



Bambini Pediatrics PC

Wholesome Medical Care for Kids

Depression Assistance

Diet

- Lots of freshly-juiced produce; fermented foods
- Limit gluten, casein, sugar, alcohol

Supplements

- Niacin (vitamin B3), Deplin (folic acid – vitamin B9), or EM PowerPlus
- S-adenosyl methionine (SAME)
- Vitamin D
- Omega-3 supplementation: krill oil, cod liver oil, algae oil
- Adaptogens: maca, rhodiola, cordyceps, tulsi
- L-tryptophan, 5-HTP, or melatonin
- Saint Johns Wort
- Homeopathics: e.g. Melancholy Lift

Other Therapies

- Chiropractic care, massage
- Full-spectrum lighting
- Earthing (grounding)
- Neuro-feedback
- Fisher-Wallace Stimulator
- Cognitive behavioral therapy
- Transcranial magnetic stimulator

Helpful Links:

<http://wholeness.com/Resources.php>