

Integrative Medicine Case Studies for Antidepressant Withdrawal And De-prescribing

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Disclosure

Consultant – Pure Encapsulations
Founder – Psychiatry Redefined

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Why do some individuals stop antidepressants without side effects or withdrawal while others suffer tremendously?

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30 yo 6 years on Paxil	40 yo 1 year on Zoloft	50 yo 15 years on Prozac
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HOW ARE WE DOING?

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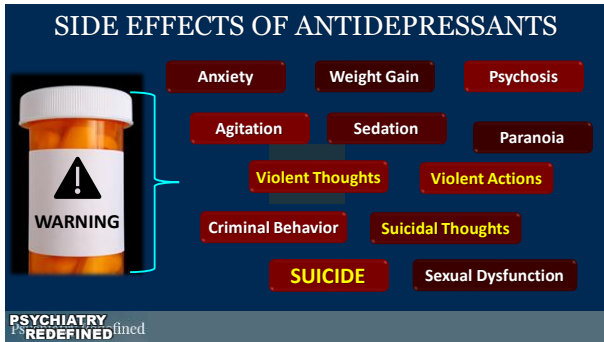
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HOW DO YOU PRESCRIBE?

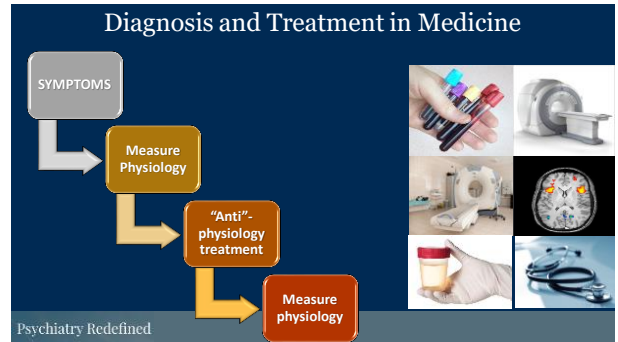


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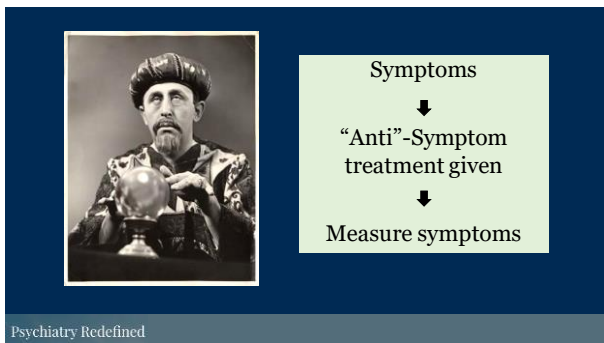
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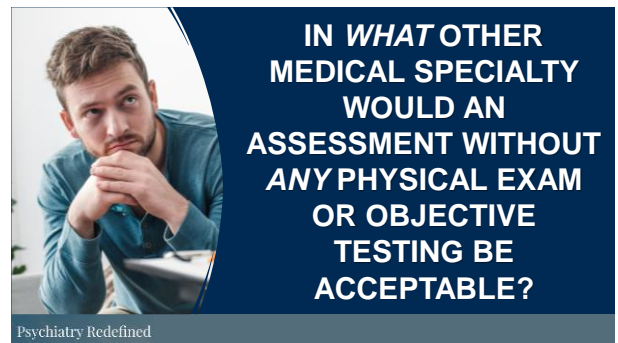
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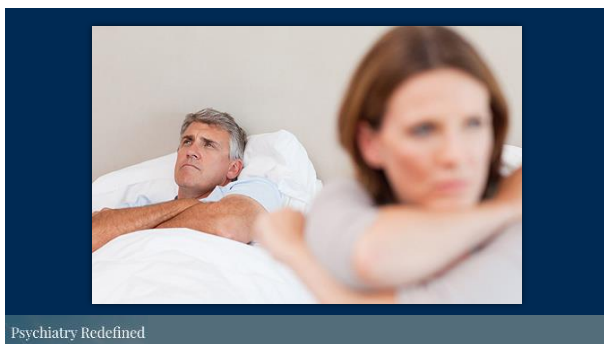
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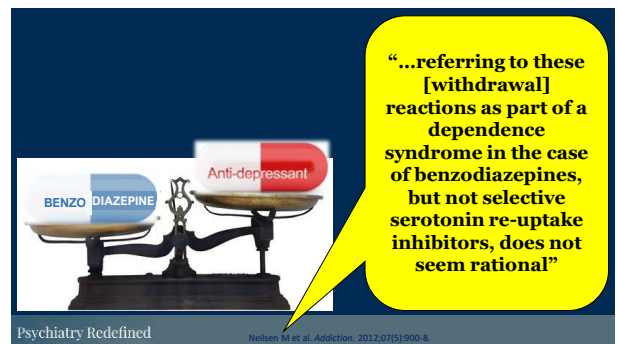
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WHAT DID PSYCHIATRY DO?



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ANTIDEPRESSANT DISCONTINUATION SYNDROME (ADS)



Irritability Increased depression Emotional lability	Insomnia Inability to focus Migraines and headaches Brain "zaps"	Profuse sweating Racing heart, palpitations Difficulty breathing Sensory disturbances
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2015 meta-analysis of studies exploring best-methods practices for antidepressant discontinuation

- 5 clinical studies
- 1 case series
- 1 consensus panel report
- 11 literature reviews

Definitive consensus?
NONE.

2 articles suggest reducing dosage 25% each week

Another suggests tapering over 6-8 weeks

Yet another recommends a 4 month taper

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Am J Psychiatry. 2018 Dec 1;175(12):1176-1184. doi: 10.1176/appi.ajp.2018.18060692.

When Discontinuing SSRI Antidepressants Is a Challenge: Management Tips.

Jha MK¹, Rush AJ¹, Trivedi MH¹.


"...as depression is a chronic disorder, we recommend continued, potentially indefinite treatment to reduce the risk of relapse or recurrence..."

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SSRI Discontinuation

Rats that had received long-term SSRI treatment were abruptly discontinued from their medication



Serotonin levels in many regions of the rats' brains had been **reduced by over 50%**


"Increased behavioral reactivity" after SSRI cessation

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Exposure to...ers brain

Brain increasingly **requires** the agent in order to sustain the new physiologic and/or functional "normal"



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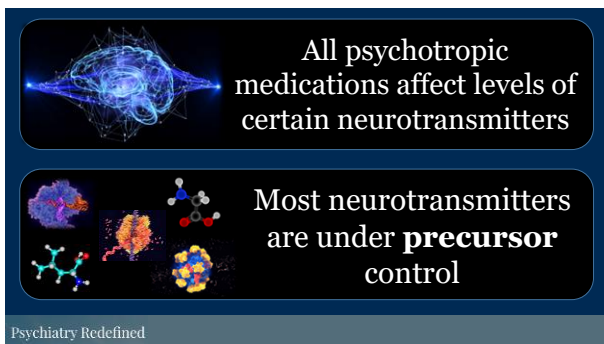
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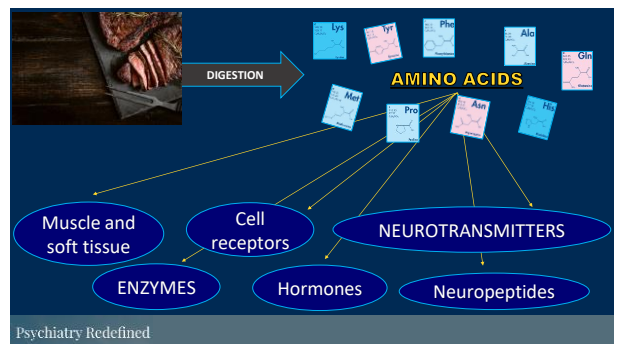
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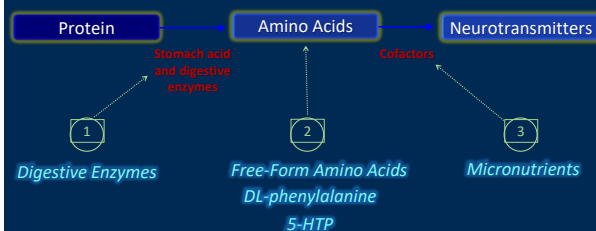
Clinical Pearls

- Even if protein intake is sufficient, fasting amino acids may be low
- The release of amino acids requires HCl, pepsin and other enzymes
- Free-form amino acids are readily absorbed

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Integration of 3 Nutritional Strategies



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Digestive Enzymes Ultra®

To support the digestion of fats, proteins, carbohydrates



Supplement Facts		
Serving size: 2 capsules Servings per container: 45		
Amount Per Serving		%DV
Proprietary enzyme blend providing:	391 mg	**
amylase	24,000 DU	**
protease	60,000 HUT	**
protease 6.0	20,000 HUT	**
glucoamylase	30 AGU	**
lactase	1,600 ALU	**
lipase	3,000 FIP	**
beta-glucanase	20 BGU	**
invertase	800 SU	**
cellulase	800 CU	**
alpha-galactosidase	120 GalU	**
protease 3.0	20 SAPU	**
phytase	10 FTU	**
betaine HCl	500 mg	**

*Daily value (DV) not established

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Amino Replete

Amino Replete is a complex of free-form amino acids in naturally occurring ratios, providing support for athletic activity, cognitive health, immune function and daily wellness.



Amino Replete	
Supplement Facts	
Serving size: 1 scoop (10g) Servings per container: 30	
total amino acids	20g
alanine	2.5g
aspartic acid	2.5g
glutamic acid	2.5g
glycine	2.5g
histidine	2.5g
isoleucine	2.5g
leucine	2.5g
lysine	2.5g
methionine	2.5g
phenylalanine	2.5g
proline	2.5g
serine	2.5g
threonine	2.5g
tryptophan	2.5g
valine	2.5g
total essential amino acids	10g
total non-essential amino acids	10g
total conditionally essential amino acids	10g
total beta-alanine	40g

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Seroplus

Wellbutrin Augmentation
Stimulant Augmentation
Depression
Anxiety
OCD
SSRI Withdrawal
Borderline Personality

There is no FDA approval



Supplement Facts		
Serving size: 2 capsules Servings per container: 30		
Amount Per Serving		%DV
Vitamin C (as ascorbic acid)	100 mg	111%
Niacin (as niacinamide)	20 mg	125%
Vitamin B6	6.7 mg	264%
lys pyridoxal 5' phosphate (activated B6)	403 mg (DHE 600 mg) (LAA/DHE)	208%
Magnesium (as di-magnesium malate)	100 mg	24%
Zinc (as zinc picolinate)	10 mg	91%
5-hydroxytryptophan	500 mg	**
betaine (as betaine HCl)	500 mg	**
tyrosine (free-form)	200 mg	**

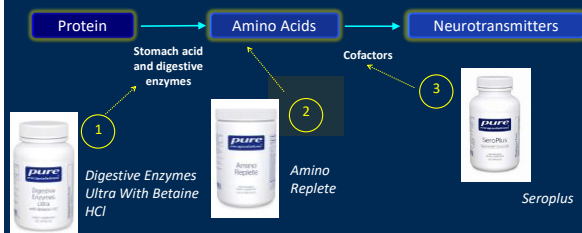
*Daily value (DV) not established

Other ingredients: vegetarian capsule (cellulose, water)

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Integration of 3 Nutritional Strategies



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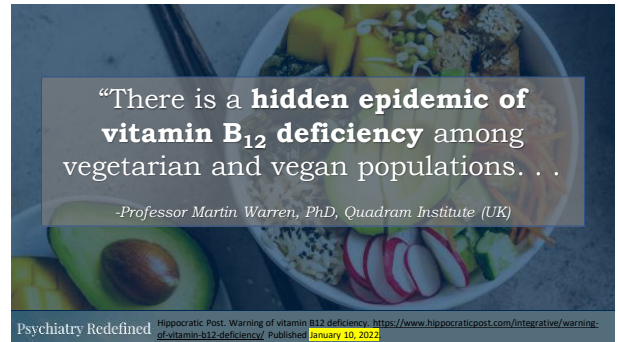
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Why do some individuals stop antidepressants without side effects or withdrawal while others suffer tremendously?

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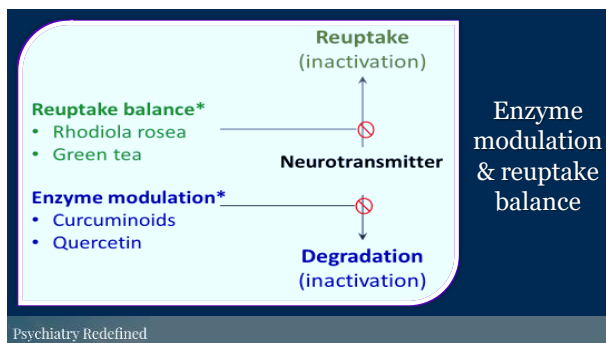


“There is a **hidden epidemic of vitamin B₁₂ deficiency** among vegetarian and vegan populations. . .

-Professor Martin Warren, PhD, Quadram Institute (UK)

Psychiatry Redefined Hippocratic Post. Warning of vitamin B12 deficiency. <https://www.hippocraticpost.com/integrative/warning-of-vitamin-b12-deficiency/> Published January 10, 2022

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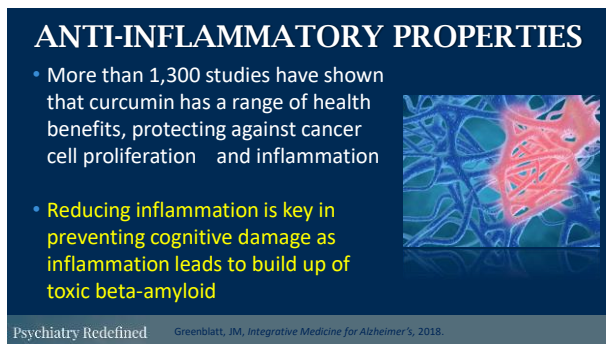
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CURCUMIN

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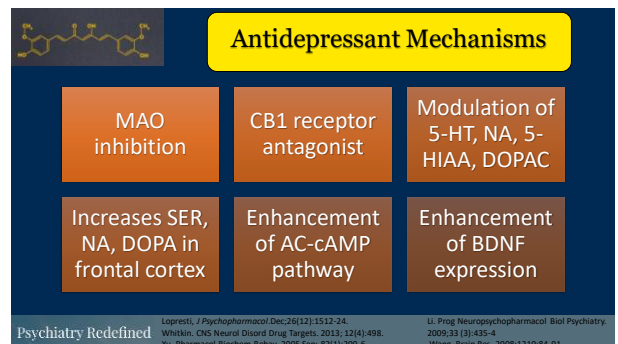


ANTI-INFLAMMATORY PROPERTIES

- More than 1,300 studies have shown that curcumin has a range of health benefits, protecting against cancer cell proliferation and inflammation
- Reducing inflammation is key in preventing cognitive damage as inflammation leads to build up of toxic beta-amyloid

Psychiatry Redefined Greenblatt, JM, Integrative Medicine for Alzheimer's, 2018.

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Antidepressant Mechanisms

MAO inhibition

CB1 receptor antagonist

Modulation of 5-HT, NA, 5-HIAA, DOPAC

Increases SER, NA, DOPA in frontal cortex

Enhancement of AC-cAMP pathway

Enhancement of BDNF expression

Psychiatry Redefined Lopresti, J Psychopharmacol Dec;26(12):1512-24.
Whitton, CNS Neurol Disord Drug Targets. 2013; 12(4):498.
Xu, Pharmacol Biochem Behav. 2005 Sep; 82(1):200-6
Li, Prog Neuropsychopharmacol Biol Psychiatry. 2009;33(3):435-4.
Wane, Brain Res. 2008;1210:84-91

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Oligomeric proanthocyanidins (OPCs)

OPCs are a type of **polyphenol**, a compound plants produce to protect themselves from environmental harm

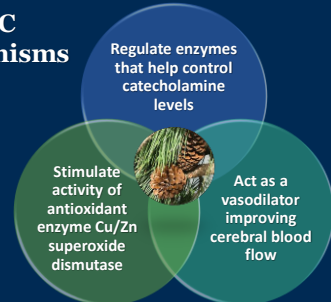


Polyphenols are often plant pigments

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OPC Mechanisms



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Casper J. Miracle cures. New York, NY: Harper Perennial;1998

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OPCs Improve Brain Function

Double-blind RCT with 26 adults, mean age 68 years

Consumed 30ml blueberry concentrate (387 mg anthocyanidins) or placebo 1x/day for 12 weeks

Pre- and post-baseline cognitive testing battery in fMRI



Significant increases in brain activity and gray matter perfusion were observed in the OPC group, along with working memory improvements

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Bowtell JL et al. *Appl Physiol Nutr Metab*. 2017 Jul;42(7):773-779.

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Curcumin & OPC's



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HISTORY OF LITHIUM



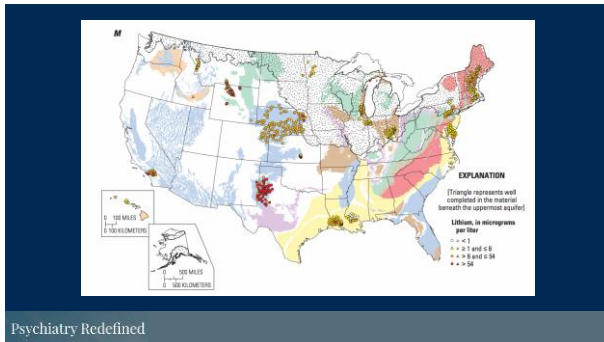
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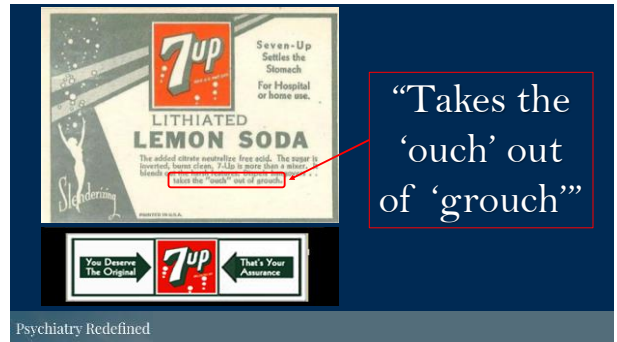


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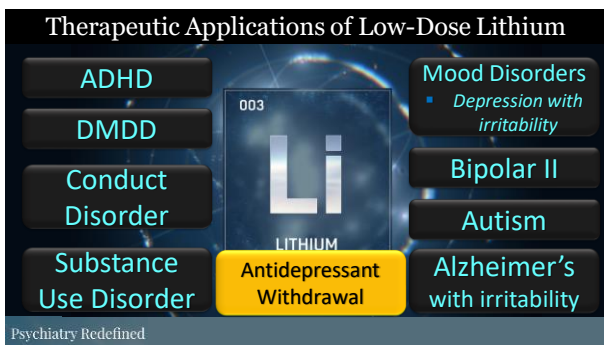
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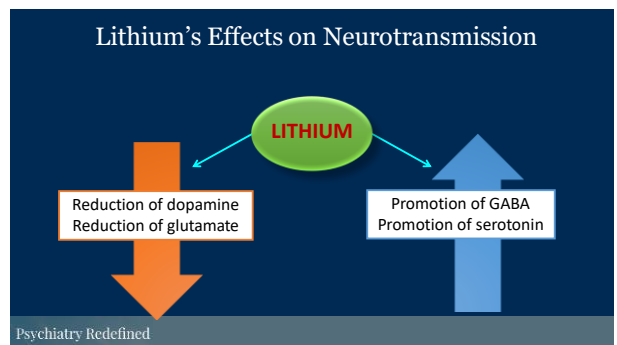
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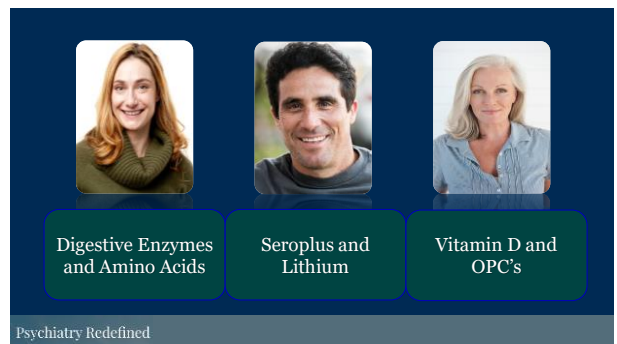
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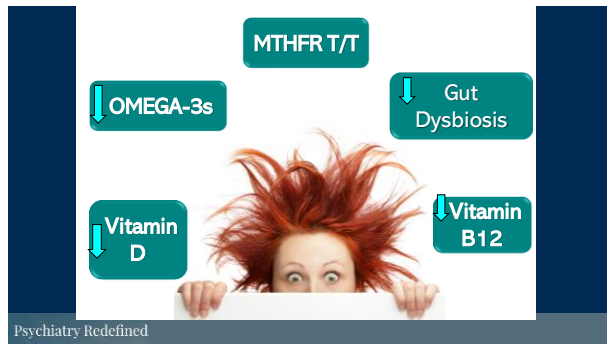
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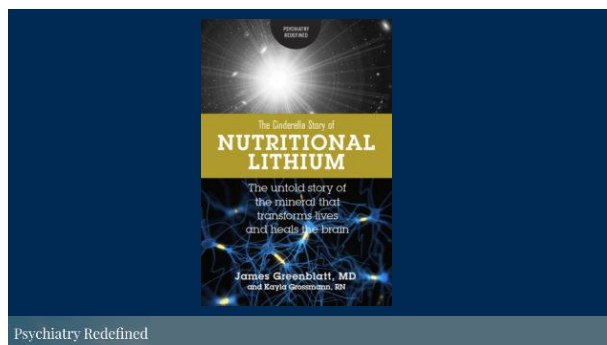
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Subscription Plans

Monthly Subscription	6-Month Subscription	12-Month Subscription
\$475	\$1,500	\$2,400

Learn more at
PsychiatryRedefined.org/Course-Subscriptions

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Thank you!

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