

### ***Key Features:***

- Explores integrative therapies for the treatment of depression
  - Describes the concepts of inflammation, hormonal imbalances, gastrointestinal problems and nutritional deficiencies and their possible link to the pathogenesis of mood disorder
  - Discusses nutritional interventions and scientific-based lifestyle medicine including the role of sleep, exercise and stress reduction
  - Covers evidence-based approaches to integrative management of mood disorders in pregnant women, adolescents and the elderly
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### ***Περιεχόμενα:***

#### **Shifting the Paradigm: Redefining the Treatment of Mood Disorders**

*Emily Deans*

#### **The Role of Inflammation in Depression**

*Antolin C. Trinidad*

#### **The Gut-Brain Axis: The Role of the Gut in Brain Health**

*Court Vreeland and Kelly Brogan*

#### **Clostridia Bacteria in the GI Tract Affecting Dopamine and Norepinephrine Metabolism**

*William Shaw*

#### **Stress, Fear, Trauma and Distress: Underlying Factors in Depression**

*Peter Bongiorno*

#### **Mitochondrial Dysfunction and Physiological Depression**

*Dean Raffelock*

#### **Micronutrient Deficiencies and Mitochondrial Dysfunction**

*Chandler Marrs*

#### **Vitamin Deficiencies and Depression: Evidence-Based Research**

*James Greenblatt and Priyank Patel*

#### **Mineral Deficiencies and Depression: Evidence-Based Research**

*James Greenblatt and Kayla Grossmann*

#### **Essential Fats and Amino Acids in Depression** *Bettina Bernstein*

#### **Sex Steroids and Mood in Women** *Ann Hathaway*

**The Hypothalamic-Pituitary-Adrenal Axis in Mood Disorders**  
*Sara Gottfried*

**Adrenal, Reproductive, and Thyroid Hormone Testing for Depression**  
*Dean Raffelock and Lara Pizzorno*

**Exposure to Toxic Chemicals as a Cause of Depression**  
*William Shaw*

**Dietary Peptides and the Spectrum of Food Hypersensitivities**  
*Cynthia Gariépy*

**Genetic-Based Biomarkers in Psychiatry: An Integrative Approach**  
*Jay Lombard*

**Mood-Related Effects of Medications Prescribed for Non-Psychiatric Indications** *Myrto A. Ashe*

**The Rationale for Treating with a Broad Spectrum of Minerals and Vitamins**  
*Julia J. Rucklidge and Bonnie J. Kaplan*

**Amino Acids and Other Nutrients That Enhance the Synthesis and Regulation of Neurotransmitters** *Richard M. Carlton*

**Botanicals for Depression: Rhodiola, St. John's Wort, Curcumin and Saffron**  
*Judith E. Pentz*

**Exercise as an Adjunct to Treating Depression**  
*Ralph E. Carson*

**The Role of Sleep and Light Therapy in Depression**  
*Robin May-Davis*

**The Role of Spirituality and Religion in Depression and Treatment**  
*Natalie L. Hill*

**Depression-Specific Yoga and Mindfulness-Based Cognitive Therapy Model: Description, Data on Efficacy and Differences from Contemporary Models**  
*Basant Pradhan*

**Meditation and Mindfulness**  
*Healy Smith and Gregory Thorkelson*

**Narrative Therapy** *Antolin C. Trinidad*

**Integrative Psychotherapy: Healing the MindBodyMatrix**  
*Martha Stark*

**Integrative Approaches to Perinatal Depression**  
*Vesna Pirec and Kelly Brogan*

**Integrative Approaches to Adolescent Depression**  
*Amelia Villagomez and Noshene Ranjbar*

**Integrative Approaches for Geriatric Depression**  
*Lewis Mehl-Madrona, Barbara Mainguy and Asha Shah*

**Clinical Case Studies: Putting It All Together** *Kat Toups*