Integrative Approaches to the Management of Depression and Anxiety

Mi shebeirach—A prayer for healing Debbie Friedman

Mi shebeirach avoteinu  
Mi shebeirach imoteinu  
M'kor hab'racha l'imoteinu  
Bless those in need of healing  
May the source of strength  
with r'fuah sh'leimah,  
who blessed the ones before us  
The renewal of body,  
help us find the courage  
The renewal of spirit,  
to make our lives a blessing,  
and let us say, Amen.  
and let us say, Amen.

Why do patients seek out integrative approaches
Chronic & disabling symptoms, not responding to standard approaches (CBT/meds)  
Adverse effects of treatment—SE’s due to meds

Background
Depression and Anxiety are common, disabling, and often resistant to treatment  
Prevalence & severity of symptoms: ↑/time, ↑ in teens, & ↑ with Westernization  
This is consistent with ↑ prevalence of other chronic disease states

What are some of the targets for approaches
Lifestyle factors/Inflammation  
Genetics  
Dietary intolerance  
Nutritional deficiency  
Gut health  
Natural medicines  
Metabolic imbalances

Basic approach
Discuss diet, exercise, stress management, sleep, substance concerns

Mindfulness-based approaches
Pitt’s Center for Mindfulness and Consciousness Studies [http://www.mindfulness.pitt.edu](http://www.mindfulness.pitt.edu)  
Information on the MBSR class at UPMC Center for Integrative Medicine [https://www.upmc.com/services/integrative-medicine/classes/meditation](https://www.upmc.com/services/integrative-medicine/classes/meditation)  
Newsletter [https://www.upmc.com/-/media/upmc/services/integrative-medicine/documents/upmc-cim-newsletter-fall-2018.pdf?la=en&hash=2B60E2ECC4585C3ADAB7AFD1D9B18890C586E53D](https://www.upmc.com/-/media/upmc/services/integrative-medicine/documents/upmc-cim-newsletter-fall-2018.pdf?la=en&hash=2B60E2ECC4585C3ADAB7AFD1D9B18890C586E53D) mindfulness@upmc.edu or contact Carol Greco, PhD directly greco@pitt.edu
**Diet**
Research mixed:
- demographic studies show connection—eg cultures with increased fish consumption;
- intervention studies go either way
Bottom line: encourage healthy, balanced, primarily plant-based diet, ↓ simple carbs, ↓ portion size, ↓ N-6/↑ N-3

**Exercise**
For mood/energy/anxiety, general health—encourage 30+ mins/day of moderate intensity aerobic activity
For weight loss 300 mins/week (John Jakicic—Pitt)

**Sleep**
Initial focus on sleep hygiene
Electronics—effect of the light & possibly EMF on melatonin
Mindfulness & other mind-body approaches
CBT-I

**Manage inflammation**
Key factor in many western diseases—heart disease, diabetes, cancer, arthritis
Depression also with strong association
Treatment is directed to lifestyle approaches
Catch 22—individuals with depression may have greater difficulty exerting energy/motivation

**Genetics**
Can be helpful for: multiple failed med trials—lack of response &/or adverse effects
Genetic profile specific for mental health provides info on:
- genes affecting neurotransmitter activity &
- CYP activity—hepatic metabolism of drugs

**Dietary intolerance**
Think of this especially if other symptoms occur with depression
IBS, fatigue, migraines, fatigue, fibromyalgia
Most common: dairy and gluten

**Nutritional deficiencies**
B12/iron deficiency—vegans & those on acid blockers
Micronutrient deficiency—poor diet, impaired absorption ass’d with gut dysfxn
Gut health
Think about concerns with:
IBS symptoms, history of antibiotic treatment, allergies/food intolerances
Issues:
• Impaired gut wall integrity—malabsorption/absorption of toxins
• Abnormal gut microbiome--limited diversity, presence of pathogens

Natural medicines
Used in lieu of or as supplement to western meds
Fish oil
• mixed evidence for depression & bipolar d/o
• EPA is key—find preparation with higher proportion of EPA compared to DHA
• dose is 1-2 gm/day
• particularly with pregnancy, use high quality preparation to avoid toxins
SAM-e
• moderate evidence of benefit for depression
• requires high dose (800-1,600 mg/day)
• expensive $1-5/day
Inositol
• benefit for anxiety & to a lesser extent depression
• available as capsule or powder
• main side effect is GI—cramping diarrhea (~10-20%)

Treatment of metabolic imbalances
System developed by William Walsh, PhD (Walsh Research Institute)
Identifies 5 common imbalances
• Undermethylation
• Overmethylation
• Copper toxicity
• Zinc deficiency
• Pyroluria
Each associated with specific symptoms, impact on neurochemistry, and response to specific supplements
Research primarily case series https://www.walshinstitute.org

Resources/reading:
Natural Medicines Database—available through HSLS
Integrative Medicine—David Rakel—available through HSLS
Nutrient Power—William J. Walsh—available through his website
Instinct to Heal—David Servan Schreiber—Pitt Bookstore or Amazon
Anticancer—David Servan Schreiber—Amazon
The C-Word (Movie)—Amazon/iTunes/Netflix or DVD from website