



Dr. Hyla Cass Highlights – Can Supplements Replace Prozac?

Can supplements replace Prozac?

They may actually work better. When you deal with the root cause you get better results than with a “magic bullet”.

What are some imbalances that have led to depression?

Nutrient deficiency

Anemia

Vitamin B-12 deficiency

Antidepressants cause more depletion and are addictive

How is it that physicians are unaware of this information?

Medical schools as well as research are supported by pharmaceutical companies.

There has been a decrease in “bribery” but there is still a lot of influence.

Science on nutrients is not taught in med schools.

Nature is going to heal us, it is best to work with nature first.

First thing taught in med school is to do no harm. A physician should take more time and effort to get to the root cause.

What are the side effects from pharmaceutical antidepressants?

Insomnia, hypersomnia, stomach upset, nausea, headache, weight gain, sexual dysfunction, more depression, more anxiety, tardive dyskinesia (tic-like movements).

Homicide and suicide is also prevalent (violence out of character due to a change in neurotransmitters).

It is best to taper off of antidepressants with professional help and with supplements.

How can we be more cautious with how these are handed out?

People need to take charge of their lives.

82% of people are experiencing the placebo effect.

We need to acknowledge that dosages are too high (doctors are encouraged to start their patients on high doses).

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Doctors should consider that women are more sensitive than men, that liver function is a factor in dosage as well as individual metabolism. Often the negative studies are not published and when there is negative data in a study the conclusion leaves this out. People should consult psychotherapy before prescription drugs and should work on stress reduction and treating their adrenals.

How should one treat their adrenals?

Adrenals are our fight or flight mechanism. We produce adrenalin and cortisol from stress and often stay in stress mode too long and tire our adrenals. An Adrenal Stress Index test can be done with a professional (we sometimes see that cortisol levels are reversed or flat lined throughout the day) Use herbal adaptogens to restore adrenal function. Adrenals are an underlying piece to depression and antidepressants stress the adrenals.

Can you talk about recommended supplements and bioidentical hormones?

Herbal adaptogens come from plants that have developed phytochemicals to resist a harsh environment for survival. (Siberian ginseng, ashwagandha, reishi mushroom...)

They boost the immune system and provide energy.

A combination product with co-factors is best so you aren't taking too many pills.

They are safe to add in with antidepressants.

Vitamin C

A multi vitamin with high levels of B vitamins to make neurotransmitters

5 htp

A dopamine enhancer

It is better to press a few buttons lightly than to press one too hard.

Bioidentical hormones?

Hormones and neurotransmitters work together.

The combination of PMS and anxiety with antidepressants is very bad. Look at hormone deficiencies with a practitioner.

If you have a decrease in memory check your hormone levels.

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What are the benefits of saliva tests vs blood tests?

Initially a saliva test is fine but once you are taking hormones a blood test is more accurate. A 24 hour urine test is great.

What is one message for our listeners to come away with? A way to begin?

Know that you are in control and focus on a whole foods diet.

Dr. Hyla's FREE GIFT – [Reclaim Your Brain](#) eBook on neurotransmitters

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