

5 NUTRIENTS THAT YOUR MENTAL HEALTH NEEDS

Most of us are walking around with sub optimal nutrient levels.
Nutrients are a way to alter and amend our brain chemistry.

1. B vitamins

Brain vitamins are depleted by medications such as the pill and anti-depressants. B vitamins are in most foods but they are fragile and can be easily denatured through cooking, freezing, sunlight etc. They are stripped by alcohol, coffee and stress. Reams of studies have been done specifically on B3, B6, B9 and B12 to show that insufficient levels = depression, anxiety, confusion, irritability, low motivation, psychosis + more.

2. Probiotics

Not all but most clients with mental troubles have concurrent digestive troubles. Common pairings are IBS + anxiety, bloating + depression, loose bowels + panic attacks. This is because our gut and our brain talk to each other all day long. Over 90% of our serotonin is made in our gut so it makes sense to improve the environment in our gut to improve our mental health.

3. Zinc

A mineral which we are commonly deficient in. If we don't have optimal levels of zinc we can't produce GABA, the inhibitory neurotransmitter that is needed for us to feel calm and for us to sleep.

4. Omega 3

Studies have shown that omega 3 fatty acids can have similar or better effects than an anti-depressant. Depression = inflammation. Omega 3 is anti-inflammatory and serves to nourish our brain cells. Omega 3 is found in salmon, mackerel, sardines, walnuts and flaxseed. A daily dose is necessary.

5. Vitamin D3

Sun, when we *do* get it we are quick to protect ourselves from it. Those with low serum levels of vitamin D have a significantly higher risk of experiencing depression. We have vitamin D receptors in areas of the brain such as the thalamus and the hippocampus. Many of us cant synthesise vitamin D very well from the sun due to genetic factors.

Should you wish to see scientific references please do not hesitate to get in touch.

