

# RECOVERING YOUR SERENITY



Courtesy of



**MORE THAN 300 MILLION PEOPLE SUFFER FROM DEPRESSION. IT'S THE NUMBER ONE CAUSE OF YEARS LOST TO DISABILITY WORLDWIDE.**

**The attitude towards and treatment of depression and similarly “invisible” mental health problems has significantly improved. This includes making the scientific connection between certain nutrient deficiencies and mental health, especially vitamin D.**

Vitamin D has gotten a lot of attention in recent years, and has even been nicknamed “the nutrient of the decade” by many scientists and researchers because it’s been associated with so many health benefits.

It’s essential to the health of most organs, including the brain, heart, skin, reproductive glands, prostate gland and mammary glands. It’s

involved in your immune system, plays a role in bone strength, reducing tumor growth, reducing your chances of developing cancer, MS, and even diabetes. It’s linked to protecting you from heart disease, weight gain, depression, and so much more. To put it simply: vitamin D helps you from head to toe.

Considering our main source of vitamin D comes from the sun, you’d think the sunniest places on earth would be free of depressed people. Think again.

The average levels of Vitamin D have dropped over the past decade to the point that, according to a recent study, 77% of Americans have insufficient amounts. Obesity is one of the reasons for this increase

because fat retains Vitamin D, making it less available to the rest of the body. Fat cells are notorious for stealing nutrients.

A study presented on May 6th, 2018 showed some exciting things. “People who were vitamin D deficient and depressed seemed to respond best to supplementation, but there was some evidence that supplementation improved depressive symptoms in people who even had a normal level of vitamin D,” Marissa Flaherty, MD, of the Department of Psychiatry, University of Maryland School of Medicine in Baltimore, told Medscape Medical News.

The obesity epidemic plays a huge role in the rise of mental health cases and vitamin D deficiency. Still, obese

or not, your body needs its nutrient buddy to be absorbed and function properly. That buddy is vitamin K2.

Vitamin K2 is an important accompaniment to Vitamin D, without which Vitamin D cannot work properly. And the form of K2 is critical. Only the MK-7 form lasts a long time in the bloodstream. The MK-4 version is a synthetic product that lasts only a third as long as MK-7, which comes only from whole foods. Any high potency Vitamin D formula without

vitamin K2 in MK-7 form can create deficiencies.

To further make sure you both correct and avoid further nutrient deficiencies, it's ideal to include CoQ10.

Originally called Ubiquinone, CoQ10 is used by every cell in the body. It ignites the cellular energy needed for each and every cell to do its job.

Together these three nutrients help ensure all the vitamins and minerals you get from everything you eat and drink have a better chance of going where they're needed, instead of getting stored in fat cells.

Since vitamin D does so much for the body, it affects the mind as well. Researchers don't yet understand this vitamin's exact role when it comes to mental health, but there's an irrefutable positive correlation between vitamin D and depression. Those suffering from clinical depression are almost always vitamin D deficient. So, supplementing with whole food vitamin D paired with vitamin K2 and CoQ10 can help that dark cloud looming over your head finally go find somewhere else to park.



## FOODS THAT WORSEN DEPRESSION

*Refined Sugar*  
*Artificial Sweeteners*

*Processed Food*  
*Hydrogenated Oils*  
*High Sodium Foods*

*Alcohol*  
*Caffeine*

## NUTRITIONALLY HEALING YOUR MIND

One study by the World Health Organization concluded, "Common treatments for depression include antidepressant medication and psychotherapy. Treatment for depression has been found to be successful 60 to 80% of the time; however, fewer than 25% of people with depression receive treatment."<sup>3</sup>

Another study added, "When treatment is not successful, it is usually related to non-compliance with medication. Patients discontinue their medication due to unwanted side effects, financial reasons, fear

of addiction, and the belief that the medication is no longer necessary. It has been reported that 42.4% of patients discontinue medication within 30 days of initiating treatment and 52.1% of patients discontinue medication within 60 days."<sup>4</sup>

Instead of medication, there's the option of nutritionally healing yourself with nutrients that have been proven to help your mental health. This means skipping out on the negative side effects normally associated with anti-depressants and eliminating the risk of addiction. And since you're

nutritionally healing yourself, this may eliminate the possibility of becoming dependent. Chances are, since mental health issues are often genetic, you may be predisposed to one deficiency or another that leads to depression. So, like a person eating to manage cholesterol or diabetes, you can supplement to keep your mind in peak condition.

What everything on that list has in common is the absence of nutritional value. Your body craves nutrients, not calories and chemicals. Sugar and processed food ruin energy levels,

which can make anyone cranky. Artificial sweeteners blocks serotonin production, the very chemical that naturally boosts mood.

Hydrogenated oils--the fancy word for fried foods--spell disaster for healthy blood flow, which means your brain isn't getting the blood supply it needs to stay physically and mentally healthy.

Alcohol might feel like a great cure in the moment, but not only is it a poison, it exacerbates the symptoms of depression. So, your mental state gets worse and worse with every drink.

While alcohol slows your whole system down, caffeine speeds it up, magnifying symptoms of depression, along with adding anxiety and

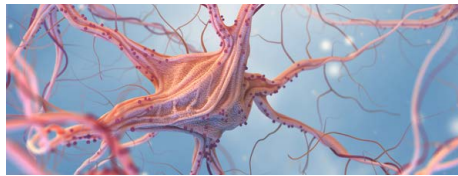
nervousness to the mix.

So, if you want to truly heal yourself and wave that dark cloud looming over your head goodbye, then it's time free yourself from what's dragging you down. It's time to embrace nutrition.

## NUTRIENTS PROVEN TO HELP DEPRESSION



**BACOPA HERB** has been shown to have both short-term and long-term effects. In short-term, it boosts brain health, focus and attention. It also levels out anxiety, depression, and regulates dopamine. It has been used in the past to treat memory loss and ADHD.



**DMAE** is the building block for acetylcholine. Without it, your body wouldn't receive any signals in the brain or nervous system. It pairs very well with choline.



### HUPERZINE A

inhibits an enzyme that degrades acetylcholine. This defense allows for boosts a wide range of functions, including mental clarity, concentration, information retention, and neuroplasticity (meaning your neurons keep on forming new links) by increasing acetylcholine levels in your brain.



**L-THEANINE** is an amino acid extracted from green tea leaves. It quickly increases dopamine and serotonin levels, helping you generally feel happier. L-Theanine has the rare ability to cross the blood-brain barrier, meaning it gets directly into your brain, instead of you having to wait for it to circulate through your system.



**CHOLINE** is an essential nutrient that turns into acetylcholine (the learning neurotransmitter), which leads to improvements in memory and mood.

## ALL THESE NUTRIENTS AND MORE CAN BE FOUND IN TWO FORMULAS FROM OHS.



**L-TYROSINE** can help fight symptoms of depression while improving mood, focus, and energy. It might be the answer you need to help you find the motivation to dissipate that dark cloud looming over your head.



# OPTIMAL LONGEVI-D-K2

Optimal Longevi-D-K2™ is a highly potent, synergistic formula that incorporates three fat-soluble nutrients proven to increase longevity and lower the risk of many diseases. It also contains nutrients proven to help your body absorb vitamin D.

**Dosing:** A dosage ranging between 3-6 capsules a day will provide the whole food vitamin D needed (based on doctors' recommendations).

**For regular use:** Take 2 capsules daily.

Because OHS's Longevi-D k2 contains 15mg CoQ10 (Ubiquinol) and 2000 IU of Vitamin D per capsule, it is recommended to take 4 capsules a day for two weeks as a loading phase, and then reduce to 2 capsules daily for therapeutic maintenance.



# OPTI-BRAIN

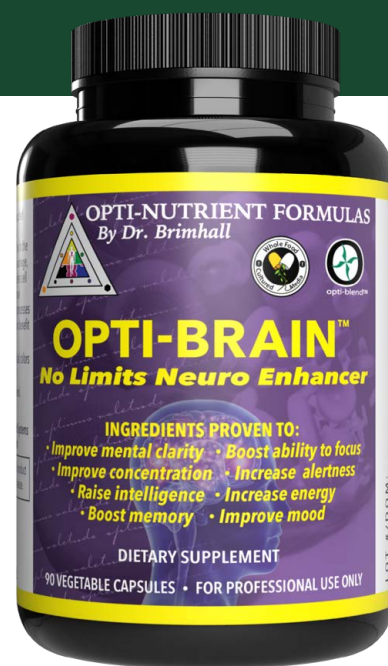
Opti-Brain™ contains over 20 whole food nutrients and herbs from pure, potent sources. Key ingredients include Huperzine A, bacopa extract, L-Glutamine, L-Theanine from green tea extract, DMAE, GABA, DHA, and more. But these ingredients will not do much if you have any deficiencies in the vitamins and minerals needed to absorb them. We've included a balanced blend including Vitamins A, C, B1, calcium, iron, and zinc. All of these are carefully manufactured in a state-of-the-art GMP certified lab, and each batch is tested for purity.

Our nootropic nutrients and herbs have been carefully chosen for their effectiveness with enhancing focus,

concentration, memory, learning, energy, and more. There are a lot of nootropic supplements out there but ONLY Opti-Brain™ is made with whole foods and predigested with Opti-Blend™.

The ingredients in this formula have been proven to enhance cognitive function by sharpening attention and focus, thus leading to improving learning, memory, and mood. We at OHS have closely analyzed over 60 years of neuroscience research to develop our potent formula. You will reap the benefits in a matter of hours.

**Dosing:** Take 1 capsule three times per day.



## REFERENCES

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