

## Depression: Effective non-drug treatments.



Blake Graham, B.Sc (Honours),  
AACNEM

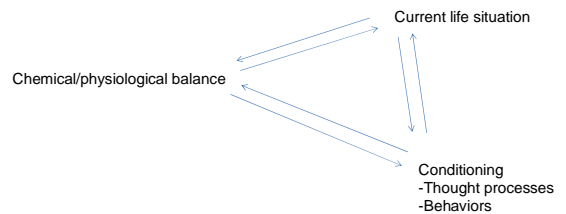
*Clinical Nutritionist*

[www.nutritional-healing.com.au](http://www.nutritional-healing.com.au)

(08) 9487 7409

May 16<sup>th</sup> 2009

## Causes of emotions.



## Mechanisms of depression.

- Neurotransmitter imbalance
- Neuro-electrical imbalance

## Treatment angles.

1. Relaxation/brain training therapies
2. Neurotransmitter modulation
3. Lifestyle
4. General nutrient therapies
5. Laboratory testing and subsequent treatments
6. Neuro-physiological / 'energy psychology' techniques
7. Cognitive therapies
8. Experimental treatments

## Relaxation/brain training therapies

## Relaxation/brain training therapies.

1. Photostimulation brainwave entrainment.
2. Guided imagery.
3. Biofeedback.
4. Auditory brainwave entrainment.
5. Meditation.

## Benefits of physiologic relaxation.

- Breaks cycle in emotional state.
- Trains body in being in more healthy emotional states.
- Allows body to channel energy into repair and restoration.
- Counteracts negative impact of stress.

## RelaxMate II photostimulation.

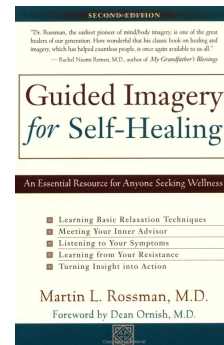
- RelaxMate II photostimulation glasses by Dr Norman Shealy.
- Mechanisms:
  1. Brainwave pattern 'follows' the rhythm of repetitive sound and light frequencies
  2. Increases levels of endorphins, serotonin and oxytocin
  3. Synchronization of EEG readir



## RelaxMate II photostimulation.

- In one study by Schmadel:
  - 16/16 participants reported quick relaxation (most above 75%).
  - 16/16 reported improved sleep and 12/12 with sleep problems reported “substantial” to “incredible” results.
  - 12/12 reported reduced anxiety.
  - 9/10 reported reduced depression.
- [www.selfhealthsystems.com](http://www.selfhealthsystems.com) → Miscellaneous

## Guided imagery.



## Guided imagery.

- Imagery is a natural language of the right brain and the human unconscious.
- Most common form of imagery is worry
- Effects:
  - Achieve deep physiologic relaxation
  - Stimulate healing responses in your body
  - Create inner dialogue that can help you better understand your health and what you can do to improve it

## Guided imagery.

- Guided imagery CD's.
  - 'Stress Relief Through Guided Imagery' - [www.thehealingmind.org](http://www.thehealingmind.org)
  - 'Letting Go of Stress' by Dr. Emmett Miller - [www.drmler.com](http://www.drmler.com)
  - 'Escape from Depression' - [www.drmler.com](http://www.drmler.com)
- Free guided imagery for stress download at [www.thehealingmind.org](http://www.thehealingmind.org)

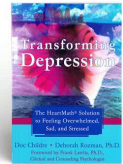
## emWave biofeedback.

- emWave stress relief technology by HeartMath.



## emWave biofeedback.

- An innovative biofeedback system based on Heart Rate Variability, training you to reach a state of heart and mind coherence
- [www.heartmath.com.au](http://www.heartmath.com.au)



## Holosync.



## Holosync.

- Uses brain entraining audio technology placed beneath soothing music and listened to with stereo headphones
- [www.meditate.com.au/](http://www.meditate.com.au/) & [www.centerpointe.com/](http://www.centerpointe.com/)
- Free demo CD available

## Meditation

- Meditation can be learnt from classes ([www.perthmeditationcentre.com.au](http://www.perthmeditationcentre.com.au)), online programs or from books.



## Relaxation/brain training therapies

- Do one or more for 30-60 minutes per day + as needed.

## Neurotransmitter modulation

## Low serotonin symptoms/signs.

- Depressed
- Nervous/anxious
- Worrier
- Fears/phobias
- Negative/pessimistic
- Irritable/impatient/edgy
- Obsessive compulsive tendency
- Think about the same things over & over again
- Self destructive, masochistic or suicidal thoughts/plans
- Low self esteem/confidence
- Prone to anger/rage/explosive behavior/assaultive behavior
- Sleep problems/light sleeper
- Crave sugar/carbohydrates/alcohol/marijuana
  - Use these substances to improve mood & relax
- Mood is worse in and dislike dark weather
- Chronic pain (e.g. headaches, backaches, fibromyalgia, TMJ)

## Low endorphin symptoms/signs.

- Very emotionally sensitive
- Cry easily (e.g. from sentimental TV commercials)
- Emotional pain really gets to you
- Find it hard to get through losses or grieving
- Depressed
- Difficulty experiencing pleasure
- Been through a lot of physical or emotional pain
- Use alcohol, chocolate or codeine (in mersyndol) for relaxation, numbing or comfort
- Low pain tolerance
- Physical pain really gets to you
- Chronic pain (e.g. back pain, tension headaches, migraines)

## Neurotransmitter modulation.

- Amino acid neurotransmitter modulation.

– Tryptophan → 5-HTP → Serotonin

– Phenylalanine → Tyrosine → L-Dopa → Dopamine

– Glutamine → GABA

## Neurotransmitter modulation.

- Other examples:
  - St John's Wort → Serotonin
  - DL-Phenylalanine → Endorphins
  - Rhodiola → Dopamine
  - GABA → GABA

## Cranial Electrical Stimulation (CES).

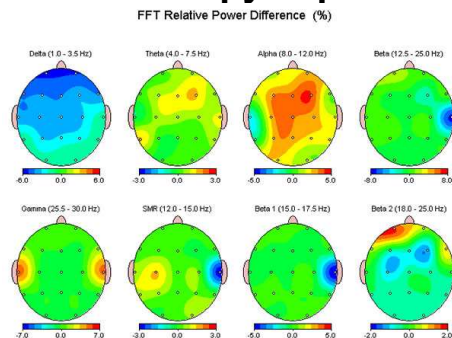
- Alpha-Stim SCS.



## Cranial Electrical Stimulation (CES).

- Applies a small current (microcurrent) of electricity to the brain
- Increases and normalizes serotonin and endorphin levels in both cerebrospinal fluid (CSF) and blood

## QEEG analysis of cranial electrotherapy: a pilot study.



## CES research literature reviews.

- CES is effective for anxiety. (Kirsch. Practical Pain Management, March 2007)
- CES is effective for depression. (Kirsch. Practical Pain Management, May 2007)
- CES is effective for insomnia. (Kirsch. Practical Pain Management, October 2007)
- CES is effective for addictions. (Kirsch. Practical Pain Management, November/December 2007)
- CES is effective for chronic pain. (Kirsch. NeuroRehabilitation, 2000)

## Alpha-Stim availability.

- The Alpha-Stim SCS device can be rented from [www.pacificmedistim.com.au/](http://www.pacificmedistim.com.au/) for \$100 per month rental for two months minimum (\$80 if health or pension card holder).
- [www.alpha-stim.com](http://www.alpha-stim.com)

## Lifestyle factors

## Lifestyle factors.

- Lifestyle.
  - Aerobic exercise.
  - Light exposure.
  - Nature exposure.
  - Sleep optimisation (8-9 hours/night).
  - Nutrient rich/unrefined diet.
  - Social contact.
  - Drug use.

## Aerobic exercise.

- One randomized controlled trial, with 156 subjects, compared the effect of an aerobic exercise program with that of antidepressants. The antidepressant group showed a more rapid initial therapeutic response but after 16 weeks the exercise was equally effective at reducing depression.

- [Arch Intern Med 1999 Oct](#)

## Light exposure

- Stimulates vitamin D production.
- Stimulates serotonin production.
- Regulates circadian rhythm (body clock).
- Numerous other physiologic influences.

## Nature exposure.

1. Negative ions.
2. Colour.
3. Sunlight.
4. Aesthetics/psychological.
5. Earths/plants electromagnetic fields.
6. Fresh air.
  - Chemicals/dust/mould spores.
7. Higher oxygen air.

## Sleep optimisation.

- Aim for 8+ hours/night.

## Sleep options.

- Audio tracks.
  - 'Easing Into Sleep' by Dr. Emmett Miller. [www.drmliller.com/](http://www.drmliller.com/)
  - 'Beat Insomnia' by Rick Collingwood. [www.mindmotivations.com/](http://www.mindmotivations.com/)
  - 'Natural, Restful Sleep' by Dr. Martin Rossman. [www.thehealingmind.org/](http://www.thehealingmind.org/)
- RelaxMate II photostimulation glasses. [selfhealthsystems.com](http://selfhealthsystems.com)
- Supplements:
  - Valerian/hops – ReDormin by Flordis. [www.flordis.com.au/](http://www.flordis.com.au/)
  - Melatonin.
- Protein in the morning and carbohydrates in the evening.

## General nutrient therapies

## General nutrient therapies.

- Fish oil.
- Magnesium.
- Lithium orotate.
- Vitamin D optimization (25-hydroxy-vitamin D > 100 nmol/L).  
[www.vitamincouncil.org/depression.shtml](http://www.vitamincouncil.org/depression.shtml)

## Omega-3 and depression studies.

Supplement	Subjects	General Outcome	Reference
EPA	20	Highly significant benefits	<a href="#">Am J Psychiatry 2002 Mar;159(3):477-9</a>
EPA	Treatment-resistant & severely depressed	Clinical improvement in all the symptoms of depression, reduced suicidal tendency and social phobia	<a href="#">Int J Clin Pract 2001 Oct;55(8):560-3</a>
EPA	70 patients with persistent depression	EPA was found to be effective in treating depression	<a href="#">Arch Gen Psychiatry. 2002 Oct;59(10):913-9</a>
EPA	30 women with borderline personality disorder	Diminished aggression and severity of depressive symptoms	<a href="#">Am J Psychiatry 2003 Jan;160(1):167-9</a>
EPA+DHA	28 patients with major depressive disorder	Significantly decreased depression score	<a href="#">Eur Neuropsychopharmacol 2003 Aug;13(4):267-71</a>
DHA	36	No significant difference between groups	<a href="#">Am J Psychiatry. 2003 May;160(5):996-8</a>

## Laboratory testing

## Laboratory testing options.

- Urine kryptopyrroles ('pyroluria').
- Serum copper and ceruloplasmin.
- MTHFR (folate metabolism) gene test.
- Provoked urine heavy metals.
- Hair mineral analysis.
- Vitamin D.
- Urine iodine (loading test).
- IgG food intolerance testing (96 foods).
- Organic acid testing (OAT).
- Blood fatty acids.
- Salivary adrenal hormone profile.
- Saliva sex hormones.
- Blood amino acid testing.
- Stool microbiology testing.

## Neuro-physiological / 'energy psychology' therapies

## Neuro-physiological / 'energy psychology' therapies.

- Emotional Freedom Techniques (EFT).  
[www.emofree.com](http://www.emofree.com)
- BMSA (Brief, Multi-Sensory Activation).  
[www.realhelpfordepression.com](http://www.realhelpfordepression.com)
- WHEE (Wholistic Hybrid of EMDR and EFT).  
[www.wholistichealingresearch.com](http://www.wholistichealingresearch.com)

## Certified EFT practitioners (Level 3) in Perth.

- David O Neill - 0413 743 426 (Vic Park);  
Sylvia Kaval - 9332 8407 (Willetton);  
Niell Schubert - 9272 3679 (Mt. Lawley);  
Linda Walters - 9336 7650 (Fremantle);  
Barry James - 9401 1659 (Hillarys);  
Caroline Crosbie - 0416 154 259 (Leederville);  
James Bryden - 0421 210 444 (Cannington).

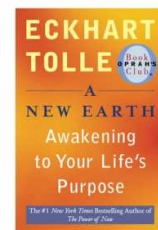
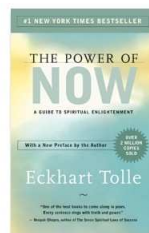
## EFT workshops and training.

- Peter Graham
- [www.integrative-clearing.com.au/](http://www.integrative-clearing.com.au/)
- 9381 4112

## Cognitive therapies

## Cognitive therapies.

- Eckhart Tolle teachings.
- [www.eckhartolle.com](http://www.eckhartolle.com)



## Experimental treatments

## Bitemporal magnetic treatment.

- Dr. William Philpott's bitemporal magnetic treatment via 'Soother One' magnets.  
[www.azunimags.com](http://www.azunimags.com)



## Bitemporal magnetic treatment.

Dr. William Philpott:

- "A negative magnetic field placed on the head as disc magnets can not only stop anxiety, depression and phobias, but also within five minutes, stop delusions, hallucinations, and paranoia. I have given over 70,000 electric shock treatments which is itself a magnetic treatment. But these two discs placed bitemporally can run circles around electric shock treatment. There is no disturbance of consciousness at all. We just calm the brain down with a negative magnetic field."

## Bitemporal magnetic treatment.

"Place the negative magnetic field of the disc magnets bitemporally, that is above the ears and in front of the ears about an inch or so. These are placed directly over the amygdala and it is through the amygdala that this influences our brain. Usually within five minutes, sometimes even up to 15 minutes, we will have symptom relief. It doesn't matter whether these are minor or major symptoms, neurotic or psychotic. Symptom relief nearly always occurs. This simply calms the brain. A non-stress state of the brain is a negative magnetic field which is a pulsing of the brain no higher than 12 cycles per second. I am a neurologist as well as a psychiatrist and have much experience in EEG, having been in charge of the EEG Department of a hospital and having read thousands of EEG's. The placement of a static magnetic field on the brain has a response of the brain pulsing. With the negative magnetic field, the brain pulses below 12 cycles per second. The higher the gauss strength, the slower the pulsing field. When using a positive magnetic field on the brain, the pulsing field is 13 cycles and beyond. The higher the gauss strength, the higher the pulsing field and it can go gear up to 35 cycles per second, producing a seizure. Disc magnets are strong enough to calm the brain down. I find this to be superior than any tranquilizers, antidepressants or electric shock treatment whether this is

## Subliminal messaging.

- Inner Talk by Eldon Taylor  
– [www.innertalk.com/](http://www.innertalk.com/) & [www.innertalk.com.au/](http://www.innertalk.com.au/)

## Summary - Putting it all together.

- Self administered:
  1. Relaxation/brain training therapies
  2. Lifestyle
  3. General nutrients (fish oil/magnesium)
  4. Study Eckhart Tolle's books
- Practitioner assisted:
  1. Neurotransmitter modulation
  2. Laboratory testing
  3. Neuro-physiological / 'energy psychology' techniques

## Depression: Effective non-drug treatments.

Blake Graham, B.Sc (Honours), AACNEM  
Clinical Nutritionist  
[www.nutritional-healing.com.au](http://www.nutritional-healing.com.au)  
(08) 9487 7409

May 16<sup>th</sup> 2009

