



ANXIETY & DEPRESSION

THINKING ABOUT SADNESS IN A
DIFFERENT WAY

Written by Dr. Marta Canfield, MD



I'm glad you're here

My goal as a women's health physician is to educate women about their bodies.

We are often blown off when we bring up concerns surrounding overwhelm, depression and anxiety - and the related physical symptoms - when in the doctor's office. This is a known phenomena and has been verified by research.

I hope you find this eBook helpful. It's an introduction to a new way to think about depression and anxiety - neuroinflammation. Keep reading to learn about the root causes of inflammation and the mood states called depression and anxiety.



Dr. Canfield



Canfield Integrative
M.D.
WOMEN'S HORMONAL HEALTH



A note on mental health crisis

Suicidal thoughts are something I take very seriously. Please know there is help available. If you are having suicidal thoughts please use the National Hotline or call 911 for immediate help.



<https://suicidepreventionlifeline.org>

DIAL 988
-
800-273-8255





05 - 06

DEFINITIONS

You will learn the basic definitions of Depression and Anxiety along with some statistics about women and these mood states.

07 - 08

NEUROINFLAMMATION

Emerging research showing that depression isn't just an 'anti-depressant deficiency'.

09 - 11

ROOT CAUSES

What can cause mood changes? What are some underlying causes of neuroinflammation? What can I do to find out my root causes?

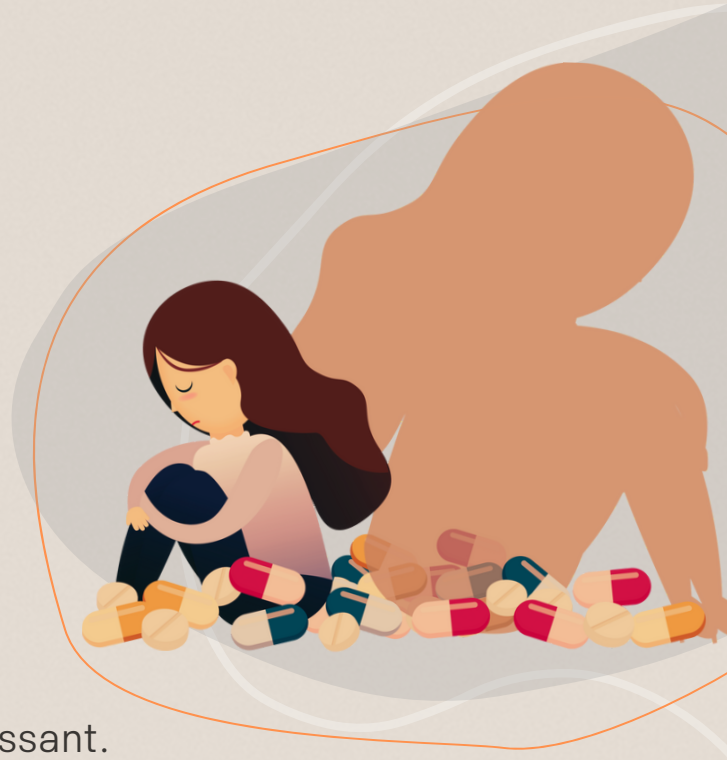
12 - 14

WHERE TO START TO HEAL

Dr. Canfield's Mood Webinar dives into more detail about this topic while describing different ways, in detail, how to start healing yourself and taking control of your mood.



Did You Know?



One in 6 women is on an antidepressant.



Major depression and Anxiety affects women *twice* as much as men.



Over 50% of people do not respond to antidepressants who have Major depression.



There is a link between increased inflammation and poorer response to antidepressants.



Depression and Anxiety in women is associated with higher rates of acquiring chronic conditions.

CONCLUSION

Women need better mental health care and education about what causes depression and anxiety symptoms.





Anxiety

Definition of Depression & Anxiety

Depression and anxiety are defined as *mood states*.

Depression is a feeling of sadness, despair, anxiety, discouragement, hopelessness, etc. that stems from an *unidentifiable cause* (which is different from sadness from an identifiable cause).

Anxiety is a feeling of excessive and persistent worrying that makes it hard to function and cause significant distress and impairment. These feelings need to be present more than half the days over a 6 month period.



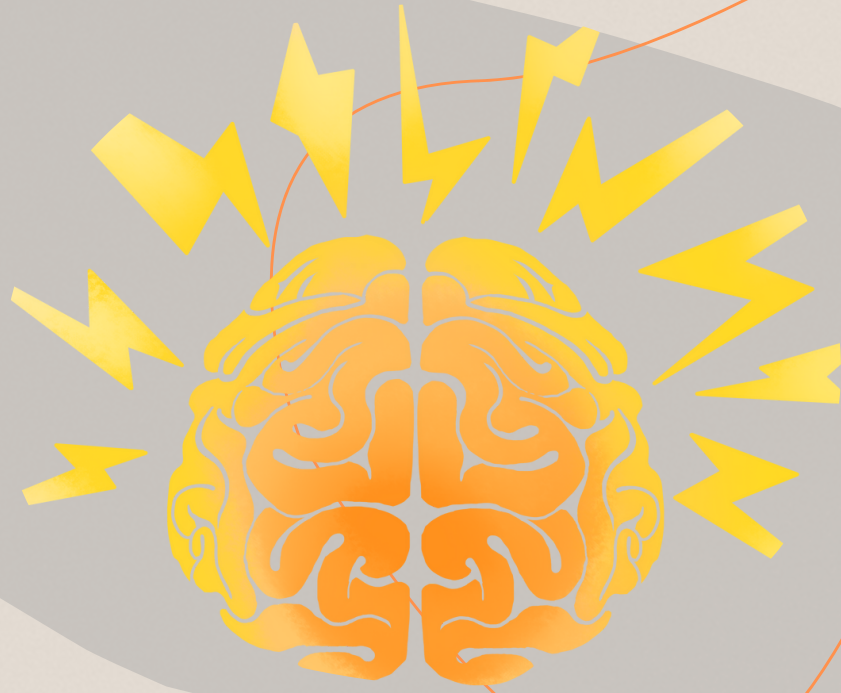
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Why is the diagnosis of depression on the rise?

It is most likely from over diagnosis, as well as, an increase in the triggers/events causing sadness & depressed moods. There is also a question of the validity of the criteria that doctor's follow to give a patient a diagnosis of depression.



DEPRESSION



Neuroinflammation

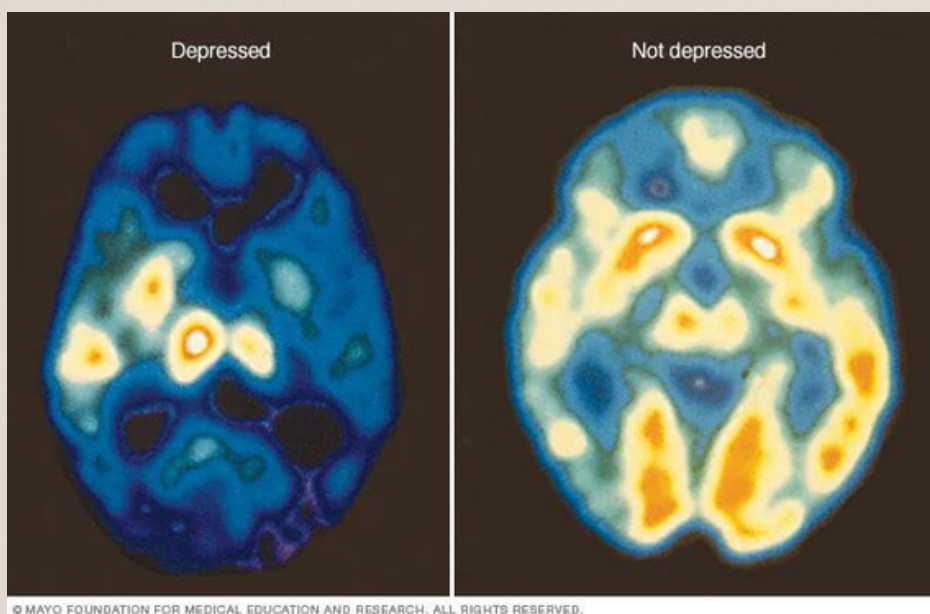
Inflammation of the nervous system/brain by way of inflammatory cytokines released by the immune system that then cross the blood-brain barrier (BBB). It was initially thought that the BBB was more of a wall but it allows more things through than originally thought. For example, a cytokine called Interferon-alpha can be used as a treatment (i.e. Hepatitis C) and one of the known side effects, depression, occurs in 50% of patients. Imaging studies of the brain show the differences between healthy brains and brains of people who are experiencing depression.



The brains of people who were experiencing clinical depression exhibited an inflammatory increase of 30% on brain imaging.



Depressed Mood: decreased brain activity



The brains of people who are experiencing clinical depression show decreased brain cell metabolism activity. *Think: low energy in the brain.*

<https://www.mayoclinic.org/tests-procedures/pet-scan/multimedia/-pet-scan-of-the-brain-for-depression/img-20007400>



Root Causes of Mood Changes

DEPRESSION & ANXIETY



In order to correct a problem, you have to identify the root cause. This has never been more true than in healthcare. If you don't get to the root cause of a diagnosis you can't properly treat it. Taking it a step further, if an incorrect root cause is diagnosed, you may be subjected to testing or treatment that carries more risk than benefit.

The rest of this eBook talks about the most common potential root causes for mood and mental health symptoms, especially in women. Getting to the root cause of a symptom usually requires a proper health history and review of symptoms. These are two things that more and more healthcare providers have little time to accomplish given the shorter and shorter appointments available. Not to mention, our society and culture expects a 'miracle pill' to cure all ills. It takes time and energy getting to the root cause of your mood symptoms but you'd be surprised how simple it can be to fix the underlying cause once it is identified.



COMMON POTENTIAL
Root Causes
OF MOOD SYMPTOMS

Nutritional and Vitamin Deficiencies

Chronic Stress/HPA axis Dysfunction

Blood Sugar Imbalance

Food Triggers and 'Leaky Gut'/IBS

Thyroid and Autoimmune Diseases

Hormone Imbalances

Genetic Predispositions: MTHFR, COMT, etc.

Substance Use: Alcohol, Drugs, Caffeine

Hidden Infections: EBV, Lyme, etc.

TEST DON'T GUESS

Testing for vitamin deficiencies as well as hormone levels is easily ordered and is often covered by insurance.

Test for these to start:

Thyroid hormones*:

TSH, Free T4, Free T3, Anti-TPO antibodies

Vitamin D

B Vitamins including B12 and Folate

Iron levels and Hemoglobin

Hemoglobin A1C and Glucose level

Reproductive Hormones*

**these require a provider educated in ordering these labs*

NO PILL WITHOUT A SKILL

Seeking out a pill - which can include a vitamin or nutraceutical - shouldn't be the only thing we do to support our emotional and mental health.

Try these to start:

Cognitive Behavioral Therapy - Counseling

Journaling/Meditation

Yoga/Walking - regularly

Avoid alcohol, drugs, caffeine, sugar.

Get regular, restful sleep.

Track your period to see if your symptoms are related to your menstrual cycle.

Make sure it isn't a medication side effect!



EXAMPLES OF SPECIFIC
Root Causes
OF MOOD SYMPTOMS



Nutrient Deficiencies

- Iron/Anemia
- Vitamin D
- Vitamin B12
- Folate
- Zinc
- Omega-3 Fatty Acids



Hormone Related

- Premenstrual Syndrome
- Premenstrual Dysphoric Disorder
- Luteal Phase Defect
(Low Progesterone in 2nd phase)
- Low Testosterone



Blood Sugar Imbalance

- Not eating regularly
- Skipping meals
- Anorexia/Bulimia
- Polycystic Ovary Syndrome
- Metabolic Syndrome
- Diabetes Type 2



Food Triggers

- Gluten (in NCGS and Celiac)
- Dairy (cow)
- Caffeine
- Artificial Dyes/Flavors
- Substance Use
 - Alcohol & Drugs
- Other food allergens



Unhealthy Gut

- Irritable Bowel Syndrome
- Inflammatory Bowel Syndrome
- Disruption of Gut Microbiome
 - Overgrowth of yeast
- Too many antibiotics or NSAIDs



Thyroid Disease

- Hypothyroidism
- Hyperthyroidism
- Hashimoto's Autoimmune thyroiditis



Healing the Root Causes of Mood Symptoms



Working on Oneself

Journaling, meditation, and taking time for self-care are all proven ways to help your mind and body work through any underlying thought processes and emotions surrounding mood symptoms. It also helps combat chronic stress.



Lifestyle Habits

Exercising, eating regularly and healthfully as well as getting adequate sleep are all very important ways you can improve your mood symptoms yourself. As with any habit, it takes practice but with huge gains!



Avoiding Substances

Avoiding alcohol, drugs, caffeine and sugar can help improve your mood symptoms. Avoiding people who trigger your mood symptoms can also be helpful, whenever possible. Seek help getting off of alcohol or drugs.



Track Your Period

Being educated about your own menstrual cycle but also what to expect during each part of your cycle can help you understand what is normal and what is not when it comes to natural hormonal fluctuations during the month.



Counseling

Counseling - cognitive behavioral therapy - is highly effective and boosts the effect of supplements and pharmaceuticals. Reach out to your doctor for a referral. And there is more access now than ever with telemedicine for mental health.



Check your Medications

Many pharmaceutical medications can cause mood symptoms as a side effect. *A common one is hormonal birth control pills.* You can always ask your doctor or local pharmacist about side effects of your meds.

NO PILL WITHOUT A SKILL!



HOW TO LEARN MORE

Healing the Root Causes of Mood Symptoms

As you can see, there are a lot of underlying root causes to mood symptoms that are fairly simple to diagnosis/identify and then treat without invasive testing or expensive medications.

My goal is to arm you with knowledge so you can start to work on identifying the root causes of your own mood symptoms.

To learn more specific (safe) ways to treat the underlying causes listed in this eBook and more, please join me for my Mood Webinar that will dive into more detail and provide you with action steps you can start immediately to heal your own mood symptoms.

Please note: as a physician, there are times when anti-depressants and anti-anxiety medications have been the right choice for individual patients and I am not against treating mental health concerns with pharmaceuticals. My goal is to get to the underlying cause of mood symptoms and reserving pharmaceuticals for patients who benefit from them after a thorough root cause analysis of their symptoms.





MOOD WEBINAR ~ DR MARTA CANFIELD, MD

Having Mood Swings? You aren't crazy!

LEARN ABOUT THE ROOT CAUSES OF
MOOD SYMPTOMS AND HOW TO HEAL THEM!

This is a zoom webinar with Dr. Marta Canfield, MD. She is an integrative women's health physician who has seen too many women brushed off when they bring up their mood symptom concerns to their doctors. They are told 'it's just stress' or offered an anti-depressant without getting to the root cause of the symptoms.

I WANT TO JOIN THE
WEBINAR

CanfieldIntegrativeMD.com

**Go here
for more
info!**

*This is important information
for MEN, too!*

