Integrative Approach to Depression  
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**Diagnosis:**
- Screen with “SIG E CAPS” Sleep/ Interest / Guilt/ Energy/ Concentration/ Appetite/ Psychomotor/ Suicide.
- PHQ -2 (in eCW): Little Interest or Pleasure in doing things?  2) Feel down, depressed, or hopeless? (None/ Several/ Most than half the days/ Nearly q day)

Consider testing:  
First line: CBC, TSH.  
Second line: Fe, Folic Acid, B12, total T3, reverse T3.

**Integrative History Pearls:**
- **Nutrition** -- *Quick tool: What did you have for breakfast/ lunch/ dinner?* Apply Michael Pollan wisdom:  Is it FOOD? Not too much? Mostly plants (or as close to nature as possible?) If not, probably room for tweaking.  Refer to IM!
- **Exercise** -- *Quick tool: Are you moving your body > 150 minutes per week?*  
  **Optimal BMI?** If not, probably room for tweaking.  Refer to IM!
- **Sleep** -- *Quick tool: Do you wake up refreshed and energized for the whole day after sleeping? If not, start addressing sleep issues, or refer to IM clinic…
- **Support** – *Quick tool: Who do you turn to when things get tough?*  
  Can immediately name 1-2 CLOSE people.  If not, explore options for counseling.

**Agents to consider for normal brain NT biosynthesis:**
- B Complex-  B-50 complex once daily is usually adequate.  (Do not exceed 100 mg Vit B6 due to case reports of iatrogenic neuropathy)
- Fish Oil = 1000 to 2000 mg EPA + DHA* (often regular fish oil capsules only 30% EPA + DHA combo)
- Vitamin D3 – 1000 – 2000 IU/day

**Therapeutic agents* (not recommended to use if patient is already on anti-depressant therapy)**  
*SEE WHAT IS YOUR BRAIN TYPE? Handout for specifics on NT types
- Low serotonin:  5-HTP 150 – 400, or even up to 800 mg qhs.
- St John’s Wort – Standardized to 0.3% hypericin, 300 mg tid.  *Watch out for significant drug-herb interactions!
- Low catecholamines:  L-Tyrosine 500mg 1-3 on arising and midmorning
- Natural tranquilizer: L-theanine 50- 150 mg qd –bid
- *Covers all the NT bases!:  SAM-eStart 200mg QD- BID  (but $$$)

**Lifestyle approaches**
- Exercise – Move!
- Counseling, mind-body therapies
- Mediterranean Diet
- Phototherapy (if significant Seasonal Affective D/O present)
- Pet therapy!