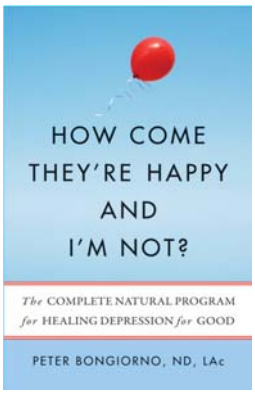


Dear Reader,

Thank you for your interest in the references for my book.

It is important to me that you are able to seek the original sources of the information contained in *How Come They're Happy and I'm Not?* if you wish.

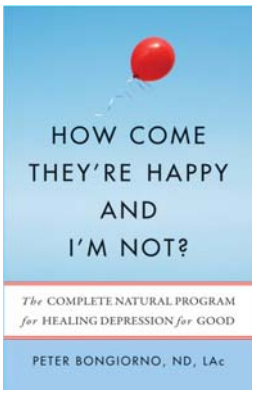
My original intent was to keep superscript reference numbers for each citation in the book, but it seems that there were way too many references for a book of this size .

As such, I decided to reprint the reference list here. These are divided by chapters for your convenience.

I am indebted to each name given in these references, for each citation represents countless hours of time a researcher or clinician put in so that we could all learn and benefit. Enjoy – *dr. peter bongiorno*

Introduction and Short History of Depression

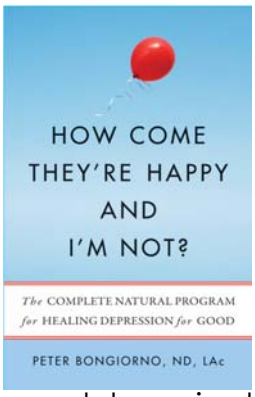
[1] World Health Organization. The global burden of disease: 2004 update:43
[1] World Health Organization. World Health Report. 2000. June 21.
[1] Olshansky SJ, Passaro DJ, Hershow RC, Layden J, Carnes BA, Brody J, Hayflick L, Butler RN, Allison DB, and Ludwig DS, "A Potential Decline in Life Expectancy in the United States in the 21st Century," New England Journal of Medicine, 352:11, pp. 1138-1145.
[1] IMS Health, 2007 Data, IMS Health Reports U.S. Prescription Sales http://www.imshealth.com/ accessed on July 7, 2009
[1] Blauner S, Bon C, Buruieres, Wong ML, Licinio J, Flores D. The Experience of Depression in The Biology of Depression Wiley-VCH 2005 :1025



[1] Turner EH, Matthews AM, Linardatos E, Tell RA, Rosenthal R. Selective publication of antidepressant trials and its influence on apparent efficacy. N Engl J Med 2008;358:252-60.
[1] Fournier JC, DeRubeis RJ, Hollon SD, Dimidjian S, Amsterdam JD, Shelton RC, Fawcett J Antidepressant drug effects and depression severity: a patient-level meta-analysis. JAMA. 2010 Jan 6;303(1):47-53.

Chapter 3: What Happy People Have in Common

[1] McIlwain, H. and Bachelard, H.S., Biochemistry and the Central Nervous System, Edinburgh: Churchill Livingstone, 1985
[1] M. E. RAICHLE and R. L. GRUBB, JR. Regulation of brain water perme,ability by centrally-released vasopressin Brain Research, 143 (1978) 191-194
[1] Egan G, Silk T, Zamarripa F, Williams J, Federico P, Cunnington R, Carabott L, Blair-West J, Shade R, McKinley M (2003) Proc Natl Acad Sci USA 100:15241–6. Neural correlates of the emergence of consciousness of thirst
[1] Parsons LM, Denton D, Egan G, McKinley M, Shade R, Lancaster J, Fox PT Neuroimaging evidence implicating cerebellum in support of sensory/cognitive processes associated with thirst (2000) Proc Natl Acad Sci USA 97:2332–2336.
[1] Fereydoon Batmanghelidj Your Body's Many Cries for Water 1997 Global Health Solutions Inc. pp:55-7
[1] Traka M, Gasper AV, Melchini A, Bacon JR, Needs PW, Frost V, Chantry A, Jones AM, Ortori CA, Barrett DA, Ball RY, Mills RD, Mithen RF. Broccoli consumption interacts with GSTM1 to perturb oncogenic signalling pathways in the prostate.PLoS One. 2008 Jul 2;3(7):e2568.
[1] Bill Misner Food Alone May Not Provide Sufficient Micronutrients for Preventing Deficiency J Int Soc Sports Nutr. 2006; 3(1): 51–55.
[1] Sánchez-Villegas Almudena; Delgado-Rodríguez Miguel; Alonso Alvaro; Schlatter Javier; Lahortiga Francisca; Majem Lluis Serra; Martínez-González Miguel Angel
Association of the Mediterranean dietary pattern with the incidence of depression: the Seguimiento Universidad de Navarra/University of Navarra follow-up (SUN) cohort.
Archives of general psychiatry 2009;66(10):1090-8.



[1] Michel Lucas, PhD, RD; Fariba Mirzaei, MD, MPH, ScD; An Pan, PhD; Olivia I. Okereke, MD, SM; Walter C. Willett, MD, DrPH; Éilis J. O'Reilly, ScD; Karestan Koenen, PhD; Alberto Ascherio, MD, DrPH Coffee, Caffeine, and Risk of Depression Among WomenArch Intern Med. 2011;171(17):1571-1578. doi:10.1001/archinternmed.2011.393

[1] Mori-Okamoto J, Otawara-Hamamoto Y, Yamato H, Yoshimura H. Pomegranate extract improves a depressive state and bone properties in menopausal syndrome model ovariectomized mice.
J Ethnopharmacol. 2004;92(1):93-101.

[1] Salas-Salvadó J, Casas-Agustench P, Murphy MM, López-Uriarte P, Bulló M. The effect of nuts on inflammation. Asia Pac JClin Nutr. 2008;17 Suppl 1:333-6.

[1] Hibbeln JR. Fish consumption and major depression. Lancet 1998;351:1213 (letter)

[1]Hibbeln R. Seafood consumption, the DHA content of mothers' milk and prevalence rates of postpartum depression: A cross-national, ecological analysis. J Affect Disord 2002;69: 15–29.

[1] Severus WE, Littman AB, Stoll AL. Omega-3 fatty acids, homocystiene, and the increased risk of cardiovascular mortality in major depression. Harvard Rev Psychiatry 2001; 9: 280–293.

[1] Mischoulon D, Fava M. Docosahexanoic acid and omega-3 fatty acids in depression. Psychiatr Clin North Am. 2000 Dec;23(4):785-94.

[1] October issue of the journal Neuroscience Research (Vol. 56, pp. 159-164)

[1] Fletcher, Horace (1849-1919)

[1] JAMIE LOCHER AND OWEN MORITZ Eating while driving causes 80% of all car accidents, study shows. NY Daily News Sunday, July 19, 2009 accessed online at: http://articles.nydailynews.com/2009-07-19/local/17928504_1_drink-and-drive-drivers-study

[1] David Kessler. The End of Overeating: Taking Control of the Insatiable American Appetite Rodale 2009

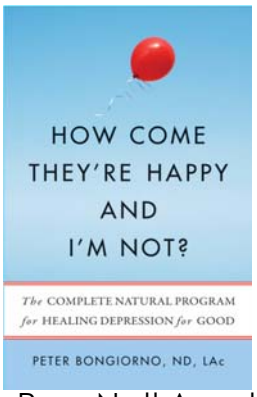
[1] David Kessler. The End of Overeating: Taking Control of the Insatiable American Appetite Rodale 2009

[1] Kristin Barendsen. Dealing with Depression Yoga Journal November/December 1996

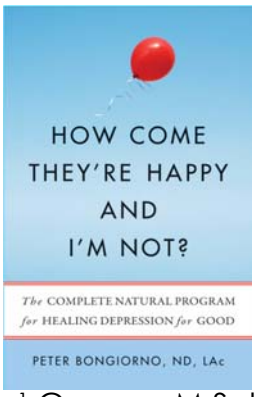
[1] Buckworth, J., & Dishman, R. K. (2002). Exercise Psychology. Champaign, IL: HumanKinetics Publishers, Inc.

[1] Callaghan P. Exercise: a neglected intervention in mental health care? J Psychiatr Ment Health Nurs. 2004;11(4):476-83.

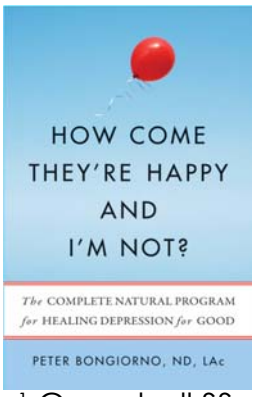
[1] Weyerer S, Kupfer B. Physical exercise and psychological health. Sports Med 1994; 17: 108–116



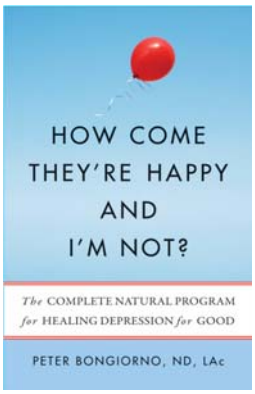
[1] Callaghan P. Exercise: a neglected intervention in mental health care? J Psychiatr Ment Health Nurs. 2004;11(4):476-83.
[1] C.W. Cotman and N.C. Berchtold, Exercise: a behavioral intervention to enhance brain health and plasticity. Trends Neurosci. 25 (2002), pp. 295–301
[1] Permutter D. Villodo A. Power Up Your Brain. Hay House. Calrsbad CA. 201187 – 97.
[1] Sapolsky RM. Depression, antidepressants, and the shrinking hippocampus. Proc Natl Acad Sci U S A. 2001 Oct 23;98(22):12320-2.
[1] H. van Praag, G. Kempermann and F.H. Gage, Running increases cell proliferation and neurogenesis in the adult mouse dentate gyrus. Nat. Neurosci. 2 (1999), pp. 266–270.
[1] Marleen H. M. De Moor; Dorret I. Boomsma; Janine H. Stubbe; Gonneke Willemsen; Eco J. C. de GeusTesting Causality in the Association Between Regular Exercise and Symptoms of Anxiety and Depression Arch Gen Psychiatry. 2008;65(8):897-905.
[1] Santarelli L, Saxe M, Gross C, Surget A, Battaglia F, Dulawa S, Weisstaub N, Lee J, Duman R, Arancio O, et al. (2003) Science 301:805–809.
[1] Babyak M, Blumenthal JA, Herman S, Khatri P, Doraiswamy M, Moore K, Craighead WE, Baldewicz TT, Krishnan KR. Exercise treatment for major depression: maintenance of therapeutic benefit at 10 months. Psychosom Med. 2000 ;62(5):633-8.
[1] Blumenthal JA, Babyak MA, Moore KA, Craighead WE, Herman S, Khatri P, Waugh R, Napolitano MA, Forman LM, Appelbaum M, Doraiswamy PM, Krishnan KR. Effects of exercise training on older patients with major depression. Arch Intern Med. 1999;159(19):2349-56.
[1] Blumenthal JA, Babyak MA, Carney RM, Huber M, Saab PG, Burg MM, Sheps D, Powell L, Taylor CB, Kaufmann PG. Exercise, depression, and mortality after myocardial infarction in the ENRICHD trial. Med Sci Sports Exerc. 2004;36(5):746-55.
[1] S Department of Health and Human Services. Agency for Health Care Policy and Research. Clinical Practice Guideline No. 17: Cardiac Rehabilitation. Washington, DC: Agency for Health Care Policy and Research; October 1995.AHCPR Publication No. 96-0672.
[1] Ringdahl EN, Pereira SL, Delzell JE Jr. Treatment of primary insomnia. J Am Board Fam Pract. 2004;17(3):212-9.
[1] Ford DE, Kamerow DB: Epidemiologic study of sleep disturbances and psychiatric disorders: an opportunity for prevention? JAMA 1989; 262:1479–1484
[1] Buysse DJ, Frank E, Lowe KK, Cherry CR, Kupfer DJ: Electroencephalographic sleep correlates of episode and vulnerability to recurrence in depression. Biol Psychiatry 1997; 41:406–418



[1] Rakecki S, Brunton A. Management of insomnia in office-based practice. Arch Fam Med 1993;2:1129–34.
[1] Irwin MR, Gillin JC, Fortner M, Costlow C. Depression: Sleep and immunity. Biological Psychiatry 1997;42(1) Supp 1: 9S.
[1] Milleron O, Pilliere R, Foucher A, de Roquefeuil F, Aegerter P, Jondeau G, Raffestin BG, Dubourg O. Benefits of obstructive sleep apnoea treatment in coronary artery disease: a long-term follow-up study. Eur Heart J. 2004;25(9):709-711,728-34.
[1] Carmen M Schröder and Ruth O'Hara Depression and Obstructive Sleep Apnea Annals of General Psychiatry 2005, 4:13
[1] Derderian SS, Bridenbaugh RH, Rajagopal KR: Neuropsychologic symptoms in obstructive sleep apnea improve after treatment with nasal continuous positive airway pressure.
Chest 1988, 94:1023-1027
[1] Millman RP, Fogel BS, McNamara ME, Carlisle CC: Depression as a manifestation of obstructive sleep apnea: reversal with nasal continuous positive airway pressure.
J Clin Psychiatry 1989, 50:348-351.
[1] Munoz A, Mayoralas LR, Barbe F, Pericas J, Agusti AG: Long-term effects of CPAP on daytime functioning in patients with sleep apnoea syndrome.
Eur Respir J 2000, 15:676-681.
[1] enke KG, Grady JJ, Kuna ST: Effect of nasal continuous positive airway pressure on neuropsychological function in sleep apnea-hypopnea syndrome. A randomized, placebo-controlled trial.
Am J Respir Crit Care Med 2001, 163:911-917.
[1] M.G. Smits and S.R. Pandi-Perumal. Delayed Sleep Phase Syndrome: A Melatonin Onset Disorder From the book Melatonin: Biological Basis of its Function in Health and Disease dited by: S.R. Pandi-Perumal, Daniel P. Cardinali Landes Bioscience 2005 accessed online: www.landesbioscience.com/ curie/chapter/2420/
[1] Bongiorno PB. Healing Depression: Integrated Naturopathic and Conventional Treaments. CCNM Publishing. 2010. P 171 published with permission
[1] M.G. Smits and S.R. Pandi-Perumal. Delayed Sleep Phase Syndrome: A Melatonin Onset Disorder From the book Melatonin: Biological Basis of its Function in Health and Disease dited by: S.R. Pandi-Perumal, Daniel P. Cardinali Landes Bioscience 2005 accessed online: www.landesbioscience.com/ curie/chapter/2420/
[1] Gilbert R, Metcalfe C, Oliver SE, Whiteman DC, Bain C, Ness A, Donovan J, Hamdy F, Neal DE, Lane JA, Martin RM. Life course sun exposure and risk of prostate cancer: Population-based nested case-control study and meta-analysis. Int J Cancer. 2009 Mar 4



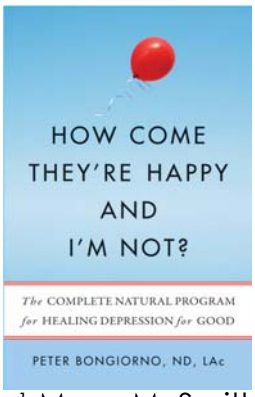
[1] William B. Grant How strong is the evidence that solar ultraviolet B and vitamin D reduce
the risk of cancer? Dermato-Endocrinology 1:1, 17-24; January/February 2009];
[1] Pizzorno J. Naturopathic Principles. Keynote speech at the 2010 AANP Convention. Portland, OR.
[1] Dobnig H et al. Independent Association of Low Serum 25-Hydroxyvitamin D and 1,25-Dihydroxyvitamin D Levels With All-Cause and Cardiovascular Mortality. Arch Intern Med. 2008;168(12):1340-1349.
[1] Campbell SS., Murphy PJ. Extraocular circadian phototransduction in humans. Science 1998 Jan; 279(5349): 396-399.
[1] GW Lambert , C Reid, DM Kaye, GL Jennings MBBS a, MD Esler Effect of sunlight and season on serotonin turnover in the brain The Lancet, Volume 360, Issue 9348, Pages 1840 - 1842, 7 December 200[1] Seasonal Variation in Human Brain Serotonin Transporter Binding
Nicole Praschak-Rieder, MD; Matthaeus Willeit, MD; Alan A. Wilson, PhD; Sylvain Houle, MD, PhD; Jeffrey H. Meyer, MD, PhD
Arch Gen Psychiatry. 2008;65(9):1072-1078.
[1] Barbara L. Parry, Charles J. Meliska, Diane L. Sorenson, Ana M. Lo´pez, Luis F. Martı´nez,
Sara Nowakowski, Richard L. Hauger, and Jeffrey A. Elliott Increased Melatonin and Delayed Offset in Menopausal Depression: Role of Years Past Menopause, Follicle-Stimulating Hormone, Sleep End
Time, and Body Mass Index J Clin Endocrinol Metab 93: 54–60, 2008
[1] Brown, M.A., Goldstein-Shirley, J., Robinson, J., et al. The effects of multi-modal intervention trial on light, exercise, and vitamins on women's mood. Women & Health 2001; 34:93-112.
[1] Feldman SR, Liguori A, Kucenic M, et al. Ultraviolet exposure is a reinforcing stimulus in frequent indoor tanners. J Am Acad Dermatol 2004;51:45-51
[1] Tsai JF, Hsiao S, Wang SY. Infrared irradiation has potential antidepressant effect. Prog Neuropsychopharmacol Biol Psychiatry. 2007 Oct 1;31(7):1397-400
[1] Garland CF, Gorham ED, Mohr SB, Grant WB, Giovannucci EL, Lipkin M, Newmark H, Holick MF, Garland FC. Vitamin D and prevention of breast cancer: pooled analysis. J Steroid Biochem Mol Biol. 2007 Mar;103(3-5):708-11
[1] Kevin D, Victoria N. Food deprivation modulates chronic stress effects on object recognition in male rats: role of monoamines and amino acids. Brain Res 1999;830:56-71.
[1]Olah A, Jozsa R, Csernus V, Sandor J, Muller A, Zeman M, Hoogerwerf W, Cornélissen G, Halberg F. Stress, geomagnetic disturbance, infradian and



circadian sampling for circulating corticosterone and models of human depression? Neurotox Res. 2008 Apr;13(2):85-96.
[1] Katz RJ, Roth KA, Carroll BJ. Acute and chronic stress effects on open field activity in the rat: implications for a model of depression. Neurosci Biobehav Rev 1981;5:247-251.
[1] Moran, J. M., Wig, G. S., Adams, R. B., Jr., Janata, P., & Kelley, W. M., (2004). Neural correlates of humor detection and appreciation. Neuroimage, 21, 1055-1060.
[1] Kay M Johnson, MD, MPH,[1,2] Karin M Nelson, MD, MSHS,[1,2,3] and Katharine A Bradley, MD, MPH Television Viewing Practices and Obesity Among Women Veterans. J Gen Intern Med. 2006 March; 21(S3): S76–S81.
[1] Christakis DA, Zimmerman FJ. Violent television viewing during preschool is associated with antisocial behavior during school age. Pediatrics. 2007 Nov;120(5):993-9.
[1] Papazian E, editor. New York: Media Dynamics Inc; 2003. TV Dimensions.
[1] New York: Nielsen Media Research; 2003. Nielsen Report on Television.
[1] Robinson J. 2008 Social Indicators Research

Chapter 4: Checking Out Your Engine and Cooling the Fire

[1] Dowdy DW, Dinglas V, Mendez-Tellez PA, Bienvenu OJ, Sevransky J, Dennison CR, Shanholtz C, Needham DM. Intensive care unit hypoglycemia predicts depression during early recovery from acute lung injury. Crit Care Med. 2008 Oct;36(10):2726-33.
[1] Pearson S, Schmidt M, Patton G, Dwyer T, Blizzard L, Otahal P, Venn A.Diabetes Depression and insulin resistance: cross-sectional associations in young adults.
Care. 2010 May;33(5):1128-33.
[1] Benton D, Brock H. Mood and the macro-nutrient composition of breakfast and the mid-day meal. Appetite. 2010 Aug 13. [Epub ahead of print]
[1] Harvey et al., Biochemistry: 3rd Edition, Baltimore: Lippincott, 2005, pp. 235-238.
[1] Shrivastava S, Pucadyil TJ, Paila YD, Ganguly S, Chattopadhyay A. Chronic cholesterol depletion using statin impairs the function and dynamics of human serotonin(1A) receptors.Biochemistry. 2010 Jul 6;49(26):5426-35.



[1] Hibbeln JR, Umhau JC, George DT, Salem N Jr. Do plasma polyunsaturates predict hostility and depression? World Rev Nutr Diet. 1997;82:175-86

[1] Troisi A, Moles A, Panepuccia L, Lo Russo D, Palla G, Scucchi S Serum cholesterol levels and mood symptoms in the postpartum period. Psychiatry Research 2002; 3 (15): 213-219

[1] Steffens DC, McQuoid DR, Krishnan KR Cholesterol-lowering medication and relapse of depression. Psychopharmacol Bull. 2003;37(4):92-8.

[1] Maes M, Smith R, Christophe A, Vandoolaeghe E, Van Gastel A, Neels H, Demedts P, Wauters A, Meltzer HY. Lower serum high-density lipoprotein cholesterol (HDL-C) in major depression and in depressed men with serious suicidal attempts: relationship with immune-inflammatory markers. Acta Psychiatr Scand. 1997 Mar; 95(3):212-21.

[1] Dwyer JH, Rieger-Ndakorerwa GE, Semmer NK, et al. Low-level cigarette smoking and longitudinal change in serum cholesterol among adolescents. JAMA 1988;2857–62.

[1] Hata Y, Nakajima K. Life-style and serum lipids and lipoproteins. J Atheroscler Thromb. 2000;7(4):177-97.

[1] Ellison RC, Zhang Y, Qureshi MM, Knox S, Arnett DK, Province MA. Lifestyle Determinants of High-density Lipoprotein Cholesterol: The National Heart, Lung, and Blood Institute Family Heart Study. Am Heart J 2004; 147(3):529-535.

[1] Sun Y, Chien KL, Hsu HC, Su TC, Chen MF, Lee YT. Use of Serum Homocysteine to Predict Stroke, Coronary Heart Disease and Death in Ethnic Chinese. Circ J. 2009 Jun 11. [Epu Baumel S. Dealing b ahead of print]

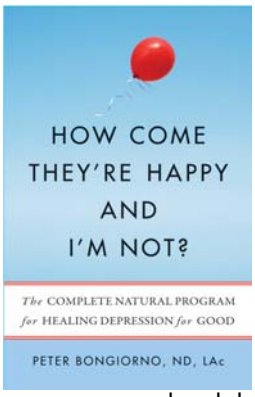
[1] Almeida OP, McCaul K, Hankey GJ, et al. Homocysteine and depression in later life. Arch Gen Psychiatry 2008;65:1286-1294.

[1] [Does diet affect our mood? The significance of folic acid and homocysteine]
Karakuła H, Opolska A, Kowal A, Domański M, Płotka A, Perzyński J.
Pol Merkur Lekarski. 2009 Feb;26(152):136-41

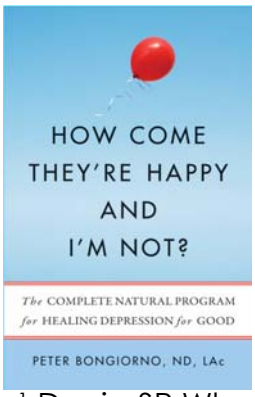
[1] Danner M, Kasl SV, Abramson JL, Vaccarino V. Association between depression and elevated C-reactive protein.Psychosom Med. 2003 May-Jun;65(3):347-56.

[1] Cizza G, Eskandari F, Coyle M, Krishnamurthy P, Wright EC, Mistry S, Csako G; P.O.W.E.R. (Premenopausal, Osteoporosis Women, Alendronate, Depression) Study Group. Plasma CRP levels in premenopausal women with major depression: a 12-month controlled study.Horm Metab Res. 2009 Aug;41(8):641-8. Epub 2009 Apr 30.

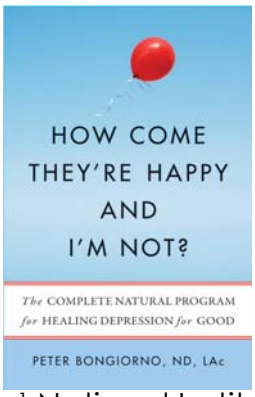
[1] American Journal of Clinical Nutrition, April 2006



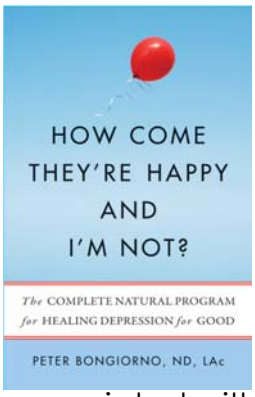
[1] Block G, et al. Vitamin C treatment reduces elevated C-reactive protein. Free Rad Biol Med. 2008
[1] Bokemeyer C, Foubert J. Anemia impact and management: focus on patient needs and the use of erythropoietic agents. Semin Oncol. 2004;31(3 Suppl 8):4-11.
[1] Verdon F, Burnand B, Stubi CL, Bonard C, Graff M, Michaud A, Bischoff T, de Vevey M, Studer JP, Herzig L, Chapuis C, Tissot J, Pecoud A, Favrat B. Iron supplementation for unexplained fatigue in non-anaemic women: double blind randomised placebo controlled trial BMJ 2003;326:1124
[1] Davis JD, Tremont G. Neuropsychiatric Aspects of Hypothyroidism and Treatment Reversability. Minerva Endocrinol 2007;32(1):953-959
[1] AACE Medical Guidelines for Clinical Practice for the Evaluation and Treatment of Hyperthyroidism and Hypothyroidism. Endocrine Practice 2002; 8(6) Nov/Dec.
[1] Petersen P. Psychiatric disorders in primary hyperparathyroidism. J Clin Endocrinol Metab. 1968;28(10):1491-1495.
[1] Watson LC, Marx CE. New onset of neuropsychiatric symptoms in the elderly: possible primary hyperparathyroidism. Psychosomatics. 2002;43(5):413-417.
[1] I.M. Goodyer, J. Herbert, A. Tamplin and P.M. Altham, Recent life events, cortisol, dehydroepiandrosterone and the onset of major depression in high-risk adolescents, Br. J. Psychiatry 177 (2000), pp. 499–504.
[1] Wattana Leowattana DHEAS as a new diagnostic tool. Clinica Chimica Acta Volume 341, Issues 1-2 , March 2004, Pages 1-15
[1] Wang HT, Chen SM, Lee SD, Hsu MC, Chen KN, Liou YF, Kuo CH.The role of DHEA-S in the mood adjustment against negative competition outcome in golfers. J Sports Sci. 2009 Feb 1;27(3):291-7.
[1] K.K. Karishma and J. Herbert, Dehydroepiandrosterone (DHEA) stimulates neurogenesis in the hippocampus of the rat, promotes survival of newly formed neurons and prevents corticosterone-induced suppression, Eur. J. Neurosci. 16 (2002), pp. 445–453.
[1] H.A. Alhaj, A.E. Massey and R.H. McAllister-Williams, Effects of DHEA administration on episodic memory, cortisol and mood in healthy young men: a double-blind, placebo-controlled study, Psychopharmacology 188 (2006), pp. 541–551.
[1] Antiglucocorticoid treatments for mood disorders. Gallagher P, Malik N, Newham J, Young AH, Ferrier IN, Mackin P. Cochrane Database Syst Rev. 2008 Jan 23;(1):CD005168. Review.
[1] Peter J. Schmidt, MD; Robert C. Daly, MD; Miki Bloch, MD; Mark J. Smith, MD, PhD; Merry A. Danaceau, RN; Linda Simpson St. Clair, RN; Jean H. Murphy, RN, MSN; Nazli Haq, MA; David R. Rubinow, MD



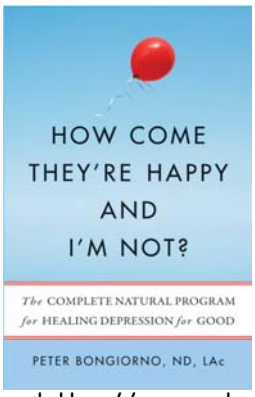
Dehydroepiandrosterone Monotherapy in Midlife-Onset Major and Minor Depression Arch Gen Psychiatry. 2005;62:154-162.
[1] Wiebke Arlt Androgen therapy in women European Journal of Endocrinology, 2006;Vol 154, Issue 1, 1-11
[1] Antioxidant activity of dioscorea and dehydroepiandrosterone (DHEA) in older humans. Araghiniknam M, Chung S, Nelson-White T, Eskelson C, Watson RR.
Life Sci. 1996;59(11):PL147-57.
[1] Davis SR When to suspect androgen deficiency other than at menopause Fertility and Sterility 2002; 77 (Supp 4): 68-71
[1] Carnahan RM, Perry PJ. Depression in aging men: the role of testosterone. Drugs Aging. 2004;21(6):361-76.
[1] arrett-Connor E, Von Muhlen DG et al. Bioavailable testosterone and depressed mood in older men: The Rancho Bernardo Study. J Clin Endocrinol Metab. 1999;84(2):573–7.
[1] Pope HG Jr, Cohane GH, Kanayama G, Siegel AJ, Hudson JI. Testosterone gel supplementation for men with refractory depression: a randomized, placebo-controlled trial Am J Psychiatry 2003 Jan;160(1):105-11
[1] No authors listed. Celiac Disease. Evidence Report/Technology Assessment: Number 104 US Department of Health and Human Services. http://www.ahrq.gov/clinic/epcsums/celiacsum.htm accessed June 20, 2009
[1] Mäki M, Collin P: Coeliac disease. Lancet 1997; 349:1755-175
[1] Hernanz A, Polanco I: Plasma precursor amino acids of central nervous system monoamines in children with coeliac disease. Gut 1991; 32:1478-1481
[1] Increased Prevalence and Mortality in Undiagnosed Celiac Disease Gastroenterology, Volume 137, Issue 1, July 2009, Pages 88-93
Alberto Rubio–Tapia, Robert A. Kyle, Edward L. Kaplan, Dwight R. Johnson, William Page, Frederick Erdtmann, Tricia L. Brantner, W. Ray Kim, Tara K. Phelps, Brian D. Lahr, Alan R. Zinsmeister, L. Joseph Melton III, Joseph A. Murray
[1] Fasano A, Catassi C. Current approaches to diagnosis and treatment of celiac disease: an evolving spectrum. Gastroenterology 2001;120(3):636-51.
[1] Aternative Medicine Review – Monographs volume I (Czap A. editor) Carnitine.2002. p 76
[1] Soczynska JK, Kennedy SH, Chow CS, Woldeyohannes HO, Konarski JZ, McIntyre RS. Acetyl-L-carnitine and alpha-lipoic acid: possible neurotherapeutic agents for mood disorders. Expert Opin Investig Drugs. 2008 Jun;17(6):827-43



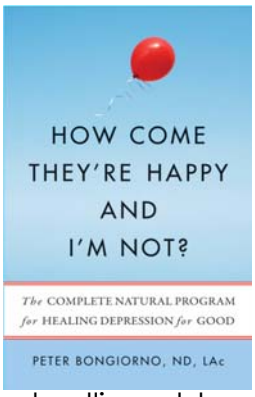
[1] Cruciani RA, Dvorkin E, et al, "Safety, Tolerability and Symptom Outcomes Associated with l-Carnitine Supplementation in Patients with Cancer, Fatigue, and Carnitine Deficiency: A Phase I/II Study," J Pain Symptom Manage, 2006; 32(6): 551-559.
[1] Stahl SM L-methylfolate: a vitamin for your monoamines. J Clin Psychiatry. 2008 Sep;69(9):1352-3
[1] Coppen A, Bolander-Gouaille C. Treatment of depression: time to consider folic acid and vitamin B12. J Psychopharmacol. 2005 Jan;19(1):59-65.
[1] National Institute of Mental Health, Bethesda, MD, USA. Depression in children and adolescents: a fact sheet for physicians, 2006. www.mental-health-matters.com/articles/article.php?artID=320 accessed May 2, 2009
[1] Coppen A, Bailey J. Enhancement of the antidepressant action of fluoxetine by folic acid: a randomised, placebo controlled trial. J Affect Disord 2000; 60(2):121–30.
[1] Fugh-Berman A, Cott JM. Dietary Supplements and Natural Products as Psychotherapeutic Agents Psychosomatic Medicine 1999; 61:712-728.
[1] Fugh-Berman A, Cott JM. Dietary Supplements and Natural Products as Psychotherapeutic Agents Psychosomatic Medicine 1999; 61:712-728.
[1] van Ede AE, Laan RF, Rood MJ, Huizinga TW, van de Laar MA, van Denderen CJ, Westgeest TA, Romme TC, de Rooij DJ, Jacobs MJ, de Boo TM, van der Wilt GJ, Severens JL, Hartman M, Krabbe PF, Dijkmans BA, Breedveld FC, van de Putte LB. Effect of folic or folinic acid supplementation on the toxicity and efficacy of methotrexate in rheumatoid arthritis: a forty-eight week, multicenter, randomized, double-blind, placebo-controlled study. Arthritis Rheum. 2001; 44(7):1515-24.
[1] www.worldshealthiestfoods.com accessed on May 22, 2009
[1] Vitamin D and chronic pain. Pain, Volume 141, Issues 1-2, January 2009, Pages 10-13. Sebastian Straube, R. Andrew Moore, Sheena Derry, Henry J. McQuay
[1] P. Autier and S. Gandini, Vitamin D supplementation and total mortality: a meta-analysis of randomized controlled trials, Arch Intern Med 167 (2007), pp. 1730–1737.
[1] Wion D , MacGrogan D, Neveu I, Jehan F, Houlgatte R, Brachet P. 1,25-Dihydroxyvitamin D_3 is a potent inducer of nerve growth factor synthesis. J Neurosci Res. 1991;28(1):110-114.
[1] Stumpf WE. Vitamin D sites and mechanisms of action: a histochemical perspective. Reflections on the utility of autoradiography and cytopharmacology for drug targeting. Histochem Cell Biol. 1995;104(6):417-427.
[1] Stumpf WE, O'Brien LP. 1,25 (OH)2 vitamin D_3 sites of action in the brain: an autoradiographic study. Histochemistry. 1987;87(5):393-406.



[1] O'Loan J, Eyles DW, Kesby J, Ko P, McGrath JJ, Burne TH. Vitamin D deficiency during various stages of pregnancy in the rat: its impact on development and behaviour in adult offspring. Psychoneuroendocrinology. 2007;32(3):227-234.
[1] Eyles DW, Smith S, Kinobe R, Hewison M, McGrath JJ. Distribution of the vitamin D receptor and 1 alpha-hydroxylase in human brain. J Chem Neuroanat. 2005;29(1):21-30.
[1] Hoogendijk WJG, Lips P, Dik MG, et al. Depression is associated with decreased 25-hydroxyvitamin D and increased parathyroid hormone levels in older adults. Arch Gen Psychiatry 2008;65:508-12.
[1] Lansdowne ATG, Provost SC. Vitamin D_3 enhances mood in healthy subjects during winter. Psychopharmacology (Berl) 1998;135:319-23
[1] R. Jordea, M. Snevea, Y. Figenschaua, J. Svartberga and K. Waterlooa Effects of vitamin d supplementation on symptoms of depression in obese subjects: Randomized double blind trial Journal of Internal Medicine, Vol. 264, No. 6. (December 2008), pp. 599-609.
[1] Hibbeln JR. Fish consumption and major depression. Lancet 1998;351:121
[1] Garland CF, Gorham ED, Mohr SB, Grant WB, Giovannucci EL, Lipkin M, Newmark H, Holick MF, Garland FC. Vitamin D and prevention of breast cancer: pooled analysis. J Steroid Biochem Mol Biol. 2007 Mar;103(3-5):708-11
[1] Vieth R, Kimball S, Hu A, Walfish PG. Randomized comparison of the effects of the vitamin D3 adequate intake versus 100 mcg (4000 IU) per day on biochemical responses and the wellbeing of patients. Nutr J. 2004; 3(1):8.
[1] Burton J. Annual meeting of the American Academy of Neurology. April 2009
[1] Vieth R. Vitamin D supplementation, 25-hydroxy-vitamin D concentrations, and safety. Am J Clin Nutr 1999;69:842–56.
[1] Assessment of dietary vitamin D requirements during pregnancy and lactation Bruce W Hollis and Carol L Wagner . Am J Clin Nutr 2004;79:717–26.
[1] Vitamin D Supplementation and Total Mortality A Meta-analysis of Randomized Controlled Trials Philippe Autier, MD; Sara Gandini, PhD Arch Intern Med. 2007;167(16):1730-1737.
[1] Emmanuel AV, Mason HJ, Kamm MA. Relationship between psychological state and level of activity of extrinsic gut innervation in patients with a functional gut disorder 2001; 49; 209-1
[1] Gershon M. The Second Brain 1999 Harper Collins



[1] "serotonin." Encyclopædia Britannica. 2009. Encyclopædia Britannica Online. 14 Jun. 2009 <http://www.britannica.com/EBchecked/topic/535741/serotonin>.
[1] Mäki M, Collin P: Coeliac disease. Lancet 1997; 349:1755-175
[1] Hallert C, Derefeldt T: Psychic disturbances in adult coeliac disease: 1. clinical observations. Scand J Gastroenterol 1982; 17:17-19
[1] Hernanz A, Polanco I: Plasma precursor amino acids of central nervous system monoamines in children with coeliac disease. Gut 1991; 32:1478-1481
[1] Päivi A Pynnönen,[1] Erkki T Isometsä,[2] Matti A Verkasalo,[1] Seppo A Kähkönen,[3] Ilkka Sipilä,[1] Erkki Savilahti,[1] and Veikko A Aalberg[1] Gluten-free diet may alleviate depressive and behavioural symptoms in adolescents with coeliac disease: a prospective follow-up case-series study BMC Psychiatry. 2005; 5: 14.
[1] Miller AH, Maletic V, Raison CL. Inflammation and its discontents: the role of cytokines in the pathophysiology of major depression. Biol Psychiatry. 2009 May 1;65(9):732-41.
[1] Das UN. Is depression a low-grade systemic inflammatory condition? Am J Clin Nutr. 2007;85:1665–1666.
[1] Anisman H, Merali Z. Cytokines, stress and depressive illness: brain-immune interactions. Ann Med. 2003;35:2-11.
[1] Wong M-L, Bongiorno PB, Rettori V, McCann SM, Licinio J: Interleukin (IL) 1b, IL-1 receptor antagonist, IL-b, and IL-13 gene expression in the central nervous system and anterior pituitary during systemic inflammation: Pathophysiological Implications. Proceedings of the National Academy of Sciences 1997; 94: 227-232.
[1] O'Brien SM, Scott LV, Dinan TG. Cytokines: abnormalities in major depression and implications for pharmacological treatment. Hum Psychopharmacol 2004;19:397–403.
[1] Sluzewska A, Rybakowski J, Bosmans E, et al. Indicators of immune activation in major depression. Psychiatry Res 1996;64:161–7.
[1] Basterzi AD, Aydemir C, Kisa C, et al. IL-6 levels decrease with SSRI treatment in patients with major depression. Hum Psychopharmacol 2005;20:473–6.
[1] Maes M, Yirmyia R, Noraberg J, Brene S, Hibbeln J, Perini G, Kubera M, Bob P, Lerer B, Maj M. The inflammatory & neurodegenerative (I&ND)



hypothesis of depression: leads for future research and new drug developments in depression. Metab Brain Dis. 2009 Mar;24(1):27-53

[1] L Stokes, R Letz, F Gerr, M Kolczak, FE McNeill, DR Chettle and WE Kaye. Neurotoxicity in young adults 20 years after childhood exposure to lead: the Bunker Hill experience. Occupational and Environmental Medicine 1998;55:507-516;

[1] Shih RA, Glass TA, Bandeen-Roche K et al. Environmental lead exposure and cognitive function in community-dwelling older adults. Neurology 2006;67:1556-1562

[1] Siblerud RI. The relationship between mercury from dental amalgam and mental health. Am J Psychother 1989;43:575-587

[1] Saper RB, Kales SN, Paquin J, Burns MJ, Eisenberg DM, Davis RB, Phillips RS. Heavy metal content of ayurvedic herbal medicine products. JAMA. 2004 Dec 15;292(23):2868-73

[1] Ko, R.J., Adulterants in Asian patent medicines. N Engl J Med, 1998. 339(12): 847.

[1]S Flora SJ, Mittal M, Mehta A. Heavy metal induced osidative stress and its possible reversal by chelation therapy. Indian J Med Res 2008;128:501-523

[1] Bernard S et al. Medical Hypotheses 2001; 56.

[1] Nagamura A et al. Investigation of intracellular factors involved in methylmercury toxicity. Thoku J Exp Med 196, 65-70, 2002

[1] Mills, K.C., 1997. Serotonin syndrome. Medical Toxicology 13, pp. 763–783.

[1] Aschner M. Involvement of glutamate and reactive oxygen species in methyl mercury neurotoxicity. Brazil J MedRes 2007;40:285-9

[1] Allen JM. The consequences on methyl mercury exposureon interactive function between astrocytes and neurons. Neurotoxicology 2002;23:755-9

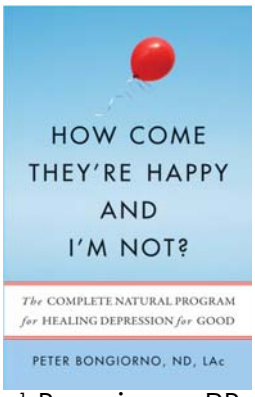
[1] Crinnion W. The benefits of Pre and Post challenge urine heavy metal testing: Part !. Alt Med Review 2009:14:3

[1] Crinnion W. Environmental Medicine, Part 1:The Human Burden of Environmental Toxins and Their Common Health Effects. Altern Med Rev 2000;5(1):52-63)

[1] Lin EHB, Rutter CM, Katon W, Heckbert SR, Ciechanowski P, Oliver MM, Ludman EJ, Young BA, Williams LH, McCulloch DK, Von Korff M. Depression and advanced complications of diabetes. Diabetes Care. 2010 Feb. 33(2): 264-269.

[1] Lee DH, Lee IK, Song K, Steffes M, Toscano W, Baker BA, Jacobs DR Jr. A strong dose-response relation between serum concentrations of persistent organic pollutants and diabetes: results from the National Health and Examination Survey 1999-2002.
Diabetes Care. 2006 Jul;29(7):1638-44.

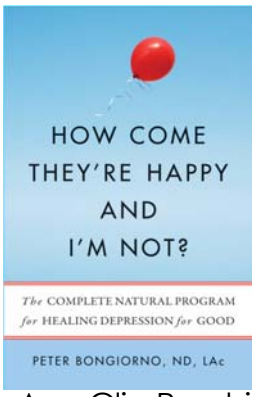
[1] Gray et al. Br J Nutr 1999 Mar;81(3):203-9. Chithra Vet al. Indian J Biochem Biophys 1999 Feb;36(1):59-61.



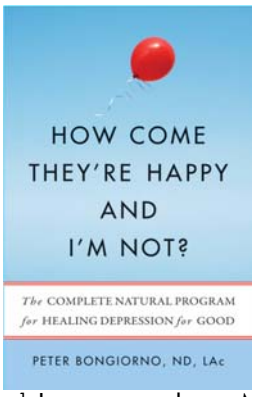
[1] Delaquis et al. Int J Food Microbiol. 2002 Mar 25;74(1-2):101-9.
[1] Ramanathan K, Anusuyadevi M, Shila S, Panneerselvam C. Ascorbic acid and tocopherol as potent modulators of apoptosis on arsenic induced toxicity in rats. Toxicol Lett 2005; 156 : 297-306.
[1] Flora SJS, Mehta A, Gupta R. Prevention of arsenic induced hepatic apoptosis by concomitant administration of garlic extracts in mice. Chem Biol Interact 2008
[1] Bongiorno PB, Fratellone P, LoGiuidice P. Garlic (Allium Sativum): A Narrative Review. Journal ofComplementary and Alternative Medicine. 2008: 5(1)
[1] Baumel S. Dealing with Depression Naturally. 2nd ed. Keats. 2000 P. 50
[1] Sanders KM, Stuart AL, Williamson EJ, Jacka FN, Dodd S, Nicholson G, Berk M. Annual high-dose vitamin D3 and mental well-being: randomised controlled trial. Br J Psychiatry. 2011 May;198(5):357-64.

Chapter 5: Your Daily Regimen… Which Supplement is Right for You?

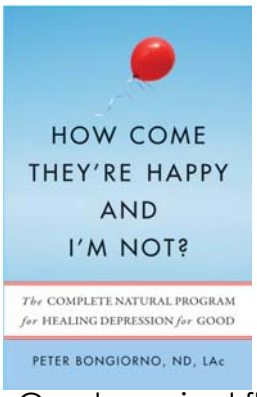
[1] http://dictionary.reference.com/browse/supplement accessed 8-27-2011
[1] Song C, Zhang XY, Manku M. Increased phospholipase A2 activity and inflammatory response but decreased nerve growth factor expression in the olfactory bulbectomized rat model of depression: effects of chronic ethyl-eicosapentaenoate treatment. J Neurosci. 2009 Jan 7;29(1):14-22
[1] P.B. Adams, S. Lawson and A. Sanigorski et al., Arachidonic acid to eicosapentaenoic acid ratio in blood correlates positively with clinical symptoms of depression, Lipids 31 (Suppl) (1996), pp. S157–S161.
[1] Sublette ME, Milak MA, Hibbeln JR, Freed PJ, Oauendo MA, Malone KM, Parsey RV, Mann JJ. Plasma polyunsaturated fatty acids and regional cerebral glucose metabolism in major depression. Prostaglandins Leukot Essent Fatty Acids 2009;80:57-64
[1] Parker G, Gibson NA, Brotchie H, Heruc G, Rees AM, Hadzi-Pavlovic D. Omega-3 fatty acids and mood disorders. Am J Psychiatry 2006;163:969–78
[1] De Vriese SR, Christophe AB, Maes M. In humans, the seasonal variation in poly-unsaturated fatty acids is related to the seasonal variation in



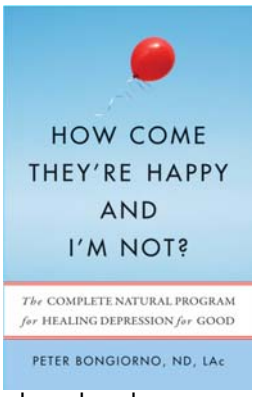
violent suicide and serotonergic markers of violent suicide. Prostaglandins Leukot Essent Fatty Acids 2004;71:13–8.
[1] Arvindakshan M, Ghate M, Ranjekar PK, Evans DR, Mahadik SP. Supplementation with a combination of omega-3 fatty acids and antioxidants (vitamins E and C) improves the outcome of schizophrenia. Schizophr Res 2003;62:195–204.
[1] Freeman MP. Omega-3 fatty acids in psychiatry: a review.
Ann Clin Psychiatry. 2000 Sep;12(3):159-65.
[1] Peet, M., Horrobin, D. F. & E-E Multicentre Study Group (2002) A dose-ranging exploratory study of the effects of ethyl-eicosapentaenoate in patients with persistent schizophrenic symptoms. Journal of Psychiatric Research, 36, 7-18.
[1] da Silva TM, Munhoz RP, Alvarez C, Naliwaiko K, Kiss A, Andreatini R, Ferraz AC. Depression in Parkinson's disease: a double-blind, randomized, placebo-controlled pilot study of omega-3 fatty-acid supplementation. J Affect Disord. 2008 Dec;111(2-3):351-9.
[1] Kroes R, Schaefer EJ, Squire RA, Williams GM. A review of the safety of DHA45-oil. Food Chem Toxicol. 2003;41(11):1433-46.
[1] William S Harris, James V Pottala, Scott A Sands, and Philip G Jones Comparison of the effects of fish and fish-oil capsules on the n–3 fatty acid content of blood cells and plasma phospholipids
Am. J. Clinical Nutrition, Dec 2007; 86: 1621 - 1625
[1] Elvevoll EO, Barstad H, Breimo ES, Brox J, Eilertsen KE, Lund T, Olsen JO, Osterud B. Enhanced incorporation of n-3 fatty acids from fish compared with fish oils. Lipids. 2006 Dec;41(12):1109-14
[1] Omega 3 Fats. Vegetarian Society Information Sheet. http://www.vegsoc.org/info/omega3.html accessed on July 13, 2009
[1] Hibbeln JR, Salen N. 1995 Dietary Polyunsaturated Fats and Depression: When Cholesterol Does not Satisfy, American Journal of Clinical Nutrition 62 (1):1-9
[1] DF Horrobin Fatty acid metabolism in health and disease: the role of delta-6- desaturase American Journal of Clinical Nutrition, Vol 57, 732S-736S. 1993
[1] Alcoholism As An Allergy (Paperback) by Mary Greeley Chapter 11 Xlibris Corp, 2000
[1] Yam D, Eliraz A, Berry EM. Diet and disease - the Israeli paradox: possible dangers of high omega-6 polyunsaturated fatty acid diet. Isr J Med Sci. 1996;32(11):1134-1143
[1] Horrobin DF. The role of essential fatty acids and prostaglandins in the premenstrual syndrome. JReprod Med. 1983;28(7):465-468.



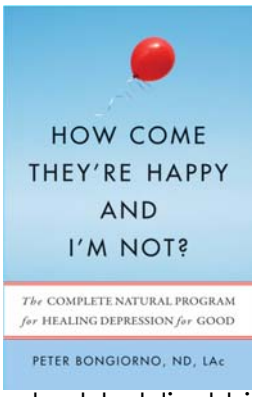
[1] Ernest B. Hawkins, Steven D. Ehrlich, Gamma-linolenic acid (GLA). University of Maryland Medical center website: http://www.umm.edu/altmed/articles/gamma-linolenic-000305.htm accessed on July 3, 2009
[1] Sher L. Role of selenium depletion in the etiopathogenesis of depression in patient with alcoholism. Med Hypotheses 2002; 59 (3):330-3
[1] Finley JW, Penland JG.Adequacy or deprivation of dietary selenium in healthy men: clinical and psychological findings. Trace Elem Exp Med 1998:11-27
[1] Longnecker, MP. Selenium in diet, blood, and toenails in relation to human health in a seleniferous area. Am J Clin Nutr 1991;53:1288-1294
[1] Gaby AR. Nutrient Therapeutics. Published by the author. 2000:42-43
[1] Pouwer F, Snoek FJ. Association between symptoms of depression and glycaemic control may be unstable across gender. Diabet Med. 2001;18(7):595-8.
[1]Attenburrow MJ, Odontiadis J, Murray BJ, Cowen PJ, Franklin M. Chromium treatment decreases the sensitivity of $5HT_{2A}$ receptors. Psychopharmacology 2002;159: 432–436.
[1]Anderson RA. Chromium, glucose intolerance and diabetes. J Am Coll Nutrition. 1998;17:548–555.
[1]Davidson JR, Abraham K, Connor KM, McLeod MN. Effectiveness of chromium in atypical depression: a placebo-controlled trial.Biological Psychiatry 2003;53:261–4.
[1] A A Badawy and M Evans. The regulation of rat liver tryptophan pyrrolase activity by reduced nicotinamide-adenine dinucleotide (phosphate). Experiments with glucose and nicotinamide. Biochem J. 1976 May 15; 156(2): 381–390
[1] S. N. Young and T. L. Sourkes. Tryptophan catabolism by tryptophan pyrrolase in rat liver. The effect of tryptophan loads and changes in tryptophan pyrrolase activity. JBC, Vol. 250, Issue 13, 5009-5014, Jul, 1975
[1] Villegas-Salas E, Ponce de León R, Juárez-Perez MA, Grubb GS.Effect of vitamin B6 on the side effects of a low-dose combined oral contraceptive Contraception. 1997 Apr;55(4):245-8.
[1] Merck Manual 17th edition p. 49
[1] Maes M, D'Haese PC, Scharpe S, D'Hondt P, Cosyns P, De Broe ME. Hypozincemia in depression. J Affect Disord. 1994Jun;31(2):135-40.
[1] Nowak G, Schlegel-Zawadzka M. Alterations in serum and brain trace element levels after antidepressant treatment. Part I. Zinc. Biol. Tr. Elem. Res 1999;67: 85–92.
[1] Maes M, Vandoolaeghe E, Neels H, Demedts P, Wauters A, Meltzer HY, Altamura C, Desnyder R. Lower serum zinc in major depression is a sensitive marker of treatment resistance and of the immune/inflammatory response in that illness. Biol Psychiatry. 1997 Sep 1;42(5):349-58.



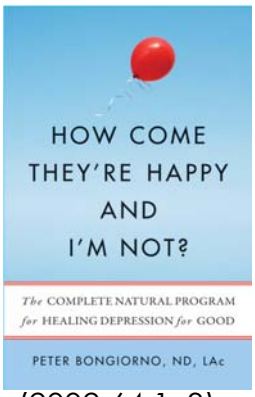
[1] Nowak G, Szewczyk B: Mechanism contributing to antidepressant zinc actions. Pol. J. Pharmacol.2002;54, 587–592.
[1] Shealy NC, Cady RK, Veehoff D, Houston R, Burnette M, Cox RH, et al. The neurochemistry of depression. AJPM 1992;2:13–6.
[1] Seeling MS: Magnesium Deficiency in the Pathogenesis of Disease, New York, Plenum Publishing Corporation, 1980.
[1] Banki CM, Vojnik M, Papp Z, Balla KZ, Arató M. Cerebrospinal fluid magnesium and calcium related to amine metabolites, diagnosis, and suicide attempts. Biol Psychiatry. 1985 Feb;20(2):163-71.
[1] George A. Eby *, Karen L. Eby Rapid recovery from major depression using magnesium treatment Med Hypotheses. 2006;67(2):362-7
[1] Barbagallo M, Resnick LM. The role of glucose in diabetic hypertension: effects on intracellular cation metabolism. Am J Med Sci. 1994 Feb;307 Suppl 1:S60-5.
[1] Pennington JA. Current dietary intakes of trace elements and minerals. In: Bogden J, Klevay LM erd. Clinical Nutrietion of the Essential Trace Elements and Minerals. Totowa: Humana Press: 2000:49-67
[1] Jacka FN, Overland S, Stewart R, Tell GS, Bjelland I, Mykletun A. Association between magnesium intake and depression and anxiety in community-dwelling adults: the Hordaland Health Study. Aust N Z J Psychiatry. 2009 Jan;43(1):45-52
[1] George A. Eby *, Karen L. Eby Rapid recovery from major depression using magnesium treatment Med Hypotheses. 2006;67(2):362-7
[1] George A. Eby *, Karen L. Eby Rapid recovery from major depression using magnesium treatment Med Hypotheses. 2006;67(2):362-7
[1] Pakfetrat M, Malekmakan L, Roozbeh J, Haghpanah S. Magnesium and its relationship to C-reactive protein among hemodialysis patients. Magnes Res. 2008 Sep;21(3):167-70.
[1] Jee SH, Miller ER 3rd, Guallar E, et al. The effect of magnesium supplementation on blood pressure: a meta-analysis of randomized clinical trials. Am J Hypertens. 2002;15:691-6.
[1] Alt Med Review Mongraphs Volume 1. 2002 Czap K. ed. pp. 257
[1] Maes M, Meltzer HY, Cosyns P, Schotte, C. Evidence for the existence of major depression with and without anxiety features. Psychopathology 1994; 27: 1–13.
[1] Maes M, Verkerk R, Vandoolaeghe E, Van Hunsel F, Neels H, Wauters A, Demedts P, Scharpe S. Serotonin-immune interactions in major depression: lower serum tryptophan as a marker of an immune-inflammatory response. Eur Arch Psychiatry Clin Neurosci. 1997; 247(3):154-61.



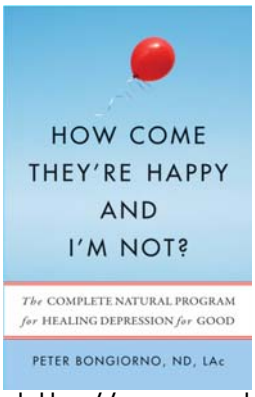
[1] Shaw K, Turner J, Del Mar C. Are tryptophan and 5-hydroxytryptophan effective treatments for depression? A meta-analysis. Aust N Z J Psychiatry. 2002;36(4):488-91.
[1] Byerley WF, Judd LL, Reimherr FW, Grosser BI. 5-Hydroxytryptophan: a review of its antidepressant efficacy and adverse effects. J Clin Psychopharmacol. 1987; 7(3):127-37.
[1] Belongia EA, Hedberg CW, Gleich GJ, White KE, Mayeno AN, Loegering DA, et al. An investigation of the cause of the eosinophilia-myalgia syndrome associated with tryptophan use. N Engl J Med 1990;323:357-65.
[1] Gnanadesigan N, Espinoza RT, Smith R, Israel M, Reuben DB. Interaction of serotonergic antidepressants and opiod analgesics: Is serotonin syndrome going undetected? J Am Med Dir Assoc. 2005;6:265-269.
[1] Levitan RD, Shen JH, Jindal R, Driver HS, Kennedy SH, Shapiro CM. Preliminary randomized double-blind placebo-controlled trial of tryptophan combined with fluoxetine to treat major depressive disorder: antidepressant and hypnotic effects.
J Psychiatry Neurosci. 2000;25(4):337-46.
[1] http://www.whfoods.com/genpage.php?tname=nutrient&dbid=103 accessed on July 3, 2009
[1] M.J. Millan, Multi-target strategies for the improved treatment of depressive states: conceptual foundations and neuronal substrates, drug discovery and therapeutic application, Pharmacol. Ther. 110 (2006), pp. 135–370.
[1] Tyrosine for the treatment of depression Gelenberg AJ, Gibson CJ. Nutr Health. 1984;3(3):163-73.
[1] Sabelli HC, Javaid JI. Phenylethylamine modulation of affect: therapeutic and diagnostic implications. J Neuropsychiatry Clin Neurosci. 1995 Winter;7(1):6-14
[1] The effects of tyrosine depletion in normal healthy volunteers: implications for unipolar depression
by
McLean A, Rubinsztein JS, Robbins TW, Sahakian BJ Psychopharmacology (Berl). 2003 Sep 4
[1] Fischer E, Heller B, Nachon M, Spatz H. Therapy of depression by phenylalanine. Preliminary note Arzneimittelforschung. 1975 Jan;25(1):132.
[1] Sabelli HC, Fawcett J, Gusovsky F, Javaid JI, Wynn P, Edwards J, Jeffriess H, Kravitz H. Clinical studies on the phenylethylamine hypothesis of affective disorder: urine and blood phenylacetic acid and phenylalanine dietary supplements. J Clin Psychiatry. 1986 Feb;47(2):66-70.
[1] Treatment with tyrosine, a neurotransmitter precursor, reduces environmental stress in humans
Louis E. Banderet* and Harris R. Lieberman† Brain Research Bulletin



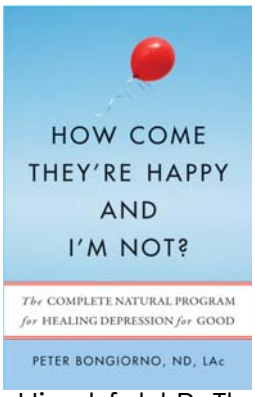
Volume 22, Issue 4, April 1989, Pages 759-762
[1] Neri DF, Wiegmann D, Stanny RR, Shappell SA, McCardie A, McKay DL. The effects of tyrosine on cognitive performance during extended wakefulness. Aviat Space Environ Med. 1995 Apr;66(4):313-9.
[1] Nutritional support of central catecholaminergic tone may aid smoking withdrawal Mark F. McCarty Medical Hypotheses Volume 8, Issue 1, January 1982, Pages 95-102
[1] Gelenberg AJ, Wojcik JD, Falk WE, Baldessarini RJ, Zeisel SH, Schoenfeld D, Mok GS. Tyrosine for depression: a double-blind trial. J Affect Disord. 1990 Jun;19(2):125-32.
[1] Haas EM. Staying Healthy With Nutrition. Berkeley, Calif: Celestial Arts Publishing; 1992.
[1] No author listed. L-Tyrosine. Alternative Medicine Review Volume 12, Number 4 December 2007
[1] Phenylalanine. http://www.alternativedr.com/phenylalanine1.htm accessed May 22, 2009
[1] Monteleone P, Maj M, Beinat L, Eur J Clin Pharmacol. 1992;42(4):385-8. Blunting by chronic phosphatidylserine administration of the stress-induced activation of the hypothalamo-pituitary-adrenal axis in healthy men. Natale M, Kemali D.
[1] Neuroendocrinology. 1990 Sep;52(3):243-8. Effects of phosphatidylserine on the neuroendocrine response to physical stress in humans. Monteleone P, Beinat L, Tanzillo C, Maj M, Kemali D.
[1] Neuropsychobiology. 1996;34(1):18-21. Beta-endorphin concentration in peripheral blood mononuclear cells of elderly depressed patients--effects of phosphatidylserine therapy. Brambilla F, Maggioni M, Panerai AE, Sacerdote P, Cenacchi T.
[1] Jorissen BL, Brouns F, Van Boxtel MP, Riedel WJ. Safety of soy-derived phosphatidylserine in elderly people. Nutr Neurosci. 2002 Oct;5(5):337-43
[1] No authors listed. Phosphatidylserine. Alternative Medicine Review Volume 13, Number 3 2008
[1] Miller A. The Methylation, Neurotransmitter, and Antioxidant Connections Between Folate and Depression. Alt Med Rev 2008;13:216-226
[1] Bottiglieri, T (2002) S-Adenosyl-L-methionine (SAMe): from the bench to the bedside – molecular basis of a pleiotrophic molecule. Am J Clin Nutr 76, 1151S–1157S.
[1] Alpert JE, Mischoulon D. One-carbon metabolism and the treatment of depression: roles of S-adenosyl methionine (SAMe) and folic acid. In: Mischoulon D, Rosenbaum J, eds. Natural medications for psychiatric disorders: considering the alternatives. Philadelphia: Lippincott Williams & Wilkins, 2002:44.
[1] [Does diet affect our mood? The significance of folic acid and homocysteine]



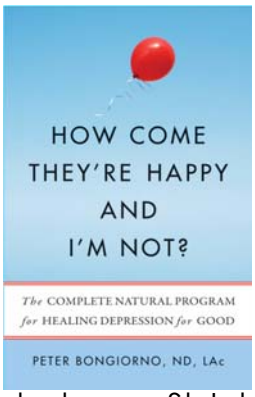
Karakuła H, Opolska A, Kowal A, Domański M, Płotka A, Perzyński J.
Pol Merkur Lekarski. 2009 Feb;26(152):136-41
[1] Mischoulon D, Fava M. Role of S-adenosyl-L-methionine in the treatment of depression: a review of the evidence. Am J Clin Nutr. 2002;76(5):1158S-61S.
[1] Nguyen M, Gregan A. S-adenosylmethionine and depression. Aust Fam Physician. 2002;31(4):339-43.
[1] Agency for Healthcare Research and Quality, the United States Department of Health and Human Services (2002;64:1–3).
[1] Pancheri P, Scapicchio P, Chiaie RD. A double-blind, randomized parallel-group, efficacy and safety study of intramuscular S-adenosyl-L-methionine 1,4-butanedisulphonate (SAMe) versus imipramine in patients with major depressive disorder. Int J Neuropsychopharmacol. 2002 Dec;5(4):287-94
[1] Bongiorno PB. Healing Depression: Integrated Naturopathic and Conventional Treatments. CCNM Press. 2010. 223. Reprinted with permission.
[1] J. Beck-Friis, D. von Rosen, B.F. Kjellman, J.G. Ljunggren and L. Wetterberg, Melatonin in relation to body measures, sex, age, season and the use of drugs in patients with major affective disorders and healthy subjects, Psychoneuroendocrinology 9 (1984), pp. 261–277.
[1] Crasson M, Kjiri S, Colin A, Kjiri K, L'Hermite-Baleriaux M, Ansseau M, Legros JJ. Serum melatonin and urinary 6-sulfatoxymelatonin in major depression. Psychoneuroendocrinology. 2004;29(1):1-12.
[1] McIntyre, Iain M., Judd, Fiona K., Burrows, Graham D., Armstrong, Stuart M., Norman, Trevor R Plasma concentrations of melatonin in panic disorder American Journal of Psychiatry 1990
[1] Barbara L. Parry, Charles J. Meliska, Diane L. Sorenson, Ana M. Lo´ pez, Luis F. Martı´nez,
Sara Nowakowski, Richard L. Hauger, and Jeffrey A. Elliott Increased Melatonin and Delayed Offset in Menopausal Depression: Role of Years Past Menopause, Follicle-Stimulating Hormone, Sleep End Time, and Body Mass Index J Clin Endocrinol Metab 93: 54–60, 2008
[1] LEWY AJ, EMENS J, JACKMAN A, YUHAS K. Circadian uses of melatonin in humans. Chronobiol Int 2006;23(1-2):403-12.
[1] Lewy AJ, Bauer VK, Cutler NL, Sack RL. Melatonin treatment of winter depression: a pilot study. Psychiatry Res. 1998 Jan 16;77(1):57-61
[1] Melatonin. University of Maryland Medical Center. http://www.umm.edu/altmed/articles/melatonin-000315.htm accessed on May 17, 2009
[1] Lissoni P, Chilelli M, Villa S, Cerizza L, Tancini G. Five years survival in metastatic non-small cell lung cancer patients treated with



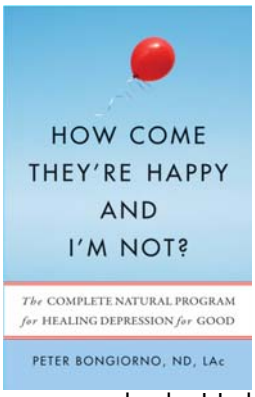
chemotherapy alone or chemotherapy and melatonin: a randomized trial. J Pineal Res. 2003;35(1):12-5.
[1] Sutherland ER, Ellison MC, Kraft M, Martin RJ. Elevated serum melatonin is associated with the nocturnal worsening of asthma. J Allergy Clin Immunol. 2003;112(3):513-7.
[1] No authors. Food and Nutrition Melatonin: Iowa State University website:
http://www.extension.iastate.edu/nutrition/supplements/melatonin.php accessed on July 3, 2009
[1] Linde K, Ramirez G, Mulrow CD, Pauls A, Weidenhammer W, Melchart D. St John's wort for depression - An overview and meta-analysis of randomised clinical trials BMJ 1996; 313(7052):253-258.
[1] Brown D. St. John's wort effectively treats mild to moderate depression in large French trial. Herbalgram 2003;57: 26–28.
[1] Butterweck V. Mechanism of action of St John's wort in depression : what is known? CNS Drugs. 2003;17(8):539-62.
[1] Müller WE, Rolli M, Schafer C, Hafner U. Effects of Hypericum extract (LI 160) in biochemical models of antidepressant activity. Pharmacopsychiatry. 1997;30(suppl 2):102-107.
[1] Re L, Corneli C, Sturani E, Paolucci G, Rossini F, Sonia León O, Martínez G, Bordicchia M, Tomassetti, Q. Effects of Hypericum extract on the acetylcholine release: a loose patch clamp approach. Pharmacological Research2003;48(1):55-60
[1] Helgason CM, Wieseler Frank JL, Johnson DR, Frank MG, Hendricks SE. The effects of St. John's Wort (Hypericum perforatum) on NK cell activity in vitro. Immunopharmacology 2000;46(3):247-251
[1] Morelli V, Zoorob RJ. Alternative therapies: Part I. Depression, diabetes, obesity. Am Fam Physician. 2000;62(5):1051-60.
[1] A. Singer, M. Wonnemann and W.E. Muller, Hyperforin, a major antidepressant constituent of St. John's wort, inhibits serotonin uptake by elevating free intracellular Na, J Pharmacol Exp Ther 290 (1363) (1999), pp. 1–11.
[1] P. Hammerness, B. Ethan and Catherine Ulbricht et al., St. John's wort: a systematic review of adverse effects and drug interactions for the consultation psychiatrist, Psychosomatics 44 (4) (2003), pp. 271–282.
[1] A.A. Nierenberg, H.G. Lund and D. Mischoulon, St. John's wort: a critical evaluation of the evidence for antidepressant effects. In: D. Mischoulon and J.F. Rosenbaum, Editors, Natural medications for psychiatry: considering the alternatives, Lippincott Williams & Wilkins, Philadelphia (2008), pp. 27–29.



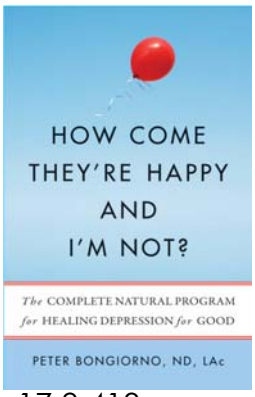
[1] M. Hauben, The association of St. John's wort with elevated thyroid-stimulating hormone, Pharmacotherapy 22 (5) (2002), pp. 673–675.
[1] Wong ML, O'Kirwan F, Hannestad J P, Irizarry KJL, Elashoff D, J Licinio. St John's wort and imipramine-induced gene expression profiles identify cellular functions relevant to antidepressant action and novel pharmacogenetic candidates for the phenotype of antidepressant treatment response. Molecular Psychiatry 2004;1–15
[1] Shelton RC, Keller MB, Gelenberg A, Dunner DL, Hirschfeld R, Thase ME, Russell J, Lydiard RB, Crits-Cristoph P, Gallop R, Todd L, Hellerstein D, Goodnick P, Keitner G, Stahl SM, Halbreich U. Effectiveness of St John's wort in major depression: a randomized controlled trial. JAMA 2001;285:1978-1986.
[1] Vorbach EU, Arnoldt KH, Hubner WD. Efficacy and tolerability of St. John's wort extract LI 160 versus imipramine in patients with severe depressive episodes according to ICD-10. Pharmacopsychiatry 1997;30:S81-S85.
[1] Miller AL. Vitamin C causes cancer! St. John's wort useless for depression! Altern Med Rev. 2001 Aug;6(4):353-4.
[1] Hypericum Depression Trial Study Group. Effect of Hypericum perforatum (St John's wort) in major depressive disorder: a randomized controlled trial. JAMA. 2002; 10;287(14):1807-14.
[1] Linde K, Berner MM, Kriston L. St John's wort for major depression. Cochrane Database Syst Rev. 2008 Oct 8;(4):CD000448.
[1] Kasper S, Gastpar M, Möller HJ, Müller WE, Volz HP, Dienel A, Kieser M. Better tolerability of St. John's wort extract WS 5570 compared to treatment with SSRIs: a reanalysis of data from controlled clinical trials in acute major depression Int Clin Psychopharmacol. 2010 Jul;25(4):204-13.
[1] Czekalla J, Gastpar M, Hubner WD, Jager D. The effect of hypericum extract on cardiac conduction as seen in the electrocardiogram compared to that of imipramine. Pharmacopsychiatry. 1997;30 Suppl 2:86-8.
[1] Henry JA, Alexander CA, Sener EK. Relative mortality from overdose of antidepressants. Br Med J 1995; 310: 221–224
[1] Gulick R, Lui H, Anderson R et al. Human hypericism. A photosensitivity reaction to hypericin (St John's wort). Int Conf AIDS 1992; 8: B90 (abstract no. PoB 3018)
[1] Low –Dog T. as described Yoga Journal Issue: November/December 1996 Author: Kristin Barendsen http://www.natural-connection.com/resource/yoga_journal/self_care.html accessed on May 19, 2009



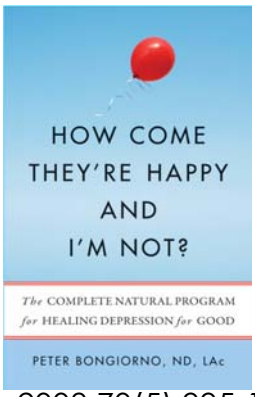
[1] Izzo AA. Drug interactions with St. John's Wort (Hypericum perforatum): a review of the clinical evidence. Int J Clin Pharmacol Ther. 2004;42(3):139-48.
[1] Tannergren C, Engman H, Knutson L, Hedeland M, Bondesson U, Lennernas H. St John's wort decreases the bioavailability of R- and S-verapamil through induction of the first-pass metabolism. Clin Pharmacol Ther. 2004;75(4):298-309
[1] Hall SD, Wang Z, Huang SM, Hamman MA, Vasavada N, Adigun AQ, Hilligoss JK, Miller M, Gorski JC. The interaction between St John's wort and an oral contraceptive.
Clin Pharmacol Ther. 2003;74(6):525-35.
[1] Katherine A. Peebles, Ronda K. Baker, Ebba U. Kurz, B. J. Schneider and David J. Kroll Catalytic inhibition of human DNA topoisomerase II by hypericin, a naphthodianthrone from St. John's wort (Hypericum perforatum) Biochemical Pharmacology 2001;62(8):1059-1070.
[1] Bongiorno, PB. Complementary and Alternative Medicine Treatment for Depression. In: Licinio J, Wong ML, eds. The Biology of Depression. Weinheim, Germany: Wiley-VCH, February 2005. 993-1019.
[1] Lau WC, Gurbel PA. Annual Scientific Session of The American College of Cardiology. May 2010. Elsevier Global Medical News. Accessed July 7, 2010.
[1] Morris N. The effects of lavender (Lavendula angustifolium) baths on psychological well-being: two exploratory randomised control trials. Complement Ther Med. 2002;10(4):223-8.
[1] Akhondzadeh S, Kashani L, Fotouhi A, Jarvandi S, Mobaseri M, Moin M, Khani M, Jamshidi AH, Baghalian K, Taghizadeh M. Comparison of Lavandula angustifolia Mill. tincture and imipramine in the treatment of mild to moderate depression: a double-blind, randomized trial. Prog Neuropsychopharmacol Biol Psychiatry. 2003;27(1):123-7.
[1] No author listed. Rhodiola rosea in Alternative Medcine Review Monographs Volume I. 2002: 367
[1] Perfumi M, Mattioli L. Adaptogenic and central nervous system effects of single doses of 3% rosavin and 1% salidroside Rhodiola rosea L. extract in mice. Phytother Res. 2007 Jan;21(1):37-43.
[1] Darbinyan, V.; Aslanyan, G.; Amroyan, E.; Gabrielyan, E.; Malmstroumlm, C.; Panossian, A. Clinical trial of Rhodiola rosea L. extract SHR-5 in the treatment of mild to moderate depression Nordic Journal of Psychiatry, Volume 61, Issue 5 2007 : 343–348
[1] Brichenko VS, Kupriyanova IE, Skorokhodova TF. The use of herbal adaptogens together with tricyclic antidepressants in patients with psychogenic depressions. Modern Problems of Pharmacology and Search for New Medicines. 1986;2:58-60.



[1] S. Akhondzadeh, H. Fallah Pour, K. Afkham, A.H. Jamshidi and F. Khalighi-Cigarodi, Comparison of Crocus sativus L. and imipramine in the treatment of mild to moderate depression: a pilot double-blind randomized trial [ISRCTN45683816], BMC Comp Alt Med 4 (2004) (12).
[1] Yarnell E. Russell L Common Uses for Crocus. NDNR 2008 October: 21
[1] H. Hosseinzadeh, G. Karimi, M. Niapoor ANTIDEPRESSANT EFFECT OF CROCUS SATIVUS L. STIGMA EXTRACTS AND THEIR CONSTITUENTS, CROCIN AND SAFRANAL, IN MICE present at : I International Symposium on Saffron Biology and Biotechnology , May 2004
[1] Afshin Akhondzadeh Basti a, Esmail Moshiri b, Ahamad-Ali Noorbala c, Amir-Hossein Jamshidi d,
Seyed Hesameddin Abbasi e, Shahin Akhondzadeh Comparison of petal of Crocus sativus L. and fluoxetine in the treatment of
depressed outpatients: A pilot double-blind randomized trial. Progress in Neuro-Psychopharmacology & Biological Psychiatry 31 (2007) 439–442
[1] Akhodzadeh S et al. Phytother Res. 2005 Feb;19(2):148-51.
[1] A.A. Noorbala, S. Akhondzadeh, N. Tamacebi-Pour and A.H. Jamshidi, Hydro-alcoholic extract of Crocus sativus L. versus fluoxetine in the treatment of mild to moderate depression: a double-blind, randomized pilot trial, Ethnopharmacol 97 (2005), pp. 281–284.
[1] S. Akhondzadeh, N. Tamacebi-Pour, A.A. Noorbala, H. Amini, H. Fallah Pour, A.H. Jamshidi and M. Khani, Crocus sativus L. in the treatment of mild to moderate depression: a double-blind, randomized and placebo controlled trial, Phytother. Res. 19 (2005), pp. 25–29.
[1] S. Akhondzadeh, H. Fallah Pour, K. Afkham, A.H. Jamshidi and f. Khalighi-Cigarodi, Comparison of Crocus sativus L. and imipramine in the treatment of mild to moderate depression: a pilot double-blind randomized trial [ISRCTN 45683816], BMC Comp. Alt. Med. 4 (2004), p. 12
[1] 1Daryoush Mohajeri, 2Ghafour Mousavi, 4Mehran Mesgari, 1Yousef Doustar and 3Mir Hadi Khayat Nouri Subacute Toxicity of Crocus Sativus L. (Saffron) Stigma
Ethanolic Extract in Rats American Journal of Pharmacology and Toxicology 2 (4):189-193, 2007
[1] el Daly ES. Protective effect of cysteine and vitamin E, Crocus sativus and Nigella sativa extracts on cisplatin-induced toxicity in rats. J Pharm Belg. 1998 Mar-Apr;53(2):87-93
[1] Ramya KB, Thaakur S. Herbs containing L- Dopa: An update. Anc Sci Life. 2007 Jul;27(1):50-5.
Katzenschlager R, Evans A, Manson A, Patsalos PN, Ratnaraj N, Watt H,



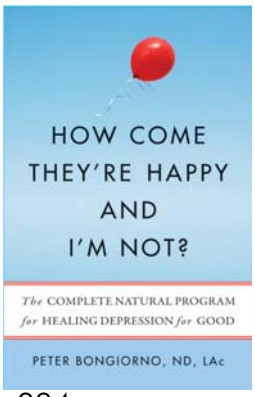
[1] Timmermann L, Van der Giessen R, Lees AJ. Mucuna pruriens in Parkinson's disease: a double blind clinical and pharmacological study. J Neurol Neurosurg Psychiatry. 2004 Dec;75(12):1672-7.
[1] Alone. SWW Sacred Sage: how it heals.2007 17th printing. Pp:6, 19-20
[1] Witt CM, Lüdtke R, Mengler N, Willich SN. How healthy are chronically ill patients after eight years of homeopathic treatment?--Results from a long term observational study. BMC Public Health. 2008 Dec 17;8:413
[1] Pomposelli R, Piasere V, Andreoni C, Costini G, Tonini E, Spalluzzi A, Rossi D, Quarenghi C, Zanolin ME, Bellavite P. Observational study of homeopathic and conventional therapies in patients with diabetic polyneuropathy. Homeopathy. 2009 Jan;98(1):17-25.
[1] E A Thompson, D Reilly The homeopathic approach to symptom control in the cancer patient: a prospective observational study. Palliative Medicine, Vol. 16, No. 3, 227-233 (2002)
[1] Marian F, Joost K, Saini KD, von Ammon K, Thurneysen A, Busato A. Patient satisfaction and side effects in primary care: an observational study comparing homeopathy and conventional medicine. BMC Complement Altern Med. 2008 Sep 18;8:52.
[1] Davidson JR, Morrison RM, Shore J, Davidson RT, Bedayn G. Homeopathic treatment of depression and anxiety. Altern Ther Health Med. 1997 Jan;3(1):46-9.
[1] K. Pilkington, G. Kirkwood, H. Rampes, P. Fisher and J. Richardson Homeopathy for depression: a systematic review of the research evidence. Homeopathy Volume 94, Issue 3, July 2005, Pages 153-163
[1] E.A. Thompson and D. Reilly, The homeopathic approach to symptom control in the cancer patient: a prospective observational study, Palliat Med 16 (2002) (3), pp. 227–233.
[1] Prozac-Free: Homeopathic Alternatives to Conventional Drug Therapies by Judyth Reichenberg Ullman, N.D., and Robert Ullman, N.D. (North Atlantic, 2002) and Homeopathic Psychology by Philip Bailey, M.D. (North Atlantic, 1995).
[1] Mitchell W. Plant Medicine in Practice. Using the teachings of Dr. Bastyr. Churchill Livingstone.2003 p. 67
[1] Homeopathic Remedies for Depression. Truestar Healthnotes. http://www.truestarhealth.com/Notes/2218006.html accessed on May 19, 2009
[1] Bell IR et a. Rheumatology (Oxford). 2004 May;43(5):577-82.
[1] Barry R, Lewis D. Hydrotherapy. In: Pizzorno, JE, Murray, MT eds. The Textbook of Natural Medicine. 3rd Edition. Elsevier/Churchill Livingstone. 2006:401-416.



[1] Hippocrates. Hippocratic writings. In The Great Books. Chicago: William Benton, 1952.
[1] Shevchuk NA, Radoja S. Possible stimulation of anti-tumor immunity using repeated cold stress: a hypothesis. Infect Agent Cancer. 2007 Nov 13;2:20
[1] Shevchuk NA. Possible use of repeated cold stress for reducing fatigue in chronic fatigue syndrome: a hypothesis. Behav Brain Funct. 2007 Oct 24;3:55.
[1] Shevchuk NA. Adapted cold shower as a potential treatment for depression. Med Hypotheses. 2008;70(5):995-1001.
[1] A. Iggo and B.J. Iggo, Impulse coding in primate cutaneous thermoreceptors in dynamic thermal conditions, J Physiol (Paris) 63 (1971), pp. 287–290.
[1] M. Arrica and B. Bissonnette, Therapeutic hypothermia, Semin Cardiothorac Vasc Anesth 11 (2007), pp. 6–15.
[1] .P. Jedema, J.M. Finlay, A.F. Sved and A.A. Grace, Chronic cold exposure potentiates CRH-evoked increases in electrophysiologic activity of locus coeruleus neurons, Biol Psy 49 (2001), pp. 351–359.
[1] .K. Vaswani, C.W. Richard 3rd and G.A. Tejwani, Cold swim stress-induced changes in the levels of opioid peptides in the rat CNS and peripheral tissues, Pharmacol Biochem Behav 29 (1988), pp. 163–168.
[1] .P. Jedema, J.M. Finlay, A.F. Sved and A.A. Grace, Chronic cold exposure potentiates CRH-evoked increases in electrophysiologic activity of locus coeruleus neurons, Biol Psy 49 (2001), pp. 351–359.
[1] .K. Vaswani, C.W. Richard 3rd and G.A. Tejwani, Cold swim stress-induced changes in the levels of opioid peptides in the rat CNS and peripheral tissues, Pharmacol Biochem Behav 29 (1988), pp. 163–168.
[1] Shevchuk NA. Adapted cold shower as a potential treatment for depression. Med Hypotheses. 2008;70(5):995-1001.

Chapter 6: Bringing in the New

[1] Mahoney CR, Castellani J, Kramer FM, Young A, Lieberman HR. Tyrosine supplementation mitigates working memory decrements during cold exposure. Physiol Behav. 2007 Nov 23;92(4):575-82.
[1] Famous Depressed People: You're In Good Company http://www.depression-help-resource.com/articles/famous-depressed-people.htm accessed on September 4, 2011
[1] Leherer J. Depression's Upside. NY Times. February 25, 2010



[1] Reinventing Date Night for Long-Married CoUpleS By TARA PARKER-POPE New York Times, February 12, 2008

[1] Cohen JA, Deblinger E, Mannarino AP, Steer RA. A multisite, randomized controlled trial for children with sexual abuse-related PTSD symptoms. J Am Acad Child Adolesc Psychiatry. 2004; 43(4):393-402

[1] Hunt MG. The only way out is through: emotional processing and recovery after a depressing life event Behaviour Research and Therapy 1998; 36(4) : 361-384

[1] Frank E; Kupfer DJ; Buysse DJ; Swartz HA; Pilkonis PA; Houck PR; Rucci P; Novick DM; Grochocinski VJ; Stapf DM Randomized trial of weekly, twice-monthly, and monthly interpersonal psychotherapy as maintenance treatment for women with recurrent depression. Am J Psychiatry. 2007; 164(5):761-7

[1] Andrews G, Cuijpers P, Craske MG, McEvoy P, Titov N. Computer therapy for the anxiety and depressive disorders is effective, acceptable and practical health care: a meta-analysis. PLoS One. 2010 Oct 13;5(10):e13196.

[1] Boschert S. Web-based CBT Appears Effective for Depression. Clin Psychiatry News. June 2011. Pp: 1, 23

[1] D'Mello D. Poster abstract. Annual Meeting of the American Psychiatric Association. 2011

[1] Weintraub A. Yoga for Depression. LILIPOH 2005 Winter. 18 - 20

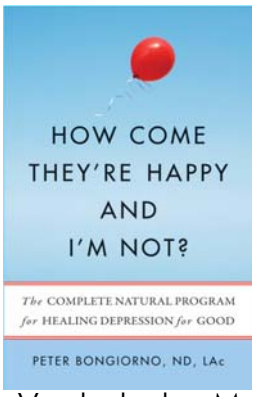
[1] D. Riley, Hatha yoga and the treatment of illness (commentary), Altern. Ther. Health Med. 10 (2004) (2), pp. 20–21.

[1] http://www.self-realization.com/articles/yoga/kriya_yoga.htm accessed on 8-29-11

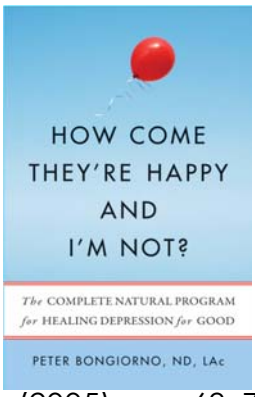
[1] Streeter CC, Whitfield TH, Owen L, Rein T, Karri SK, Yakhkind A, Perlmutter R, Prescot A, Renshaw PF, Ciraulo DA, Jensen JE. Effects of yoga versus walking on mood, anxiety, and brain GABA levels: a randomized controlled MRS study. J Altern Complement Med. 2010 Nov;16(11):1145-52. Epub 2010 Aug 19.

[1] Streeter CC, Jensen JE, Perlmutter RM, Cabral HJ, Tian H, Terhune DB, Ciraulo DA, Renshaw PF.Yoga Asana sessions increase brain GABA levels: a pilot study. J Altern Complement Med. 2007 May;13(4):419-26.

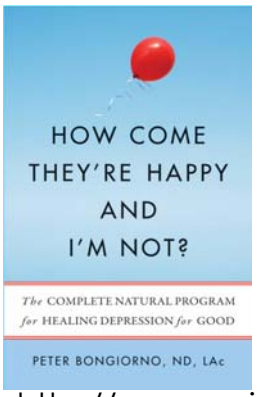
[1] G. Brainard, V. Pratap, C. Reed, B. Levitt, and J.Hanifin, "Plasma Cortisol Reduaion in Healthy Volunteers following a Single Yoga Session of Yoga Practices." Yoga Research Society Newsletter (Philadelphia, PA: Neurology, Jefferson Med Col., 1997), No 18.



[1] Mager J. Link Between Yoga and Reduction of Stress Hormone. ENDO 2003, the 85th Annual Meeting of The Endocrine Society June 2003
[1] A. Broota and R. Dhir, Efficacy of two relaxation techniques in depression, J. Pers. Clin. Stud. 6 (1990) (1), pp. 83–90.
[1] .S. Khumar, P. Kaur and S. Kaur, Effectiveness of Shavasana on depression among university students, Indian J. Clin. Psychol. 20 (1993) (2), pp. 82–87.
[1] N. Janakiramaiah, B.N. Gangadhar, P.J. Naga Venkatesha Murthy, M.G. Harish, D.K. Subbakrishna and A. Vedamurthachar, Antidepressant efficacy of Sudarshan Kriya Yoga (SKY) in melancholia: a randomized comparison with electroconvulsive therapy (ECT) and imipramine, J. Affect. Disord. 57 (2000), pp. 255–259.
[1] V. Rohini, R.S. Pandey, N. Janakiramaiah, B.N. Gangadhar and A. Vedamurthachar, A comparative study of full and partial Sudarshan Kriya Yoga (SKY) in major depressive disorder, NIMHANS J 18 (2000) (1–2), pp. 53–57.
[1] Robert M. Sapolsky* Depression, antidepressants, and the shrinking hippocampus Proc Natl Acad Sci U S A. 2001 October 23; 98(22): 12320–12322.
[1] Eriksson PS, Perfilieva E, Björk-Eriksson T, Alborn AM, Nordborg C, Peterson DA, Gage FH. Neurogenesis in the adult human hippocampus. Nat Med. 1998 Nov;4(11):1313-7.
[1] Roy R. Reeves, DO, PhD; Marti D. Reynolds, MDiv hat Is the Role of Spirituality in Mental Health Treatment?
Journal of Psychosocial Nursing and Mental Health Services Vol. 47 No. 3 March 2009
[1] King DE, Bushwick B. Beliefs and Attitudes of Hospital Inpatients about Faith Healing and Prayer. J Fam Practice 1994, 39 : 349-352
[1] Bearon LB, Koenig RG. Religious cognitions and use of prayer in health and illness. Gerontologist 1990;30:249-253.
[1] Lewis E. Mehl-Madrona, M.D., Ph.D. Traditional (Native American) Indian Medicine Treatment of Chronic Illness: Development of an Integrated Program with Conventional American Medicine and Evaluation of Effectiveness. http://healing-arts.org/mehl-madrona/mmtraditionalpaper.htm accessed on May 26, 2009
[1] Propst LR (1980) The comparative efficacy of religious and non-religious imagery for the treatment of mild depression in religious individuals.
[1] Pitchford P.Healing With Whole Foods. North Atlantic Books 1993: 298-299
[1] Jilin, L., Peck, G. editors. Chinese Dietary Therapy. Churchill Livingstone 1995: 192
[1] Maciocia G. Seminar. The Psyche in Chinese Medicine: Part I. Treatment of Emotional Disorders NY City May 17, 2008



[1] H. Wang, Q. Hong and Bai-song Wang et al., Is acupuncture beneficial in depression? A meta-analysis of 8 randomized controlled trials, J Affect Disord 111 (2008), pp. 1–10.
[1] N. Samuels, G. Cornelius and Roee Singer Shepherd et al., Acupuncture for psychiatric illness: a literature review, Behav Med 34 (2008), pp. 55–62.
[1] C.M. Siedentopf, F. Koppelstaetter and A. Haala et al., Laser acupuncture induced specific cerebral corticol and subcorticol activations in humans, Lasers Med. Sci. 20 (2005), pp. 68–73.
[1] Hao Wang[a], Hong Qi[a], Bai-song Wang[a], Yong-yao Cui[a], Liang Zhu[a], Zheng-xing Rong[a] and Hong-zhuan Chen Is acupuncture beneficial in depression: A meta-analysis of 8 randomized controlled trials? Journal of Affective Disorders Volume 111, Issues 2-3, December 2008, Pages 125-134
[1] G.N. Gurguis, S.P. Vo, J.M. Griffith and A.J. Rush, Platelet alpha2A-adrenoceptor function in major depression: Gi coupling, effects of imipramine and relationship to treatment outcome, Psychiatry Res. 89 (2) (1999), pp. 73–95.
[1] H.C. Luo, H. Ureil, Y.C. Shen, F.Q. Meng, X.Y. Zhao, W. Liang, C.X. Tan, H. Han, D.F. Zhou and P. Deng, Comparative study of electroacupuncture and fiuoxetine for treatment of depression, Chin. J. Psychiatry 36 (2003), pp. 215–219.
[1] Zhang GJ, Shi ZY, Liu S, Gong SH, Liu JQ, Liu JSClinical observation on treatment of depression electroacupuncture combined with fluoxetine. Chin J Integ Med 2007;113:228-230
[1] Allen JJ, Schnyer RN, Chambers AS, et al. Acupuncture for depression: a randomized controlled trial. J Clin Psychiatry. 2006;67:1665-1673.
[1] Wang H, Qi H, Wang BS, Cui YY, Zhu L, Rong ZX, Chen HZ. Is acupuncture beneficial in depression: a meta-analysis of 8 randomized controlled trials? J Affect Disord. 2008 Dec;111(2-3):125-34.
[1] Camacho, A., Dimsdale, J.E., 2000. Platelets and psychiatry: lessons learned from old and new studies. Psychosom. Med. 62 (3), 326–336.
[1] E.W. Ernst and R. Adrian, Prospective studies of the safety of acupuncture: a systematic review, Am J Med 110 (2001), pp. 481–485.
[1] D. Melchart, W. Weidenhammer and A. Streng et al., Prospective investigation of adverse effects of acupuncture in 97,733 patients, Arch Intern Med 164 (2004), pp. 104–105. D. Melchart, W. Weidenhammer and A. Streng et al., Prospective investigation of adverse effects of acupuncture in 97,733 patients, Arch Intern Med 164 (2004), pp. 104–105.
[1] Gaik F. Merging East and West: A Preliminary Study Applying Spring Forest Qigong to Depression as an Alternative and Complementary Treatment [dissertation]. Chicago: Adler School of Professional Psychology; 2003. US Dissertation Abstracts International: Section B: The Sciences & Engineering.



Vol 63 (12-B) (2003): 6093.

http://www.springforestqigong.com/depression_study.htm accessed on May 17, 2009

[1]Ferrell-Torry AT, Glick OJ. The use of therapeutic massage as a nursing intervention to modify anxiety and the perception of cancer pain. Cancer Nurs 1993;16:93–101.

[1]Jones NA, Field T. Massage and music therapies attenuate frontal EEG asymmetry in depressed adolescents. Adolescence 1999;34(135):529-34.

[1] Field T, Grizzle N, Scafidi F, Schanberg S. Massage and relaxation therapies' effects on depressed adolescent mothers. Adolescence 1996; 31(124):903-11.

[1] BJ Plotkin; JJ Rodos; R Kappler; M Schrage; K Freydl; S Hasegawa; E Hennegan; C Hilchie-Schmidt; D Hines; J Iwata; C Mok; D Raffaelli Adjunctive osteopathic manipulative treatment in women with depression: a pilot study 101 (9): 517. (2001)

[1] Effect of Subluxation-Based Chiropractic Care on Quality of Life in a Patient With Major Depression
Alain M.J. Desaulniers DC April 23, 2008, pp 1-7

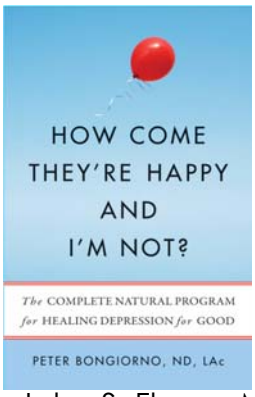
[1] Improvement in Depression Following Reduction of Upper Cervical Vertebral Subluxation Using Orthospinology Technique
Glenndon C. Genthner, M.Div. Bio, Harris L. Friedman, PhD Bio, Charles F. Studley, DC Bio November 7, 2005, pp 1-4

[1] Harrison RE, Page JS. Multipractitioner Upledger CranioSacral Therapy: descriptive outcome study 2007-2008.J Altern Complement Med. 2011 Jan;17(1):13-7.

[1] Emotional Freedom Technique website. www.emofree.com (accessed on July 18, 2004)

[1] Wells S, Polglase K, Andrews HB, Carrington P, Baker AH. Evaluation of a meridian-based intervention, Emotional Freedom Techniques (EFT), for reducing specific phobias of small animals.
J Clin Psychol. 2003; 59(9):943-66.

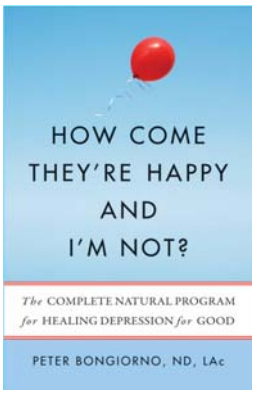
[1] Preliminary results of an open label study of heart rate variability biofeedback for the treatment of major depression.
Karavidas MK, Lehrer PM, Vaschillo E, Vaschillo B, Marin H, Buyske S, Malinovsky I, Radvanski D, Hassett A.



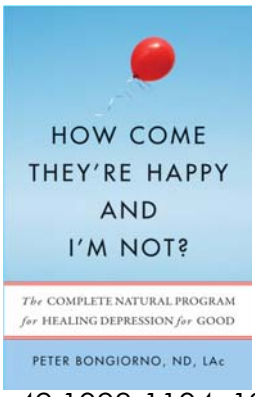
Appl Psychophysiol Biofeedback. 2007 Mar;32(1):19-30
[1] A pilot study on the effects of heart rate variability biofeedback in patients with depression and in healthy subjects.
Siepmann M, Aykac V, Unterdörfer J, Petrowski K, Mueck-Weymann M.
Appl Psychophysiol Biofeedback. 2008 Dec;33(4):195-201
[1] Heart rate variability biofeedback as a behavioral neurocardiac intervention to enhance vagal heart rate control. Robert P. Nolan, PhD,a Markad V. Kamath, PhD,b John S. Floras, MD, DPhil,c Jill Stanley, MA,d
Clement Pang, MSc,b Peter Picton, MASc,c and Quincy R. Young, PhD
Am Heart J 2005;149:1137.e1-1137.e7
[1] Tulen J.H., Bruijn J.A., de Man K.J., et al. Cardiovascular variability in major depressive disorder and effects of imipramine or mirtazapine . J Clin Psychopharmacol (1996) 16 : pp 135-145 .
[1] http://www.art-therapy.us accessed July 10, 2009
[1] Pöldinger W. The relation between depression and art. Psychopathology. 1986;19 Suppl 2:263-8.
[1] Bradt J, Dileo C, Grocke D, Magill L. Music interventions for improving psychological and physical outcomes in cancer patients.Cochrane Database Syst Rev. 2011 Aug 10;(8):CD006911.
[1] Erkkilä J, Punkanen M, Fachner J, Ala-Ruona E, Pöntiö I, Tervaniemi M, Vanhala M, Gold C. Individual music therapy for depression: randomised controlled trial. Br J Psychiatry. 2011 Aug;199:132-9. Epub 2011 Apr 7.

Chapter 7: If You Are On Medication, Read This!

[1] Coppen A, Bailey J. Enhancement of the antidepressant action of fluoxetine by folic acid: a randomised, placebo controlled trial. J Affect Disord 2000; 60(2):121–30.
[1] Fava M, Shelton RC, Zajecka JM, et al. L-methylfolate as adjunctive therapy for selective serotonin reuptake inhibitor-resistant major depressive disorder: results of two randomized, double-blind, parallel-sequential trials [poster]. Presented at the 49th annual meeting of the American College of Neuropsychopharmacology; December 5–9, 2010; Miami Beach, FL.
[1] Mlyniec K, et al. Zinc deficiency induces treatment-resistant depression 11th World Congress of Biological Psychiatry, Kyoto, Japan. Abstract



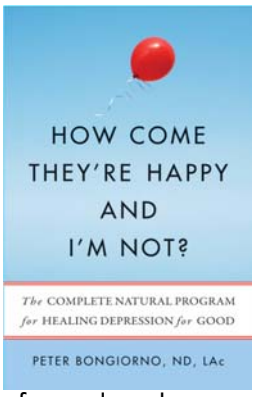
accessed at: http://www1.wfsbp-congress.org/guest/AbstractView?ABSID=9809 on August 27, 2011
[1] Pol J Pharmacol. 2003 Nov-Dec;55(6):1143-7. Effect of zinc supplementation on antidepressant therapy in unipolar depression: a preliminary placebo-controlled study. Nowak G, Siwek M, Dudek D, Zieba A, Pilc A.
[1] Hintikka J, Tolmunen T, Tanskanen A, et al. High vitamin B12 level and good treatment outcome may be associated in major depressive disorder. BMC Psychiatry. 2003;3:17.
[1] Barowsky J, Schwartz TL. An Evidence-Based Approach to Augmentation and Combination Strategies for: Treatment-Resistant Depression. Psychiatry (Edgmont). 2006 Jul;3(7):42-61.
[1] Prange AJ Jr, Loosen PT. Hormone therapy in depressive diseases. Adv Biochem Psychopharmacol. 1982;32:289-96.
[1] Barowsky J, Schwartz TL. An Evidence-Based Approach to Augmentation and Combination Strategies for: Treatment-Resistant Depression. Psychiatry (Edgmont). 2006 Jul;3(7):42-61.
[1] Joffe RT, Singer W. A comparison of triiodothyronine and thyroxine in the potentiation of tricyclic antidepressants. Psychiatry Res. 1990 Jun;32(3):241-51.
[1] Joffe R. Triiodothyronine potentiation of fluoxetine in depressed patients. Can J Psychiatry. 1992;37:48–50
[1] Schneider LS, Small GW et al. Estrogen replacement therapy and antidepressant response to sertraline in older depressed women. Am J Geriatr Psychiatry. 2001;9(4):393–9.
[1] Cohen AJ, Bartlik B. Ginkgo biloba for antidepressant-induced sexual dysfunction. J Sex Marital Ther. 1998 Apr-Jun;24(2):139-43.
[1] Wheatley D. Triple-blind, placebo-controlled trial of Ginkgo biloba in sexual dysfunction due to antidepressant drugs. Hum Psychopharmacol. 19.8 (2004): 545-548.
[1] Rapid Antidepressant Effects of Yohimbine in Major Depression at www.clinicaltrials.gov accessed 5-16-09
[1] Carpenter LL, Yasmin S, Price LH (2002). A double-blind, placebocontrolled study of antidepressant augmentation with mirtazapine. Biol Psychiatry 51: 183–188.
[1] Cappiello A, McDougle CJ, Malison RT, Heninger GR, Price LH (1995). Yohimbine augmentation of fluvoxamine in refractory depression: a single-blind study. Biol Psychiatry 38: 765–767.
[1] Gerard Sanacora1, Robert M Berman1,4, Angela Cappiello1, Dan A Oren1, Akira Kugaya1, Nianjun Liu1, Ralitza Gueorguieva2, Donna Fasula1 and Dennis S Charney3Addition of the a2-Antagonist



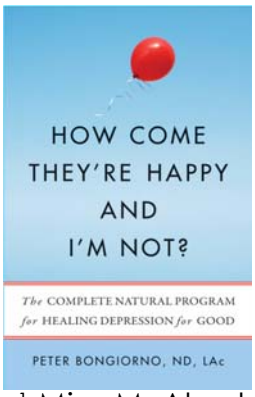
Yohimbine to Fluoxetine: Effects on Rate of Antidepressant ResponseNeuropsychopharmacology (2004) 29, 1166–1171,
[1] Nelson RP: Nonoperative management of impotence. J Urol 139:2-3, 1988.
[1] Hollander E, McCarley A Yohimbine treatment of sexual side effects induced by serotonin reuptake blockers. J Clin Psychiatry. 1992 Jun;53(6):207-9.
[1] Casper RC, Redmond DZ, Katz MM, et al: Somatic symptoms in primary affective disorder. Arch Gen Psych 42:1098-1104, 1985.
[1] Sanacora G, Berman RM, Cappiello A, Oren DA, Kugaya A, Liu N, Gueorguieva R, Fasula D, Charney DS. Addition of the alpha2-antagonist yohimbine to fluoxetine: effects on rate of antidepressant response. Neuropsychopharmacology. 2004 Jun;29(6):1166-71.
[1] Harvey BH, McEwen BS, Stein DJ. Biol Psychiatry. 2003 Nov 15;54(10):1105-17.
[1] Elisa A. Waxman N-methyl-D-aspartate Receptor Subtypes: Multiple Roles in Excitotoxicity and Neurological Disease The Neuroscientist, Vol. 11, No. 1, 37-49 (2005)
[1] World Health Organization. The global burden of disease: 2004 update. P. 36
[1] Kornstein SG, Gender differences in depression: implication for treatment. J Clin Psychiatry 1997;58 (15):12–18.

Chapter 8: Gender and Aging

[1]Earls F. Sex differences in psychiatric disorders: origins and developmental influences. Psychiatric Developments 1987;5: 1–23.
[1] MacQueen G, Chokka P. Special issues in the management of depression in women. Can J Psychiatry. 2004;49(3 Suppl 1):27S-40S.
[1] Hyman SE "Depression in Women and Men: What's the Difference?" Smithsonian Resident Association Series National Institute of Mental Health (NIMH) and the Society for Women's Health Research (SWHR). March 24, 2001
[1] Anderson J. Clinical Psychiatry News. July 2008: 1,8
[1] Age Res Rev 2005 4(2):141-94



[1] Pouwer F, Snoek FJ. Association between symptoms of depression and glycaemic control may be unstable across gender. Diabet Med. 2001;18(7):595-8.
[1] Risch N, Herrell R, Lehner T, Liang KY, Eaves L, Hoh J, Griem A, Kovacs M, Ott J, Merikangas KR. Interaction between the Serotonin Transporter Gene, Stressful Life Events and Risk of Depression: A Meta-Analysis. JAMA. 2009 Jun 17;301(23):2462-71
[1] Haller J, Fuchs E, Halasz J, Makara G. Defeat is a major stressor in males while social instability is stressful mainly in females: towards the development of a social stress model in female rats. Brain Res Bull 1999; 50 (1):33–39
[1] Brown KJ, Grunberg NE. Effects of housing on male and female rats: crowding stresses males but calms females. Physiol Behav 1995;58: 1085–1089.
[1] Dunlop BW. British Journal of Psychiatry. 2011;198:167-168.
[1] Cohen LS, Altschuler LL, Harlow BL, Nonacs R, Newport DJ, Viguera AC, et al. Relapse of major depression during pregnancy in women who maintain or discontinue antidepressant treatment. JAMA 2006;295:499-507.
[1] Tyrosine metabolism in oral contraceptive users: evidence for contribution to depression
European Neuropsychopharmacology, Volume 2, Issue 3, September 1992, Pages 292-293
Møller S. E., Maach-Møller B., Olesen M., Madsen B. K., Fadsen P. K., Fjalland B.
[1] Shively CA, Bethea CL. Cognition, mood disorders, and sex hormones. ILAR J. 2004;45(2):189-99.
[1] Warnes H, Fitzpatrick C. Oral contraceptives and depression. Psychosomatics. 1979 Mar;20(3):187-9, 193-
[1] Miller LT. Do oral contraceptive agents affect nutrient requirements--vitamin B-6? J Nutr. 1986 Jul;116(7):1344-5.
[1] Pfrunder A, Schiesser M, Gerber S, et al. Interaction of St. John's wort with low-dose oral contraceptive therapy: a randomized controlled trial. Br J Clin Pharmacol 2003;56:683-690
[1] Hall S, Wang Z, Huang S, Hamman M, et al. The interaction between St. John's wort and an oral contraceptive. Clin Pharmacol Ther 2003; 74:525-535
[1] Murphy P, Kern S, Stanczyk F, Westhoff C. Interaction of St. John's wort with oral contraceptives: effects on the pharmacokinetics of norehindrone and ethinyl estradiol, ovarian activity and breakthrough bleeding. Contraception 2005;71:402-408
[1] Ernst E. Second thoughts about safety of St. John's wort. Lancet 1999;354:2014-2016



[1] Raetz A, vonMoos M, Drewe J. Johanniskraut: ein Phytopharmakon mit potentiell gefahrlichen Interaktionen. Praxis 2001;90:843-849

[1] Will-Shahab L, Bauer S, Kunter U. St John's wort extract (Ze 117) does not alter the pharmacokinetics of a low-dose oral contraceptive. Eur J Clin Pharmacol 2009; 65:287-294.

[1] Benton D, Brock H. Mood and the macro-nutrient composition of breakfast and the mid-day meal. Appetite. 2010 Aug 13. [Epub ahead of print]

[1] Mira M, Abraham S. L-tryptophan as an adjunct to treatment of bulimia nervosa. Lancet 1989;ii:1162–3

[1] Humphries L, Vivian B, Stuart M, McClain CJ. Zinc deficiency and eating disorders.
J Clin Psychiatry. 1989 Dec;50(12):456-9.

[1] Gendall KA, Bulik CM, Joyce PR. Visceral protein and hematological status of women with bulimia nervosa and depressed controls. Physiol Behav. 1999 ;66(1):159-63.

[1] Safai-Kutti S. Oral zinc supplementation in anorexia nervosa. Acta Psychiatr Scand Suppl 1990;361:14–7.

[1] Steinberg S, Annable L, Young SN, Liyanage AN.placebo-controlled clinical trial of L-tryptophan in premenstrual dysphoria. Biol Psychiatry. 1999 Feb 1;45(3):313-20.

[1] Agha-Hosseini M. Crocus sativus L in the treatment of premenstrual syndrome: a double blind, randomized and placebo-controlled study. BJOG 2008;115:515-9

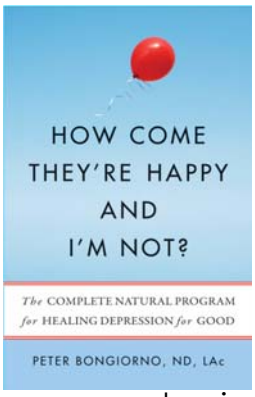
[1] Cohen LS, Soares CN, Vitonis AF, Otto MW, Harlow BL 2006 Risk for new onset of depression during the menopausal transition: the Harvard study of moods and cycles. Arch Gen Psychiatry 63:385–390

[1] Schmidt PJ, Haq N, Rubinow DR 2004 A longitudinal evaluation of the relationship between reproductive status and mood in perimenopausal women. Am J Psychiatry 161:2238–2244

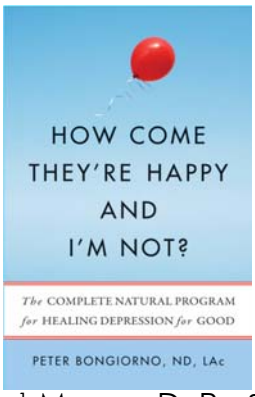
[1] Abdali K, Khajehei M, Tabatabaee HR. Effect of St John's wort on severity, frequency, and duration of hot flashes in premenopausal, perimenopausal and postmenopausal women: a randomized, double-blind, placebo-controlled study.Menopause. 2010;17(2):326-31.

[1] Al-Akoum M, Maunsell E, Verreault R, Provencher L, Otis H, Dodin S. Effects of Hypericum perforatum (St. John's wort) on hot flashes and quality of life in perimenopausal women: a randomized pilot trial. Menopause. 2009;16(2):307-14.

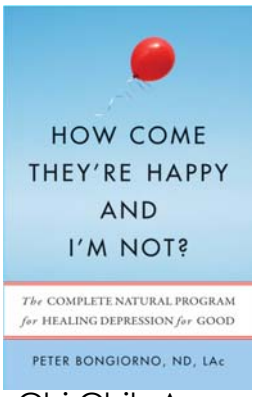
[1] Briese V, Stammwitz U, Friede M, Henneicke-von Zepelin HH. Black cohosh with or without St. John's wort for symptom-specific climacteric treatment--results of a large-scale, controlled, observational study.Maturitas. 2007 Aug 20;57(4):405-14. Epub 2007 Jun 21.



[1] Uebelhack R, Blohmer JU, Graubaum HJ, Busch R, Gruenwald J, Wernecke KD. Black cohosh and St. John's wort for climacteric complaints: a randomized trial.Obstet Gynecol. 2006 Feb;107(2 Pt 1):247-55.
[1] MacQueen G, Chokka P. Special issues in the management of depression in women. Can J Psychiatry. 2004;49(3 Suppl 1):27S-40S.
[1] Parry BL, Meliska CJ, Martinez LF, Basavaraj N, Zirpoli GG, Sorenson D, Maurer EL, Lopez A, Markova K, Gamst A, Wolfson T, Hauger R, Kripke DF. Menopause: neuroendocrine changes and hormone replacement therapy. J Am Med Womens Assoc. 2004 ; 59(2):135-45.
[1] Lee S. Cohen, M.D., Claudio N. Soares, M.D., Ph.D., Jennifer R. Poitras, B.A., Jennifer Prouty, M.S.N., R.N.C., Allison B. Alexander, M.D., and Jan L. Shifren, M.D. Short-Term Use of Estradiol for Depression in Perimenopausal and Postmenopausal Women: A Preliminary Report . Am J Psychiatry 160:1519-1522, August 2003
[1] Freeman EW, Sammel MD, Lin H, Nelson DB 2006 Associations of hormones and menopausal status with depressed mood in women with no history of depression. Arch Gen Psychiatry 63:375–382
[1] Northup, Christaine. Women's Bodies, Women's Wisdom: Creating Physical Health and Emotional Healing (revised edition). Random House. 2010. p. 527
[1] Miller KJ, Conney JC et al. Mood symptoms and cognitive performance in women estrogen users and nonusers and men. J Am Geriatr Soc. 2002 Nov;50(11):1826–30.
[1] Schneider LS, Small GW et al. Estrogen replacement therapy and antidepressant response to sertraline in older depressed women. Am J Geriatr Psychiatry. 2001;9(4):393–9.
[1] Writing Group for the Women's Health Initiative Investigators. Risks and benefits of estrogen plus progestin in healthy postmenopausal women: Principal results from the Women's Health Initiative randomized controlled trial. JAMA: Journal of the American Medical Association 288:321–333, 2002.
[1] Kolata, G. Reversing Trend, Big Drop Is Seen in Breast Cancer. NY Times. December 15, 2006
[1] Ravdin M, Cronin KA, Howlader N, Berg CD, Chlebowski RT, Feuer EJ, Edwards BK, Berry DA. The Decrease in Breast Cancer Incidence in 2003 in the United States. NEJM. Vol. 356, No.16. April 19, 2007.
[1] Mørch LS, Løkkegaard E, Andreasen AH et al, "Hormone Therapy and Ovarian Cancer," JAMA. 2009;302(3):298-305.
[1] Mørch LS, Løkkegaard E, Andreasen AH et al, "Hormone Therapy and Ovarian Cancer," JAMA. 2009;302(3):298-305.



[1] Fournier A, Berrino F, Riboli E, Avenel V, Clavel-Chapelon F. Breast cancer risk in relation to different types of hormone replacement therapy in the E3N-EPIC cohort. Int J Cancer. 2005 Apr 10;114(3):448-54.
[1] Beekman AT, Copeland JR, Prince MJ. Review of community prevalence of depression in later life. Br J Psychiatry. 1999;174:307-311.
[1] Rothermund K, Brandtstadter J. Depression in later life: cross-sequential patterns and possible determinants. Psychol Aging 2003;18:80-90
[1] Moore, D. P., & Jefferson, J. W., (2004). Handbook of medical psychiatry (2nd ed.). Philadelphia: Elsevier Mosby.
[1] Gallo, J. J., & Rabins, P. V., (1999). Depression without sadness: Alternative presentations of depression in late life. American Family Physician, 60, 820-826.
[1] Halverson JL, Walaszek A. Late-Onset Depression http://emedicine.medscape.com/article/1356106-overview?src=emed_whatnew_nl_0#IntroductionMortalityMorbidity accessed 2-24-09
[1] Baltes MM, Lang FR. Everyday functioning and successful aging: the impact of resources. Psychol Aging 1997:12:433-443
[1] Parker G, Parker K. Psychosocial and Environmental Formulations of Depression. In The Biology of Depression. Licinio J. Wong ML eds. Wiley 2005: 26-27
[1] Kim JE, Moen P. Retirement Transitions, gender, and psychological weel-being: a life course, ecological model. J. Gerontol Series B- Psyschol. Sc Soc Sc 2002;57:212-222.
[1] Horgan J (1999, March 21): Placebo nation. New York Times, 15..
[1] M. J. Farrell, F. Zamarripa, R. Shade, P. A. Phillips, M. McKinley, P. T. Fox, J. Blair-West, D. A. Denton, and G. F. Egan Effect of aging on regional cerebral blood flow responses associated with osmotic thirst and its satiation by water drinking: A PET study. PNAS 2008 105:382-387;
[1] Levine J, Stein D, Rapoport A, Kurtzman L. High serum and cerebrospinal fluid Ca/Mg ratio in recently hospitalized acutely depressed patients. Neuropsychobiology. 1999;39(2):63-70.
[1] Marleen Manders[1], Lisette C. P. G. M. de Groot[1], Wija A. van Staveren[1], Wendeline Wouters-Wesseling[2], Ans J. M. J. Mulders[3], Jos M. G. A. Schols[4] and Willibrord H. L. Hoefnagels[5] Effectiveness of Nutritional Supplements on Cognitive Functioning in Elderly Persons: A Systematic Review The Journals of Gerontology Series A: Biological Sciences and Medical Sciences 59:M1041-M1049 (2004)
[1] Spagnoli A, Lucca U, Menasce G. Long-term acetyl-L-carnitine treatment in Alzheimer's Disease. Neurology 1991;41:1726-1732



[1]Fraser J, Kerr JR. Psychophysiological benefits of back massage on elderly institutionalised patients. J Adv Nurs 1993;18:238–245.
[1] Lee MS, Jang JW, Jang HS, Moo SR. Effects of Qi-therapy on blood pressure, pain and psychological symptoms in the elderly: a randomized controlled pilot trial Complementary Therapies in Medicine 2003; 11(3):159-164.
[1] Lavretsky H, Alstein LL, Olmstead RE, Ercoli LM, Riparetti-Brown M, St Cyr N, Irwin MR. Complementary Use of Tai Chi Chih Augments Escitalopram Treatment of Geriatric Depression: A Randomized Controlled Trial.Am J Geriatr Psychiatry. 2011 Mar 6.
[1] Zahoor Ahmad Shah, Pragya Sharma and S. B. Vohora Ginkgo biloba normalises stress-elevated alterations in brain catecholamines, serotonin and plasma corticosterone levels European Neuropsychopharmacology 2003;13(5):321-325.
[1] Kim YS, Pyo MK, Park KM, et al. Antiplatelet and antithrombotic effects of a combination of ticlopidine and Ginkgo biloba ext (EGb 761). Thromb Res. 1998;91:33-38.
[1] Tanaka S, Han LK, Zheng YN, Okuda H. Effects of the flavonoid fraction from Ginkgo biloba extract on the postprandial blood glucose elevation in rats. Yakugaku Zasshi. 2004 Sep;124(9):605-11.
[1] Kudolo GB. The effect of 3-month ingestion of Ginkgo biloba extract (EGb 761) on pancreatic beta-cell function in response to glucose loading in individuals with non-insulin-dependent diabetes mellitus. J Clin Pharmacol 2001;41:600–11.
[1] Granger AS. Ginkgo biloba precipitating epileptic seizures. Age Ageing 2001; 30:523-525.
[1] Hozawa A, Kuriyama S, Nakaya N, Ohmori-Matsuda K, Kakizaki M, Sone T, Nagai M, Sugawara Y, Nitta A, Tomata Y, Niu K, Tsuji I. Green tea consumption is associated with lower psychological distress in a general population: the Ohsaki Cohort 2006 Study.
Am J Clin Nutr. 2009 Nov;90(5):1390-6. Epub 2009 Sep 30.
[1] Niu K, Hozawa A, Kuriyama S, Ebihara S, Guo H, Nakaya N, Ohmori-Matsuda K, Takahashi H, Masamune Y, Asada M, Sasaki S, Arai H, Awata S, Nagatomi R, Tsuji I. Green tea consumption is associated with depressive symptoms in the elderly. Am J Clin Nutr. 2009 Dec;90(6):1615-22. Epub 2009 Oct 14.

...whew!