

## ACF: Mental Health and Neurology – Chat and Questions Class # 4 (March 9, 2022)

**00:17:11 Katherine Mossop:** Stacey asks: In response to my question about weaning off Celexa by cutting dose in half for 2 weeks and then stopping altogether with the intention of adding Wellbutrin, you said it was replacing one SSRI for another. However, Wellbutrin is not an SSRI but rather an aminoketone that works on dopamine and norepinephrine. I'm wondering if you can give some insight into whether or not this is dangerous from a neurochemistry standpoint. Any guidance is much appreciated, given the patient is my dad.

**00:18:58 Katherine Mossop:** Lena asks: If a person has panic attacks coming with vertigo and nausea, how can it be stopped in the moment?

**00:21:10 Katherine Mossop:** Lena asks: What hormonal test may we do to see the disbalances in hormones or deficiencies and problems with cortisol etc.?

**00:22:12 Katherine Mossop:** Lena asks: You mentioned that restless leg syndrome could be related to iron and magnesium deficiency. I have checked my blood last week and I am not deficient. My question is could it be related to the brain neurology?

00:22:25 Lesley Baker: Lena, I bring my index fingers up to my third eye area and shift my gaze up and done to the left then to the right while deep breathing until I yawn , it brings me out of panic and the visual focus forward of eyes breaks and the yawn is assign para is activated

**00:24:49 Katherine Mossop:** <https://www.aafp.org/afp/2008/0715/p235.html>

**00:26:24 Katherine Mossop:** Lena asks: if I want to recommend an adaptogens such as Rhodiola Rosea, Ashwagandha, ginseng, 5-HTP, what are the doses? Where do I get doses for herbal and adaptogens as well as supplements?

**00:29:46 Katherine Mossop:** Lena asks: What is the brain chemistry behind panic attacks and how can we manage it with nutrition and supplements?

**00:32:24 Katherine Mossop:** Lena asks: I recently checked and found I'm not deficient in magnesium or iron, but I've found that magnesium helps me with restless leg syndrome. Should I still take magnesium if I am not deficient?

**00:33:00 Katherine Mossop:** RBC Magnesium

**00:33:25 Katherine Mossop:** Rachita asks: What are some of the most common medications that can cause anxiety?

**00:35:38 Katherine Mossop:** Rachita asks: What are some signs and symptoms that would indicate that anxiety has affected the adrenals?

**00:38:01 Katherine Mossop:** Rachita asks: When you take out coffee from the diet, does that include decaffeinated coffee too or is decaffeinated coffee okay?

**00:39:25 Katherine Mossop:** Methylxanthines

**00:39:46 Katherine Mossop:** Rachita asks: What form of Zn and Mg do you recommend for mental health? Do you always combine Zn with copper? What would be a good dosage for copper as a ratio with Zn?

**00:42:04 Katherine Mossop:** Rachita asks: What do you recommend in general for time between sleep and food to maintain good sleep?

**00:42:58 Katherine Mossop:** Rachita asks: What are thyroid preparations?

**00:43:27 Katherine Mossop:** Rachita asks: Do you recommend probiotic supplements or is eating probiotic foods on a regular basis enough for mental health support if the client does not have excessive digestive issues?

**00:45:57 Katherine Mossop:** Lia asks: Should the presence of varicose veins (in lower leg) be a concern with cardiovascular health for a young person (35)? Before going to see a specialist and potentially having surgery to remove them, are there diet and supplement recommendations that can be made to try and improve them naturally?

**00:47:53 Katherine Mossop:** Kate asks: If an individual's genetic test result shows the MTHFR gene, how can you support such a person with nutrition and supplements to improve the methylation process?

**00:48:37 Katherine Mossop:** Bea asks: Is it safe to use melatonin long term? What forms are more absorbable/effective: liposomal, sublingual, caps, tablets?

**00:51:26 Katherine Mossop:** Bea asks: From what I gather, a GFCF (casein)/GFDF diet is beneficial for all mental health conditions and it's a great place to start.

**00:52:41 Katherine Mossop:** Bea asks: Which form of magnesium is beneficial for insomnia? Is it safe to go beyond the tolerable upper limit of 350-400mg per day?

**00:53:14 Katherine Mossop:** Bea asks: What are the daily recommended doses for the herbs you have mentioned in the sessions: valerian, passion fruit, hops, catnip, lavender, skullcap, St John Wort, Kava?

**00:57:59 Katherine Mossop:** Bea asks: I heard the combination of VPH (valerian, passion fruit, hops) is beneficial for mental health. What do you think? I have come across products with different doses of each herb in it. Any specific amount to look out for?

**00:58:37 Katherine Mossop:** Stacey asks: What are functional serum levels of Zinc, and what is a healthy ratio between Zinc and Copper?

**01:00:15 Katherine Mossop:** Stacey asks: When supplementing with Zinc, what signs/symptoms could indicate copper deficiency?

**01:00:54 Katherine Mossop:** Stacey asks: Any research showing that supplementing with bifidobacteria can improve ASD presentation? Can it help reduce levels of PA?

**01:01:55 Katherine Mossop:** Stacey asks: What are therapeutic doses of L-carnitine, NAC and Omega 3s to help lower PA?

**01:03:28 Katherine Mossop:** Stacey asks: Are there specific fruits and veggies recommended for juicing for Alzheimer's patients or is it more about increasing phytochemicals? Is this more preventative or can it also be restorative?

**01:05:51 Katherine Mossop:** Stacey asks: Can you share therapeutic doses of recommended Alzheimer's and Parkinson's nutrients? Do these doses depend on the stage of disease/decline?

**01:06:27 Katherine Mossop:** Stacey asks: Once the substantia nigra degrades, is boosting dopamine production still possible through supplementation?

**01:06:54 Katherine Mossop:** Mucuna pruriens

**01:07:06 Katherine Mossop:** Stacey asks: What is a functional range for MMA?

**01:07:29 Katherine Mossop:** Stacey asks: Is it dangerous for Folate and B12 levels to be way above the reference range? (for example: Folate >20 or B12 >2000)

**01:08:28 Katherine Mossop:** Stacey asks: Is the ANA test strictly positive or negative? Does a positive result always indicate autoimmunity?

**01:10:10 Katherine Mossop:** Joanne asks: Do you have a specific website or resource you can recommend for researching contraindications between medications and natural products?

**01:10:58 Katherine Mossop:** Helen asks: For children with ADHD, what diet recommendations do you typically suggest to their parents?

**01:12:31 Katherine Mossop:** Helen asks: What doses do you recommend with Fish Oil especially if we are working with someone with a recent TBI such as a ski-related bang to the head!

**01:13:05 Katherine Mossop:** Helen asks: When someone has high B12 in their blood work - is there anything you would be concerned about or thinking about to support them. Would you avoid B complex supplementation in this case?

**01:13:15 Katherine Mossop:** Hayley asks: Can blood sugar imbalances be going on in the background without any obvious outward signs, or generally with clients are there noticeable symptoms?

**01:14:03 Katherine Mossop:** Hayley asks: If you are supplementing with zinc over a longer period of time would you add in a single copper supplement or perhaps bring it in with a multivitamin?

**01:14:25 Katherine Mossop:** Hayley asks: In Class 4 Part 2 you talk about how folate can seem normal but may be deficient in the nervous system - would you assess that with symptoms (I'm assuming there isn't a specific test?)

**01:17:05 Katherine Mossop:** Hayley asks: Is calcium folinate a methylated form of folate and safe to use?

**01:18:11 Katherine Mossop:** Hayley asks: Any advice that you can offer to someone suffering from severe sore throat due to covid making it very difficult to swallow and eat?

**01:19:17 Katherine Mossop:** Hayley asks: What would caloric restriction look like in a protocol for a client? Would you bring that in by reducing each meal or taking out a meal as perhaps with IF?

**01:20:50 Katherine Mossop:** Hayley asks: In the group of lab tests you suggest at the end of Class 4 Part 3 you mention Folate and B12 - would they be blood tests? Also, you mentioned testing ANA's - is there a specific test that you use?

**01:21:16 Katherine Mossop:** Christa asks: Have you ever heard of tryptophan building up in your system? Can you take too much? I ask as I've had clients use it for depression-amino acid therapy. I thought I remembered seeing a build-up one time on an OATs test once, but I'm not sure. I know the theory is as your symptoms improve you need less. Just want to be on the safe side.

**01:23:06 Katherine Mossop:** Christa asks: Do you have any suggestions for those who experience depression on low carb diets? I've found keto doesn't work well with those with depression, at least in my family. Would you suggest a modified version or certain carbs? This has always been a challenge to find the right balance. Any suggestions or guidance is greatly appreciated.

**01:25:23 Katherine Mossop:** Christy asks: What type of zinc would you recommend a person to take if they have anorexia and depression? And what dosage?

**01:27:17 Katherine Mossop:** Mel asks: When it comes to supplementation for anxiety (or really any other mental health issue), is it best to start by adding one supplement at a time, or totally ok to get someone started on a few at once? Like - fish oils, b vitamins, 5HTP to start?

**01:29:01 Katherine Mossop:** Mel asks: When it comes to choosing and getting supplement companies, are there any specific things we should be looking for? I am living in India right now and unsure how to best vet the companies and brands I'm seeing!

**01:29:40 Katherine Mossop:** Mel asks: I've done some research around the microbiome and anxiety, and have seen that certain species of bacteria can be beneficial when taken as a probiotic that specifically support anxiety / stress. I'm curious if it is best to try and isolate these species and take them on their own, or if it is just as good to take them in a probiotic that also had additional strains?

**01:31:02 Katherine Mossop:** Cindy asks: Can you recommend a few good multivitamins?

**01:31:35 Katherine Mossop:** Pure Encap - Nutrient 950

**01:31:46 Katherine Mossop:** Twice Daily Multi by Designs for Health

**01:31:55 Katherine Mossop:** Pure Encap - UltraNutrient

**01:32:50 Katherine Mossop:** Thanks everyone for joining us today! We hope you enjoyed the course! [The exam is now available to download in the Mental Health and Neurology Student Portal \(scroll to the bottom of the page and click the link\)](#)

01:33:20 Stacey Hirshman: Thank you!

01:33:27 cory: Thank you Josh and Katherine!

01:33:36 lynn: Thank YOU!!!

01:33:37 christybarber: Thank you!

01:33:38 Hayley Bicknell-Smith: Thank you both so much

01:33:41 Bea: Thank you