy diet group improved a statistically insignificant amount, and those in the healthy diet group improved their symptoms with a full third of them fully reversing their depression. It’s also important to note that this was done with conventionally accepted dietary protocols. It should be noted that these “healthy” diets are not that healthy. Imagine the results a more radical approach could

have achieved.

How & Why (gut bacteria, B vitamins, etc.)

In another study, scientists from McMaster University wanted to test how mice with different gut bacterial conditions deal with stress.⁴

The baby mice were stressed from 3 to 21 days old by being separated from their mother for 3 hours each day. This experiment was conducted with mice that had different gut bacterial conditions. One group of mice was grown completely free of bacteria in their guts and kept in a sterile room to prevent bacteria from affecting their behaviors (germ-free mice). The other group were regular mice that were exposed to an ordinary, complex range of bacteria. The last group was a germ-free control group that hadn't been separated from their mothers. The baby mice with normal gut microbiomes that had been subjected to early-life stress showed an unusual increase in the stress hormone corticosterone. They also exhibited signs of depression as well as anxiety. The germ-free mice, meanwhile, behaved similarly to the control mice, showing no symptoms of anxiety or depression. It is interesting to note that these mice also had elevated levels of corticosterone, just not symptoms of depression. Naturally, the control group showed no elevated stress hormone or altered behavior."

These results indicate that the bacteria in our environment contribute to our mental health and behavior.

Next, they exposed the germ-free mice to bacteria taken from the stressed group. As the bacterial composition of the germ-free mice changed, so did their metabolic activity and their behavior. After a few weeks, the previously symptom-free mice

were now showing signs of depression. Finally, the researchers wanted to see how the control group reacted when they were exposed to bacteria from the stressed mice. In this situation, the mice didn't start showing symptoms of depression at all." – [IFLS](#)

Our brains are running off of the energy our gut and our lungs are producing. If our gut is producing an unhealthy chemical environment, this effects the whole body including the brain.

Depression Free Diet & Lifestyle

Eat Right

So eating right...we've got you covered:

- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#)
- [How to Make the Healthiest Smoothies – 4 Recipes](#)

Stop eating sugar and processed foods. Yes, the depressed brain wants to reach for the nearest comfort food (donut, pizza, what have you), but the mice have proven that's probably the last thing you actually need. The brain and the gut are intertwined and cultivating your beneficial bacteria with raw, fresh produce; soaked and sprouted nuts; and antibiotic-free, pasture-raised meats is a necessary part of any healing process. You don't expect a mechanic to work on your car without tools. Why expect the same from your body?

Most people reading this who are really looking for answers to help with their depression are not going to be able to take on an entirely new lifestyle filled with shopping at farmers markets and cooking all of one's own food. Think of this is the long-term goal and take baby steps towards being more connected and in touch with your food. Also, check out [How I](#)

[Overcame Depression Naturally](#) and [I'm Depressed](#).

Stop with the germaphobia

If you carry a small bottle of disinfectant on your keychain or find yourself constantly rubbing your hands together in a strange imitation of someone over a campfire, step away from the sanitizer. You're doing more harm than good. Most commercial sanitizers contain harmful ingredients like triclosan, parabens, and sulfates. They also contribute to the inability to fight diseases naturally.

Exposure to harmful bacteria teaches the body how to naturally fight infection. It's why we suggest that small children spend time playing in the dirt. But antibiotics, hand sanitizers, and household cleaners have taken that away from us, along with the beneficial bacteria. Beneficial bacteria is the gatekeeper to the immune system.

Play With Nature, Get Dirty

Speaking of sticking your hands in the dirt...do it. When you're depressed, the last thing you want to hear is some random person chirping at you about how you should "just go outside..." but seriously...do it. Vitamin D is your friend.

If you're near water, you're in luck. Humans respond to water on a primal level.

Exert Yourself

This one is kind of like the go outside one...you gotta do it. Make it something simple. Maybe swap getting in the car for walking somewhere instead. Play your favorite music or enjoy some people watching.

A depressed brain is likely in short supply of feel-good endorphins and neurotransmitters.

Sleep Well

Make yourself go to bed. Stop looking at your phone. In fact, take a cue from babies, nature's original fussy sleepers. Or at least a cue from their parents – nighttime routine. No, you're not in a onesie (are you?), but many of the tricks used by hopeful parents can be modified to help you.

Bath, with soothing essential oils (because you're an adult now!) or other pleasing spa products? Check. Soothing music/white noise/smoothly voiced NPR podcast? Check. A ridiculous book you don't necessarily want anyone to see you reading? Check. Momma knows best, but you're still a grown ass adult. Have fun planning a decadent pre-bed routine. Also, check out [*Insomnia – A Comprehensive Look with Natural Remedies.*](#)

Supplements To Fix The Gut & End Depression

- [SF722](#)
- [Abzorb](#)
- [Magnesium](#)
- [Shillington's Intestinal Cleanse](#)
- [Shillington's Intestinal Detox](#)
- Biotin ([B complex](#) or [Chlorella](#))
- [Total Nutrition Formula](#) (which has plenty of Chlorella)

Almost everyone in the world who is dealing with chronic health issues or chronic mental issues has an abundance of Candida and heavy metal toxicity, along with a lack of beneficial bacteria. Diet alone can fix this for most people, but when the head is not working well, choices don't usually go well either. B vitamins can help alleviate depression until the healthy gut microbes develop. [Good fats \(click here\)](#) are a must for people who can't assimilate Bs properly. For those dealing with depression, a diet rich in B vitamins and healthy

fats is a very good start. Supplements can be used to accelerate healing and eliminate all the other ailments and used to kill Candida and promote healthy bacteria.

Related:

- [How Candida Leads to Depression, Anxiety, ADHD, and Other Mental Disorders](#)
- [How To Detoxify and Heal From Vaccinations – For Adults and Children](#)

SF722

This is my favorite for killing anything fungal, but it also works on parasites and other pathogens. If you have had yeast infections, athlete's foot, see floaters, have B0, or eat the way everyone in modern countries do, you'll want this supplement. There are [tons of other choices for killing yeast \(click here\)](#), but I don't know of anything that does a better job for the money than SF722. Candida can become fairly immune to many other antimicrobials but studies have shown that this does not happen with SF722.

Probiotics

Probiotics help fix everything in the gut, including breaking down and removing things that shouldn't be there, like heavy metals. A healthy gut detox the body all the time. Often touted as the cure everything supplement for the well-informed, probiotics are something most everyone is familiar with these days. What most do not know is that the vast majority of probiotic supplements on the market are ineffectual at best, and many actually feed yeast. How the probiotics are processed and preserved make all the difference. It's not an easy task to produce good probiotics; our stomach acid is designed to kill it. Two of my favorites are [FloraMend](#) and [Bio-K](#) (the latter is not available in our store, but it is at most health food stores and Whole Foods).

I don't recommend taking a probiotic with antimicrobials. A really good probiotic should come out on top, but you are reducing its effectiveness when you combine it with compounds that kill. For instance, I would take SF722 all day and a probiotic at night and early morning, or vice versa, where I take the probiotic with food and the SF722 late and early. Different digestive issues can favor one over the other so try both ways and see what works for you.

Don't take them with antimicrobials, and make sure they are high-quality supplements. Anyone without an appendix should take a probiotic every day with every major meal for the rest of their life. Your appendix secretes out beneficial bacteria when you don't have enough. Take them on an empty stomach as noted or with food to help digest food inside the gut. I recommend mixing it up each day, but I do recommend caution when taking systemic enzymes. Too many systemic enzymes can cause issues, they can start to eat away at the body, so I don't just grab a big handful like I do with SF722. I personally take 4-6 a day on an empty stomach, and I take more with food as needed.

One antimicrobial you can take with probiotics is olive leaf extract. It's great for maintenance but it's not a yeast serial-killer like SF722 (otherwise it would damage the probiotic). It's a fine supplement, and but it's not going to do much of anything all by itself. I like Abzorb best right now for a probiotic. For more on [systemic enzymes click here](#).

Magnesium

Magnesium is an old home remedy for all that ails you, including 'anxiety, apathy, depression, headaches, insecurity, irritability, restlessness, talkativeness, and sulkiness.' In 1968, Wacker and Parisi reported that magnesium deficiency could cause depression, behavioral disturbances, headaches, muscle cramps, seizures, ataxia, psychosis, and irritability – all reversible with magnesium

repletion.” – [Psychology Today](#)

A small study reported that over-the-counter magnesium tablets significantly improve depression in just a couple of weeks.¹¹

Magnesium is a foundational supplement, like calcium. In the modern world, there is a tendency to become deficient in this vital mineral, and this effects every single function of the body! Not having enough magnesium is like not having enough oil in the car. Something is going to break down sooner or later, and in the meaning time, things will not be running as well as they should.

Poop Easy

For some, the gut needs more help to eliminate properly. Everyone should defecate once for every meal, and maybe once or twice more for those who also snack on lots of calories throughout the day like I do. [Shillington's Intestinal Cleanse](#) is the best I know of for healing the gut, killing parasites that may reside within, and getting the bowels regular. [Shillington's Intestinal Detox](#) helps eliminate heavy metals and anything positively charged (like most pathogens), and it slows down and firms up stools. It also helps heal the gut and rebuild a healthy biofilm. Together the two supplements have synergistic properties, and they can be taken together to help balance the gut. It's a very effective combination, but if the budget is tight, get the one that suits your needs. Note that if you have chronic constipation and have not tried magnesium yet, Shillington's Intestinal Cleanse may not be necessary with a good magnesium supplement.

Conclusion

We rely on bacteria to survive and yet many aspire to live in an antibacterial world. We know certain heavy metals are incredibly toxic to us, but we excuse them in vaccinations and

light bulbs and sushi. Most of us know that fresh, raw vegetables pull our heavy metal toxins, but we grow conventional vegetables with such a heavy toxic load that they no longer have their natural chelation properties. For most people, when it's all said and done, our physical well being affects our mental well being more than anything else in our lives. Our entire body is built on what we eat. Our heart, our gallbladder, our appendix, our fingers, our eyes, our nose, our brain – they all need the right nutrition to function properly. Nothing in the body gets healthy and stays healthy for long without fixing the gut first, and that includes the brain. If you're looking for the easiest thing you can do, a little baby-step just to get you started, get the [SF722](#) and [Abzorb](#) and some [B vitamins](#). I can't stress enough how much almost everyone in any modern country could use SF722 to help fix the gut. Get some sunlight or a [D vitamin and some good fats](#). Start squatting every day, just a few to start with and build up daily. And get into some nature, be it walking or gardening or whatever. Another good option would be [CBD oil](#). It's showing a lot of promise with depression.

Recommended Reading:

- [*Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*](#)
- [*How to Detoxify and Heal the Lymphatic System*](#)
- [*Candida, Gut Flora, Allergies, and Disease*](#)
- [*Hypothyroidism – Natural Remedies, Causes, and How To Heal the Thyroid*](#)
- [*How to Cure Lyme Disease and Virtually Any Other Bacterial Infection, Naturally*](#)
- [*How To Detoxify and Heal From Vaccinations – For Adults and Children*](#)
- [*How to Detoxify From Antibiotics and Other Chemical Antimicrobials*](#)

- [What Causes Chronic Inflammation, and How To Stop It For Good](#)
- [Hypertension – How To Lower Your Blood Pressure Quickly and Naturally](#)
- [Three Homemade Toothpaste Recipes – Better Oral Health for Less Cost](#)

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 7. [Mediterranean Diet Can Help In Fight Against Depression – study – ABC News](#)
 8. [World's First Clinical Trial Finds Diet Works for Depression – Psychology Today](#)
 9. [Mediterranean diet can help in fight against depression, Australian study finds – ABC News](#)
 10. [A randomized controlled trial of dietary improvement for adults with major depression \(the 'SMILES' trial\) – BMC Medicine](#)
 11. [Can magnesium help depression – or is it just a placebo?](#)
-

CBD Oil – A Comprehensive Guide To Cannabidiol

Cannabis, marijuana, weed, pot – no matter what you call it – it contains CBD. Although it won't get you high, this plant compound can take your health to the next level.

What is CBD and CBD Oil?

Cannabidiol, commonly referred to as CBD, is one of over 60 compounds called cannabinoids that are most commonly found in the cannabis plant. Most cannabis plants contain less than 4% CBD, so the only way to get a good amount of this cannabinoid is from pure CBD oil. Most CBD oil is extracted from industrial hemp, which usually has a higher CBD content than marijuana. After extraction, the CBD is added to a carrier oil and sold at many different potencies to be used in a variety of different ways.

However, before we go deeper into the uses of CBD oil, we need a better understanding of what sets it apart from other cannabinoids. For example, you might already be familiar with another popular cannabinoid found in cannabis called THC. THC is infamous for being the reason why we get high when we smoke or consume “edibles,” but it also has a non-psychoactive form called THCA that is present when cannabis is in its raw form. CBD, on the other hand, plays many different roles in the body and never gets you high regardless of how much you smoke it.

The Difference Between THCA, THC, and CBD

Industrial hemp (a popular variety of the cannabis plant) tests out at less than 0.3% THC. THC rich cannabis in its raw form is non-psychoactive. “Raw” THC is actually THCA. What we

call “Marijuana” is cannabis that tests out with THCA between 5 and 35%.

THCA is beginning to demonstrate immense therapeutic qualities. Some people add THCA-rich cannabis leaves and flowers to their salads and smoothies, others consume with a tincture.

Related: [How to Make the Healthiest Smoothies – 4 Recipes](#)

THCA becomes the psychoactive THC through a chemical process called decarboxylation, which occurs with heat and time. The delivery methods for THC are smoking, vaporizing, and consuming “edibles.” Drying and curing cannabis will cause some decarboxylation to occur. Cured cannabis flowers will often test for small amounts of THC along with THCA. THC is fat soluble (and not water soluble). THC infused cooking, from pesto to chocolate, is made by heating ground up THCA rich cannabis with oil at 220 degrees Fahrenheit (104 Celsius) for 30 to 45 minutes. THC rich treats are commonly referred to as “edibles,” and they typically have massive amounts of sugar btw!

THCA’s Therapeutic Properties

THCA is the most abundant cannabinoid in a plant, depending on the time at when it is tested. THCA has been seen to have many benefits in a limited number of studies. Studies have found THCA to be anti-inflammatory, neuro-protective, anti-emetic, and anti-proliferative. There is plenty more this compound can do, and there are other cannabinoids, like the many varieties of terpenes and THCV, all proving to have some similar and some very different effects, and many of which are proving to be medical viable in very different ways.

The science on all of these other cannabinoids is in its infancy. The cannabinoids that we know most about, however, are CBD and THC.

The Relationship Between CBD and THC

In particular, the effect that CBD can have when ingested with THC has garnered significant interest. What research has found so far is fascinating.

For example, when active THC is ingested alone, it increases pulse rate, disturbs time tasks, and induces strong psychological reactions in some people, but when CBD is ingested with the THC, it blocks most of these adverse effects.

CBD also has been found to decrease the anxiety component of a THC “high” in such a way that the study subjects reported more pleasurable effects when CBD was included with the THC. This evidence suggests that it is better for our health to have a higher percentage of CBD in or with our cannabis if we decide to ingest the plant in any form.

The Dark Side of Cannabis

It is an even better idea, however, to rarely consume THC unless you have a medical condition that has been proven to be helped by a combination of THC and CBD. When we look through the research, you will see why I am making such a cautionary statement about THC.

In a scientific paper on the current state of cannabinoid research, the authors found that the current trend for preferring higher THC content in cannabis carries significant health risks, particularly to those who are susceptible to its harmful effects. For example, Morgan and colleagues carried out a study on 120 current cannabis users, which included 66 daily and 54 recreational users, whose hair analyses revealed their THC and CBD amounts. The study found that higher THC levels in the hair of the daily users were associated with

increased depression and anxiety, as well as weaker performance on memory tasks. On the other hand, higher CBD levels in the hair were associated with lower psychosis-like symptoms and better memory.

Epidemiological studies also point toward an association between the use of cannabis and the increased risk of developing a psychotic illness, in a dose-dependent manner. In other words, what this study found is that you are more likely to develop a mental disorder as your THC consumption increases. On top of that, they also found that increased cannabis use is often accompanied by symptoms of depression and anxiety.

However, this is only epidemiological evidence, so it should only be used to inform further experimentation on THC's effects. The truth is that only a small minority develop a full-blown psychotic illness in the form of schizophrenia or bipolar disorder. The majority of cannabis users, ranging from 15% to 50%, will only experience transient psychotic symptoms of brief duration, for a couple of hours to up to a week, and will usually recover without requiring any intervention.

These "transient psychotic symptoms" may be experienced in the form of an auditory hallucination like hearing voices or by having increased anxiety or paranoia for hours to days after the THC high wears off.

Whether you experience unpleasant side effects from THC use or not, it is best for anyone who has a family history of psychosis or anyone who has had symptoms of psychosis in the past to avoid THC altogether. On the other hand, CBD rarely causes side effects, and when it does, they are relatively minor.

The Side Effects of CBD oil

CBD oil is well tolerated by most people, but there are some potential side effects – especially at higher doses. According to a review in *Cannabis and Cannabinoid Research*, the most common side effects include:

- tiredness
- diarrhea
- changes in appetite
- weight gain or weight loss

Another review of the potential side effects in humans found that CBD rarely causes issues with dosages of up to 1500 mg/day (orally). The good news is that most people won't even need to take half that dose to reap the benefits of CBD.

The Benefits of CBD Oil

Although the research regarding CBD's effects on the body is in its early stages, it has already been found to affect the body in various ways.

Preliminary evidence suggests that CBD oil:

- modulates the immune system
- reduces inflammation
- decreases seizures
- relieves muscle tension and stress
- improves mental health
- protects brain cells from damage and inflammation
- prevents nausea and vomiting
- regulates bowel motility
- lowers heart rate
- decreases blood pressure
- has anti-cancer properties against gliomas and lung cancer

To follow up on these promising effects, researchers conducted more studies. As a result, we now have relatively convincing data that backs up these following benefits of CBD oil:

Anxiety Reduction

Both animal and human studies indicate that CBD has anti-anxiety properties. In fact, in a recent double-blind study carried out on patients with generalized social anxiety disorder, it was found that CBD significantly reduced their anxiety.

Related: [*Holistic Guide to Healing the Endocrine System and Balancing Our Hormones*](#)

Anti-psychotic effects

As we discovered earlier, CBD can actually decrease the psychotic effects that THC can have on the body. Without the presence of THC, CBD can further help reduce symptoms of psychosis.

Decreased Inflammation

CBD has potent anti-inflammatory properties throughout the body and brain. In fact, it is such a powerful inflammation reducing agent that one study suggests that CBD may decrease inflammation too much in some people. This could put the body at a higher risk of illness and infection. However, when CBD is used at lower doses or in people who have chronic inflammation, it can be highly effective at improving immune system function.

Cancer Growth Inhibitor

CBD has been found to slow the growth of lung cancer, as well as trigger apoptosis (cell death) in brain and spinal cord tumors. This makes CBD oil a promising supplementary treatment for certain types of cancer. Hopefully, it will garner enough

evidence to become the first line of treatment for cancer.

Helps Reduce Seizures

Both THC and CBD have been found to reduce the severity and frequency of seizures, but CBD is clearly a better option. This because it has shown better results than THC, and it doesn't seem to negatively influence the brain in any way.

Arthritis Pain Reduction

A study in the *European Journal of Pain* used an animal model to see if CBD could help people with arthritis manage their pain. Researchers applied a topical gel containing CBD to rats with arthritis for four days.

Their research found a significant drop in inflammation and signs of pain, without additional side effects. This indicates that people using CBD oil for arthritis may find relief from their pain, but more human studies need to be done to confirm these findings.

Improved Quality of Life for People with Multiple Sclerosis

Multiple sclerosis is an autoimmune disease that affects the entire body through the nerves and brain.

Muscle spasms are one of the most common symptoms of Multiple Sclerosis. Studies have found that short-term use of CBD oil can reduce the spasms.

The results are modest, but many people reported a reduction in symptoms. More human studies are needed to verify these results.

Pain Relief

CBD can also be used for general chronic pain. After compiling the results of dozens of trials and studies, researchers concluded that there is substantial evidence that cannabis is an effective treatment for chronic pain in adults.

Related: [*What Causes Chronic Inflammation, and How To Stop It For Good*](#)

Improved Sleep Quality

Research has found CBD to be more effective than a common insomnia drug at improving the length of sleep. This finding suggests that CBD can be helpful for people with sleep disorders like insomnia.

How CBD Works – The Endocannabinoid System

At this point, you may be thinking that CBD sounds too good to be true. How could a random little plant compound have all of these seemingly unrelated effects on the body? Well – you can thank your endocannabinoid system for that.

Each one of us has an endocannabinoid system that receives and translates signals it receives from cannabinoids in the body. Unfortunately for many cannabis consumers out there, we do not have this system because we've evolved to smoke weed every day. The purpose of the endocannabinoid system is to regulate various systems throughout your body with the cannabinoids that your body manufactures.

Even though our knowledge about the role of the endocannabinoid system is still evolving, the available evidence indicates that this system has multiple regulatory roles in neuronal, vascular, metabolic, immune and reproductive systems. Because of its involvement these

systems, endocannabinoids affect functions such as cognition, memory, motor movements, pain perception, inflammation, body weight regulation, cardiovascular health, stress response, appetite, and sleep.

How CBD and THC Interact with Our Endocannabinoid System

Cannabinoids from plants like THC and CBD have such a massive impact on our bodies because they mimic the cannabinoids that we make inside our bodies. For example, when we get “high” from THC it is because that cannabinoid is interacting directly with cannabinoid receptors in our cells that end up triggering the experience of feeling “high.”

As you might have already assumed, CBD interacts a bit differently with our endocannabinoid system than THC. Instead of acting directly on the receptors, CBD activates or inhibits other compounds in the endocannabinoid system.

For example, CBD stops the body from absorbing anandamide, an endocannabinoid in our body that is associated with regulating pain. Increased levels of anandamide in the bloodstream may reduce the amount of pain a person feels.

The distribution of the endocannabinoid system in the brain is also something to take note of. If you look closely at the brain cells in areas of the brain that go awry in various mental disorders, you will find endocannabinoid receptors. This points us in the direction of a mechanism that explains why THC is linked with psychosis and why CBD mitigates these effects. Perhaps CBD prevents THC or our own cannabinoids from triggering mental health issues.

This is a fascinating hypothesis, but it is beyond the scope of this article. Instead, let's take our discussion to a practical place to find out what dose we need to experience

the benefits of CBD.

How Much CBD Oil Should You Take?

Below are some general CBD dosage guidelines:

- General Health: start small at 2.5-15mg CBD by mouth daily and increase until you feel positive effects
- To treat anxiety disorders: oral doses ranging from 300 to 600 mg (supported by multiple studies)
- To treat chronic pain: 2.5-20 mg CBD by mouth daily (anecdotal suggestion)
- To treat epilepsy: 200-300 mg CBD by mouth daily with antiepileptic medication (backed by research)
- To treat sleep disorders like insomnia: 160 mg CBD by mouth daily (supported by multiple studies)

The right dose of CBD varies from person to person. Generally speaking, larger individuals may prefer a higher dose of CBD than smaller people.

If you are not sure how much to take, then start with a smaller dose and scale it up a few milligrams at a time to meet your personal needs. Also, those that have a medical condition should always consult with their healthcare professional before consuming CBD.

Other Considerations When Taking CBD Oil

Using CBD oil can make the medications that you may be taking more or less effective. For example, CBD may improve the effectiveness of antiepileptic drugs such as valproate and clobazam, while being negatively impacted by other antiepileptic drugs like carbamazepine and phenytoin. For this reason and because of how little we know about how CBD interacts with different medications, it is crucial that you

discuss CBD oil supplementation with your healthcare professional and make adjustments to your dosages in small increments.

Another thing to consider is the long-term effects that CBD has on hormones and other aspects of health. To this day, there are no studies that examine how CBD oil supplementation impacts the body over extended periods of time. However, current studies suggest that CBD oil is safe at the dosages recommended above in the short and long term.

It should also be noted that all of the studies we explored in this article were performed using either adults or animals. The safety of CBD oil in children and pregnant women is not well understood. We do know, however, that the endocannabinoid system is an active player in the placenta, impacting fetal development. Future research may find that CBD oil can help improve the health of the mother and the fetus during pregnancy, but at this point, there is no evidence to back up that assumption.

Key Takeaways & Recommended CBD Oil Sources

Although the research on CBD oil is scarce, there is plenty of evidence to suggest that it can help a wide range of people with a variety conditions.

Research indicates that CBD can help people with:

- anxiety disorders
- insomnia
- psychosis
- chronic pain
- arthritis
- epilepsy
- chronic inflammation

- cancer
- multiple sclerosis

Even if you don't have one of these conditions, CBD can be helpful for improving general health by reducing stress, pain, and inflammation. Just make sure you get your CBD oil from a trustworthy source because CBD oil – like every other supplement – is not well-regulated.

Related Products:

- [CBD Oil – Green Lifestyle Market](#)

Recommended Reading:

- [How to Cure Lyme Disease and Virtually Any Other Bacterial Infection, Naturally](#)
- [Candida, Gut Flora, Allergies, and Disease](#)
- [Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases](#)
- [Hypothyroidism – Natural Remedies, Causes, and How To Heal the Thyroid](#)

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- [What is THCA \(Tetrahydrocannabinolic Acid\)? – Leaf Science](#)