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Nutrients and mood

Do vitamins, zinc and co. affect the mood?

Researchers suspect that diet plays a role and are looking for therapeutic approaches. Doctors, however, also warn against hoping for a cure through nutrients alone.

Lethargy, sleep disorders, lack of energy and concentration problems: these are just a few symptoms, e.g. also a depression, which in the worst case can make life unbearable.

In Switzerland, more than 300,000 people between the ages of 18 and 65 suffer from it.

The World Health Organization (WHO) assumes that depression will be the second most common disease worldwide in the future.

There can be many triggers: excessive demands, stress, grief, physical illnesses, genetic factors. Sometimes there is none at all. It is certain that every depression is based on a metabolic disorder in the brain. In addition, there is increasing evidence that a lack of certain nutrients can lead to depression.



Dr. Stephan Barth_pixelio.de

Messenger substances for the mood

It is precisely at this point that researchers want to start: Conversely, it is expected that an adequate intake could support the healing of a depression.

The nutrients include amino acids, vitamins and minerals. The body uses them to form so-called neurotransmitters such as serotonin, noradrenaline and dopamine - those messenger substances that are responsible for a balanced mood, drive, sleep and concentration.

Some studies suggest that there is a complex relationship between diet, obesity and depression. Of course, eating habits also play a role.

Among other things, it is investigated what effect the

intake of supplements has on mood.

Observations indicate that a dose of [magnesium](#) can also make a valuable contribution.

Positive effects can also be expected from iron, B vitamins, vitamin D, omega-3 fatty acids and zinc. However, these substances should always be taken under the supervision of a doctor.

A positive effect can be expected in over 85 percent of patients.

It is, however, wrong to believe that severe depression can be cured with nutrients alone - but it can make a lot of things easier.

nach Der Spiegel vom 07.03.2014