

NUTRITIONAL RECOVERY FROM DEPRESSION AND OTHER NEGATIVE MOODS

STEP ONE: THE ASSESS YOUR MOOD-TYPE QUESTIONNAIRE - Identifying the Causes of Your Own Negative Emotions

Taking the following mood-type questionnaire is the first step in an effective nutritional recovery from depression, anxiety, insomnia, irritability, overstress, over-sensitivity and the other negative emotional states caused by mood-chemistry imbalances.

This five-part questionnaire was adapted from *The Mood Cure* by author and nutritional therapy pioneer, Julia Ross. It is based on 40 years of scientific study and 26 years of use at the author's Northern California clinic.

Your scores in each of the five sections of the Questionnaire will identify which of your brain's four mood-optimizing neurotransmitters (NTs) is malfunctioning and whether blood sugar dysregulation is also contributing to your negative mood. Please give a number from 1 to 10 for easy scoring. Zero indicates no negative symptoms, 10 indicates severe symptoms.

TYPE 1 Under a Dark Cloud: Low in SEROTONIN

___ Do you have a tendency to be negative, to see the glass as half-empty rather than half-full? Do you have dark, pessimistic thoughts?

___ Do you really dislike the dark weather or have a clear-cut fall/winter depression (SAD)?

___ Are you often worried and anxious?

___ Do you have feelings of low self-esteem and lack confidence? Do you easily get to feeling self-critical and guilty?

___ Does your behavior often get a bit, or a lot, obsessive? Is it hard for you to make transitions, to be flexible? Are you a perfectionist, a neatnik, or a control freak? A computer, TV, or work addict?

___ Are you apt to be irritable, impatient or edgy?

___ Are you hyperactive, restless, can't slow down or turn your brain off?

- ___ Do you tend to be shy or fearful? Do you get nervous or panicky about heights, flying, enclosed spaces, public performance, spiders, snakes, bridges, crowds, leaving the house, or anything else?
- ___ Have you had anxiety attacks or panic attacks (your heart races, it's hard to breathe)?
- ___ Do you have facial or body tics, or Tourette's?
- ___ Do you get PMS or menopausal moodiness (tears, anger, depression)?
- ___ Are you a night owl, or do you often find it hard to get to sleep, even though you want to?
- ___ Do you wake up in the night, have restless or light sleep, or wake up too early in the morning?
- ___ Do you routinely like to have sweet or starchy snacks, wine, or marijuana in the afternoons, evenings, or in the middle of the night (but not earlier in the day)?
- ___ Do you find relief from any of the above symptoms through exercise or antidepressant drugs?
- ___ Have you had fibromyalgia (unexplained muscle pain) or TMJ (pain and tension associated with your jaw)?
- ___ Have you had suicidal thoughts?

If your scores tend to be high in this section, please read Chapter 3, page 25 of *The Mood Cure*

TYPE 2 Feeling the Blahs: Low in NOREPINEPHRINE

- ___ Do you often feel depressed - the flat, bored, apathetic kind?
- ___ Are you low on physical or mental energy? Do you feel tired a lot, have to push yourself to exercise?
- ___ Is your drive, enthusiasm, and motivation quota on the low side?
- ___ Do you have difficulty focusing or concentrating?

___ Are you easily chilled? Do you have cold hands or feet?

___ Do you feel the need to get more alert and motivated by consuming a lot of coffee or other "uppers" like sugar, diet soda, smart drinks, adderol, meth, or cocaine?

If your scores tend to be high in this section, please read Chapter 4, page 25 of *The Mood Cure*

TYPE 3 Over Stressed: Low in GABA

___ Do you often feel overworked, pressured, or deadlined?

___ Do you have trouble relaxing, loosening up, or getting to sleep?

___ Does your body tend to be stiff, uptight, tense?

___ Are you easily upset, frustrated, or snappy under stress?

___ Do you often feel overwhelmed or as though you just can't get it all done?

___ Do you use alcohol, food, tobacco, or drugs to relax and calm down?

If your scores tend to be high in this section, please read Chapter 5, page 77 of *The Mood Cure*

TYPE 4 Too Sensitive for Life's Pain: Low in ENDORPHIN

___ Do you consider yourself or do others consider you to be very sensitive?
Does emotional pain, or perhaps physical pain, really get to you?

___ Do you tear up or cry easily - for instance, even during TV commercials?

___ Do you tend to avoid dealing with painful issues?

___ Do you find it hard to get over losses or get through grieving?

___ Have you been through a great deal of physical or emotional pain?

___ Do you crave pleasure, comfort, reward, enjoyment, or numbing from chocolate, bread or other foods, wine, lattes, romance novels, marijuana, tobacco, or oxycontin?

If your scores tend to be high in this section, please read Chapter 6, page 100 of *The Mood Cure*

TYPE 5 Mood Swinger: Unstable BLOOD SUGAR

___ Do you crave a lift from sweets or alcohol, but later experience a drop in mood and energy after ingesting them?

___ Do you get dizzy, weak, or headachy if meals are delayed?

___ Do you have a personal or family history of hypoglycemia, diabetes, or alcoholism?

___ Are you nervous, jittery, irritable, inattentive on and off throughout the day; but calmer after meals?

___ Do you have crying spells?

___ Do you have intermittent mental confusion, forgetfulness, difficulty concentrating?

___ Do you have heart palpitations, rapid pulse?

If your score is more than 12 in TYPE 5, turn to Chapters 7-9 of *The Mood Cure*.

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