

# Dr. Vreeland's Depression Strategy

## Notes from webinar given by Court Vreeland, DC on depression:

### 1) Reduce Cytokines

- a) Bio-D-Mulsion Forte (vitamin D) Raise vitamin D levels to 55-65 ng/ml  
Children 2,000-4,000  
Adults 8,000-10,000
- b) To reduce free radicals, specifically the reactive oxygen species or ROS, use Superoxide Dismutase, a Biotics Research product called Dismuzyme Plus Granules added to food or juice, 1-2 tsp, 1-2 times a day.
- c) Biomega-3 Liquid - 1 tbsp yields 4,200 mg of omega-3 oils. Omega-3 fatty acids reduce inflammation. Deficiencies of omega-3 fatty acids are also related to reduced serotonin for the brain.

### 2) Balancing Neurotransmitters

- a) Increase catecholamines as needed by making sure cofactors are available to drive amino acids to neurotransmitters with the use of a good multivitamin/mineral like ProMulti-Plus: 1-2 capsules, 3 times a day.
- b) To raise dopamine in the brain Dr. Vreeland uses the botanical mucuna pruriens, in DopaTrophic Powder which allows L-dopa to cross the blood brain barrier converting to dopamine, norepinephrine and epinephrine. 1 tsp twice a day. Also important is to use green tea to help block the conversion of L-dopa into dopamine in the blood.
- c) Raise GABA - after a period of 30 days if anxiety is still a major issue, Dr. Vreeland adds phenibut in PheniTropic, which allows GABA to cross the blood brain barrier. Start with one capsule (300 mg) in the a.m., if necessary a second capsule can be added.
- d) Serotonin by supplying 5-HTP, the precursor to serotonin. Make sure a source of B6 is available. Dr. Vreeland uses Neuro-5-HTP Plus, 1-2 capsules, 2 times a day.

### 3) Other Notes Of Interest

Although the webinar did not detail food sensitivity's as a major factor in depression. Many physicians have shared that food sensitivity's/ allergy's can increase inflammation via antigen protein crossing the blood-brain barrier. Any time food sensitivity's are considered digestion but especially hypochlorhydria should always be considered as well. More and more research continues to accumulate on the gut/brain connection.

**Please take the time to watch the entire webinar and Dr. Vreeland's first webinar specifically on neurotransmitters called "Neurology and Nutrition - Connecting the Dots."**