



7 Secret causes

For
Depression & Anxiety

Symptom Checklist Included

Dr Janelle Sinclair

www.drjanellesinclair.com

7 SECRET CAUSES OF DEPRESSION & ANXIETY

that your doctor won't tell you!

by Dr Janelle Sinclair (PhD)

- Would you like more energy, **better mood** or do you want to resolve your inner tension?
- Have you tried counselling and worked hard on getting **healthy thought patterns**, but still struggle with mood swings or sadness for no reason?
- Have you've tried anti-depressant or anti-anxiety medication, and only felt partial results?
- Perhaps you're wanting to **reduce your antidepressant medication** but know that it would be wise to find the **root cause** of your low mood first?
- Or would you like to improve your mental health **using diet or natural supplements**?

I encourage you to investigate the often overlooked and under-recognised biochemical causes for the symptoms we describe as depression and anxiety. You are going to have to do this yourself I'm afraid, as most medical doctors either only try to rule out a small number of these, or simply don't know about them. By identifying and addressing these imbalances you can feel happier, calmer and more energized to pursue life.

THE OVERLOOKED CAUSES OF DEPRESSION & ANXIETY REVEALED

If you've ever experienced low iron anemia, you'll understand how a simple mineral (iron) can lead to life-impacting symptoms such as fatigue. Just lacking this one mineral alone can lead to extreme tiredness, dizziness, breathlessness, and anxiety. I've even seen clients with this deficiency have debilitating depression, suicidal thoughts and panic attacks.

Through 14 years of working in the natural medicine industry, I've discovered that there are over 20 different biochemical imbalances that can lead to low mood, high angst, irritability and fatigue. These include nutritional deficiencies, hormonal imbalances, gut dysbiosis and genetic weaknesses.



IS A BIOCHEMICAL (OR PHYSICAL) IMBALANCE IMPACTING YOUR MOOD?

You're probably wondering how to find out if there is a biochemical cause for your mental unwellness. It can be complicated and it really involves a combination of blood tests, history taking and physical examination, and an intricate knowledge of the factors which influence mental health.

However today I'm going to share with you a simple trick that I've used with hundreds of my clients which can be the first step in uncovering whether there is a biochemical imbalance impacting your mental wellbeing.

What I've discovered by working with my clients is that there's lots of small signs and symptoms that your body shows, that can indicate if you have a nutritional deficiency or other biochemical imbalance. And these imbalances can contribute to, or cause, poor mood, heightened anxiety or low energy.

SIGNS & SYMPTOMS YOUR BODY IS GIVING YOU, THAT IT'S OUT OF BALANCE!!!

Use the checklist below to uncover whether it's likely that some of these imbalances are contributing to your symptoms. The list investigates 7 different biochemical causes of depression and anxiety.

Consider whether you have any of the signs and symptoms below, tick the empty boxes next to the symptoms that you have, and then total up each column. If you have a number of the signs and symptoms for a particular condition, then continue on in the document to learn more about it.

29 physical signs & symptoms that can uncover the biochemical cause of your depression & anxiety

Directions:

- Tick the white empty boxes next to the symptoms which apply to you
- Total up each column
- Learn more about the physical imbalance

	PYROLURIA	SIBO	REACTIVE HYPOGLYCEMIA	HYPOTHYROIDISM	COELIAC DISEASE	OMEGA 3 DEFICIENCY	VITAMIN B12 DEFICIENCY
Hair, Nails & Skin							
Acne	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dandruff	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry skin or Eczema	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red rough bumps on back of upper arms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Short eyebrows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Yellow tinge to the skin & whites of the eyes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretch marks in skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Thinning hair or course frizzy hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White dots in fingernails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diet and Cravings							
Sugar craving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You eat very little fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You eat a vegan or vegetarian diet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Digestive System							
Bloating, burping or farting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Constipation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diarrhoea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Morning Nausea. Dislike for breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immune							
Autoimmune conditions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recurrent UTIs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sinusitis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other genetically related members of your extended family have Coeliac disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Neurological							
Brain fog and confusion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cold hands and feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dizziness and light-headedness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood swings and anger outbursts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Numbness or tingling in your fingers or feet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tremour	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other							
Delayed puberty	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscle pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Oozing earwax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slow growth as a child (failure to thrive)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Swollen inflamed tongue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Weight Gain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL FOR EACH COLUMN /HEALTH CONDITION							

*Please note: these signs and symptoms are only suggestive of these particular health conditions. It should not be used as a diagnosis. You do not need to have all of the symptoms to have the health issue. This checklist does not rule out that your symptoms may be due to another health problem. See your health practitioner to investigate further.

7 SECRET BIOCHEMICAL CAUSES OF DEPRESSION & ANXIETY

1 PYROLURIA

Pyroluria is a chemical imbalance that causes mental unwellness that tends to run in families. People with the condition produce high levels of HPL (hydroxyhemopyrrolin-2-one; also known as pyrroles, kryptopyrroles or the mauve factor). It is thought that the HPL molecule binds up zinc and vitamin B6, which is then excreted in the urine. The zinc and vitamin B6 deficiencies associated with pyroluria, lead to a wide range of physical and emotional signs and symptoms.

Depression, anxiety, ADHD, autism, alcoholism and bipolar disorder are common conditions associated with pyroluria. Furthermore, high inner tension and poor stress tolerance is a key characteristic. Physical signs commonly seen in pyroluria include white spots on fingernails, stretch marks, pale skin, sweet and fruity breath and body odour, overcrowded teeth and creaking knees.

The good news is that pyroluria can be well managed with ongoing high dose zinc and vitamin B6 supplementation.

2 SIBO (SMALL INTESTINAL BACTERIAL OVERGROWTH)

SIBO stands for small intestinal bacterial overgrowth. This condition occurs when bacteria migrate up from the large bowel and start growing in the small intestine. The presence of these bacteria lead to symptoms such as bloating, diarrhoea, constipation, farting, burping, stomach cramps and pain.

The gut brain connection is now becoming well established in the scientific literature, so it should come as no surprise that SIBO can also lead to psychological problems. Symptoms include anxiety, brainfog, low mood and fatigue.

The FODMAP diet, specific probiotics, and herbs can be used to reduce the growth of these opportunistic bacteria. This can lead to symptom resolution. Your anxiety, depression or brain fog, can lift using these natural approaches.

3 REACTIVE HYPOGLYCEMIA

Reactive hypoglycemia refers to low blood sugar that occurs in response to eating food and takes place one to four hours after a meal.

Individuals experiencing hypoglycemia have two types of symptoms;
a) those that are related to not enough glucose in the blood stream to feed the brain;

DIZZINESS, CONFUSION, WEAKNESS, BEING UNCOORDINATED, BLURRED VISION, FATIGUE & DEPRESSION

and

b) those that are caused by a subsequent rise in epinephrine (adrenaline). The epinephrine is signalling the body to increase the glucose (sugar) levels in the blood stream.

PALPITATIONS, SWEATING, ANXIETY, ANGER, PANIC ATTACKS, TREMOR, MOOD SWINGS & CRYING SPELLS

If the anxiety, low mood or fatigue you experience is not present at all times, but seems to fluctuate, I suggest that you investigate reactive hypoglycemia or low blood sugars. Your unbalanced moods may be eased by modifying your diet and taking some supplements which support your blood sugar balance.

4 HYPOTHYROIDISM (LOW THYROID)

Hypothyroidism, or low thyroid function, is a condition in which the body does not produce enough thyroid hormone to meet the body's needs. Thyroid hormones are produced by the thyroid gland, which is a butterfly-shaped gland situated on the lower front of the neck and wraps around the wind pipe (esophagus). The function of thyroid hormones is to help control metabolism as well as growth and development.

The most well-known symptoms of hypothyroidism include fatigue, cold hands and feet, cold intolerance, weight gain, constipation and dry skin. Extremely low thyroid function also known as overt hypothyroidism (picked up by standard blood tests) is rarely seen in people suffering from depression. However, mild or subtle thyroid abnormalities are observed with depression. These mild defects however, are clinically important!

One study showed that patients with depression and mild thyroid failure are more likely to have recurrent depression, longer disease duration, higher number of episodes of major depression, higher number of suicide attempts and problems with being overweight.

5 CELIAC DISEASE

Celiac disease, also spelled coeliac, is a digestive disease in which the body's immune system reacts abnormally to gluten. Gluten is a protein found in many grains, such as wheat, rye, and barley. In people who have celiac, the immune system attacks and causes damage (inflammation) to the small intestine.

Traditionally, typical symptoms of celiac disease were thought to include only complaints of the gut or poor digestion. These problems include diarrhea, constipation, abdominal pain, poor appetite, bloating, and anemia (low iron and/or B12 levels). More recently researchers have recognized that many individuals have celiac without any digestive complaints. Instead they may suffer from fatigue, depression, mouth ulcers, dermatitis, headaches, hair loss (alopecia), joint and/or muscle pain, menstrual issues or infertility.

6 OMEGA 3 DEFICIENCY

Omega 3 are a class of essential fatty acids. They are called essential because the body cannot make or store them. Therefore it is essential that we supply these valuable nutrients to the body through our diet. An omega 3 deficiency is associated with psychological (depression, ADHD, OCD), immune (allergies, asthma, autoimmune conditions, eczema) and Cardiovascular conditions.

There is strong evidence that those that suffer from depression - major, bipolar, and postpartum - have an omega 3 deficiency. Research also shows that taking omega 3 supplementation can result in improvements of mood. In an eight week study on major depressive disorder, EPA (a specific form of omega 3) by itself at high doses was found to be as effective as the common antidepressant medication fluoxetine. Fifty percent of those who took either EPA or fluoxetine had a fifty percent or more reduction in their depressive symptom scores.

7 VITAMIN B12 DEFICIENCY

Vitamin B12 is an important vitamin that plays a key role in the nervous system. A deficiency is associated with symptoms such as numbness or tingling in hands or feet, difficulty walking, anemia, a swollen inflamed tongue, difficulty thinking and reasoning, memory loss, weakness, fatigue, depression and anxiety.

Most common causes of a vitamin B12 deficiency are gastric surgery, a vegan or vegetarian diet, pernicious anemia, Coeliac disease, or Crohn's disease. Vitamin B12 supplements at the right dosages can dramatically improve energy levels and mood.



ABOUT DR JANELLE

A little about me

Hi, my name is Dr Janelle Sinclair. I'm a biochemist (PhD) and a registered natural medicine practitioner. I've been working in the natural medicine field for over 14 years and I've been consulting with clients for 5 years, specifically focused on mental health. I have a PhD of biochemistry, a Postgraduate Certificate in Health Sciences (Mental Health), completed FitGenes accreditation and NeuroLinguistic Programming (NLP) certification. As you can see, I have a thirst for knowledge and I love to apply it in a practical way that has an impact on others.

Lives changed

Many of my clients have called me a lifesaver (literally). I've helped them go from feeling hopeless and that life was not worth living, to having more energy, working again, enjoying their families and excited about what the future holds. While working in my clinic I found that for some women there were dramatic changes in a short period of time in their mental health by using a couple of supplements and/or a simple dietary change. For others a slow and steady improvement in emotions, stamina and motivation were experienced.

I'm now on a mission

It got me thinking, that more people like you needed to know about what works, and how to figure out what supplement or diet would be effective for them! It breaks my heart to think that you are struggling with distressing symptoms that affect you every day, when it might be possible to turn your life around with a natural approach.

I believe that through addressing biochemical imbalances such as nutritional deficiencies, hormonal imbalances, food intolerances, gut dysbiosis, and poor detoxification, that many people can overcome their struggle with depression, anxiety and fatigue.

This approach has helped hundreds before you, and I'd love to help you resolve your depression and anxiety too!

NEED REAL RELIEF FROM DEPRESSION & ANXIETY?

Not sure how to get started?

Follow these steps.

STEP 1: WATCH THE WEBCLASS



www.drjanellesinclair.com/webclass

STEP 2: JOIN THE ONLINE COURSE



Real Relief
FOUNDATIONS

www.drjanellesinclair.com/ecourse

STEP 3: HAVE A CONSULTATION WITH DR JANELLE



www.drjanellesinclair.com/consulting

Have a Question or Need Help?

Email our support desk at: info@drjanellesinclair.com