



Knowledge is
your secret
weapon to good
health.

STRESS & SLEEP

Depression

Depression is defined as persistent sadness, which lasts two or more weeks and interferes with daily life and normal functioning. Depression actually causes a biochemical change in the brain and can cause many symptoms. Symptoms include: depressed mood, irritability, diminished interest and pleasure in life activities, significant changes in weight/appetite, insomnia or excessive sleep, fatigue/low energy, feelings of worthlessness, hopelessness or excessive guilt, and diminished ability to think, concentrate or make decisions. In severe cases people may have recurring thoughts of death and/or self harm.

Contributing Factors

Blood sugar imbalances, lack of exercise, chronic inflammation, over-toxicity (environmental pollution, chemicals/xeno estrogens in body care products, heavy metal exposure, candida overgrowth), poor diet (sugar/refined foods, caffeine/alcohol intake), nutrient deficiencies (vitamins B, C, D, magnesium, zinc, chromium, essential fatty acids, amino acids), hormonal imbalances (estrogen/progesterone, thyroid), poor digestion (enzyme/HCl deficiency, leaky gut, dysbiosis (bacterial imbalance), food sensitivities), insufficient lighting, stressful lifestyle/high cortisol, emotional experiences/trauma, genetics

Lifestyle Recommendations

- Focus on organic whole foods as much as possible. Lots of fresh vegetables, fruits (especially berries), quality proteins and healthy fats. Combine protein and fibre to help balance blood sugar.
- Avoid caffeine, alcohol, sugar and refined/processed foods. Cutting out common allergens like gluten and dairy may also be beneficial.
- Consider a cleanse (whole body, candida,) as toxins/pathogens can have a huge effect on mood.
- There is a huge connection between the gut and the brain. Focus on supporting the digestive system.
- Consider getting a hormone panel done through a naturopath to check for hormone imbalance.

Product Recommendations

- To help regenerate digestive system: Probiotics, Enzymes/HCl, Fibre, Gut Repair Formula (L-Glutamine, NAG, Aloe Vera, Slippery Elm, Marshmallow), Liver Support Formula (Milk Thistle, Dandelion, Artichoke)
- Nutrients required for brain/mood health: Multivitamin & Mineral, Magnesium, Vitamin B, C, D, Zinc, Iron (if needed), Protein/Amino Acids, Antioxidants (Grape Seed Extract, Resveratrol, Vitamin E), Omega 3 Fatty Acids (High EPA Fish Oil)
- Mood boosting supplements: 5-HTP, L-Tyrosine, SAMe, St. John's Wort, Ginkgo Biloba
- Calming supplements: L-Theanine, GABA, Ashwagandha, Holy Basil
- To help balance blood sugar: Chromium, Vanadium, Cinnamon, Alpha-Lipoic Acid, D-Chiro-Inositol

Book a free 15 minute consult with a GNN Product Advisor!

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