

of the Week...

Some of the TOP Causes of Depression

- Stress
- Poor Diet
- Drinking
- Drug Use
- Lack of Sleep

Link Between "FAST" Foods and Depression Found

According to a recent study published in *Public Health Nutrition*, eating commercially baked goods (cakes, doughnuts, etc.) and fast food (hamburgers, hotdogs and pizza) is linked to depression.

The results reveal that consumers of fast food, compared to those who eat little or none, are 51% more likely to develop depression.

And, they found that the more fast food you consume, the greater the risk of depression.

The study found that those who eat the most fast food and commercially baked goods are more likely to be single, less active and have poor dietary habits, which include eating less fruit, nuts, fish, vegetables and olive oil.

Smoking and working more than 45 hours per week are other prevalent characteristics of this

group.

Depression affects 121 million people worldwide. This makes it one of the main global causes of disability as well. Further still, in countries and populations with low and medium income, it is the leading cause.

While little is published about the role that diet plays in developing depressive disorders, previous studies suggest that certain nutrients may have a preventative role.

These include group B vitamins (including and especially folic acid), omega-3 fatty acids and olive oil. Furthermore, a healthy diet such as the Mediterranean Diet has been linked to a lower risk of developing depression.

An simple summary of this research is that trans-fats in the diet increase depression risk.

The Bottom Line...The Bottom Line...The Bottom Line...

Good nutrition is a pre-requisite for a healthy brain. The study reported above proves the point. Fast food companies use a wide variety of chemical stimulants to create brain addiction and brand loyalty. It appears that what they are really creating is a population of depressed people. Reclaim your health and proper function through healthy lifestyle approaches that include a healthy diet, proper rest, good exercise, plenty of clean air and water and a healthy nerve system.

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