

## MODULE 11 – SOLUTIONS HANDOUT

### Preventing Age Related Mood Decline

#### **WEBINAR SUMMARY:**

Now that you have all taken your questionnaires, we hope you have come to one of the following three conclusions.

- 1 - You definitely need to seek out a Mental Health Care Professional before trying our Solutions.
- 2 - You have identified some issues currently, but it is "safe" for you to try our Solutions. If you do not obtain the results you desire or are not definitely headed in the right direction within less than a month, we then suggest you consult a Mental Health Care Professional.
- 3 - You have little to no issues with either Depression or Anxiety and want to keep it that way!

So, we're going to start with information for mood stability aimed at the Happy Campers but also useful for everyone during the "normalization period" and then again once symptoms start to get under and stay under control.

Before we get started, let me reiterate the importance of a healthy "gut" for both cognitive and mental health. Please review the blogs in this website on "leaky gut" and make sure that this is not an issue. Even if you don't believe it is, it very well may be that you need a microbiome "overhaul." This is why I am currently recommending that those with no apparent leaky gut but with depression that doesn't respond to clearing up inflammation, oxidative stress, and positive gut health measures as spelled out in the "helpful article" included in this Solutions section, along with the solutions found in this handout seek out a Functional Psychiatrist for help. Now, with those important caveats, let's get started.

- **Attitude:** Yes, it really IS everything. You have the free will to choose how you will approach every day; and a positive attitude is closely associated with the absence of depression and anxiety.
- **Just decide to be happy:** Yes, that might sound "strange", BUT if you purposefully do things like play with your dog, your kids, read jokes, share jokes, identify and then DO what brings you joy then you'll have a statistically higher chance of being happy.
- **Make sure you have a good support system:** Whether it is an advice, a pat on the back or a shoulder to cry on, we all need a couple of reliable people.
- **Celebrate yourself:** All throughout life, work on building feelings of self-esteem and self-confidence and enhance feelings of self-love.
- **Find your own peace amongst "the chaos":** Make sure you have enough "personal space" and time to collect your thoughts, meditate, relax, or just deep breathe.
- **Love:** We all want to receive love but never forget, the more you give the more you receive.
- **Breathe:** The easiest way to get rid of feelings of stress is to breathe deeply and consciously. You can refer to the stress management blogs on this website which focus on breathing. However, it may be enough to just spend 3 minutes a day with your hand on your stomach, controlling your breathing by deeply inhaling for 3-5 seconds and then holding your breath (same amount of time), then exhaling through your mouth slowly.
- **Control your stress:** We have mentioned this many times so it's time to "just do it."

Now let's get down to the Solutions you haven't heard about. Why? Just like everything in the Medical-Pharmaceutical-Device money machine: you are more important to "the system" if you are sick rather than well.

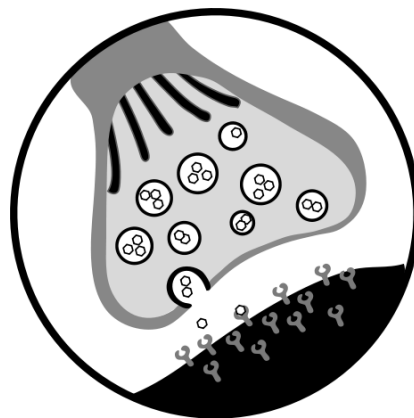
Before delving into Solutions, let's first review the basics of what's going on in our brain, from a chemical standpoint. With some working knowledge, everything will start making more sense.

## HOW DOES THE BRAIN WORK?

We are "ruled" emotionally by three major **neurotransmitters** or brain chemicals, and there are ways to increase them.

These "brain chemicals" are called "**neurotransmitters**" because they are the chemicals that "jump" the gap between the neuron terminals (synapses), hence transmitting the brain signals from one brain cell (neuron) to another. Without neurotransmitters, there could be no brain activity whatsoever.

This is why maintaining a proper balance of these neurotransmitters is so critical for our brain to function normally.



There are different people with different needs who are seeking this advice, so we will address your needs one by one.

First, let's give you a "primer" on what each one of these neurochemicals do.

## **IMPORTANT NOTES:**

- If you have been on long term anti-depressants, **they are probably barely working**, so weaning off under a doctor's supervision shouldn't be a problem.

You will DEFINITELY need our Solutions at that point, as long term use of anti-depressants actually depletes SEROTONIN and DOPAMINE levels in the brain.

- In addition, if you have been on long term anti-anxiety medications such a Xanax or Valium or night time sleep aids such as Lunesta, you will have a depletion of GABA.

Therefore, after being weaned off of anti-anxiety medications under medical supervision with or without GABA you will ALSO require our Solutions (Dr.Crawford uses PharmaGABA™ to wean people off; your doctor may not know how to do this but follow his/her directions).

And of course there is the recent evidence of the BIG link between anti-anxiety medications and Alzheimer's so you NEED to wean off if you are on "this stuff."

## **THE MOST IMPORTANT MOOD NEUROTRANSMITTERS**

**Note:** We are not including the neurotransmitter **acetylcholine** in this discussion because that is the "cognition" or thought neurotransmitter, not a "mood neurotransmitter."

### **SEROTONIN:**

- You may have heard about this one due to the popularity of selective serotonin uptake inhibitors (SSRI's) such as Prozac, Celexa, Paxil or Zoloft.
- If you have migraines, you may know about serotonin due to serotonin-inhibitors being used for migraine therapy.
- **Main functions:** Serotonin is crucial for several things. This includes: proper sleep, a non-depressed mood, a non-anxious mood, a normally "motile" (non-constipated) colon, and **is also involved in learning as well as memory consolidation and storage in the area of the brain called the hippocampus.**
- Inadequate serotonin levels also lead to a sensation of a greater perceived appetite so therefore, serotonin replacement often helps with weight loss (refer to the Module 4

Solutions Handout for a review of this as we amp up your serotonin levels to help with cravings, appetite and stress-eating).

- Pain is also perceived as being worse with low serotonin levels.
- Obsessive-compulsive disorders such as bulimia for example are also associated with low serotonin levels. The non-pharmaceutical way to replace and/or maintain serotonin levels is with 5-OH Tryptophan (this is **5-HTP Complex** below).

## DOPAMINE:

- You may know this neurotransmitter because it's often discussed in the context of cravings of cocaine addicts (cocaine increases dopamine levels). When it is severely deficient, serious diseases such as Parkinson's or even not-so-serious but quite bothersome Restless legs Syndrome may result.
- Deficiency states are associated with depression, drug, alcohol and cigarette addiction, possibly auto-immune disorders and a **decrease in cognition**.
- There are two ways to replace dopamine non-pharmaceutically. One way is with the amino acid **L-Tyrosine** which converts to L-Dopa which then converts to L-dopamine.
- The other way is to use **SAMe** alone, or better yet, **SAMe PLUS L-Tyrosine** which brings a much quicker relief of depression and even some addiction symptoms than does any pharmaceutical.

This comes from the fact that **SAMe** is involved in the transformation process of Norepinephrine (which is another "happy brain chemical" elevated by some anti-depressants), which is made in the adrenal glands. Norepinephrine is converted into epinephrine by the enzyme phenylethanolamine-N-methyltransferase (PNMT) with S-adenosyl-L-methionine (**SAMe**) as the co-factor.

In other words, the presence of **SAMe** in your system is necessary for your body to have access to the all-important "happy-in-the-proper-amounts-brain chemical" epinephrine (adrenaline).

## GABA:

- This one is simple! For the purposes of this discussion, just know that low levels of gamma-Aminobutyric acid (let's just call it **GABA**) are associated with higher levels of anxiety. Anti-anxiety drugs (huge sellers!) prescribed to treat this will raise **GABA** levels, but long term use **eventually lowers them and is associated with the development of Alzheimer's disease** .

- **GABA** is raised one of two ways:
  - 1) **L-Glutamine** is given orally to convert to **GABA**.
  - 2) **GABA** chewable tablets, if chewed and then held under the tongue before swallowing, will partially penetrate the blood-brain barrier and give quicker relief to anxiety occurring "at the moment."

## WHERE DO I FIT IN THIS PICTURE?

NEXT, let's discuss how each "category" of person, here, should use the mood supplements mentioned above.

But before, please make sure that you have reviewed the guidelines for referral to a Mental Health Professional found both on your Self-Assessment Questionnaire and at the beginning of this handout. **This is important.**

All of these Solutions are found in the Energy and Mood section of the e-Store; specifically in the "Mood pod."

### **NOTE:**

During transitory periods of **mild** or **moderate depression**, you will achieve better results if you increase BOTH **serotonin** and **dopamine** levels. We will describe below how to achieve this.

You will find a **SUMMARY TABLE** at the end of this section. This will help to simplify all of this information.

## **5-HTP Complex: 100 mg (this is 5-OH tryptophan)**

**» For Mild or Moderate depression as Self-Evaluated.**

**» Mood Maintenance dose is right below this box.**

<b>Precautions Warnings</b>	<p><b>DO NOT TAKE this product if you are currently taking "serotonin uptake inhibitor" antidepressants such as Paxil, Celexa, Prozac, or Wellbutrin, or others including "MAO inhibitors."</b></p> <p><b>If you are unsure please check with your doctor. Using both products could cause what is known as "serotonin syndrome".</b></p>
<b>Benefits</b>	Mood elevation and if needed, sleep maintenance via serotonin elevation.
<b>Additional Benefits</b>	Suppression of food cravings and appetite (see Module 4).
<b>Dosage For Mild or Moderate Depression</b>	<ul style="list-style-type: none"><li>- 2 capsules with breakfast, lunch and dinner, and 3+ capsules at bedtime.</li><li>- We will tell you exactly how to "titrate," (meaning: slowly increase your nighttime dose) in the next "box" called additional remarks.</li></ul>
<b>Additional Remarks</b>	<p>If you are depressed it's another of those "everything is interconnected" things.</p> <ul style="list-style-type: none"><li>- Do you have interrupted sleep (which can cause inadequate refreshed sleep =poor quality sleep with depression as a consequence?).</li><li>- Do you have unresolved adrenal fatigue or stress issues, which are lowering energy levels and causing sleep interruption at times or just some depression due to low energy?</li><li>- If you are unsure about the sleep or energy parts PLEASE review modules 2 and 7.</li></ul> <p>We have to treat all three with enough 5-HTP at bedtime to achieve high enough serotonin levels. And this is exactly how it must be done:</p> <p>Dosage at bedtime on the 5-HTP Complex: This is dependent on your lower GI tract and you need to see how you react.</p> <ul style="list-style-type: none"><li>• Start with 3 capsules with your melatonin and see how you sleep. Also, make sure it doesn't cause diarrhea which is extremely rare at this dose.</li><li>• Then increase this dose by one capsule each night until you reach a maximum of 10 capsules each night, with 5-7 being the average dose.</li><li>• Do this slowly and carefully, changing your dose only every two nights.</li><li>• For depression we need to push this to the max. When you sleep through the night and do NOT have any diarrhea you have the right dose for</li></ul>

YOU.

- If wake-ups are not an issue then just increase your dose (for depression) as tolerated with the maximal/ideal bedtime dose being 10 capsules.

**NOTE:**

If you are in adrenal fatigue (or even under severe adrenal stress), or if you have depression, this issue will not correct itself overnight. It will rather gradually resolve over 1-3 months.

Meanwhile you can take another 1-2-3 capsules for a "wake-up," being careful not to give yourself lower GI cramping or diarrhea.

**NOTE: DOSE FOR MOOD MAINTENANCE:**

- All you need is two capsules 2x daily with additional capsules taken as needed during stressful times.
- Note that this also helps with learning and memory consolidation and that studies show; people with higher levels of serotonin have a lower incidence of Alzheimer's disease.

## ***L-Tyrosine: 1.2 mg Caps***

***» For Mild or Moderate Depression as Self-Evaluated.***

***» Mood Maintenance dose is right below this box.***

<b>Precautions Warnings</b>	None.
<b>Benefits</b>	L-Tyrosine Increases dopamine levels and is used for mild and moderate depression.
<b>Additional Benefits</b>	Increases energy, helps break addictive habits such as smoking.
<b>Dosage</b>	- One tab prior to each meal, 3x daily.
<b>For Mild or Moderate Depression</b>	- <u>Note:</u> if PM dose interferes with falling asleep, move the dose up a few hours.
<b>Additional Remarks</b>	May help to prevent migraines.

**NOTE: DOSE FOR MOOD MAINTENANCE:**

- Just one capsule at breakfast and one around lunchtime daily.



## ***SAMe: 200 mg Tabs***

**» For Mild or Moderate Depression as Self-Evaluated.**

**» Mood Maintenance dose is right below this box.**

<b>Precautions</b> <b>Warnings</b>	<b>None.</b>
<b>Benefits</b>	Increase dopamine levels to improve depression
<b>Additional Benefits</b>	Increases energy and methylates bioidentical estrogens as well as being a general "methylation agent."
<b>Dosage</b> <b>For Mild or Moderate Depression</b>	<ul style="list-style-type: none"><li>- Start with 2 with breakfast and 2 with dinner.</li><li>- After 3 days, increase to 4 with breakfast and 4 with dinner.</li><li>- Note: If dinner time dose interferes with falling asleep, move it up a few hours.</li></ul>
<b>Additional Remarks</b>	May help prevent migraines

### **NOTE: DOSE FOR MOOD MAINTENANCE:**

- **SAMe** is not necessary if you are going to be taking **L-Tyrosine**, but it can be added as a 2 cap per morning addition if you are concerned about cognition and memory, as this aids in memory storage capability.

## ***L-Glutamine: 850 mg Capsules***

- » For Mild or Moderate Anxiety as Self-Evaluated.***
- » Mood Maintenance dose is right below this box.***

<b>Precautions Warnings</b>	<b>Do not take if you have MSG allergy. If you are taking anti-anxiety medications this might interfere with the efficacy of those medications so check with your doctor to make sure.</b>
<b>Benefits</b>	Both <b>L-Glutamine</b> and <b>PharmaGABA™</b> (the next one below) can be taken together to really increase GABA levels, which will decrease anxiety.
<b>Additional Benefits</b>	Recall that this ups your Human Growth Hormone levels so this will increase both muscle mass and "volume" as a nice side effect! AND this increase will reflect in the appearance of your skin; you might recall from Module 3 that elastin, collagen and hyaluronic acid in the skin will increase!  Also will help with anxiety-based snacking, therefore can be useful for weight control
<b>Dosage For Mild or Moderate Anxiety</b>	- One capsule 3x daily around mealtimes and 1 capsule at bedtime
<b>Additional Remarks</b>	Many cases of depression include anxiety so if you have any doubt, and have not taken the self-evaluation questionnaire for anxiety, please do so to make sure that you are using this solution if you need it.

**NOTE: DOSE FOR MOOD MAINTENANCE:**

- Take 4 capsules at bedtime-this is the same dose to raise HGH.

# PharmaGABA™: Chewable Tabs 100 mg

» *For Mild or Moderate Anxiety as Self-Evaluated.*

» *Mood Maintenance dose is right below this box.*

<b>Precautions</b> <b>Warnings</b>	<ol style="list-style-type: none"><li>1. An excess dose may make you drowsy so do not operate "machinery" if you feel these symptoms.</li><li>2. Do not take along with anti-anxiety prescription medications unless OK'ed by your doctor as they may interfere with the action of those medications (Valium, Xanax for example).</li></ol>
<b>Benefits</b>	PharmaGABA™ increases GABA levels to decrease anxiety.
<b>Additional Benefits</b>	Helps with anxiety-based snacking, therefore can be useful for weight control.
<b>Dosage</b>  <b>For Mild or Moderate Anxiety</b>	<p>Dosages are very variable and need to be adjusted for each individual: The idea is to get rid of anxiety without getting drowsy unless you are using it to induce sleep as per Module 7.</p> <p><u>Note:</u> For optimal results, chew 2 tabs at a time, put under the tongue for 60 sec, then swallow. Repeat as needed.</p> <p><u>Starting dose:</u></p> <ul style="list-style-type: none"><li>- 2 tabs before each meal, 3x daily. Can be increased to as much as 8 tabs, 3x daily. Fine to add a bedtime dose if you are also using this for sleep initiation.</li><li>- Note: stop increasing the dose once you feel your anxiety is reduced or hopefully has subsided and the dose isn't making you drowsy.</li></ul>
<b>Additional Remarks</b>	Occasionally people have some tingling in the mouth area which is harmless and will subside. Very occasionally; with large doses which are used sub-lingually and then swallowed, people will have loose stools. If this happens, just spit out what is not used sub-lingually after you take ½ of your dose.

## **NOTE: DOSE FOR MOOD MAINTENANCE:**

PharmaGABA™ is not needed unless you are unable to take the **L-Glutamine** due to MSG allergy. If this is the case, then:

Dosage for Mood Maintenance:

- 2 tablets, 3x daily.

Note: It is fine to also take a bedtime dose if you are using it as a sleep initiation aid or to use it during stressful times as needed.

## RECAP SUMMARY TABLE

<i>Neurotransmitter Replacement Summary Table</i>		
Issue:	DEPRESSION	ANXIETY
<b>Deficient neurotransmitter:</b>	Dopamine Serotonin	- GABA
<b>Products that will raise levels:</b>	L-Tyrosine SAmE 5-HTP Complex	- L-Glutamine - PharmaGABA™

§

Isn't it amazing how the pharmaceutical industry is making literally billions of dollars from anti-depressant and anti-anxiety drugs, all of which come with side effects, and cease being useful after a while?

And the dirtiest little secret is that over 1/3 of those treated with all sorts of anti-depressants get no relief at all; meanwhile, so few people know anything about these natural alternatives which don't just stop working after some time.

*Best Wishes for your Life and Health,*

*Kim Crawford, M.D., and the [drkimsagewellsolutions.com](http://drkimsagewellsolutions.com) team.*