

Nutraceutical makes you live happily

Due to the complexity and diversity of modern life, stress and frustration is becoming an increasingly greater and greater problem. As a result, depression has become the most popular modern disease and World Health Organization regards it as one of the most prevalent diseases along with cardiovascular disease and cancer; and one which health education is most needed.

Depression not only affects emotion but also behavior, thinking and even diet and sleep. Some people describe it like a thousand-faced lady because of its diverse symptoms which include headache, waist pain, nerve pain, muscle pain, constipation, no appetite, et cetera. Depression patients gradually lose their enthusiasm for work and ability to function effectively.

Therapies include medical and psychological approaches, and the regulation of the diet including appropriate nutrient supplementation. An imbalanced diet is a common reason for depression.

Diet and nutrients can help alleviate the effects of stress on the body. So, if you feel stressful or emotional, you should pay more attention to nutrient supplementation. You should avoid food containing saturated fats such as, fried foods, hamburgers, fries and so forth because those can lead to a decline in energy level, thinking ability, and may even result in fatigue.

Appropriate nutritional supplementation could help prevent depression and scientific research has provided evidence that nutrients could be an effective alternative psychological therapy. The functions provided by these nutrients are as follows:

(A) Vitamin B complex: anti-stress, reduce fatigue

Vitamin B complex could help maintain stabilization of nerve conduction and some vitamin B deficiency could easily lead to mental disturbance, depression or other psychological symptoms. In addition, mental disorder patients, especially those with depression always have folic acid, vitamin B6 and B12 deficiency. Because the biochemical metabolism of each vitamin B is related, either single or multiple vitamin B deficiency could affect emotion and recognition.

Vitamin B complex supplementation has been commonly used in the treatment of mental disorders. The results from research showed that improving vitamin B complex levels in patients with mental disorders could alleviate and eliminate the symptoms of mental disorders.

(B) Calcium: possessing the function of stabilization

Calcium could help nerve system conduction and control emotion. Scientific research found that if the students take 1,000 mg calcium daily, after taking it for 2, 4, or 5 weeks or one week after stopping taking it, calcium could elevate their level of happiness. Thus, calcium is helpful to people with emotional issues..

Calcium supplementation also has been proven to be helpful in alleviating postpartum depression. If women could take 2,000 mg of calcium daily during pregnancy and continue to postpartum, the depression level evaluation of women with calcium supplementation is lower than women without calcium supplementation in 6 weeks of postpartum and even lower in 12 weeks of postpartum. So, when people are under stress either mentally or physically, calcium supplementation could help to stabilize emotion and normalize behavior.

(C) Fish oil: reduce the incidence of depression

Deep-sea fish oil contains (omega-3) ω -3 polyunsaturated fatty acid (including EPA and DHA). Much research has shown that low intake of ω -3 fatty acid could cause cell membrane damage and lead to depression, attacking behavior, schizophrenia or other mental diseases.

Research also found that when pregnant women with schizophrenia take fish oil daily, the ω -3 fatty acid could increase the alleviation of diseases symptoms duration significantly. Therefore, fish oil supplementation has been scientifically proven to benefit those suffering from depression, bipolar disorder, schizophrenia, dementia, and mental disorder during pregnancy and lactation.

(D) Ginkgo: activate brain cells

Ginkgo extract possesses the ability to increase capillary circulation, increase brain blood flow, antioxidant function, nerve protection, emotion stabilization and other physiological measures. Research showed that taking 120-240 mg ginkgo extract daily could improve dementia and the recognition and conductive disorder of dementia patients, and postpone the progression of mental disorder. It can prevent the admission to hospital for patients at initial stage and maintain their daily life.

The coming of e-generation, technology progresses instantly, but the distance between people is further apart. Besides keeping pursuing IQ, we should pay more attention to EQ (emotion) management, and say goodbye to blue melancholy and stop it from bothering us.

