

About Depression

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FACTS:

- Depression rates go up during the holiday season.
- Some "foods", like sweets and alcohol, exacerbate depression. The body processes alcohol into sugars.
- Depression affects over 19 million Americans each year.
- Fewer than 50% of depressed people seek treatment.
- Men and women are equally at risk for bipolar depression.
- Depression before puberty is uncommon.
- 2% - 3% of teenagers get depressed each year.
- Depression often coexists with other medical or mental illnesses like Post Traumatic Stress Disorder.
- Depression often exists after major surgery and impedes recovery and healing.
- 30% of smokers are depressed.

RISK FACTORS:

- Adverse Childhood Events or trauma - <https://www.cdc.gov/violenceprevention/acestudy/about.html>
- Previous episodes of depression or bipolar depression.
- Family history of mood disorders or excessive use of alcohol or other addictive substances or behaviors.
- Being a woman especially with a newborn baby.

TYPICAL SYMPTOMS OF DEPRESSION: (overt depression)

- Depressed mood.
- Diminished interest or pleasure in activities.
- Significant change in appetite or weight.
- Sleep disturbances.
- Restlessness or sluggishness.
- Fatigue or loss of energy.
- Lack of concentration or indecision.
- Feelings of worthlessness.
- Feelings of inappropriate guilt.
- Thoughts of death or suicide.

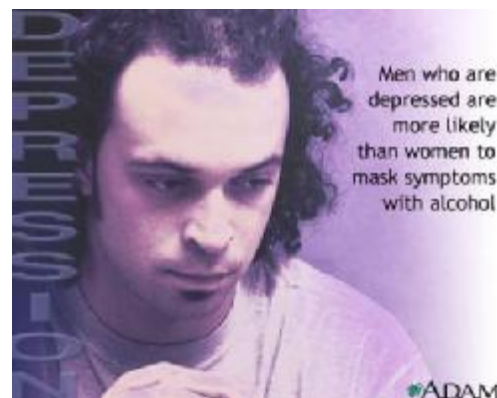
NOTE: symptoms must exist for 2 weeks or more

For a downloadable assessment form, visit <http://www.lifescrptcounseling.com/depression-screening/>

Male Depression (covert depression) ^{5,6}

Males often manifest depression differently than women because of the way we socialize men. This form of depression is often overlooked or misdiagnosed by those not well acquainted with the male psyche.

- Isolation.
- Avoids intimacy with self or others.
- Excessive use of alcohol, drugs or other forms of self-medication.
- Lashing out or hostility: Potential for domestic abuse.
- Need to control at all costs.
- Ashamed of whom they are.
- Inflated ego.
- Angry, irritable, restless and agitated.
- Creates conflict.



RECOMMENDATIONS:

If you or someone you know is experiencing these symptoms, get help immediately. The combination of therapy, exercise, and medication (if necessary) offer the best long-term results. While it is true that depression may be a chemical imbalance in the brain (this has been denied by many and there appears to be no research supporting this), my belief, as well as the belief of others, is that there is an underlying emotional cause. If we lessen the impact of the cause, ultimately we lessen the depression. Energy therapies offer quicker results than traditional methods.

Medications:

Medications are the most common MEDICAL treatment for depression, however, they only help about 30% of people suffering depression, and they often have undesirable side effects, especially Selective Serotonin Re-uptake Inhibitors (SSRI/SNRI). New research is suggesting that depression may be an allergic response to inflammation in the brain. This would explain that in some cases 1000 mg of Curcumin a day was equally effective as 20 mg of Prozac.

Therapy:

Find a good therapist and treat the underlying causes. It is my belief that emotional issues are the cause of the brain imbalance that presents itself as depression. Correct the issue and the brain re-balances itself chemically. In fact, I agree with Dr. Joseph Mercola (www.mercola.com) and several other open-minded prominent medical people, that the majority of our ills can be corrected by alleviating the emotional issues connected to the "illness". Dr. Mercola is also a big proponent of Emotional Freedom Techniques (EFT).

EFT is the best technique for relieving both the symptoms and the sources of depression quickly and easily. EFT is faster than traditional methods, and this does not mean immediate or overnight although that could be the case in some instances. Individual results will vary, and EFT is not a substitute for traditional medicine. Call me at **585-704-0376** for more info, or visit my web site at www.lifescryptcounseling.com.

Remember, medication only treats the symptoms and does not correct the underlying emotional cause of the symptoms. The underlying causes are usually trauma and negative thought or beliefs about the self, causing a shift in our energy fields and therefore, a shift in body chemistry.

Supplements:

Research has shown that most people that are experiencing depression are deficient in vitamin B12, B1, B6 and Folic Acid. They are also deficient in Sam-e a substance that occurs naturally in the body and is now readily available as an over the counter supplement. Deficiencies of Omega-3 fatty acids are also implicated in depression as are some allergy like responses. Deficiencies of Vitamin D3 (the sunshine vitamin) exist in regions north of 35 degrees latitude.

If you are being treated with medication for depression, and would like to augment the treatment in a more natural way, consider the following guidelines and **discuss them with your supervising doctor**. Amino acid therapy may actually work better than medications ¹. with or without medications.

- L-Tryptophan 1500 - 3000 mg/day ¹ (amino acid therapy)
- 1000mg AM w/B6, 1000mg PM w/B6
- 5-HTP 100 mg @ bed time
- Curcumin 1000 mg/day
- Omega 3 4 grams daily ¹
- Vitamin D3 2000 - 5000 IU daily ¹
 - Blood test for 1,25(OH)₂D should be in the range of 40 - 65 ng/ml, preferably at the high end of the range.
- Sam-e 400 mg daily ²
- B12 1000 mcg daily ²
- B1 & B6 50 mg daily ³
- Folic Acid 800 mcg daily ²

You may want to supplement the individual B vitamins with a high potency multivitamin available at www.lifesourcevitamins.com (referred by Tom Porpiglia)

Reference & Reading Material:

1. What Your Doctor May NOT Tell You About Depression Michael B. Schachter, MD
2. Stop Depression Now Richard Brown, MD, et al.
3. Natural Highs Hyla Cass, MD, et al.
4. www.mercola.com Dr. Joseph Mercola .
5. Depression: The Silent Killer Jed Diamond www.menalive.com
6. I Don't Want to Talk About It; Overcoming The Secret Legacy of Male Depression Terrence Real www.terrencereal.com

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