

Heavy Metals Tiny amounts, just parts per million of mercury, can cause depression. Amalgam fillings and some fish still present a significant risk of mercury poisoning for certain individuals. Mercury toxicity can also cause allergies. Lead poisoning particularly disturbs your GABA balance. Lead, cadmium (from smoking) and arsenic disturb dopamine. Mercury, lead and aluminium disturb acetylcholine. If you overlook heavy metal toxicity you'll probably get nowhere with the other techniques, do this first. Detoxifying heavy metals involves balancing mineral antagonists with chelating agents, it's a specialist job and regular detoxifying methods like fasting do not work.

Take your resting pulse rate in the morning before eating anything for several days to establish your baseline. For this test to work you have to quit smoking! To perform the test: Take your resting pulse then eat a small portion of a single food e.g. a medium-sized carrot or a piece of dry toast. Take your resting pulse 15, 30 and 60 minutes after eating the food. If your pulse rate it remains constant that food is OK, continue testing a new food every hour. If your pulse rises 11 or more beats per minute you are reacting to that food. Wait until your pulse rate has returned to your baseline before testing a new food. Start with foods you least suspect cause allergies. The next day combine these foods into simple meals and continue to test a new food every morning and perhaps at one additional meal a day. Alternatively establish your baseline pulse rate then eat simple meals with only 3 to 5 foods in them and perform the pulse test. Try combinations that you think will be OK to start with, gradually adding one food at a time and watching for reactions. For optimum results do with three day fast prior to starting this test. Having established what you are allergic to either avoid it indefinitely or avoid for six months and then retest. If you're still allergic, or you just can't wait that long they're only three methods I know of to switch off the allergy or sensitivity: 1/Enzyme-potentiated-desensitisation in alternative medicine we believe that this may damage and weaken the immune system. 2/NAET acupuncture. 3/ The Bicom method, which both tests and desensitizes allergies and sensitivities, this is what I use.

Candida, parasites, SIBO & leaky gut. The presence of these conditions may contribute so significantly to allergies and sensitivities that you need to deal with them first.

Glycaemic Response (GR) or The Zone Diet combining protein with carbohydrates produces a second delayed release of glucose offsetting any falling glucose levels caused by the carbohydrates. Adding oils slows down digestion effectively lowering G Response

Negative Reactions Sometimes the initial response to meditation is surfacing of negative feelings. When one stills the mind uncomfortable feelings buried by the busyness of the day revealed and move into the foreground. Feelings of sadness, anger and anxiety during meditation can create tremendous resistance to continuing your practice. Problem outbursts of anger separate to the meditation are also not uncommon. These difficulties typically only last a couple of weeks and their presence is a good indicator that you have found an effective meditation system for yourself. If they persist for months, or you simply are unable to meditate then you definitely need psychotherapy. For people suffering from anxiety specifically initial negative reactions may be so extreme that meditation is not recommended until you have balanced your brain chemistry using the methods on this poster, and eased your mind with a course of psychotherapy. After that mastering meditation may help you master and anxious mind.

Brain Allergies

Stone Age Diet. A simple low allergy experiment is to eat a 100% grain free diet for a month, then add low gluten grains such as rice one at a time and either see how you feel or perform a pulse test

Glycaemic Index GI is a measure of how quickly a carbohydrate food releases glucose into the bloodstream. You must cut out all foods with a GI higher than 70 as they will cause a surge of insulin and then a rapid fall in blood sugar. This reeks havoc on your brain chemistry. The brain is only about 2% of total body weight, yet consumes almost half of all the glucose in the blood. This vast consumption of energy rich glucose is needed to fuel the rapid production, release, re-uptake and breakdown of your neurotransmitters. If your natural ability to make a particular neurotransmitter is already low, it will temporarily get even worse when your brain is starved of the energy it needs to make more. Learn GI diet first, then progress to the Zone Diet, or the GR diet. Stabilising your blood sugar may take 18-24 months.

Finding the right method: You may have a more visual brain and prefer meditations that include visualisation, or a more body-aware (proprioceptive) brain and do better with meditations that focus on the body sensations of controlled breathing, or a more auditory brain and find chanting the most powerful. You need to find your personal channel or way into a still mind and altered state of consciousness. Shop around trying different methods from Zen empty mind to fast-paced chanting. Follow the instructions carefully and precisely and see how you feel at the end of the meditation. The best method for you, at least to start with, is the method that quickly induces a shift in your state of consciousness and the feeling of calmness.

Meditation & Psychotherapy

Master Blood Sugar

Exercise long periods sitting at home and at work is associated with poor blood sugar control. Invest in home exercise equipment and do 20 to 30 minutes of proper exercise a day. Get something that can be set up and used every day; and use the stairs not to lift, briskly walk a couple of bus/tube stops when you commute or cycle to work. Vigorous regular exercise also helps to boost deficient neurotransmitters.

Serotonin Deficient
Depression Tryptophan (1-2g) before bed along with very high B complex and zinc. SAM-e can also be very quick acting. Rhodiola, Polygala. See my separate sheet for more information on Serotonin Supplements and Treatments for Depression. Above 2g not for long term. Depression with withdrawal test Severe B6 and zinc deficiency. B6 up to 200 mg or enough to produce strong dream recall (severe cases may need more but only under supervision as B6 can be toxic), P5P 40-60 mg, zinc (chelated or food state with copper) 30-50 mg. Always off antidepressants with professional help. Do not start St John's wort when still on antidepressants.

Melatonin. Sleep aid. May require experimentation: 1/To stay asleep try time release, to fall sleep try regular, or can use both. 2/Try from 5 mg right doses work best. For some people very low doses work best. 3/see how long it takes for the melatonin to make you ready for sleep, it may only be a gentle impulse and you must take advantage of it before it passes, try it with dinner for example. CAUTION: melatonin causes drowsiness don't mix with driving etc.

Adrenal Responses Retraining your autonomic nervous system with 100 days of Yoga corpse pose, then 100 days meditation. This 200 days holds additional benefits for balancing brain chemistry. See <http://db.tt/IHT6Wdc>

Omega 3 Oils Feed your brain the right balance of essential fatty acids: reduce omega 6/high omega 3. Today we get too much omega 6 from meat, eggs, vegetable oils, corn, soya nut and seed oils, olive oil, nuts, humus and seeds. But we are chronically deficient in omega-3 oils (especially vegetarians/vegans) that come from fish, flax and hemp oils. Eat well and you don't have to worry about omega 6 but every day you need to work to get enough omega-3 specifically EPA to control inflammation. We convert less than 5% flax/hemp oil into EPA for non-fish eaters to get enough EPA for the brain and to reduce inflammation. Use only high strength/quality omega 3 supplements and keep them in the fridge/freezer.

OCD Tryptophan up to 2g, Inositol up to 18g, Passion flower, Ashwagandha, Zinc

Start Here 1/Eliminate heavy metals and brain allergies. 2/Master your blood sugar. 3/Feed your brain Omega-3 oils. 4/Profile and balance deficient neurotransmitters. 5/Detoxify negative emotions with psychotherapy and implant mental wellness with meditation. Be Well. A "" indicates additional sheets available on this subject. N.B. When you take amino acids they must not be taken at the same time as protein. Take on an empty stomach 40 mins. before a meal, or 2½ after a meal. A small carb, snack like apple or oat cake actually helps absorption.

Caution Reduce anti-anxiety medication incredibly slowly, with lots of alternative support get experienced professional help.

GABA supplements: Ashwagandha, Passion Flower, Thiamine 100-200 mg, Inositol 4-4g, up to 18g for OCD, Melatonin, Thiamine 200-600 mg, Nicotinamide or Niacin 100-500 mg. Always add a B complex when taking individual B vitamins at a high dose.

Serotonin Depression, OCD, Anxiety, Insomnia.

Neurotransmitters

GABA Diet: If you get a very relaxed but not tired/sleep feeling after carbs it may be because you've just boosted your deficient GABA levels; feeling sleepy may be diabetes. But don't overeat carbs, balance your blood sugar/insulin with the anti-inflammatory/zone diet. Glutamic acid (which makes GABA) rich foods are in descending order: almonds, halibut, jumbo oats, beef liver, walnuts, rice bran, lentils.

EPA: 1000-1500 mg shown to help depression, 2000 mg may reverse the benefits. Large doses can deepen depression initially, this wears off over 48 hours, and can be avoided by starting on a low dose (300-500 mg) and increasing over a couple of weeks. Dividing the daily total dose between a couple of servings is also a gentle way to start. Try 1000 mg, 1500 mg, and 2000 mg to find your level. Large doses can cause sleepiness within a couple of hours, which can be useful for sleep. The benefits continue to develop over several months. Non-fish eaters will need to find a high source of EPA. Non-fish eaters with depression may find it impossible to supply adequate amounts of EPA to their brains. Buy pharmaceutical grade fish oils to avoid pollution, keep it in the fridge or better still the freezer, I use Life Extension Supper Omega 3 or Natures Answer Omega-3

Supplements & Diet: tryptophan 1-1½ g before bed, Folic acid, B12, B6, very high B complex (8 500 mg up to 8 per day), SAM-e, magnesium 400-600 mg, Rhodiola 100-300 mg. For long-term low serotonin levels a useful strategy is tryptophan three or four days per week, or every second day. Eat: wild game, cottage cheese, duck, egg, avocado, turkey, nutmeg, turmeric, liquorice (anise). For serotonin balance you want to do meditations that empties the mind of melancholic and worrying thoughts. In some people with make and melodic chanting will work best. For others slow focused breathing will temporarily shut down your negative thinking.

GABA GABA inhibits thoughts, stops persistent worrying thoughts. Gives a feeling of calmness. When out of balance one feels anxiety, stressed unable to relax, physical aches and pains, headaches, IBS, carbohydrate craving. GABA is your natural valium.

Blood Brain Barrier A leaky BBB causes brain inflammation which can cause and prevent recovery from mental health problems. GABA supplements should not get through the BBB; test a your BBB with a dose of GABA, it it affects you must repair your BBB See [GABA Deficient Anxiety](#)

Diet & Supplements: Choline bitartrate 250-1500 mg, stimulating for a.m. use only, combine with the inositol for p.m. use. Best foods: beef liver, chicken liver, eggs (not fried), cold, salmon, peanut butter, pine nuts and almonds. Give yourself 30 mins. per day of solitary peaceful time (meditation focusing on self-love, or reading) to recharge your acetylcholine.

Acetylcholine Affects: quick sharp thinking, intelligence/creativity, communication (speaking), empathy, comprehension, memory. Craving fatty -not sweet- foods.

Dopamine Dopamine gives the brain energy, drive, excitement about new ideas and a high feeling. To little causes: depression with significant fatigue, apathy, lassitude, slow thinking, drowsiness, inability to feel enthusiasm, ADD/ADHD, addictive behaviour, rapid weight gain. Dopamine feeds rewarding, pleasurable, stimulating, exciting. People crave: drugs, food (especially sugar/junk), adrenaline highs/gambling, sex which can increase low dopamine. When you feel sluggish say in the morning and a coffee gives you mental energy, sharpness and enthusiasm that's a dopamine boost. One or two coffees a day is fine.

Addiction: drugs/sex using tyrosine and DLPA to increase dopamine levels can take the edge off the need to boost dopamine through drugs and addictive behaviours. This may reduce relapses. Add Kudzu root and niacinamide for alcohol addiction, and methionine for heroin withdrawal. Mastering your blood sugar is an essential part of recovery from addiction; study Enter the Zone book. In the beginning recovery may involve transferring your addictive personality onto supplements, kundalini yoga etc. From this healthier platform you can soften your addictive personality with therapy and counselling.

Memory Boost exams/revising: For a morning exam have a low GI oat based breakfast like muesli or porridge with coconut cream added to slow down digestion. For afternoon exams have a high protein lunch like eggs or chicken, and keep carbs to a minimum. Take Choline Bitartrate 1500 mg, DHA 500 mg (e.g. 1 teaspoon of fish oil), pantothenic acid 1000 mg, B complex 100 mg, guarana in liquid form for quick absorption (e.g. Guarana Jungle Elixir), Siberian ginseng (Solgar standardised or Natures Answer liquid). The choline bitartrate effects only last 4-5 hours, so you may want to take it with you and consume with grape juice about an hour before the exam starts. You could also take the Guarana at this time. In an emergency after all night cramming for example you could add coffee, but ginseng and coffee is very stimulating, and will you should expect to feel exhausted later on. The high dose choline bitartrate may cause a drop in your blood sugar after several hours so keep some raisins in your pocket and eat them half way through the exam. If possible take small cartons of grape juice in with you (take the straw out the wrapper in advance). Trial this regime in a mock exam before the real thing. The above regime could be taken several times a week for a month or two during exams but is not something to live on, and overuse of the herbs would diminish their effectiveness. Literally hundreds of patients have told me that the herb ginkgo biloba DID NOT improve their memory, and I have yet to see benefits from phosphatidylserine despite the memory enhancing claims touted for these substances. The only substance I've seen suitable for long-term use that consistently produces an improvement in memory -at least while you're taking it- is procaine hydrochloride (PHC). This B vitamin related compounds has to be stabilised to be effective and not all manufacturers achieve this. I recommend Vitacel 7 and 7 Plus, buy them online. PHC is claimed to be a youth regenerating, anti ageing wonder substance, what it does do effectively is reduce high cortisol levels and acts as an anti-inflammatory. You should learn to reduce your cortisol levels with 200 days of relaxation/meditation, PHC is also a quite powerful antidepressant for some people, acting in a very similar way to MAOI drugs (with which it must not be mixed). Suddenly stopping PHC can cause a 24-36 hour rebound depression, so reduce the dose over a few days when stopping. The other effect of PHC can be a noticeable sharpening of your memory, specifically the ability to pick up and remember new information. It's good for students or anyone who feels a decline in their memory. Caution: Read the drug interactions on the instructions. Finally many middle-aged people ask what to take because they're having problems with their memory and I find that their minds just overburdened and overwhelmed with stresses and responsibilities; and their memory improves just fine when they take a vacation and de-stress. So if you're acetylcholine levels are OK then any memory problem may just be stress. Learn meditation on the practice of non-attachment.

Thyroid low thyroxine and low dopamine can look very similar. Tyrosine is used to increase both dopamine levels and to repair thyroid function, but the rest of the prescription differs. To distinguish the two perform a Dr Barnes thyroid self test, talk to your doctor, but blood tests can fail to reveal thyroid problems. Consult a practitioner trained in nutrition and herbal medicine such as myself. Inadequate levels of thyroxine will result in every single cell in the body being under-active. So potentially it can contribute to deficiency in any neurotransmitter.

Supplements & Diet: tyrosine 800-1500 mg (up to 5000 with severe depression or addiction) makes dopamine, use it for low energy depression, addictive behaviour, including low mood food craving/overeating phases. Caution see bipolar syndrome, also tyrosine can give so much new energy if you overdo it you can crash like overdoing coffee, just stop, rest for 2 days and start again at a lower dose. It's like flooding an engine with too much gas and stalling it. So find the minimum dose that works for you, and miss out a day every second, third or fourth day. Add phenylalanine 1-2g for physical pains. Rhodiola 100-300 mg. Always add B complex 100-250 mg. Eat tyrosine & phenylalanine rich foods: cottage cheese, ricotta, wild game, turkey, duck, walnuts. Also balance your dopamine with regular pranayama (breathing) meditations that emphasise the right nostril, or alternate nostril breathing. Recovering addicts should choose fast-paced, high energy meditations like kundalini or Tantric meditations (tantra may or may not be appropriate for sex addiction) to try and induce a safe and natural daily endorphin high.

Bipolar Syndrome Caution with bipolar syndrome, tyrosine may push a depressed person up into a manic episode, also suicidal the surge in motivation before removing the pain of depression could be dangerous. Have glycine 2-3 g and lithasine (chelated lithium) on hand to shut down hypermania if necessary. Tyrosine and lithasine in the morning, with tryptophan, melatonin, EPA and lithasine in the evening would be the basic starting prescription for bipolar syndrome. See experienced professional help.