

Whole Health for Mental Health

Day 2 Morning

Whole Health for Mental Health
Crossing the Mind-Body Divide

Day 2 Morning

- Our Emotions, Part 2: Whole Health for Mood Disorders
- Our Behaviors and Choices, Part 1: Healthy Patterns
- The Power of Biofeedback and Guided Imagery
- Our Behaviors and Choices, Part 2: Unhealthy Patterns
- Finding Peace and Ease, Part 1: Working with Stress
- Implementation, Part 2: Your Practice, Your Team

Live Whole Health. VA U.S. Department of Veterans Affairs



Whole Health for Mental Health
Crossing the Mind-Body Divide

Welcome Back!

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Pulse Checks



KEEP CALM AND CHECK PULSE

Where We've Been



- Defining Whole Mental Health
- Mission, Aspiration, Purpose
- Connections- Self-Care, CIH
- Thinking and Cognition
- Emotions (Part 1)
- Application for Your Own Life

Where We're Going

Thinking about points of tension

- PRACTICE!
- Emotions II: Tony and Depression
- Behaviors and Choices
- Peace and Ease I: Mel and Stress
- Implementation in Practice
- Lunch
- Peace and Ease II: Trauma and PTSD
- Vitality and Wholeness
- Implementation at Your Facility and Beyond



Live Whole Health.

11. Our Emotions II
Whole Health for Mood Disorders

Whole Health in Your Practice



Whole Health for Mental Health

Day 2 Morning

Tony and Emotions:

- I am irritable with my family.
- I feel sad a lot of the time
- In 2003, I was told I have depression
- Things aren't fun anymore
- Not a danger to himself



Whole Health and Depression

- The PHI can help you get a sense of someone's emotional well-being
- ALL of the areas of the circle are relevant



Depression Facts

- **>1 in 10 US Adults** have it
 - 10% are ages 18-25
 - 7% of American adults have one episode yearly
 - 25% prevalence in people with chronic disease
- Only **60%** treated with meds have significant response
 - Others have adverse effects or residual symptoms



Schneider & Wissink, Depression, in Raker (ed) Integrative Medicine, Philadelphia: Sanders, 2018.

Depression Etiology

- Gut
- Genes
- Neuroplasticity
- Trauma and kindling
- Inflammation
- Neurotransmitter imbalance

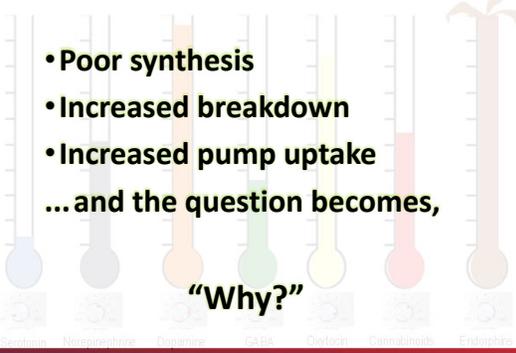


Schneider & Wissink, Depression, in Rakel (ed) Integrative Medicine, Philadelphia: Sanders, 2018.

Neurotransmitter Control Room

- **Poor synthesis**
- **Increased breakdown**
- **Increased pump uptake**
- **...and the question becomes,**

“Why?”

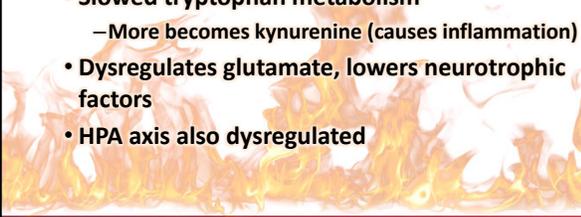


Schneider & Wissink, Depression, in Rakel (ed) Integrative Medicine, Philadelphia: Sanders, 2018.

Depression and Inflammation

About ½ of depressed people have increased inflammatory markers

- **Slowed tryptophan metabolism**
– More becomes kynurenine (causes inflammation)
- **Dysregulates glutamate, lowers neurotrophic factors**
- **HPA axis also dysregulated**



Schneider & Wissink, Depression, in Rakel (ed) Integrative Medicine, Philadelphia: Sanders, 2018.

Comorbidities

- Symptoms for nearly every disease category studied are worse
 - Diabetes, metabolic syndrome, RA, asthma, MS, chronic pain, psoriasis and many more
- Connection to CVD
 - ↓ heart risk factors = ↓ depression
 - Obese people have 55% more depression
 - Depression increases obesity risk 88%
- 1.15x the risk of cancer (Ito et al, Pub Health, 2017;149:138-48.)



Again, need to think about all aspects of a person - interconnections

Lim et al. Soc Psychiatry Psychiatr Epidemiol, 2012;47:1047-53. Luppino et al. Arch Gen Psychiatry, 2010;67:220-9.

"Me": Depression is Individualized

Depression takes many forms

- Array of DSM diagnoses
- Different onset, symptoms, time course, etiology
- Unique circumstances may trigger
- Therapeutic relationship matters too
- People have strong feelings about different therapies



HEALTHYPLACE.COM

Whole Health Library, Depression Overview, <https://wholehealth.wisc.edu/overviews/depression/>

Food & Drink to Prevent Depression

- 2018 systematic review/meta-analysis
 - Most studies clearly found benefit of a healthy diet for prevention
 - 2 million people, linear dose response
 - Odds of depression for any high-quality diet decreased to 64-78% of what they were

47 people need to eat healthy prevent 1 case of depression

Molendijk et al. J Affective Disord, 2018;226:346-54.

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Depression: Food

The mood in food

Irritable, anxious
Caffeinated drinks like coffee and tea (if taken in excess)

Mood swings
Refined sugar like candies, cookies, soft drinks (if taken in excess)

Feeling low
Fatty and high-calorie food like junk food, fast food (if taken in excess)

Feeling generally happy
Nuts, seeds, tofu, lentils, beans, eggs, chicken, fish

Emotionally balanced, less moody
Fish like salmon and cod, food rich in polyunsaturated fatty acids like walnuts and almonds

Feeling more alert and active
Lean meat, lamb, eggs, soya beans, chick peas, dhal

Negative Positive

Martinez-Gonzalez et al, Proc Nutr Soc, 2016;75:139-46. Image: patrb.com

Food & Drink: What to Eat

- **2016 review: What dietary elements prevent depression?**
 - Fruits and vegetables
 - Olive oil
 - Tree nuts
 - Fish
 - Whole grains

Martinez-Gonzalez et al, Proc Nutr Soc, 2016;75:139-46.

Food & Drink: What to Cut Back

- Good to remove
 - Meats (other than seafood)
 - Commercial baked goods
 - Trans fats
 - Sugar (desserts, beverages)
 - Worth a trial of going off sugar for a week
- Also, fast food (Sanchez-Villegas et al, Public Health Nutr, 2012;15(3):424-32.)
- And alcohol

Removing sugar for a week improves symptoms

Bottom Line: The "Western Diet" increases risk; a whole foods diet decreases it.

Martinez-Gonzalez et al, Proc Nutr Soc, 2016;75:139-46. Akbaraly, et al, Br J Psychiatry, 2009;195:408-13.

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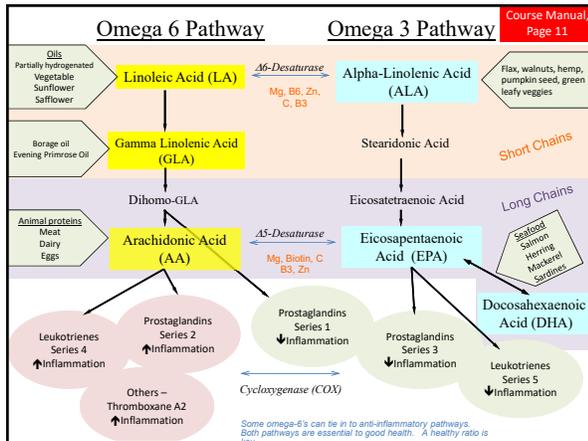
Omega 3's: In Summary



- Essential polyunsaturated fatty acids (body can't make them)
 - Main types are DHA and EPA
 - Sources: cold-water fish, other food sources
- They decrease inflammation
 - Omega-6's tend to increase it
 - Same pathways as many anti-inflammatory medications
- Also stabilize cell membranes



Messamore et al, Prog Lipid Res, 2017;66:1-13.





Omega 3's for Depression



“Emerging...evidence over the past 3 decades suggests that **habitual dietary omega-3 PUFA insufficiency**, particularly during perinatal development, may represent a **modifiable risk factor** for mood disorders.”

- Especially as an *adjunctive* therapy (not alone)
- DHA for *structure*, EPA for *function*

Messamore et al, Prog Lipid Res, 2017;66:1-13.

 Essential Fatty Acids and Mood: Reviews

Cochrane, 2015: 26 studies; 1,478 people

- Small to modest benefit for depression symptoms in general. Is it clinically meaningful?

2016 review: 13 studies; 1,233 people

- "...beneficial overall effect" of supplementation in *major depressive disorder* patients, especially for:
 - Higher EPA doses
 - People taking anti depressants

Appleton et al, Cochrane, 2015;11:CD004692. Mocking et al, Transl Psychiatry, 2016;6:e756.

 "The Potential for Nutrition to Reduce Depression, Suicide, and Impulsive Aggression"



"...a rebalancing of the essential fatty acid composition of U.S. military diets, to achieve tissue compositions of PUFAs consistent with traditional Mediterranean diets, may help reduce military psychiatric distress and simultaneously increase force efficacy substantially."

Hibblen, Mil Med, 2014;179(11):117.

 What About Specific Nutrients?

- **B Vitamins**
 - Deficiencies can lead to depression
 - E.g., folate and B12, thiamine, niacin, B6
- **Multivitamin Supplements**
 - Reduced perceived stress, and improved mood in people without depression
 - Not helpful with depression
- **Vitamin D** – 8-14% risk if deficiency
 - Study that eliminated flawed research showed benefit
- **Tryptophan intake matters in population studies**

Kennedy et al, Nutrients, 2016;8(2):68. Long et al, Psychosomatic Med, 2013;75(2):144-153.

 **Moving the Body**

- Why does it help?
 - Adult neurogenesis hypothesis
 - Hippocampus grows 2-6% in elders after 6 mo's
 - Exercise increases plasma tryptophan
 - May also alter inflammatory markers


Image: PsychologyToday.com

Farioli et al, Curr Neuropharmacol, 2018;16(3):308-26.

 **Yoga and Depression**

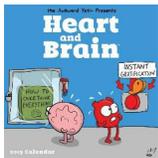
- Moderate benefit in short-term studies
- 2017 review of 7 trials, n=240
- Comparable to other forms of exercise
- Positive effects beyond placebo
 - ...But methodology an issue


Photo: iStockphoto.com

Cramer et al, J Affect Disord, 2017;213:70-7.

 **Tai Chi and Depression**

- 2014 review
 - 37 RCTs and 5 quasi-experimental trials
 - Beneficial effects
 - ...But methodology an issue


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Wang, Int J Behav Med, 2014;21:605-17.

 **Power of the Mind: Meditation**

2016 summary of 52 trials and reviews:

- Meditation decreases depression symptom severity
- Reduces relapse, rumination, reactivity
- Cultivates self-compassion
- Alters relationship to negative thoughts
- Safe, portable, cost-effective
- Activates areas of brain linked to feelings of enhanced wellbeing



Khusid, Mil Med, 2016;181:9-961-8.

 **Mindfulness Based Cognitive Therapy**



Photo: veterandisabilityblog.com

- MBCT is most commonly studied mindfulness-based group intervention for depression
- Meta-analysis: 21% reduction in average risk of new episode by 12 months
- Reduced relapse rate more than usual therapy does (66% vs 36%)
- Reduced relapse even more when added to meds (47% vs 60%)
- Comparable to medications in one large trial (2 year follow up) but more studies needed
- Comparable to CBT
- Telehealth approaches show promise

Khusid, Mil Med, 2016;181:9-961-8.

 **CIH and Depression**

- 10-30% of people with depression use complementary approaches
 - 20-50% for people with bipolar disorder
 - Dietary supplements are most commonly used
- People who use CIH are more likely to have depression than general population
- Many people take meds and use other approaches at the same time



Image: "Escaping the Rabbit Hole," spaceinfield.com

Solomon et al, J Affect Disord, 2015;101-113.



Psychotherapy

- Always worth consideration (2/3 of people say it is helpful), and...
- 2018 Cochrane review, 6 trials, n=698
 - Moderately good evidence for treatment resistant depression along with “usual care”
- Which one to use?

¼ of depressed patients have tried some form of mind-body therapy

“Cognitive therapy teaches you to step in and use your prefrontal cortex instead of letting your emotions run away with you.”

-Anthes, Nature, 11/13/14

Ijaz et al, Cochrane, 2018(3):CD010558.