

OmegaRx Zone, 2002, Kapitel „When the Brain goes wrong“, Unterkapitel „Depression“, S.120, 3 Seiten:

„Clinical depression is a disabling condition

[Dieses Kapitel habe ich NICHT übersetzt und AUCH NICHT in elektronischer Form zur Verfügung]
[am Ende dieses Word-Dokuments habe ich aber die LITERATUR für das o.a. Kapitel angehängt,]
[dort nach „depression“ suchen]

Anti-Inflammation Zone, 2005, Kapitel „Brain Drain Due To Silent Inflammation“, Unterkapitel „Depression“, S.279, 2 Seiten

2005-03-11

"Post-partum diet"

Dear Dr. Sears,

I am having a hard time losing my pregnancy weight post partum and am nursing a three-month-old. Are nursing mothers able to diet using the Zone and still ensure the baby will get everything he needs?

Because you are nursing, you will need some extra calories, so just add one block of each macronutrient to every meal and snack. Also make sure you are supplementing your diet with ultra-refined EPA/DHA concentrates (about 2.5 grams per day) to maintain adequate levels in the breast milk **and to prevent any post- partum depression.**



Fish oil may help relieve stubborn depression

Last Updated: 2002-10-17 10:00:24 -0400 (Reuters Health) NEW YORK (Reuters Health) – Daily supplements of an omega-3 fatty acid--found in fish and fish oil--may help alleviate the symptoms of depression in patients who do not respond to standard antidepressant medications, new research findings suggest. Dr. Malcolm Peet of the Swallownest Court Hospital in Sheffield, England and his colleague found that depressed patients who received a daily dose of 1 gram of an omega-3 fatty acid for 12 weeks experienced a decrease in their symptoms, such as sadness, anxiety and sleeping problems. The only side effect of the treatment appeared to be gastrointestinal problems, which Peet and his co-author Dr. David F. Horrobin of Laxdale Research, Ltd. in Stirling, Scotland, deemed "mild." All of the patients had tried other medications before enrolling in the current study, including selective serotonin reuptake inhibitors (SSRIs) such as Prozac and medications from an older family of drugs called tricyclic antidepressants. Both types of drug are considered standard treatments for depression. This is not the first study to suggest that omega-3 fatty acids, such as the form of eicosapentaenoic acid (EPA) used in this report, may help patients with psychiatric disorders. Previous researchers have suggested that the balance of omega-3 fatty acids in the brain may become skewed in people with depression, and earlier studies have shown that fish oil supplements can help alleviate the symptoms of schizophrenia and bipolar disorder, or manic depression. In addition, researchers have found that people who are depressed, as well as those diagnosed with cardiovascular diseases and other conditions associated with depression, have relatively low levels of omega-3 fatty acids in their blood. In the current study, reported in the October issue of the Archives of General Psychiatry, Peet and Horrobin asked 70 depressed patients who had not benefited from previous treatments to take a daily dose of either 1 gram, 2 grams or 4 grams of EPA, or an inactive drug. The treatment lasted 12 weeks. The investigators found that people given the 1 gram daily EPA dose experienced improvements--relative to those given the inactive drug--in all of the measured aspects of depression, including sadness, anxiety, low libido and suicidal tendencies. In fact, 69% of the patients treated with the 1-gram daily dose achieved a 50% reduction in their symptoms of depression, a result seen in only 25% of the patients given an inactive drug. "The effect of ethyl-eicosapentaenoate (the form of EPA used) applies to all major components of the depressive syndrome and is seen equally in the patient and physician assessments," the authors write. Peet and Horrobin did not note any improvements in the patients given higher doses of

the fatty acid relative to the placebo group, which they suggested may be due to the small number of people who were given either 2 grams or 4 grams per day. "Although there appeared to be a trend toward significant efficacy at the 4-gram per day dosage, larger studies would be required to elucidate possible beneficial effects of the higher dosages," they write.

Dr. Sears' Comments:

One reason they may have been having trouble getting a dose-response curve is that the fish oil preparation they used did not contain any DHA.

Fish oil helps ease depression

It works! Just like the book. After a serious case of depression (I've been diagnosed as bipolar), and at the encouragement of a doctor, I took on the Zone way of eating -- again. Food as an anti-depressant? That was a new one for me. I had tried the Zone once before, but because of a hectic work life with a lot of travel, I could never stay committed. This time was different. I stayed diligent. Within three weeks, I began to notice something different: Gone was my constant craving for fried food. (I'm a sucker for fried anything.) I started losing weight, or so I thought as I don't have a scale. Turned out it was even better. I was losing inches. Had a doctor's appointment recently and discovered I had only lost 10 pounds. That's surprising because I've dropped two inches in my waist and am wearing 34-inch waist jeans again ... and those are starting to look a little big. I feel so light. And I feel stronger. But wait, it gets better.

In November I saw the good Doc's new book, "The Omega Rx Zone." It was a fascinating read, but I must admit to being a bit sceptical. But he was right about the food stuff, so I ordered some fish oil, and all I can say is wow! I do think better. I do have better control of my emotions. I'm writing again (hooray!). I've been going for hour walks for some time now. But since taking the fish oil, I find myself walking much faster and for much longer. Every member of my family, including a dozen or so friends, were wiped out just prior to the holidays by a nasty chest cold. I got it, too, I guess. Sure felt like it, but within a day, it was dissipating, and two days later gone. Everyone else suffered with this cold for two weeks. My poor wife had to go on antibiotics. One of our close friends developed pneumonia from this cold. I felt a little guilty I felt so good, but also grateful. I love my fish oil. I found that approximately 10 grams a day is perfect for me. While much higher than a "normal" daily dose, 10 grams has a noticeable impact on my depression. I'm a customer for life! And given my new-found health, it sure seems like I'll be a customer for a long, long, long time. Thanks, Doc. I can't thank you enough.

Jim W.

Today's question

"Fish oil for depression"

Dear Dr. Sears, An earlier response addressed supplementing the zone diet with high-dose fish oil to treat depression. What is the exact dose recommended? Davidcwhite

Dear Davidcwhite: I usually recommend a minimum of four to six grams of fish oil per day. High dose fish oil would be between 10 and 20 grams per day. That would provide between 3 and 6 grams of long-chain Omega-3 fatty acids. Studies published by Harvard Medical School on the fish oil and depression used the equivalent of 30 grams of fish oil per day which would provide about 10 grams of long-chain Omega-3 fatty acids.



Dr. Barry Sears

Today's question

"Depression/eating disorders"

"Depression/eating disorders" Dear Dr. Sears, I want to know about the omega supplement and how it might help depression and eating disorders? Nancy

Dear Nancy, Fish oils rich in omega-3 fatty acids have been very beneficial to help treat depression. The dosage used in studies at Harvard Medical School was 10 grams of long-chain omega-3 fatty acids per day. At these doses, I would only recommend pharmaceutical-grade fish oils that have exceptional purity with regard to mercury, PCB, and other toxic contaminants.



Dr. Barry Sears

Today's question

"Fish oil & depression"

Dear Dr. Sears, I know this question has been asked many times, but I just wanted to get an idea of the exact amount and exact type of fish oil to take daily for the treatment of moderate depression and over-all health. I just bought a bottle of fish oil concentrate 1000mg. The bottle says 2 capsules contain 600mg Omega-3 Polyunsaturates, which is 360mg EPA and 240mg DHA. I've started taking 12 capsules daily. I feel slightly better already. Also, is there any way to get the pharmaceutical strength fish oil until you will sell it through your web site? Thank you. Sincerely, Shawn

Dear Shawn: The data from Harvard Medical School indicated that 9.6 grams of long-chain Omega-3 fatty acids per day had a significant effect on depression. The amount of Omega-3 fatty acids that you are currently taking is 7.2 grams. The type of fats that you are using is one-step below pharmaceutical grade. One company that makes pharmaceutical-grade fish oil is Omega Natural Health. Their web site is www.omegabrite.com.



Dr. Barry Sears

2005-08-12

"Campral and fish oil"

Dear Dr. Sears,

I am an alcoholic, as well as a long-time sufferer of **severe depression**, anxiety disorder, panic disorder, and OCD. (My daughter, 8, shows symptoms of these as well, including severe ADHD, which hasn't been helped by medication.) I take 999 mg of Campral three times a day as prescribed for the treatment of alcoholism, as well as 50 mg. of Paxil. Recently, after reviewing the data from the "OmegaRx Zone," I've redoubled my efforts to eat in the Zone and have upped my fish oil supplementation from six pills a day to one tablespoon a day. My question: Is the fish oil in any way going to adversely affect my brain while on Campral? There's no data for this that I can find regarding chemical interaction. Also, is giving my daughter one tablespoon of refined fish oil a day going to hurt her at only 60 pounds?

ALB

The fish oil will provide significant benefits to aid in the treatment of your existing neurological conditions. Furthermore, the fish oil will reduce many of the gastric side effects of Campral. Our studies with children used two tablespoons per day of fish oil, so the dosage for your daughter is, if anything, a little on the low side.

2005-07-26

Anxiety"

Does pharmaceutical-grade fish oil help anxiety?

Wendell

Dear Wendell,

BR> Virtually all neurological disorders respond very positively to high-dose fish oil supplementation. Although there are no clinical studies on treating anxiety specifically, the conditions that co-exist with anxiety, such as depression, are known to significantly benefit from high-dose fish oil.



Chapter 10--When the Brain Goes Wrong

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