



Health Hint article by David Coory

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Avoiding Depression

Depression, like cancer is reaching epidemic proportions in New Zealand. The following guidelines should help sufferers avoid it, or provide some relief.

Restful sleep

- ▶ Regular, sound sleep – 7 to 8 hours a night.
- ▶ No caffeine intake after mid-afternoon (to ensure a deep sleep).
- ▶ No further calorie intake (or only minor intake) after your evening meal.
- ▶ No more than the RDI of Vitamin B6 intake from supplements (RDI is 1mg or 1000mcg daily).

Nutrition

- ▶ Adequate Vitamin D, preferably from sunshine, or supplement:
10mcg daily up to age 50.
20mcg daily ages 50-70.
30mcg daily over 70. (1 mcg = 40 iu)
(A capsule of CAA has 25mcg of Vitamin D.)
- ▶ Adequate Magnesium, 400mg a day.
- ▶ Adequate Selenium, 70 - 400mcg a day.
- ▶ Adequate Calcium, 800mg a day.
- ▶ Adequate Omega 3 fats, 500mg a day.

Attitude, Mind and Body

- ▶ Only speak positive words and do not tolerate negative talk from others.
- ▶ Immediately reject negative or fearful thoughts.
- ▶ Avoid depressing reading and negative TV and movies. (Even the daily news.)
- ▶ Make a written list of all that is right in your life and read it often.
- ▶ Forgive all people who have hurt or offended you. (Most important.)
- ▶ Seek out cheerful friends and positive, enjoyable activities.
- ▶ Talk out the trauma of any major stress event with a sympathetic friend.
- ▶ Accept personal responsibility for your problems. Plan ways to avoid them in future.
- ▶ Exercise using your large muscles (or walk briskly) for 20 minutes every second day.
- ▶ Show daily affection by touch to a loved one or a pet.
- ▶ If you believe in and trust God, daily prayer and Bible reading is comforting. A particularly helpful verse is *"All things work together for good for those who love God"*. (Romans 8:28)

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