What Is Causing Your Depression?

If you have been diagnosed with depression, you've probably been told you have a chemical imbalance and the only way to manage your condition is through pharmaceuticals. Has anyone thought to tell you about other things that might be causing your depression or contributing to it?

Aspartame

Aspartame is nasty stuff. There is much anecdotal evidence that shows aspartame is toxic. As usual, industry trials do not confirm these reports; however, independent double-blind studies tell a different story.

A decade-long study of 264,000 American adults by the National Institutes of Health in Bethesda, Maryland, showed an association between soda, diet soda, sugar-free fruit drinks, and clinical depression.

- 4 or more cans of regular soda per day = 22% increase in depression
- 4 or more cans of diet soda per day = 31% increase in depression
- 4 or more cans of diet fruit drinks = 51% increase in depression

Monosodium Glutamate (MSG)

If brain damage, behavioral disorders, endocrine disorders, and neurodegenerative diseases are not enough reason to avoid MSG, it is also linked to depression. The most likely reason is due to the fact that MSG blocks serotonin receptors. B6 deficiency appears to enhance adverse reactions.

Sugar and HFCS

Excessive sugar intake, whether from refined sugar or high fructose corn syrup, also causes a host of medical conditions in addition to obesity, diabetes, and tooth decay. There are more than 100 diseases caused or exacerbated by sugar. Depression is one.

Candidiasis

Gut health is essential to physical health and well-being. So is our mental health. A full 80% of our serotonin – an essential neurotransmitter – is produced in the gut by our beneficial bacteria. An overgrowth of Candida in the gut will result in a depletion of serotonin and an increase in depression along with anxiety, irritability, cognitive difficulties, headaches, autoimmune diseases, and more.

Conclusion

Our health, both physical and mental, relies on our bodies' ability to attain nutrition to repair cells and maintain functionality while it eliminates wastes and toxic substances. To attain and maintain health, we need to actively increase nutrition while avoiding toxins and detoxifying.

To improve nutrition and gut health, eat a diet that consists of at least 80% fresh, raw, organic produce (more vegetables than fruits), healthy fats, and detoxifying foods such as turmeric, ginger, garlic, cilantro, and onions. Eliminate artificial flavors, colors, and preservatives; MSG; GMOs; trans fats; sugar, HFCS, gluten, and any other chemicals. Eat real whole foods, not processed foods. Avoid foods you know cause an allergic reaction. Always choose organic when possible, and never eat meat that is not organically raised. Eliminate or restrict alcohol and caffeine intake.

The 80% Raw Food Diet along with exercise, vitamin D, and multi B vitamins will give your body what it needs for optimal performance.

Recommended Reading:

- *Mental Health, Physical Health & B Vitamins – Nature's Valium*
- *Gluten, Candida, Leaky Gut Syndrome, and Autoimmune Diseases*
- *How Candida Leads to Depression, Anxiety, ADHD, and Other Mental Disorders*
- *Natural Remedies for Depression*

Sources:

- *The Diet Soda Depression Debacle* – Healthwire
- *How much MSG does it take to cause an adverse reaction?* – Truth in Labeling