

7 STEPS TO PREVENT **DEPRESSION**



Live LONGER
Feel BETTER

DEFEATING DEMENTIA, DEPRESSION & DIABETES

Live LONGER Feel BETTER

DEFEATING DEMENTIA, DEPRESSION & DIABETES

Congratulations!

Everyone at “Live Longer, Feel Better! – Defeating Dementia, Depression and Diabetes” would like to thank you for downloading this ebook. We are really excited to gift this small token to you and we hope you will join us for the full series that is coming your way.

When you grabbed this report, we gifted you a free registration to watch the premiere of the brand-new edition of the documentary series, “Live Longer, Feel Better!”

This exciting and powerful 9 Part Documentary Series is dedicated to helping eradicate Dementia, Depression and Diabetes and you're invited to see it all for FREE starting on at 5:00 PM US Eastern time on Feb 3rd.

We are a small but highly dedicated and enthusiastic production team and we are so excited to have you on this journey with us.

Medical Disclaimer

The information in this guide is for education purposes only. This guide does not constitute medical advice in any way and you are responsible for how you use the information in this guide.

Consult your medical doctor or licensed healthcare practitioner before doing anything that could impact your physical or mental health, including starting an exercise program, changing your diet, or taking supplements.

You are strongly encouraged to do your own research, read articles on authoritative websites about medical issues of interest to you, and read academic and medical articles so you can have a clear understanding of medical issues that are important to you.

Table of Contents

Introduction: What is Depression?	3
Number 1: Cut Back on Sugar	5
Number 2: Get Some Sun	6
Number 3: Fun Physical Exercise	8
Number 4: LOTS of Water...but only a Specific Kind of water	10
Number 5: Take a Niacin Supplement	12
Number 6: Take Other Supplements	13
Number 7: Avoid Alcohol	17
Number 8: The 80% Diet	18
BONUS: Live Longer, Feel Better!	19
Sources: Scientific Research and Further Reading	20

Introduction: What is Depression?

If you have depression, it doesn't really matter the words that we choose to describe it. You will know for yourself that you have it. But if we must find a definition, try this:-

Major Depression is “a mental disorder characterized by a persistently depressed mood and long-term loss of pleasure or interest in life, often with other symptoms such as disturbed sleep, feelings of guilt or inadequacy, and – sometimes - suicidal thoughts.”

Basically, depression is persistent poor mood or negative feelings, that lasts at least two weeks or longer, that has a negative impact on an important area of your life, like your health, your relationships, or your work.

Depression not only reduces happiness and makes life less enjoyable, it also can put the person at risk for developing almost any other disease. This is simply because the body's immune system becomes less able to fight disease.

Current medical theory is that depression is caused by a lack of serotonin, a neurotransmitter that is related to happiness and feeling good. Therefore, the solution of most psychiatrists is to increase the amount of serotonin in patient's by using pharmaceuticals to artificially raise serotonin activity in the brain. The most common drugs prescribed to treat depression are called Selective Serotonin Reuptake Inhibitors (SSRIs). Common SSRIs include Prozac and Zoloft.

The **MAJOR** problem with this strategy is that, even if the person feels better, it makes the patient reliant on the drugs to feel good, obviously not an ideal scenario. Add to that the fact that the drugs are almost certainly causing side effects, and that they become less effective with time – and you can see that

drugs are really not the answer. I myself was on a couple of different SSRI's – and they left me feeling like a non-functioning zombie. I could not WAIT to get off them again.

This eBook contains 7 powerful steps you can take to improve your chances of beating – or preventing – depression. All have helped me on my journey and, hopefully, they will help you as well.

Number 1: Sugar!!

I simply cannot emphasize this enough. You **MUST** cut sugar out of your diet. It's a real killer.

In my own depression journey, this was the first thing that gave me any significant relief. I went "cold turkey" on cutting sugar from my diet and almost overnight I had a clarity in my brain that I hadn't had for five years.

In my case it's processed white sugar that really kills me the most. For some reason I seem to be able to cope with small amounts of honey and pure Maple Syrup – but give me plain white sugar and I can spend a whole day in bed. And I'm not exaggerating that.



When I went off white sugar the first time, I tried to cut every single food out that had sugar in there – including things like bread. It's **HARD!** If you have never looked at what foods have sugar in them – you will be amazed. Almost everything has sugar in there somewhere.

We all know about sugar cravings, followed by sugar crashes – and then needing more sugar to make us feel better. Well my depression was almost that on a much grander scale. I couldn't see it at the time. But when I cut sugar from my diet – I can't emphasize this enough – the relief was **HUGE!** Still to this day I can't eat desserts like a normal person might – I will be in the pits the next day – sometimes actually within half an hour of eating that sugary treat.

So try ditching sugar – there are lots of books out there to help you – and look up "That Sugar Film" – it will blow your mind.

Number 2: Get More Sun – or Vitamin D

All of us (human beings) evolved getting regular sunlight. Sunlight allows your body to make natural Vitamin D, and has other health benefits as well.

First, sunlight is thought to increase serotonin, the hormone that helps you feel good. Low levels of serotonin is thought to be one of the primary causes of depression (although this paradigm is increasingly being challenged).¹



Some people are vulnerable to experiencing depression in the winter months, often called Seasonal Affect Disorder. I live in Ireland (not a lot of sun here at ANY time of the year!) but in winter in particular it is harder to get the sun you would need to stay mentally in top shape. So personally, I have a light in my office that gives me the type of light I need. Just search Amazon for SAD light, 10,000 LUX and you will find them. I find this helps me through the long winter months. I also supplement with vitamin D. Personally I take between 5,000 and 10,000 IU of Vitamin D per day – but we always have to tell you to check with your doctor before taking supplements. That's the law 😊

And remember too - not all light is created equal. For example, light from your computer screen and phone screen have lots of high-frequency blue light. This light reaches your eyes and stimulates something called melanopsin, which then reduces melatonin. Melatonin is the hormone that regulates sleep by helping you relax and feel tired at night.

So, the impact of watching TV and looking at phones and computers at night is decreased melatonin, and potentially trouble falling asleep or staying asleep. And poor sleep never helps depression.

So the long and the short of it - by increasing your exposure to sunlight during the day, and reducing your exposure to computer screens and TV and phones at night, you can help prevent depression, protect your sleep, and feel better from the increased Vitamin D from the sun. And failing that – get those vitamin D capsules....

Number 3: Fun Physical Exercise

Physical exercise can help prevent or reverse depression several ways:²³⁴

1. Exercise feels good to the body
2. Exercise increases serotonin in the body (the neurotransmitter those suffering from depression are lacking)
3. Exercise increases heart rate, which can help restore emotions
4. Exercise feels productive, and can leave you feeling good that you have accomplished something
5. Exercise can be fun
6. Exercise can be a social experience and help strengthen social ties and increase feelings of love, acceptance, and support



It's important that any exercise you do should be enjoyable for you. If it isn't enjoyable, it is unlikely you are going to continue to do it. And exercise must be done regularly if it is going to help protect you from depression.

Here's an **IMPORTANT POINT** that I found was relevant to myself. Often, I would be so depressed that even though I knew exercise would help – there was no way I could bring myself to do it. Making me feel **EVEN MORE GUILTY** and therefore – **MORE DEPRESSED**. It was a vicious cycle. There's a fine line between beating yourself up because you

²Marais, L., Stein, D. J., & Daniels, W. M. (2009). Exercise increases BDNF levels in the striatum and decreases depressive-like behavior in chronically stressed rats. *Metabolic brain disease*, 24(4), 587-597. <https://link.springer.com/article/10.1007/s11011-009-9157-2>

³Barbour, K. A., Edenfield, T. M., & Blumenthal, J. A. (2007). Exercise as a treatment for depression and other psychiatric disorders: a review. *Journal of cardiopulmonary rehabilitation and prevention*, 27(6), 359-367.

⁴Carek, P. J., Laibstain, S. E., & Carek, S. M. (2011). Exercise for the treatment of depression and anxiety. *The International Journal of Psychiatry in Medicine*, 41(1), 15-28. <https://journals.sagepub.com/doi/abs/10.2190/PM.41.1.c>

can't do the exercise -and rightly trying to force yourself to do it because you know it will help in the long run.

Number 4: Drink LOTS of Water

Being Hydrated is critical to feeling good and having good energy. A lot of people who are depressed experience reduced levels of energy, and dehydration can definitely cause depression to be a lot worse.

But please – make sure you are drinking water that is actually good for you – because some kinds of water can actually make things worse.



Currently in most US states, tap water around the country has Fluoride added to it. Whether or not fluoride in tap water protects teeth is a much-debated topic, but what we do know is that drinking water with fluoride is very bad for you. That's especially true if your body is already tired and run down from a condition like depression or diabetes.

For example, one study found that children who drank fluoridated water were more likely to have problems with their thyroid hormones.⁵ Another study found that fluoride in drinking water was associated with liver damage and kidney damage in children.⁶

So make sure that the water you are drinking does NOT contain fluoride.

ALSO – if you can afford to -

Get yourself a Hydrogen Water filter. Make sure that it eliminates Fluoride from your supply as previously discussed. But the beauty of these is that they also add H₂ to your water and there are over 700 studies that show H₂ is a great addition

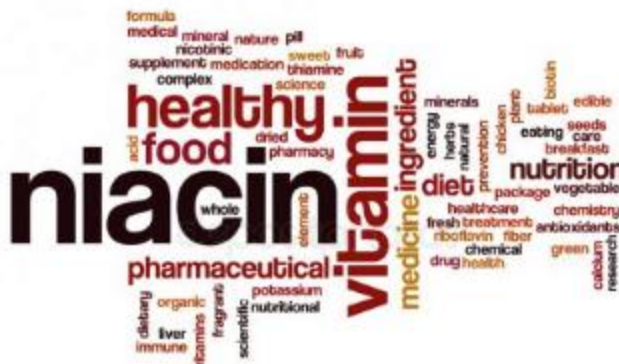
⁵Susheela, A. K., Bhatnagar, M., Vig, K., & Mondal, N. K. (2005). Excess fluoride ingestion and thyroid hormone derangements in children living in Delhi, India. *Fluoride*, 38(2), 98-108.

⁶Xiong, X., Liu, J., He, W., Xia, T., He, P., Chen, X., ... & Wang, A. (2007). Dose–effect relationship between drinking water fluoride levels and damage to liver and kidney functions in children. *Environmental Research*, 103(1), 112-116.

to your health regime. I've used an Echo H2 machine myself – and it's really helped me. You can get more details on them [HERE](#).

Number 5: Take a Niacin Supplement

This was another CRUCIAL step in me getting a handle on my depression. There is a very long and well documented history of people successfully using niacin to beat depression. Dr Abram Hoffer used Niacin to cure Bill W (the founder of alcoholics Anonymous) of HIS



depression - and Bill W was so impressed that he actually wanted to build the vitamin therapy into the AA protocols, as he knew that most alcoholics also suffered from depression. His Advisory Board were not persuaded and it never came to pass.

Niacin in it's pure form will make you flush – that's where you get a red tingling and probably a very red skin rash. It's totally harmless, but can scare the pants off you if you aren't expecting it.

There are other forms of Niacin that do NOT make you flush – such as Niacinamide and Inositol Hexaniacinate. The protocols and explanations are WAY beyond the scope of this book -but you can find a lot of information at www.doctoryourself.com , the website of my good friend Dr Andrew Saul. Just search Niacin, Abram Hoffer, Depression and you will have enough material to keep you reading for a week.

My own personal story? I hated the flush, so I started taking 3,000mg of Niacinamide every day, split into three doses of 1,000mg each time. Along with the ditching of sugar, this was without doubt the biggest contributing factor to getting a handle on my depression.

I still take it to this day.

Number 6: Take other Supplements

Magnesium

Research has shown that magnesium and a deficiency in magnesium is related to depression. And patients given magnesium supplements can quickly “snap out of” that same depression.

Reviewing 21 studies on magnesium and its relationship to depression, researchers concluded that magnesium significantly reduces depressive symptoms, and it may even be able to reverse depression completely.⁷

The researchers conclude:

“Oral magnesium supplementation may prevent depression and might be used as an adjunctive therapy.”

Magnesium supplements are easy to find and relatively inexpensive. The important thing is finding magnesium that is absorbed by your body.

Magnesium Oxide is basically a waste of time – and that’s the kind most often found in cheaper Magnesium supplements in your Walmart’s and so on. So look for a better form of Magnesium – I personally take a Magnesium Powder, but there are many many kinds you can get that will help you tremendously. Just do a little homework, look at reviews and get yourself a decent Magnesium. I still take it every day.



⁷Derom, M. L., Sayón-Orea, C., Martínez-Ortega, J. M., & Martínez-González, M. A. (2013). Magnesium and depression: a systematic review. *Nutritional neuroscience*, 16(5), 191-206.

Foods high in Magnesium: You can also get magnesium from food. And food is often the preferred source of minerals, because we as human beings evolved eating food, so our bodies are familiar with what to do with nutrients absorbed from food.

*Note: It is very hard to overdose on magnesium, especially if you are supplementing with the recommended dose. If you are concerned about preventing depression or reducing depressive symptoms, it is recommended to increase magnesium-rich food and supplement with liquid magnesium. It is extremely unlikely that such a regimen will have any negative consequences, and you getting enough magnesium could make a big difference with your depression.



Here are some magnesium-rich foods:⁸

- Dark chocolate
- Leafy greens (like broccoli, kale and chard)
- Chia seeds (soak them in water first)
- Fatty fish, like salmon and tuna
- Avocado
- Bananas
- Almonds

⁸ <https://www.everydayhealth.com/pictures/foods-high-in-magnesium/#07>

Zinc

Zinc has been found to be low in the serum of those suffering from depression. In fact, the more depressed someone is, the lower the zinc level... Zinc supplementation has been shown to have antidepressant effects and again, I take a Zinc supplement every day – 30mg. I wouldn't be without it.

Vitamin B6

My good friend Andrew Saul says on DoctorYourself.com ...

“Ample amounts of B-complex vitamins, especially B-6 (pyridoxine) must be present for your body's normal, depression-fighting chemical reactions to occur. B-6 deficiency is very common in Americans, and that "deficiency" is measured against an already ridiculously low US RDA of only two milligrams. The amount of B-6 needed for clinical effectiveness in, say, rabbits is the human dose equivalent of 75 mg daily. That is over 35 times more than the RDA!”

I have tried many other supplements –some have helped – some I'm not so sure – I have given you brief notes below – you really need to try things for yourself and see what results you get.

Chromium

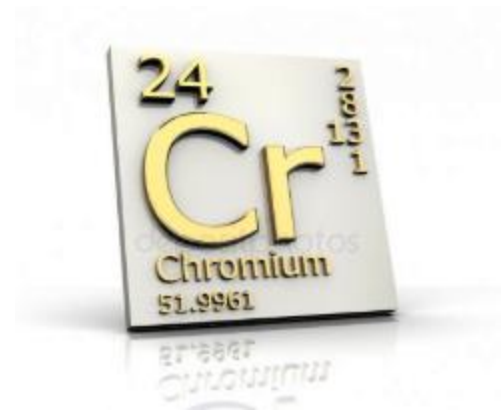
Known to help blood sugar issues

GABA

A supplement that's becoming more popular for depression and anxiety

B-Complex

Andrew Saul would again insist that you take this if you were suffering from depression



Vitamin C

Helps with Depression and a HOST of other things – but you need a decent dose - usually WAY more than the RDA

Tryptophan

Ashgawanda

Number 7: Avoid Alcohol

Not only are hangover's painful and reduce your energy, but alcohol may deplete essential minerals, which may in itself contribute to depression.



Researchers found that alcohol caused a loss of magnesium in humans, via increased excretion through the urine.⁹ Essentially, alcohol decreases magnesium in your body, and considering all of the evidence linking a magnesium deficiency to depression (as already discussed) and increasing magnesium to reduce depression, it is

clear that drinking alcohol is a self-defeating behavior if you are looking to prevent or heal depression.

Alcohol provides short-term pleasure and sacrifices long-term health and happiness. And that's especially true for those at risk for depression.

Again, in the real world – I know that when you are depressed, sometimes it feels like alcohol is the only way out. But PLEASE – it's a very dangerous way out – and not at all good for you long term. So be very careful before reaching for that bottle.

⁹Kalbfleisch, J. M., Lindeman, R. D., Ginn, H. E., & Smith, W. O. (1963). Effects of ethanol administration on urinary excretion of magnesium and other electrolytes in alcoholic and normal subjects. *The Journal of clinical investigation*, 42(9), 1471-1475.

Number 8: the 80% diet

Yes, I know this is a seven-part eBook. But we try to give value for money! 😊

In everything we have talked about, I'm assuming – probably wrongly – that you realize that what you eat is crucial. If your body is not getting fresh, natural nutrients, I believe depression at some time in life is almost inevitable.

In the new series, Live Longer! – we emphasize that almost ALL modern health experts agree that we should be eating AT LEAST 80% of our food from ORGANIC fruits and vegetables. Often, there



is little else that they will agree on – but they all agree on this. So for us, that's a great starting point.

AND AGAIN – to emphasize – that's a CRUCIAL FIRST STEP. Stop eating junk that's full of chemicals and additives -and start eating a fresh and nutritious diet that will give your brain the nutrients it needs.

Live Longer, Feel Better!

Defeating Dementia, Depression & Diabetes

It was really my own depression that led me into making films about health. About five years ago I first discovered that niacin helped me a lot with my symptoms. Through researching that I found Dr Andrew Saul, and together we made That Vitamin Movie, my first attempt at film making.

Live Longer, Feel Better! Is our latest project, and when you downloaded this report you were signed up for a free pass to watch all 9 parts of that documentary.

It in I talk at length about the effects my own depression had on me, as well as about the things I did to try to stop it. I think you'll find it interesting and useful. The first episode goes live at 5pm Eastern US time on Feb 3rd. I hope you can join me.

Thanks for reading this – I hope it helps you in some small way and I hope you'll join us in the documentary to take the journey (and your knowledge) further. Take care. And my prayer for you is a depression free day. There is life after depression. It doesn't seem like it at the time – but I'm here to tell you there can be brighter days ahead.



Trevor King

Scientific Research, Resources, and Further Reading

We highly encourage you to read the research on Depression yourself, so you can have a deeper understanding of the issues.

We would recommend:

Doctor Yourself

<http://www.doctoryourself.com/depression.html>

GreenMedInfo – Depression

<http://www.greenmedinfo.com/search/google-cse#gsc.q=depression>

Vitamin Cure for Depression

https://www.amazon.com/dp/1591202825/ref=cm_sw_em_r_mt_dp_U_U6iRCbXYS73Z4