



Doing Life Intentionally Together

## Depression – Natural Approaches

### Contributing Factors

#### Candida Yeast Infections –

Yeasts, which naturally occur on our skin and in our intestinal tract, often grow out of control due to antibiotics, steroid-based or hormonal medications or diets high in sugar and refined carbohydrates. These yeast organisms produce toxins which can migrate out of the gut (leaky gut syndrome) and cause adverse reactions in the digestive system (gas, bloating, belching, mucous in stools, rectal itching, constipation and/or diarrhea), can cause emotional symptoms, (depression, lack of focus, poor memory, PMS, anxiety or frequent crying, dizziness or lack of coordination) and weaken the immune system.

- **Optiflora System – (Acidophilus and Bifidus)** – to re-inoculate the lower intestine with friendly microorganisms to restore a healthy environment and reduce yeast growth. Requires no refrigeration and its triple encapsulation protects it from stomach acids that destroy most acidophilus products including yogurt.
- **Shaklee Premium Garlic Complex** – helps kill intestinal parasites and yeasts, has natural anti-fungal, anti-viral, anti-bacterial and anti-inflammatory properties.

#### Fluctuating Blood Sugar Levels –

The brain requires a steady supply of blood sugar in order to function properly. However, many foods in the American diet cause blood sugar to fluctuate wildly, especially foods high in sugar, white flour, caffeine or alcohol and other refined carbohydrates and snacks.

Foods that stabilize blood sugar are high in protein (meat, poultry, eggs, cheese, nuts, beans and soy) and fiber (fresh fruits, vegetables and whole grains).

The best nutrients to help regulate blood sugar are:

- **Shaklee B Complex**
- **Shaklee Energizing Soy Protein or Mealshake or Slim Plan or Soy Mix**
- **Shaklee Fiber Plan Daily Mix or Fiber Plan Crunch or Fiber Tabs**
- **Glucose Regulation Complex** – a unique blend of herbs, minerals and antioxidants that help promote efficient glucose utilization, & helps sustain energy and prevent blood sugar crashes that can cause carbohydrate cravings.

#### Nutritional Deficiencies Essential to the Brain, Nervous System and to Balance Hormones –

- **B Complex**
- **Super Cal Mag Plus and Chewable Cal Mag Plus- (Calcium Magnesium)**
- **Essential Omega-3 Complex- (Omega 3 Fatty Acid)** – essential for the brain, this remarkable combination of EPA and DHA produce prostaglandins which can reduce triglycerides, cholesterol, blood pressure, etc.
- **GLA Complex- (gamma linolenic acid)**

## Herbal Recommendations

- **Shaklee Moodlift Complex- (St John's Wort)** –contains standardized extract of hypericin, a natural plant compound found to be a very effective anti-depressant in clinical studies. Researchers reported improvement in depression, anxiety, insomnia, and self-esteem with no adverse side effects. In addition, Moodlift contains inositol to improve nerve transmission, found in scientific studies to be low in people who experience melancholy.
- **Mental Acuity Complex, (Ginkgo Biloba)** –Ginkgo is renown for improving blood circulation to the brain and thus improving memory and mental quickness. Along with Bilberry, Hawthorn and Rosemary extracts, it is also often used to improve depression, vertigo, eye health and blood clots in the legs.
- **Shaklee CorEnergy** – contains
  - **Ginseng**, an adaptogenic herb used traditionally to revitalize and replenish vital energy, one of the most prized of all herbs.
  - **Green tea extract** – the richest source of antioxidant nutrients called polyphenols, known for cancer prevention.
  - **Cordyceps** – a highly valued Chinese mushroom found thru extensive clinical trials to fight every day fatigue.

Together these herbs strengthen and replenish the adrenal glands, often exhausted from stress, and increase mental vigor and concentration, improves sexual function, kidney health, liver and cardiovascular health.

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***This information is not intended to replace medical care. This information is not intended to diagnose, treat or cure***