

THE WAY UP FROM DOWN

A Safe New Program
That Relieves Low Moods
and Depression with
Amino Acids and
Vitamin Supplements

PRISCILLA SLAGLE, M.D.

■ *SMP* ■

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This book
is dedicated to
KEIRAN BREEDEN
whose enthusiasm
and love helped
to make it
possible.

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Can You Answer "Yes" to Any of These Statements?

- *I am restless and fidgety.*
- *I am exhausted most of the time.*
- *I am miserable and often feel like crying.*
- *My sleep is restless and disturbed.*
- *My heart sometimes beats faster than usual.*
- *I get hardly anything done lately.*
- *Things that I regret about my life are bothering me.*
- *I worry a lot about my bodily symptoms.*

If you did, you may be suffering from some degree of depression. Dr. Slagle's completely natural, drug-free treatment can help you rid yourself of these feelings and symptoms. A breakthrough method that draws on the most up-to-date scientific discoveries about mood and depression, this program of nutritional supplements—available from your local health-food store—offers a simple, safe, and proven way to get rid of the blues forever.

ABOUT THE AUTHOR: A psychiatrist who has worked for many years with people who have low moods and depression, Dr. Slagle is an associate clinical professor at the University of Southern California, and also has her own practice.

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Introduction

This book presents a safe, effective treatment for depression and low moods—a nutritional approach. It is completely natural, virtually free of side effects and scientifically based. I have seen it work in my own practice and there are more and more reports from around the country of its effectiveness.

Here is a list of what I hope to convey:

- Proof that depression is biochemically induced and treatable
- Why and how certain nutrients—chiefly amino acids and vitamin-mineral supplements—bring relief
- How to start your own program of nutritional supplements—and when to turn to a physician for help
- How the program can help you when you're not actually depressed but suffer only from occasional low moods
- A self-rating scale to help you discover whether you are depressed
- How to identify depression in yourself or someone close to you and how to recognize its psychological and physical symptoms

THE MONOAMINE THEORY OF DEPRESSION

The brain needs certain chemicals—the neurotransmitters—to function properly. When these chemicals are in short supply, depression sets in. That, in a nutshell, is the biochemical theory of depression—the monoamine theory, named for the brain chemicals that control our moods, and thus very quality of our lives.

The monoamine theory of depression is the theoretical basis for the various types of antidepressant prescription drugs on the market today. But there are better ways to increase the brain's store of these important chemicals, better because side effects are minimal to nonexistent, and because of decided positive effects on the depression as well as on overall general health.

THE NUTRITIONAL APPROACH

Brain amines are manufactured from amino acids. In this book, we will examine the principle of "precursor loading," a dietary technique that includes supplementary amino acids which produce an increase in certain brain amines. The program also describes in detail the "support" supplements, chiefly vitamins and minerals, that go along with the treatment. There is emphasis throughout on how the reader can personalize the program to specific symptoms and needs.

THE PROMISE

Depression is temporary and treatable. That is the stark, simple truth.

It is treatable through a nutritional approach that is more natural than drugs, and far cheaper and more effective than psychotherapy alone. Anyone with low moods or mild to moderate depression can try it in her own home. Those with more severe depression can try it in cooperation with their physicians. The required amino acids are available in pharmacies and health food stores—without a prescription.

Depression is a national health crisis. This book contains the theory, the program, the answer. There is hope for the millions of people who suffer mood pain.