



Mood swings / premenstrual syndrome / depression

Herbal medications

St. John's wort contains hypericins, hyperforin, flavonoids, catechin tannins, essential oils and phenol carboxylic acids as the main ingredients. St. John's wort extract has a mood-enhancing and motivational effect when the mood is depressed and is used, for example, for mild to moderate depression. The effect is similar to that of certain chemical antidepressants. The mechanism of action was i.a. the inhibition of the neuronal reuptake of serotonin and other signaling substances. The latest findings show beneficial effects on the membranes of stressed nerve cells.

www.zeller.ch

Anthroposophic Therapy

Long-lasting improvements have been observed under anthroposophic therapies in outpatients with chronic depression. The study results suggest that the anthroposophical approach can be helpful for patients who are motivated to carry out these therapies.

www.anthromedics.org

Thyroid

The thyroid gland is of central importance for undisturbed menstruation and mood. The work of this organ depends on a sufficient supply of iodine, selenium and other trace elements:

Iron deficiency

A new light on the possibilities of antidepressant therapy throws the knowledge that sometimes an iron deficiency also makes you depressed. In such a case, the depression also comes from within - at least to a large extent - but a comprehensible causal connection emerges: If too little happiness hormone is produced due to an iron deficit, this can trigger a depressive mood. Even if the family is healthy, the job seems safe and the work is fun; even if you have enough money and you like the apartment. Nevertheless, these patients can become depressed - usually completely incomprehensible to outsiders. And: You can also get well again by giving iron. Hundreds of well-documented treatments prove this. Against this background, we can say

If a depressed person with empty or almost empty iron stores becomes healthy again through appropriate substitution therapy, then it is clearly an iron deficiency depression.

www.ironblog.ch

Vitamin D deficiency

Scientific research uncovered mechanisms that could explain the effect of vitamin D on depression.

On the one hand, vitamin D plays an important role in the regulation of the brain messenger substance serotonin and a deficiency in vitamin D leads to structural changes in the brain and influences the utilization of dopamine and the synthesis of noradrenaline (norepinephrine). All messenger substances have an influence on mood and mental state.

Furthermore, vitamin D has numerous nerve-protective functions and controls the most important intercellular antioxidant, glutathione.

All of these mechanisms provide a good explanation for the effect of vitamin D on depression, so that there is now a solid theoretical basis for this connection.

www.vitamind.net

Vitamin B deficiency

An

Increasing number of scientific studies confirm that the best possible supply of all micronutrients should be guaranteed in mental illnesses. Because the body's own synthesis of transmitter substances in the brain (neurotransmitters) such as serotonin, dopamine, noradrenaline and melatonin, depends on various micronutrients. Particularly important are i.a. Folic acid (vitamin B9), vitamin B6, vitamin B12, niacin and pantothenic acid

www.schweizer-gesundheit.ch

Omega-3 fatty acids

have a positive effect on mood swings and depression. Anti-inflammatory agents can safely and effectively contain symptoms of major depression, according to a study published online in the *Journal of Neurology, Neurosurgery and Psychiatry*.

According to several studies, omega-3 fatty acids in particular have shown a positive effect on mood swings and depression. Fish should be eaten at least twice a week; Dietary supplements can also be helpful. www.schweizer-gesundheit.ch, www.univadis.de/viewarticle/entzuendungshemmende-wirkstoffe-verringern-schwere-depressive-symptome-699946?u=g7Nnk16ewgvxFu7Jk7TE8Cq%2FXJCG17oXxkeNxRK8Zhdo9F9SpsHlstjW7sdzY9jq&utm_source=automated&utm_medium=email&utm_campaign=medical%20updates%20-%20daily%202.5%20spes&utm_content=3876577&utm_term=

Magnesium

Although the relationship between magnesium intake and depression is scientifically well documented, the underlying mechanism remains unclear. After all, we know that magnesium plays a key role in the regulation of messenger substances that influence mood.

But the mineral is not only important for muscle function, it also influences the heart rhythm, bone structure - and it plays a central role in inflammatory processes in the body. These, in turn, can also affect mental health and promote depression.

Emily Tarleton and colleagues from the University of Vermont have researched whether magnesium can relieve pre-existing depression.

The effect even roughly corresponded to that of selective serotonin reuptake inhibitors (SSRI), the most modern and most frequently prescribed antidepressant drugs. The food supplements were tolerated well by all participants.

The effect was even particularly quick. After just two weeks, the symptoms improved noticeably - with antidepressant medication this often takes longer.

www.netdokter.de/news/magnesium-wirkt-gegen-depressionen/