

Depress Your Depression with Nutrition

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Abstract

Mushrooming of depression among people is hiking to its toll in the current era boosting up a competitive atmosphere among researchers in driving about a conclusion to loosen the clutches of depression. In spite of many therapies and positive vibes encouraged among the public, a breakthrough is not obtained in controlling people becoming prey for this vulture. Nutrition in its own has an immense power in rejuvenating health and studies have shown its impact on this condition.

Food Is the Most Abused Anxiety Drug and Exercise Is the Most under Utilized Antidepressant

People with mental health conditions deserve just as much support and compassion as people with physical health conditions.

“Food is the most abused anxiety drug and exercise is the most underutilized antidepressant.”

“Every time you eat or drink, you are either feeding disease or fighting it.”



Depression

A mental health disorder characterized by persistently depressed mood or loss of interest in activities, causing significant impairment in daily life.

It is very common and there are more than 10 million cases of depression per year in India.

Possible causes include a combination of biological, psychological and social sources of distress. Research suggests that these factors may cause change in brain function, including altered activity of certain neural circuits in the brain.

The persistent feeling of sadness or loss of interest that characterizes major depression can lead to a range of behavioral and physical

symptoms. These may include changes in sleep, appetite, energy level, concentration, daily behavior or self-esteem. Depression can also be associated with thoughts of suicide.

The mainstay of treatment is usually medication, talk therapy or combination of two. Increasingly, research suggests that these treatments may normalize brain changes associated with depression.

All age groups are susceptible for depression. It is common among adolescents, adults and old age people.

“You cannot recover from depression by just being positive.”

“How you eat affects how you feel!”

“If diet is wrong, medicine is of no use. If diet is correct medicine is of no need.”

Depression and diet may be related. Several studies have found that people who ate a poor quality diet – one that was high in processed meat, chocolates, sweet desserts, fried foods, refined cereals and high fat dairy products were more likely to report symptoms of depression. The good news is that the people who ate a diet rich in fruits, vegetables and fish were less likely to report being depressed.

Studies also suggest that people who follow Mediterranean diet have low rates of depression and other diseases, such as Alzheimer’s disease and heart disease.

Few people are aware of the connection between nutrition and depression while they easily understand the connection between nutritional deficiencies and physical illness. Depression is more typically thought of as strictly biochemical – based or emotionally rooted. On the contrary, nutrition can play a key role in the onset as well as severity and duration of depression.

“Nutritional neuro science” is an emerging discipline shedding light on the fact that nutritional factors are intertwined with human cognition, behavior and emotions.

Though there is no specific diet to prevent or relieve depression, our daily dietary pattern plays an important role in controlling the symptoms of depression.

“You are what you eat, and you need to eat food that will help you to be happy.”

When you choose to soothe your hunger with foods that fight depression, you get the bonus of soothing your mood.

Whole Grains



This is the operative word for food that fights depression; refined grains were correlated with higher rates of depression.

Water (The H₂O)



A study conducted in India found that even mild dehydration can kill your mood and leave you feeling fatigued. Drink up to avoid making your depression any worse. Dehydration may be silent sign of depression you may be missing (according to this study).

The Omega 3 Fatty Acids



Omega 3 fatty acids could ease depression by boosting brain function and reducing inflammation. Oily fish rich in omega-3 s and mackerel (kaanaangeluthi) has one of the higher concentrations. Other foods with omega-3 s include herring (koimeen/nunalai), sardines (chaalai/maththi) and anchovies (nithili). Vegetarians can load on omega-3 s with more than 4,900 milligrams of omega-3 s per ounce; chia (sabja seeds in hindi) seeds give you one of the best deal for your money in terms of fatty acids. Eating walnuts and flax seeds also add benefits.

Vitamins



A single banana contains 22% of your daily Vitamin B6, a nutrient that helps your body make the neuro transmitters serotonin, and low serotonin levels are linked to depression. Studies suggest eating more B6 rich foods could ward off depression.



Salmons (kizhangaan) are the next choices of Vitamin B6. Six ounces of Salmon contains more than half of your daily needs, not to mention a healthy dose of omega-3 fatty acids. For more foods that fight depression, load upon chicken, legumes, avocados, dark green leafy vegetables for even more B6.

Evidence suggests Vitamin B12 could help reduce symptoms of people with major depressive disorder. It's found mostly in animal products, so try eating more trout (naneer meen), salmon and sirloin steak (steak cut from the rear back portion of an animal).



Vitamin D deficiency is also associated with different mood disorders. A source of Vitamin D includes sun exposure, bread, juices, milk and high quality supplements.

Anti-Oxidants



High intake of flavonoids – a type of anti-oxidant found in fruits and vegetables lowers the risk of depression. Flavonoid rich foods that fight depression include plums, apples, yellow onions and pea. Don't miss these simple but powerful ways psychologists ward off depression.



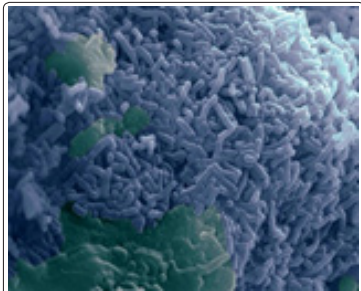
That treat of dark chocolates does more than make you smile for a moment. Dark chocolate is also rich in flavonoids, so it could help boost your mood. Make sure you are reaching for dark chocolate with a cocoa content, not milk chocolates.

Minerals



Early evidence suggests folate deficiency could be linked to depression and might make anti-depressants less effective. A cup of beetroot packs on a whopping 37% of your daily recommended folate. Other folate rich foods include spinach, broccoli, orange juice or chard.

Flora



“Food is one essential way in which you can control your epigenetic profile.” Since what you eat affects your mood, you should aim for foods that enhance your gut health. In fact, microorganisms produce numerous neuro chemicals. These neuro chemicals made by the gut bacteria play a role in mood and other neurologic functions. So balancing gut bacteria through the consumption of pro-biotics such as lacto bacilli and bifido bacteria help to elevate mood.

Chemicals



Another toxicant linked to depression is aspartame, a chemical used in artificial sweeteners. It is broken down into smaller molecules that decrease serotonin, which has been dubbed the “happiness hormone” and is an important neuro chemical messenger that regulates mood and appetite.

The Depressor Agents (Foods to be avoided)

Some of the things you would probably be most likely to eat when battling depression are precisely the things that you should avoid. For those who are battling depression, here’s what you need to know about what not to eat.



Studies showed that people having habit of taking diets such as coffee or caffeine, alcohol, diets high in sugar are more likely to have depression or low mood.



Processed pumpkin seeds – its outer coating has Potassium bromate, which can interfere with thyroid’s iodine absorption which is crucial to mood regulation.

Eating more trans-fat was associated with an increase in new cases of depression.



Vegetable shortening should be avoided since it is high in omega-6 fatty acids, which makes it hard for your brain to get the good omega-3 s.

Conclusion



Nutritive management for preventing or controlling depression is essential these days in order to avoid disability, since by 2020, it is estimated that depression will become the second leading cause of disability following heart diseases which ranks first position [1-5].

Let your food be your medicine!

Get way to happiness from good food!!

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