

# Depression (Bipolar/Unipolar/Manic)

An emotional state where there are extreme feelings of dejection, emptiness, sadness and lack of self worth.

## Possible Causes and Contributing Factors:

- Food allergy/sensitivity
- Psychological stress
- Thiamine deficiency
- Endocrine hypo-function
- Carbohydrate sensitivity resulting in dysinsulinism
- Lack of sunlight
- Medications
- Heavy metal toxicity
- Candida
- Chronic illness or pain
- Nutritional deficiencies (particularly B12, folic acid, B6, B1, tyrosine & tryptophan)

## Suggested Dietary Changes:

- Eliminate gluten, dairy for 2 weeks
- Avoid aspartame (blocks serotonin to the brain)

*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*