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Recommendation recipe in bad mood for:

Adliswil,

Vitamins, zinc and co. have been shown to have an effect on mood. It is wrong to believe that a bad mood or even depression can be cured with nutrients alone - but it can at least make it easier.

First step:

1. Take a herbal supplement such as **Rebalance** or **Relaxane**.
2. Take **Burgerstein Zinc**.
3. In case of iron deficiency take **Burgerstein Eisen plus** or **AndreaFer**.
4. Compensate for any **vitamin D deficiency** in **coordination with the season**.
5. Take in case of **vitamin B deficiency** **Burgerstein-B-Komplex**, **Becozym forte** or **Medyn-forte**.
6. Take **magnesium**.
7. Take **omega-3 fatty acids**.
8. Take **2g Myo-Inositol** e.g. in **CLAVELLA®** or **FOL-INO**.
9. **Let your thyroid adjust even if you have only "latent" hypofunction**.

anthroposophische Erweiterung:

1. Take part in **anthroposophic therapies** (**painting therapy**, **rhythmic massage**, **eurythmy**).
2. Take **Weleda Aqua Maris D3/Prun Spin Sum D5 Dil 50ml Tropfen**.

Should your mood (renewed WHO-5 question feel-good test) not improve after 3 months:

1. Get professional help - at least an initial consultation (e.g. at the **Zentrum für Angst- und Depressionsbehandlung Zürich**) - we recommend a referral, which we will be happy to carry out for you.