

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## BEAT DEPRESSION NATURALLY

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### Retail Store Hours

Monday-Saturday

10 am-6 pm

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The holidays are a stressful time and can lead to depression for many people. The conventional approach involves taking an SSRI anti-depressant, which may actually deplete your body's serotonin over time, exacerbating depression and anxiety. There is exciting new research showing that it is possible to heal and rebalance brain chemistry through diet and lifestyle. It is estimated that one in ten adults suffer with depression. Feeling sad or unhappy is a normal part of life. It becomes problematic when these symptoms are long-lasting and ongoing, and you are unable to bounce back. Your brain is always firing. Neurotransmitters in your brain are internal chemicals that transmit signals from a neuron to a target cell across a synapse, potentiating some kind of action, whether it be inhibitory or excitatory. Serotonin and dopamine are your two main neurotransmitters, responsible for regulating mood, sex drive, sleep, cravings, muscle movement and concentration. Dopamine is responsible for the rush and pleasurable high involved in falling in love. Your body synthesizes neurotransmitters from amino acids broken down from protein (one reason why it is important to get high quality protein in your diet). When everything is firing properly in the brain, serotonin and dopamine are properly absorbed through neuron bundles, but when these bundles get damaged, the uptake suffers. These neurotransmitters need to transmit these signals to and from neurons, but when the neuron bundles are damaged, the neurotransmitters can't communicate, and there is a kind of misfire. This is a main cause of depression. Neuron bundles can be damaged via injury, poor diet (overconsumption of sugar and refined carbohydrates), too many toxins, or heavy metals. Low neurotransmitters can also be a result of a genetic deficiency. The conventional approach is to take anti-depressants such as Prozac, Zoloft, etc. These drugs affect serotonin reuptake in the brain, causing it to flood and then linger around longer in the synapses so you feel better. However, over time, your body's production becomes depleted because the drugs do nothing to replenish low stores, and the drugs stop working, or more drugs need to be added. The good news is that it is possible to overcome depression with diet and lifestyle changes. A main cause of neuron bundle damage is a buildup of toxins in the body. We are exposed to a large number of toxins from pollution, our food supply, the environment, and personal care products and cleaning products. Women alone are exposed to over 500 different chemicals as a result of their cosmetics. Toxins cross the blood-brain barrier and damage neuron bundles in the brain, inhibiting serotonin and dopamine production. ~ over ~

If you need a reason to eat organic, this is a good one: pesticides and herbicides damage neuron bundles in the brain. Aside from contributing to depression, damaged neuron bundles are a factor in anxiety, addiction, migraines, insomnia, chronic pain, Parkinson's, and ADHD. Serotonin and dopamine are our feel-good neurotransmitters, and when they are low, depression (and any or many of the above issues) can result. The solution? Eat clean. Eat organic. Avoid toxic cleaning and body care products, and do a liver cleanse at least twice yearly to keep your detoxification pathways running efficiently, so toxins can be eliminated properly. Transitioning to real, whole foods is the first step. Cutting the sugar and the processed and fake foods is imperative for better health. It is important to give your body the nutrients it needs for repair and cellular health. Here are the foods to focus on for overcoming depression. The brain is over 80 percent fat, so give it good fats like omega-3s found in wild salmon and sardines, walnuts, avocados, grass fed meats. You need adequate protein at every meal, because proteins are amino acids that the body uses to synthesize neurotransmitters. Eggs are high in choline, a brain boosting nutrient. Consume coconut oil and butter—the brain and cell membranes need saturated fats. Focus on anti-inflammatory foods such as berries, cruciferous vegetables, and turmeric. The B vitamins are necessary for good cognitive function—consume nutritional yeast, liver, fish, eggs, and beef. Improve your gut health by including fermented foods like sauerkraut, Kim chi, kefir and yogurt. Consume foods high in antioxidants (vitamins A, C, E, zinc and selenium) which counter free radical damage and inflammation. By focusing on a large variety of fruits and vegetables, you will get a full spectrum of important nutrients. Make sure to take good quality whole food supplements—vitamin D is imperative because we are very deficient as a nation and it has been shown to alleviate anxiety and depression. Sleep is very important for healing. Many people who struggle with depression get too much sleep, but if you are not getting 8—9 hours, make an effort to do so. If your depression is accompanied by severe fatigue and you are sleeping too much, see your health practitioner to rule out adrenal fatigue. High cortisol can burn out serotonin levels and lead to fatigue with depression. Avoid alcohol, which is a depressant. Exercise boosts mood, therefore keep moving. Keep blood sugar levels stable by eating in regular intervals. Hypoglycemia can contribute to depression and anxiety. Candida overgrowth can also contribute to depression and brain fog. Probiotics are important for gut health to help digestion and to ensure you are absorbing all the nutrients from the foods you are eating. Avoid toxins in your home, office and environment by using natural cleaning products and natural body care products. Heavy metals, especially mercury, can damage neuron bundles. Detox twice yearly, live clean and eat green!

## JANUARY SPECIALS

Bare Fruit—Apples with Sea Salt & Caramel	25% OFF
Mediterranean Organic—Organic Kalamata Olives	25% OFF
Koyo—Organic Tamari (wheat-free) Soy Sauce, 10 oz.	25% OFF
Woodstock—Wild Blueberries, 10 oz. (frozen)	25% OFF
Woodstock—Raspberries, 10 oz. (frozen)	25% OFF
Woodstock—Organic Corn, 10 oz. (frozen)	25% OFF
Woodstock—Org. Peanut Butter (smooth or crunchy)	25% OFF
Citra-Solv—Citra Drain Cleaner, 22 oz.	25% OFF
Crunchmaster—Multiseed Crackers, 4.5 oz.	30% OFF
Mary's Gone Crackers, Sticks & Twigs, assorted, 7.5 oz.	30% OFF
Lesser Evil—White Bean, Quinoa, Lentil & Chia Bites	25% OFF
Organico Bello—Organic Tomato Basil Sauce, 25 oz.	25% OFF
Torie & Howard—Organic Candy in tins, assorted	30% OFF
Monte Bene—Marinara Sauce, 24 oz., assorted	30% OFF
Lily's Sweets—Dark Chocolate Bars/stevia, assorted	30% OFF

AND MANY MORE ITEMS!

“Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word.”

Goran Persson

EVERYONE AT THE EVERGREEN COTTAGE AND ORGANIC ROOTS BISTRO WISHES YOU A NEW YEAR FILLED WITH GOOD HEALTH, JOY AND HAPPINESS. THANK YOU FOR YOUR FRIENDSHIP AND SUPPORT.

