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### Integral Nutrition Notes (2016)

Some or most of this information will be helpful for YOU:

From Dr. Perlmutter, author of “Brainmakers”

1. Microbiome- bacteria in your gut, plays a role in mood  
Depression- look for leaky gut, not just early life trauma  
Rehab your microbiome! To change: Food: low sugar, low carb;  
aboveground, nutrient rich veggies; fermented: kimchi, sauerkraut,  
cultured yogurt; jicama, garlic, onion, leaks, radicchio, etc  
Pro-biotic supplement: 5-10 different bacteria, 30-50 billion
3. Lifestyle: sleep 6-8 hrs natural sleep nightly. Exercise:
  - a. Movement: HIIT, 30 secs fast as possible, 90 secs regular,  
repeat 6-8x, 20 mins. 2x/wk – any exercise (walk, run, bike,  
swim...), for better energy – works different muscles, cardio
  - b. Breathing – 5 minutes – signal of safety (depression and  
anxiety have brain and nervous system in fight/flight)
    - i. breath of fire 1 minute, followed by alternate nostril
    - ii. \*\*\* Gratitudes + intentions/visioning (use a concern  
or problem to help clarify what you want)

30 day detox: NO grains, dairy, legumes, sugar (any white, refined,  
artificial. (1 piece bread =2 tsp sugar). Eat ONLY ORGANIC Food!

Dr. Hyla Cass (Natural Medicine Detox) Detoxing Meds: Only with Dr.  
supervision) Reduce benzodiazapenes 1<sup>st</sup>: valium, zanax...taper SSRI's  
Can use 5htp 2x/day (with B6/p5p), at least 6 hrs apart

Sugar: causes inflammation, lowers serotonin; treat as an addiction

Alcohol: Beware. Glutamine (dissolve under tongue at any craving)

Serotonin deficiency indicators include carbohydrate/sugar/alcohol  
cravings, poor sleep, depression, ADHD. Use 5htp, tryptophan,  
multiple, EFA's (omega 3 fish oil, EPA/DHA 3-5K mg); sardines,  
anchovies, hemp hearts, flax, chia, B vitamins, bone broth.

Depressives have 30% higher inflammation!

Gluten intolerance: joint pain, mood disorder, gut problems, and more..

Books: A Mind of Your Own; Practical Paleo; Your Personal Paleo

Code. Drs. Kelly Brogan, Chris Kresser, Joseph Mercola

\*Please ask me for more details or if you have any questions.