

Q4 2023

# PLANET HEALTH NEWSLETTER

5A CLARKSON RD. ELLISVILLE, MO 63011  
636.527.8888



## NUTRITION FOR MOOD SUPPORT

Depression is a life-threatening illness involving brain inflammation, oxidative stress, neurotransmitter imbalance and interference with brain cell generation. Depression is not predictable, and while it may improve over time, sometimes it takes a very, very long time (years). Depression is brain dysfunction that alters energy and perception, and the subsequent emotional reaction to those false perceptions can be dangerous.

In a study looking at mental health in children and adolescents, female participants experienced almost a tripling of their rate of clinically elevated depression as compared to pre-pandemic. And in a survey of more than 1,400 adults mild, moderate, moderately severe and severe depression all increased during the pandemic. The prevalence of depression overall increased more than three-fold versus pre-pandemic evaluation (8.5 percent to 27.8 percent). Depressive symptoms were found to be even worse when people were exposed to additional COVID-related stress (job loss, death of close friend or family member, etc.).

Prior to COVID-19, approximately 24 percent of people in the United States experienced symptoms of depression, mild or greater. During this pandemic, mild depression increased from 16.2 percent to 24.6 percent. Moderate depression increased from 2.1 percent to 7.9 percent. And severe depression increased more than sevenfold from .07 percent to 5.1 percent! Those are some really challenging numbers!

## THE FUTURE

It is important to think about depression as a potentially lethal disease and not a character flaw or minor mood challenge. We know many of the physical contributing factors, but much more research is needed to learn more about how we can help people live healthier, happier lives. If you are struggling with depression, please reach out for help.

So much can be done to improve the situation. Please remember that your brain does not always tell you the truth. Depression is a disease in which one of the symptoms is a disconnect of perception from reality. One type of therapy, called Cognitive Behavioral Therapy (CBT) has been proved to be useful for many people with depression.

If you are feeling so low that you are starting to consider self-harm, please call the National Suicide Prevention Lifeline at (800) 273-8255. They are open 24 hours a day, seven days a week and speak both English and Spanish.

## NATURAL MOOD SUPPORT

**Curcumin:** One of the very best natural remedy for depression, which has been proven in multiple clinical trials to have significant antidepressant effect. It works by alleviating brain inflammation, arresting oxidative stress, stimulating brain cell generation (neurogenesis) and helping to restore better neurotransmitter balance.

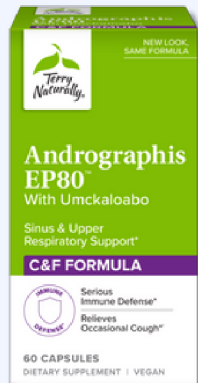
**Saffron:** Another powerful antidepressant herbal. The good news is that it works differently from curcumin, and is so effective on its own, but is also an excellent partner in a formula.

**St. John's Wort:** Tried-and-true herb with excellent benefits. Many studies demonstrate its effectiveness for alleviating depression.

**Vitamin D:** Plays a significant role in depression.

**SAM-e:** Another popular supplement useful in alleviating depression. This compound is made in the body and plays many roles in health, but one of its most investigated roles in supplemental use has to do with depression.

# WHAT'S NEW?

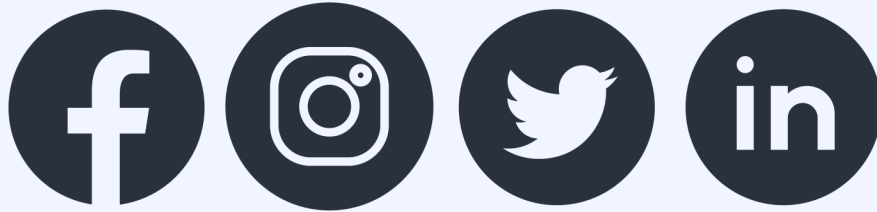


- ENHANCES HEALTHY LIVER DETOXIFICATION
- PROVIDES STRONG SUPPORT FOR YOUR IMMUNE AND RESPIRATORY SYSTEMS
- MAINTAINS HEALTHY JOINTS FOR COMFORT, MOBILITY, AND RANGE OF MOTION
- SUPPORTS A HEALTHY INFLAMMATION RESPONSE



# JOIN OUR NETWORK

@PLANETHEALTHSTL



5A CLARKSON RD.  
ELLISVILLE, MO 63011

636.527.8888

[WWW.PLANETHEALTHSTL.COM](http://WWW.PLANETHEALTHSTL.COM)

## HOURS:

MON-THURS 9AM-6:30PM

FRIDAY 9AM-5PM

SATURDAY 9AM-4PM

CLOSED SUNDAY



To remove your name from our mailing list, please click [here](#).

Questions or comments? E-mail us at [planethealthstl@yahoo.com](mailto:planethealthstl@yahoo.com) or call 636.527.8888.