



Depression & Anxiety

Transcript

Andrew Saul: The number one illness that people search for at my doctoryourself.com website has been and still is, depression. It affects so many people and a lot of them aren't even talking about it, they're suffering in silence. The elderly people who live alone, people who try to put on a good face, but when the curtains close and the lights go down, depression hits them and it's hard. What do you do for someone who's depressed? How do you get somebody who's depressed to change their lifestyle? When you're in the bag, it's hard to see outside the bag. The good news is that nutritional therapy has tremendous potential here and it's the work of doctor Abram Hoffer, my personal mentor, and one of the most famous psychiatrists of the 20th century that will teach you what I learned from him to use niacin and other vitamins to help improve mood, to help lift people biochemically out of depression.

Andrew Saul: It doesn't do any good to tell someone who is depressed that they should cheer up. You have to make it happen. And this can be done with high dose vitamin therapy and if you don't think it can be done, it's because you haven't tried it. Here we go. Niacin is an excellent therapy for depression. We know this largely because of the extensive work done by Dr. Abram Hoffer, a medical doctor and PhD who was my mentor. Dr. Hoffer and I wrote books together. I co-authored four of them with him and got to know Abram very, very well. He was a superb psychiatrist and he focused ever since before I was born on using niacin to biochemically treat mood disorders. Now in a way drugs treat mood disorders biochemically but they do it as well as opposites as something foreign to the body. Drug therapy has been called toxi molecular or allopathic.

Andrew Saul: Whereas orthomolecular medicine is a nutritional natural approach and I think that first of all makes it safer and not surprisingly, almost anything's cheaper than pharmaceutical medicine, but the safety aspect I think is particularly important. It's the effectiveness though that carries it in the long term. Dr. Hoffer spent 55 years of medical practice dealing with people with all kinds of emotional, mental, and mood disorders, including obsessive compulsive disorder, bipolar disorder, schizoaffective disorder, a hard word to say, schizophrenia, psychosis, anxiety, attention deficit hyperactivity disorder. You name it, he dealt with it as a board certified psychiatrist and previously director of psychiatric research for the entire Canadian province of Saskatchewan. Niacin wasn't even available in tablets when Dr. Hoffer started using it in the early 1950s he used to get vitamin powder, niacin powder and his own hospital pharmacy would put it in capsules for him. That's how early this was.

Andrew Saul: That's how avant garde niacin therapy was. How does it work? First of all, let's talk about a case history. Dr Hoffer said, always start with a case history, so here's a good one for you. Bill W. yes, that's Bill W. the co-founder of Alcoholics Anonymous. And Bill W. had depression. Now he had gotten off of alcohol using the very steps that AA uses today, but Bill W. used one more step that AA does not acknowledge today and that's niacin. Bill W.'s depression was so severe that he came to Dr. Hoffer and Dr. Hoffer prescribed niacin for him, 1000 milligrams three times a day.

Andrew Saul: Now that's a fairly large amount of niacin, 3000 milligrams of niacin total for a day is vastly more than the US RDA which is under 20. So you have a very big amount of niacin which has a different property than just the amount of niacin you might get in whole grain bread or some liver.

Andrew Saul: So this very high dose of niacin cured Bill W.'s depression and it did so in less than a couple of weeks. It was so spectacular that Bill W. told his friends and he had plenty of friends who had depression. 30 of his friends took niacin like Bill W. did, 1000 milligrams three times a day as Dr. Hoffer would've suggested. And a third of them had the same results Bill W. did. They were completely free of depression in less than two weeks. Another third got over the depression in around a month, maybe a little more. And then another third reported that they didn't see much benefit. Bill W. concluded that niacin is good for depression, in about two thirds of the people that take it, you'll get a cure. He at his own expense and on his own letterhead and on his own time sent out educational papers that he himself drafted and he provided references in these papers to the literature showing that niacin was good for depression and he sent this to the physicians associated with Alcoholics Anonymous and it was basically disregarded.

Andrew Saul: To this day AA does not endorse and I don't think even mention the value of niacin for depression in alcoholics or former alcoholics depending how you want to look at it. Even though Bill W. who they revere in every other pronouncement Bill W. ever made, they don't go along with the idea of using niacin, what a loss; well you can and you don't have to be an alcoholic to be depressed. In fact, there's a lot of people who drink to avoid being depressed and when they stop drinking they get depressed. Obviously, the problem here is that the depression is not really cured by alcohol but it's a form of self-medication but alcohol was bad for you and you can't stay on it forever because it could cost you your health, your marriage, your job and your life.

Andrew Saul: Niacin is a safe solution. Now let's talk about the disadvantages right off the bat. If you take a lot of niacin and you're going to have a flush. Some people and I'm one of them, when they feel low, when they take niacin they like that flush because they know it helps on the way. It's very difficult to be depressed and have a niacin flush at the same time. You might be so busy noticing that you don't like the flush that you forget the fact that you're no longer depressed so niacin does have a drug like effect. Nicotinic acid does that. Niacin is chemically nicotinic acid that does not mean it's nicotine. It means it has a few chemical similarities to nicotine but it is biologically and medically very different. Its affects are totally different. Niacin is a vitamin it's vitamin B3, it is the smallest in structure of all the vitamins.

Andrew Saul: It's even smaller than vitamin C, which is already a pretty small molecule. So niacin is readily absorbed. It's so tiny and you know it's absorbed because within 15 minutes to 45 minutes of taking niacin, you're probably going to have a flush and some people have really, really intense strong flushes and they don't like it. I want to tell those folks right away, you don't have to endure the flush. Abram would suggest that you do. Abram would tell his patients to just bear with the flush. If you keep taking the niacin it'll go away

in a couple of weeks. Not everyone wants to do that so they can use niacinamide. Niacinamide does not cause a flush except in the most unusual circumstances. So niacinamide is what's used in most multivitamins and B vitamin preparations that you'd buy over the counter.

Andrew Saul: Manufacturers don't want you to come back with an empty bottle or a full bottle of niacin and say, "What the heck happened? I didn't like this flush. I turned bright red. I felt hot and itchy. I had to lie down. I felt a little woozy, maybe even felt a little dizzy or nauseous." We don't need that. So to avoid the flush you use niacinamide. It will work very nearly as well. Abram preferred niacin. I like them both. Any port in a storm. So to avoid the flush you can use niacinamide. The other way you can avoid the flush is to take less. You can start with a very small amount. Some people hearing this will think, oh, I have to take a thousand milligrams three times a day. No, no, no, no, no. That's for people that are seriously depressed. I know people that are seriously depressed.

Andrew Saul: It took three times that and did not flush, but their depression went away, but their depression was very, very severe. That does not mean you need that much. We don't know how much you need. We have to find out. On any given day your situation will vary. So the amount of this water soluble vitamin that you need will also vary. You can start with a very tiny amount of niacin and work up. At [doctoryourself.com](http://doctoryourself.com) and in my book with Dr. Hoffer, *Niacin the Real Story*, we talk about starting with a very small amount, say 25 or 50 milligrams a meal and increasing that very gradually every day until you get to the point where you either feel great or flush or of course the two might be at the same moment. It's common with niacin to have the flush and feel good at the same time, so what you do is you tailor the dose, you dance with the dosage and drop that dosage just a little bit until you're feeling great without the flush.

Andrew Saul: The flush itself is harmless. It's a vasodilation, that means the small blood vessels of the body are opening up. It can cause a drop in blood sugar. It can cause a drop in blood pressure. If it's severe enough some people actually have to lie down or they will actually feel ill. That means you're doing it wrong. You gradually increase and that symptom is avoidable and if you flush at a very low amount, that's nature's way of saying perhaps you should take niacinamide. Now the third choice is inositol hexaniacinate and that is marketed as no flush niacin. Inositol hexaniacinate is slightly more expensive than niacinamide and niacinamide is slightly more expensive than niacin, but none of them are costly. Researchers that use niacin and doctors that use it are able to treat patients for a matter of 50 cents a day whereas most pharmaceutical preparations are probably far more than that.

Andrew Saul: Even if insurance pays for it. Well the price is still high and somebody is paying for it in their premiums, probably you or on your taxes or both. Inositol hexaniacinate is no flush niacin in some people it can cause a flush, I am one of them. If I take a lot of inositol hexaniacinate I will have a flush but it will be reduced. Some people have no flush at all. So you know you have three forms. They all work, they're all vitamin B3. The key is dose and the idea is to have a comfortable dose for you. That means the amount that gets

the job done but not so much as causes the flushing. Remember with vitamin C, bowel tolerance indicates that you've had enough C so you take enough vitamin C to feel great but not so much as causes loose stool.

Andrew Saul: With niacin you take enough to feel great but not so much as causes a flush that you don't like. If you don't mind a little bit of a flush, then you took just the right amount in my opinion, but if you have a strong flush, you did it wrong and that means you did not go up gradually and if you did go up gradually and you're still at a problem, that means you need inositol hexaniacinate or niacinamide. We have to get that one out of the way first because the number one complaint people have with niacin is that darn flush and I want to put this one to bed. You can end it right away. If you do want to flush, have your niacin with a hot beverage.

Andrew Saul: Have your niacin and chew it up before you swallow it and have niacin on an empty stomach. So if you have an empty stomach, you chew up some niacin and take it with some coffee, you're gonna flush real fast. We're talking minutes, possibly less than two minutes. If you have a big meal, you're flush could be delayed for a couple of hours. Sometimes people take niacin with a meal they flush two hours after eating and they wonder what the heck is happening because they forgot they took the niacin. It's very, very easy to manage the flush. Again in Dr. Hoffer's and my book, Niacin the Real Story, we go into this and for those that are interested in the Bill W. depression story, that is in Dr. Hoffer's and my book, The Vitamin Cure for Alcoholism. We Bill W's papers in their, copies of the actual papers he sent out to the AA physicians. We have details of Dr. Hoffer's protocol, but I have given you the executive summary. Some people need it less than a thousand milligrams three times a day. Some people needed more. Dr. Hoffer would use half that amount, twice that amount depending on the patient. We're all different and we have to tailor the dose. That is the next truly important point, trial and error to tailor the dose.

Andrew Saul: We also should look at the other B vitamins. The B complex in general is very helpful for mood disorders and one of the reasons is because it helps to even out blood sugar. The mineral chromium also helps to even out blood sugar. Now, why the emphasis on blood sugar? You'd think I would save that for discussion of diabetes such as type 2 diabetes and you're right because vitamin D complex and chromium, even-out blood sugar so much that it works very well for type 2 diabetics and they should take high doses, frequent doses, every two hours of B complex vitamins when they're awake. Even type 1 insulin dependent diabetics, if they take a B complex vitamin every two hours they're awake, they will have to work closely with her doctor because they will have to have their insulin level adjusted and almost certainly down. So I'm mentioning this now because we're on the topic of the B complex.

Andrew Saul: That's how well they work. They work so well that even a diabetic gets improvement in blood sugar. Why would an improvement in blood sugar be so important in depression? Because sugar is a very good way to make yourself depressed. The first thing that happens when you have sugar is that you have euphoria. You have sugar, you are on top of the world, you feel

great, you've got pep, you've got energy, you're bright, you're cheerful, Woo ha, the world is your oyster and you are just fine for about half an hour.

Andrew Saul: And as the body senses this overload of sugar in your blood, the body to protect you, to safeguard your health, wants to pull that extra sugar immediately out of your blood and pack it away and store it as glycogen in your liver. And it does that by kicking out insulin and the insulin enables your body to put that sugar into a different form in a different place and get it out of your blood. Catch is, the sugar triggers so much insulin that you have more insulin than you have blood sugar and then your blood sugar goes down too low.

Andrew Saul: You not only lower it from high to average. You lower from average to low and if you have this kind of reactive hypoglycemia, if you have this crash in blood sugar, your mood is going to go down and I'm talking, it can go down to the point of being suicidal. This is true. I wish it weren't but it can be that bad. A friend of mine worked in a maximum security prison, he was a counsellor there, a psychologist and he had very, very close hand experience with inmates and the ones that were eating a lot of sugar were the ones that had by far the most mental health, mood and depression issues. And he wanted the prison to stop serving sugar and foods containing sugar and desserts in general. He didn't get very far with that, but I listened and I want you to hear what he had to say.

Andrew Saul: No matter what you have as a problem, sugar's gonna make it worse. The problem with it is that it's addictive. Dr. Abram Hoffer called sugar, the original addiction and other addictions, he said come from that, whether it's alcohol or drugs. So reducing sugar is hard to do because we want it and that initial rush makes us feel so good when we have that candy bar, we feel so good when we have that soft drink, we really do. And then wham, the blood sugar crashes and we're miserable for hours. I know people that will be miserable for a day or even two full days after they have sugar. You don't need that. Life is hard enough. You don't need to make it harder. Sugar is not your friend. Sugar is the anti-nutrient.

Andrew Saul: If you're going to have some sugar and we're all going to, you need to prepare yourself and that's where the B complex comes in. By levelling out by evening out your blood sugar levels, it prevents the highs and it definitely helps prevent the lows and along with chromium you are able to handle the sugar better. So if you're going to have something sweet for heaven sakes, take a B complex vitamin and a chromium tablet when you do. The amount of chromium we need is not that much, 200 to 400 micrograms is effective and a microgram is a millionth of a gram and a gram is a quarter of a teaspoon, so you don't need a lot of chromium, but you need some. Chromium picolinate or chromium polynicotinate, which is actually a niacin bound chromium or other forms of chelated, well absorbed chromium's are all good. You do not gnaw on the bumper of a '59 Chevy to get your chromium, you need to get a good form of chromium and the ones I mentioned are all well absorbed and useful. You don't have to take chromium every two hours but you do have to take the B complex in divided doses. The interesting thing is you don't need high dose of the B vitamins. If

you take the B vitamins very, very, very often, you can take a very small amount each time. The body tends to urinate out B complex vitamins because they're water soluble, so if you take all your B complex vitamins at breakfast, they're pretty much gonna be out of the game by mid-afternoon if not sooner; but if you divide the B complex dose all through the day you have maximum utility, economy, effectiveness and it is easy to get tablet of B complex and get a pill cutter and just cut those tablets up.

Andrew Saul: If you have a B-50 balanced B formula, these are very common, you can cut that in half. Now you have two B-25's. You can cut the half in half and now that quarter tablet is 12 or 13 milligrams of the major B vitamins and if you take that six or seven times a day, you're going to get more than if you took a high dose only two times a day. So dividing the dose is very important. And internal medicine specialist friend of mine, years ago, Dr. Martin Jenzer first told me about this when I was just a youngster coming up in natural healing and he stressed the dividing the dose of the B complex. It's not how much you take of the B vitamins, he said it's how often you take them and that is absolutely correct and verifiable. Vitamin C can help depression. It's amazing how we miss this. A lot of people have.

Andrew Saul: Your adrenal glands produce what's called adrenaline or epinephrine and this neurotransmitter, norepinephrine can cause you to feel chronically depressed. If you have too little norepinephrine, you're gonna be down. You're get up and go is gonna get up and go, get up and gone and you're going to be sitting there just moping because without norepinephrine, you don't have the alertness and the energy and the mood that you normally do. Now the cool thing here is you can make adrenaline or epinephrine. They are the same thing. You can make them from protein. Protein foods contain L-Phenylalanine that's an amino acid, and your body converts L-Phenylalanine into L-tyrasine in the liver and from L-tyrasine it converts it into dopa and then into dopamine and then into nor norepinephrine and then in to epinephrin or adrenaline. So you can make epinephrin by having protein food.

Andrew Saul: Well, how come people that have a lot of protein eat a lot of meat so have depression? If you can make it, why aren't you? And the answer is because the reaction requires vitamin C. If you have plenty of vitamin C, you're going to be able to make more epinephrin. You're getting Plenty of L-Phenylalanine in your protein because amino acids are abundant and protein is abundant in most people's diets. So physicians said if given large doses of vitamin C has striking success in reversing depression, and this is a very inexpensive thing to track. Dr. Hoffer always gave vitamin C along with niacin. And I would suggest you do exactly the same thing. So we've mentioned vitamin C, we've mentioned chromium, we've mentioned niacin or niacinamide or inosital hexaniacinate and we've mentioned chromium and now we're going to talk about nuts because nuts because nuts are high in another amino acid, L-Tryptophan.

Andrew Saul: Now the cool thing about L-Tryptophan is that if you take a goodly amount of this amino acid, it will be broken down at a 60:1 ratio into niacin. But tryptophan is also broken down into serotonin, and this is one of your body's

most important neurotransmitters. Neurotransmitters enable the nerves to send impulses up and down and talk to each other. Without a neurotransmitter your nerves have nothing to share. So they need these chemicals to connect all these nerve cells and send that nerve impulse to get the job done, whatever that may be. So serotonin is responsible for feelings of wellbeing and mellowness. Serotonin is the feel good neurotransmitter, generally speaking and it's so profound that Prozac and Paxil and other similar antidepressants, the selective serotonin re uptake inhibitors, artificially keep the body's own serotonin levels high. So you can take a drug and artificially keep the serotonin available to the nerves or you can do the same thing through diet by just making more serotonin, by consuming tryptophan and let your body do it from there.

Andrew Saul: Now the sources of tryptophan are very pleasant. For instance, most meats, turkey in particular, dark meat of turkey, dark meat of chicken is a good source of serotonin because of tryptophan is a good source of Tryptophan will become serotonin. And nuts are fairly high in tryptophan. Cashew nuts are very high. Sunflower seeds, also peas and cheese and beans and wheatgerm. All these things are high in the amino acid tryptophan and nobody can tell us that these are going to be harmful if you eat a lot of them. Dietitians tell us that things like nuts and seeds and peas and beans are very, very good, very wholesome, high in fiber. It's just wonderful foods, low calorie and tasty and versatile and not real expensive. Cashew nuts are kind of expensive, but they're my fave because you can get a prescription amount of serotonin activity from two handfuls of cashews a day.

Andrew Saul: Everybody says the same thing. Two handfuls of cashews well I'll get fat. No you won't. Two handfuls of cashews is a lot of cashews and nuts are very filling. Nothing satisfies your food cravings, like having a lot of nuts. I remember when I was about 11 going to my oldest brother's wedding and like so many weddings. It took forever to get served dinner. You have the wedding and then you all sit around while they bride and groom say hello to everybody and everybody mingles and has cocktails. And then you have pictures and then you have all this. And then you have the talking and the announcements and all the other stuff. And finally for a little boy of 11, finally, finally, finally food is hours away or so it seems. Well in the meantime I discovered the nut dishes on the tables. So at the wedding, my brother's wedding, I was just eating all kinds of nuts. And when dinner came, I just wasn't hungry so it wasn't a matter getting fat. I simply had a different high quality protein and the chicken that they served was pretty awful looking and I tried to bite and it tasted worse. It wasn't much of a meal. It was a nice wedding though. It wasn't much of a meal. But the nuts were good.

Andrew Saul: Obviously you want to get unsalted and hopefully roasted without oil, nuts. Cashews are best if they actually had been roasted, they're a little better for you cooked than raw. Some people like them raw, but I think you're better off having roasted cashews but without the salt and hopefully without the oil. Dry roasted would be ideal. But the salt is the thing I think you should avoid for sure. If nuts smell fresh, they are fresh. If they smell good, they are good. And if you have a couple handfuls of cashews a day, you will get so



much tryptophan that you will make a prescription quantity of serotonin and you do it naturally.

Andrew Saul: The selective serotonin reuptake inhibitors are plagued with two major problems. The first is many people have to take more and more and more to get the job done. So although they work very well at first, over time they tend to not work as well. The dose has to go up. And the second problem is that as the dose goes up, the side effects increase. It's especially dangerous to give SSRI drugs to children and adolescence. And this is happening more and more now and I think it's going to cause a lot of problems, possibly even the violence and the school shootings that we saw occur. So I think it's very important to keep the selective serotonin reuptake inhibitors out of as many people as possible and definitely keep them out of the reach of children and teenagers. There are better ways and cashews sounds like a very simplistic approach, but if you haven't tried it, you don't know what you're missing.

Andrew Saul: Tryptophan supplements are available and you can take L-Tryptophan as a supplement. But I don't think there's any reason to do that because you can have the peas and the beans and the wheatgerm and the cashew nuts and the various dark meats of poultry and get it that way.

Andrew Saul: So now we have several different things that you can do for depression, better nutritional, and I'd like to remind you that counseling, being active, exercising, stress reduction, meditation, prayer, spiritual life, hanging out with friends and family and doing things that you like to do will also help to lift your mood. Dr. Bo Jonsson of Stockholm, Sweden is a psychiatrist, medical doctor and PhD. Dr. Johnson and I together wrote The Vitamin Cure for Depression and this will go into a lot more things that you can look at and we discuss all aspects of the illness in addition to the nutritional ones. But this is vitamin mastery. So I'm focusing on vitamins right now. It's surprising to me how many doctors have never recommended the things that I just talked to you about to their patients with depression. Isn't that strange?

Andrew Saul: But then they go to medical school, not nutrition school. The flip side of the coin and I suppose would be an anxiety a lot of people have anxiety, a lot of people suffer from occasional or even frequent panic attacks. For those, I'd like to mention that niacin once again seems to help. So niacin not only helps the depression it also helps with anxiety. Isn't that something? Now with anxiety, Dr. Jonathan Prousky full professor at the Canadian College of Naturopathic Medicine says that niacinamide is actually better than niacin and I think he's got something there. I have tried niacin and niacinamide when I have anxiety and I think the niacinamide does in fact work better. But Dr. Hoffer had a lot of experience with niacin and he used it and said it also worked well for anxiety. So I think Dr. Hoffer would agree with either Dr. Prousky leans toward niacinamide. Now why does this work so well?

Andrew Saul: Well one of the reasons is that niacin acts on the benzodiazepine receptors in your body. You have receptors in your nerves and in yourselves that will pick up on certain chemicals and example of this are the chemicals in narcotics and opioids. Your body actually has receptors such that if

somebody takes in an opioid, a narcotic, it does cause your body to feel differently. Well, of course it does. That's the whole problem with drug addiction is that it works. When people take drugs, they do get the mood change they want. Of course drugs are expensive, addictive, dangerous and deadly, but outside of that they do make you feel better. That's the whole problem. They work. Would people be shooting up heroin if they didn't like it? Well, maybe, but would they be using all of these mood altering drugs to make themselves feel worse? Not intentionally.

Andrew Saul: Of course, that's how it may end up, but that's not the intention out the door. By the time they realize how bad they are, they may already be hooked. And I'll just mention this while we're here, but high doses of vitamin C have been given to heroin addicts and other narcotic addicts and they come off the narcotic in a matter of a week or two without withdrawal symptoms. Now, Libby and Stone wrote on this some years ago. There had been two large studies where they took addicts and gave them high doses of C and they came off the narcotics without withdrawal and very, very easily and very quickly. This is something that is not normally presented in therapy or in medical school and certainly not on TV. So for those who want to look into this, we have a wonderful way to break the addiction with hard drugs using vitamins as well, vitamin C in particular. So niacinamide for anxiety.

Andrew Saul: The idea again is to divide the dose. You want to divide it up, 250 milligrams eight times a day would be about right and I take that number from Dr. William Kaufman. He gave that amount for arthritis. But Kaufman noticed that it also seemed to have an effect on anxiety. In his book, *The Common Form of Joint Dysfunction*, he talked about decreased running. This is a phenomenon in animals when they are vitamin deficient, particularly of the B vitamins in particular with niacin, they get antsy, they get hyper, they run, they're just frantic and when you give them niacin, they experienced decreased running. That means they measurably and observably and significantly slow down. This is exactly what niacinamide does for you. Niacinamide works on the benzodiazepine receptors, just like a sedative. A good example of benzodiazepine would be Xanax.

Andrew Saul: You have a lot of people that are on these drugs. These drugs are habit forming. They are addictive. I wrote a paper for the Orthomolecular Medicine News Service on overcoming addiction to the benzodiazepine family by using vitamins, vitamin B-12 as well as vitamin C and niacin and Gaba. You can find that with a quick Internet search, Orthomolecular Medicine, News Service, *Vitamins Accelerate Withdrawal From Benzodiazepines* written by myself and niacin expert Dr. Todd Pemberthy. Dr Pemberthy is one of the great niacin researchers. He's a young man and he's absolutely brilliant and I've learned so much from him and he was my coauthor for this paper and he concurs that niacin is a superb way to get people off benzodiazepines with a much lower risk of suicide and fewer side effects in general and most importantly faster. So this is another opportunity for you to explore.

Andrew Saul: So niacinamide in divided doses is good for anxiety. You obviously have figured out that you don't want sugar if you're anxious either. If you're

anxious and you have sugar, you are really going to be anxious. Chromium may help again by controlling those mood swings. The B complex vitamins again in divided doses. And let's also add magnesium to this. A good old magnesium. We all know the name but so many people don't get it. It's one of the most common deficiencies in the American diet. Magnesium citrate, magnesium chloride, magnesium gluconate, any of the forms of well absorbed magnesium will help aid relaxation. Try it between meals, try it at bedtime, divide the dose once again, start small and work up because if you take too much at once it can have a laxative effect. So a little bit of magnesium once again in divided doses.

Andrew Saul:

And that's the take home lesson here with the B complex vitamins, with vitamin C, with niacin and niacinamide, with magnesium, divide the dose to find the dose. It's not about how much you take, it's how often you take it. Yes, you have to take enough. But if you don't divide the dose, it doesn't work. If you take a turkey dinner and give each homeless person you know a nice turkey dinner, they're going to be hungry long before next November comes around. It's better to have a little food every day than a feast one day and starve for a month. So keep in mind that dividing the dose is a key and don't forget exercise, which reduces anxiety as well as depression. And keep in mind that there's a couple of homeopathic remedies that are good for anxiety and one of them is kaliphos K-A-L-I-P-H-O-S, one of the phosphorous cell salts. 6X potency will work, it's worth a try. It's nonprescription it's cheap and it's safe.

Andrew Saul:

Depression is real. When you have depression, you need to get out and if nutrition can help you out, it's a mighty good idea. I wish mood-elevating drugs worked better than they do. They work for a while. In fact, they can work spectacularly well for a while, but ultimately you need more and more of the drug and as you take more of the drug, you get more of the side effects and usually that means some other drug and pretty soon the condition is worse than it was in the beginning. With nutritional therapy, you do not have that problem. Vitamins and other nutrients work better together. They work synergistically. So instead of the problems of Polypharmacy and drug interactions, you have side benefits when you use nutrition. Nutrition lifts depression, it's not perfect, but it's a really big help. And this is one of the reasons why you're taking this course, and this is one of the reasons why you're going to want to stay tuned for our next episode.