

# Nutrition: Complementary And Alternative Choices

## Depression, Anxiety and Sleep

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Note: to have optimal response, all recommendations begin with **Ultra Vites** and **Ultra Omega-Linic**.

*This information is intended for the use of health care professionals. It has not been evaluated by the FDA and is not intended to diagnose, treat, cure or prevent any disease. You should consult a qualified health care provider for advice before beginning any new health care program.*

Nutrient	Product	Q/Day
A good multi vitamin mineral supplement*	Ultra Vites	2
Essential Fatty Acids	Ultra Omega-Linic	4-8
Vitamin E (mixed tocopherols)	Vitamin E-400	1
Magnesium	Ultra-Magnesium chelate	1 to 3
5-HTP (5-hydroxytryptophan)	5-HTP Plus - 50 or 100 mg (Tranquility)	1 or 2, 1 to 3 times/day
St John's Wort	St Johns Wort	1
	St Johnswort Plus (Serenity)	1
Calming herbs	PhytoCalm	2 to 4
<i>For Sleep - at bedtime</i>		
Herbs for insomnia	RestEasy	1-2
5-HTP	5 HTP 50 or 100 Plus (Tranquility)	1
L-Arginine	L-Arginine	4
if Herpes is a problem: L-Lysine (1000 mg)	L-Lysine	4-10
	Ultra-Monolaurin	3-4 scoops
* Use a multi without iron unless there is a need for iron		

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Depression seems to afflict an ever-growing percentage of our population. It can be from a traumatic event, such as loss of a loved one, divorce, or serious family problems. Chronic or deep depression without an apparent cause, requires skilled professional care.

Fortunately, many cases of depression respond well to suitable nutritional supplementation. The recommendations shown here are also helpful for Anxiety.

This protocol discusses simple, reactive depression. There are some additional supplements which have been shown to be helpful for severe depression, Schizophrenia and Bipolar Disorder. These are covered in another paper.

One should follow a balanced diet that is low in carbohydrates. As with my other protocols, one

should cover the nutritional basics with a good multi like **Ultra Vites**. Ultra Vites is especially important in depression because it contains high levels of B Vitamins which are essential for proper neural function.

The inclusion of **Ultra Omega-Linic** is important because it contains *preformed*, long chain, polyunsaturated fatty acids of the omega 6 (GLA) and omega 3 (SDA, EPA and DHA) series. These fatty acids *must* be consumed in their *preformed* state because the conversion from the parent oil in the omega 3 and omega 6 series is very poor. High levels of these fatty acids are vital for proper neural function and structure.

Flax Seed oil is not a good source of EPA or DHA because less than 2% of ALA is converted to these important prostaglandin precursors.

I recommend 400 IU of mixed tocopherol Vitamin E if the amount of Ultra Omega Linic exceeds 4 per day.

One to 3 **Ultra-Magnesium chelate** per day has a calming effect, and is helpful if muscle spasm is a problem.

### SLEEP

There some supplements, such as **L-Arginine**, which may help with sleep problems, and **5-HTP Plus** (5-hydroxytryptophan + Passionflower) which may level out emotional swings. **RestEasy** is an herbal formula that includes California Poppy, Lavender, Passionflower and Valerian root extract. California Poppy was used traditionally by Native American for its sedative, anti-anxiety, antidepressant and analgesic properties.

### HERBS FOR ANXIETY AND/OR DEPRESSION

**PhytoCalm**, which contains California poppy, motherwort, and lemon balm, may be useful for anxiety, mild depression, insomnia, headache.

**St John's Wort** can be as effective as standard anti depressants. It acts by inhibiting the reuptake of serotonin, dopamine and noradrenalin. It activates gamma-amino-butyrate and glutamate receptors. At high doses (well above dosage normally used to treat depression) it is a monoamine oxidase inhibitor. It has no major side effects at normal dosage.

**St. Johnswort Plus** (Serenity), in contrast to St John's Wort, contains Valerian root extract which can improve sleep quality and reduce insomnia

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St Johnswort has many drug interactions, and should **not** be taken with any drug without the advice of a health care professional. In addition, do not use St John's Wort and 5-HTP together because they both affect serotonin levels.

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**5-HTP Plus**, 50 mg or 100 mg in the morning, and/or afternoon can be calming. In addition, if taken at bedtime it can help with sleep problems.

5-HTP is a serotonin precursor and increases serotonin levels. It has all the benefits of SSRI drugs without the adverse side effects. It has been found useful as a sleeping aid, and has been used extensively in depression of all types.

5-HTP (5-hydroxytryptophan) is an intermediate metabolite between L-tryptophan and serotonin. 5-HTP Plus, 50 mg and 5-HTP Plus, 100 mg contain Passionflower, which is a calming herb for anxiety, and insomnia.

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**WARNING:** because St John's Wort and 5-HTP increase serotonin levels they should not be used in conjunction with selective serotonin reuptake inhibitor (SSRI) class of drug. These drugs are used to treat depression, anxiety and migraine headaches. There have been serious reactions when St John's Wort, or 5-HTP is used in conjunction with Carbidopa and Levodopa. The use of any of these with Sibutramine or Meridia (an SSRI used to treat obesity) could result in a rare but serious group of symptoms know as "serotonin syndrome". The use of any of these with the analgesic Tramadol (Ultram) could result in the "serotonin syndrome".

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**NOTE:** If you wish to discontinue the use of SSRIs, the following procedure is recommended under the direction of your health care professional. Use Opti-Arginine (or Opti-Lysine) as necessary at bedtime for sleep. When you notice symptoms from the withdraw of the SSRI other than sleeplessness, cautiously start St John's Wort. 5-HTP Plus should not be used for at least 3 weeks after the SSRI has been discontinued. This is because the half life of SSRIs can be several weeks. Again, do not use both 5HTP and St John's wort together.

**L-Arginine** and/or **L-Lysine** are often considered when sleep is a problem. Because these amino acids stimulate Human Growth Hormone (hGh), L-Arginine can be used at 2 to 4 grams at bedtime. It helps produce a deep, peaceful sleep. For more information on hGh, see my protocol for Older Adults and Healthy Aging.

If Herpes is a problem, use an equal amount of L-Lysine with the Arginine or instead of L-Arginine.

If herpes is a problem, **Ultra-Monolaurin** can be considered. It is used for viral infections, such as type I and II herpes.

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