

Forum:[Hack Forums](#)

Thread: [Read this if you suffer from depression or anxiety please.](#)

primux - July 15, 2017, 7:53 pm

I've been seeing a lot of threads on depression and anxiety and want to shed some light on what worked for me. I was never an anxious type of person, but something just clicked one day. I had a panic attack and it horrified me. Before this experience I never knew what it was, and still didn't. Until it happened again a couple of days later. After 2 weeks it started happening pretty much every other day and increased to where I became agoraphobic. I didn't want to leave the house because I would just have a panic attack.

Before I started suffering, I didn't realize how debilitating panic attacks were. I thought they were rare and it was just because of person being a 'pussy'. There was nothing to be feared of for me, but fear itself. Honestly, when you suffer from depression or anxiety, you really are by yourself. Doctors don't know much about mental illnesses and are quick to prescribe you Prozac or any SSRI/Antidepressant. You want to try and avoid this route as much as possible because you're only going to hinder your process. Well, I went to the doctor after a while because I just couldn't take it anymore. I knew something was wrong with me. He offered me Xanax. He didn't ask questions, but that's what they're taught in medical school. You have something wrong and they prescribe something to fix it.

After my visit with a doctor, I started researching more about anxiety. I bought a workbook and finished it in 2 days. It taught me the fight or flight mechanism and how it works. I learned a lot about panic attacks and started feeling confident. I left my house twice a day, even for 15 minutes. I did this daily for about a week. I was feeling better, but the panic attacks were still there. Insane. A couple of months earlier, I'd leave the house, do anything I wanted to, and didn't live in fear. Now I can't even go 5 miles away from my house.

I knew something was wrong. The book was just the first step in trying to fix myself. I read a lot about diets, its effect on anxiety, hormonal imbalances, and a lot of body chemicals. I ran into a book, called The Magnesium Miracle, the book that saved my life. I read this whole book, how magnesium works, its functions, and how not getting enough of it can cause this whole plethora of illnesses.

Magnesium is basically a very, very essential electrolyte, similar to potassium and calcium. It's not in as much food as modern farming techniques leave magnesium behind. The current United States RDA is 320-440mg, but the average American probably consumes likewise of 200mg~ or less.

Read this article for more information, but don't stop reading here. This is basic information. Do more research as well: (I can't post the direct link because 50 posts)

http://www.psychologytoday.com/blog/evolutionary-psychiatry/201106/magnesium-and-the-brain-the-original-chill-pill

Quote:Magnesium is a vital nutrient that is often deficient in modern diets. Our ancient ancestors

would have had a ready supply from organ meats, seafood, mineral water, and even swimming in the ocean, but modern soils can be depleted of minerals and magnesium is removed from water during routine municipal treatment. The current RDA for adults is between 320 and 420mg daily, and the average US intake is around 250mg daily.

Does it matter if we are a little bit deficient? Well, magnesium plays an important role in biochemical reactions all over your body. It is involved in a lot of cell transport activities, in addition to helping cells make energy aerobically or anaerobically. Your bones are a major reservoir for magnesium, and magnesium is the counter-ion for calcium and potassium in muscle cells, including the heart. If your magnesium is too low, you can experience muscle cramps, arrhythmias, and even sudden death. Ion regulation is everything with respect to how muscles contract and nerves send signals. In the brain, potassium and sodium balance each other. In the heart and other muscles, magnesium pulls some of the load.

Quote: A 59 y/o "hypomanic-depressive male", with a long history of treatable mild depression, developed anxiety, suicidal thoughts, and insomnia after a year of extreme personal stress and bad diet ("fast food"). Lithium and a number of antidepressants did nothing for him. 300mg magnesium glycinate (and later taurinate) was given with every meal. His sleep was immediately restored, and his anxiety and depression were greatly reduced, though he sometimes needed to wake up in the middle of the night to take a magnesium pill to keep his "feeling of wellness." A 500mg calcium pill would cause depression within one hour, extinguished by the ingestion of 400mg magnesium.

A 23 year-old woman with a previous traumatic brain injury became depressed after extreme stress with work, a diet of fast food, "constant noise," and poor academic performance. After one week of magnesium treatment, she became free of depression, and her short term memory and IQ returned.

A 35 year-old woman with a history of post-partum depression was pregnant with her fourth child. She took 200mg magnesium glycinate with each meal. She did not develop any complications of pregnancy and did not have depression with her fourth child, who was "healthy, full weight, and quiet."

A 40 year-old "irritable, anxious, extremely talkative, moderately depressed" smoking, alcohol-drinking, cocaine using male took 125mg magnesium taurinate at each meal and bedtime, and found his symptoms were gone within a week, and his cravings for tobacco, cocaine, and alcohol disappeared. His "ravenous appetite was suppressed, and ... beneficial weight loss ensued.

I decided to take the plunge when I heard such good reviews on magnesium helping people's anxiety/depression. I took Natural Calm (magnesium citrate). You put it in water and drink it. I started low for a couple days 100mg -250mg. If you take too much you can have diarrhea. After a couple days, I worked my way up and take 300mg in the morning and 300mg in the evening. This is the best thing I have taken. After I started seeing an improvement, I started eating better. Not so much junk food anymore, but still had occasional chips. I started feeling better. And I started going outside.

I began working out. If magnesium doesn't work for you, the best thing is exercise and hitting the gym. Lifting heavy weights is way better than cardio for anxiety. We are humans aka animals. We are meant to hunt and have to be fit to survive. Anxiety/Depression is pretty much just our mind telling us something is wrong. We are weak. Exercise, and exercise fucking hard. You will lose any social anxiety you have. You will feel 100% and be confident.

Eat healthy as well. Don't go to McDonalds and grab a burger cause it's cheap. Don't devour fries. My daily meal looks something like this now:

Spoiler ([Click to View](#))

Morning: 3 eggs w/ protein shake (great for building muscle, plus fills you up)

Snack: Almonds/Nuts

Lunch: Turkey Burger/Chicken/Bratwurst/High protein low carb/Anything I can really make that's not chips, junk food, or pretty much not real food.

Snack: Almonds/Fruit/Whatever

Dinner: Usually a meat with 2 sides of veggies. Just cooked on a pan. SO EASY TO MAKE.

To this day my anxiety has decreased by upwards of 95%. The 5% is from stuff that anxiety is ACTUALLY meant for. Extreme sports, High cliffs, etc. I couldn't be happier. Seriously. I feel great and I thought I was going to have to live like that for the rest of my life. Which wouldn't have happened..

I encourage sufferers to take the plunge as well. Do some research. Read reviews. Please.

TL;DR: Treat your body like shit, you'll get shit out of it.

VYLLYN - July 15, 2017, 7:55 pm

I don't have any reputation points to give you but this is a quality post man well done thanks for sharing ;)

Windows - July 15, 2017, 8:40 pm

This is a really good thread man, will help me and others with anxiety/depression this needs to be stickied.

CorrosiveBlueberry - July 16, 2017, 9:11 am

I believe you can get blood tests to see if you are deficient in magnesium and if results come back low doctor will order you a prescription supplement. Solving the magnesium issue not sure about the depression or anxiety.

I just know I have a blood standing order for potassiun and the other one I think is magnesium for a year. I always get both checked because my doctor has me and my potassium is usually extremely low needing alteration via medication

primux - July 16, 2017, 10:22 am

(Jul 16, 2017 09:11 AM)Danpei Wrote: [\[CITE\]](#) I believe you can get blood tests to see if you are deficient in magnesium and if results come back low doctor will order you a prescription supplement. Solving the magnesium issue not sure about the depression or anxiety.

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Your serum level magnesium tends to be the same, but your cells and muscles hold most of your magnesium so your serum (blood) levels will usually remain fine. The most accurate test for this is a Magnesium RBC test. It's still not the the most accurate, but it's better for measuring levels instead of the standard blood test.

Read more up on it.

centerCB_SMM - July 17, 2017, 2:10 am

I believe psychological problems are all physical problems

Many psychological problems are caused by the damage of neural transmitter

So medicine is very important for cure

Gbulla - July 18, 2017, 4:43 pm

Unfortunately, 95% of the people here won't implement the advice you've given them because of either

1) They don't realize how much diet and exercise actually affects a person

2) They're procrastinators

But either way, this is a great post. And yes, magnesium is very good too.

Armada - July 19, 2017, 1:25 am

As someone who has battled depression and suicidal thoughts for pretty much 6 years now.

Although I never knew about Magnesium (and will def give it a shot and pick some mag tablets up next pharmacy run)

I tried a whole slew of things to deal with the symptoms.

Nothing seemed to help. I even finally resorting to Anti depressants like Prozac and Paxil. Again, no help.

The few things I did find that have helped me, and keeping in mind these are all in combination with one another. Healthier diet, I cut out most fast food, maybe once a month I will eat out.

Regular Exercise.

Sunlight (People seem to fail to realize how critical Vitamin D is to our psychological health)

And last but not least (less than a medical recommendation) Marijuana. Indica in specific.

But I find most importantly and the best help for people going through these issues.

Seek help and talk to someone. Suffering alone only makes it worse.

test - July 19, 2017, 1:32 am

I might go see my GP and bring this up. Thanks for sharing this information.

primux - July 19, 2017, 4:13 pm

(Jul 19, 2017 01:25 AM)Armada Wrote: [\[CITE\]](#) As someone who has battled depression and suicidal thoughts for pretty much 6 years now.

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Glad to hear great results from you! I think a huge part of depression and anxiety is cause of lack of treating your body right. I recommend trying therapy as well, but it didn't work for me. There just wasn't anything to really discuss after the first few times.

Be sure to pick up the right Magnesium! Commonly Magnesium Oxide is sold in stores, but its bioavailability is low. I use Natural Calm which is magnesium citrate.

(Jul 19, 2017 01:32 AM)testaccountplsignore Wrote: [\[CITE\]](#) I might go see my GP and bring this up. Thanks for sharing this information.

I brought it up to my PCP when I first thought of trying it. They said there was no way I was low on magnesium and refused to even test me. I ended up just ordering it and it worked for me. I decided to switch doctors as she knew little of vitamins/minerals and that worried me as our body relies on these.

Your GP may know. I talked to a retired pharamacist and he was the one who gave me the book 'The Magnesium Miracle' which I highly recommend reading. May be at your local library :)

Cypical - July 19, 2017, 4:26 pm

OP, do you recommend taking these pills just to improve my day to day life in general? I have very slight anxiety but it would be nice for something to make me improve my diet etc.

Forgot to mention, im also 16 atm.

primux - July 19, 2017, 6:14 pm

(Jul 19, 2017 04:26 PM)Cypical Wrote: [\[CITE\]](#) OP, do you recommend taking these pills just to improve my day to day life in general? I have very slight anxiety but it would be nice for something to make me improve my diet etc.

Forgot to mention, im also 16 atm.

Considering this is a vital mineral that is lacked in most western diets I would highly recommend it. It also increases testosterone which is huge for your age. I wish I could go back to being 14-16. I would work out everyday and start my lifestyle as it is now. I'd prob have a bigger dick from the test through puberty.

Lion - July 19, 2017, 6:24 pm

I had a panic attack from weed and it basically changed my life. Lost my job, lost my girlfriend, etc. All in the last 6 months. I suffer from some nonsense called "depersonalization". Anywho, I think my nervous system is permanently in shock. Mentally, I KNOW there is nothing to fear. My body just feels off-balance, and I perceive things differently now. Anxious as fuck 24/7. I play basketball everyday, but I can't do spontaneous things with my friends anymore without panicking.

I take 400MG of magnesium daily. I hate to say it, but this alone will not cure anything. I feel as though it's like the icing on the cake during your healing process. I'm only 20 years old, and this won't be my life forever. Miss out on buying my own home? Having a family? Traveling, eating foreign foods? Nah, fuck that. For anyone else that's suffering, we got this in the long run.

primux - July 19, 2017, 7:12 pm

(Jul 19, 2017 06:24 PM)Astral Wrote: [\[CITE\]](#) I had a panic attack from weed and it basically changed my life. Lost my job, lost my girlfriend, etc. All in the last 6 months. I suffer from some nonsense called "depersonalization". Anywho, I think my nervous system is permanently in shock. Mentally, I

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Don't take this the wrong way, but it seems your negativity is getting the best of you. Judging your post history you've had panic attacks for 6 months, but claim this is "in the long run". I understand your sorrow, but no need to bring other's to negative light.

What type of magnesium supplement are you using? How many times/week do you workout? Do you spend any time outside? Are you social? I, like yourself, also had my first panic attack from weed. There is hope. And you WILL overcome it.

Lion - July 19, 2017, 11:13 pm

(Jul 19, 2017 07:12 PM)primux Wrote: [\[CITE\]](#) Don't take this the wrong way, but it seems your negativity is getting the best of you. Judging your post history you've had panic attacks for 6 months, but claim this is "in the long run". I understand your sorrow, but no need to bring other's to negative light.

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I'm not even going to lie, I typed out this monstrous paragraph of me basically calling you an idiot, but upon reading my post again, that last sentence was worded iffy. When I said "we got this in the long run", I didn't mean the anxiety or the symptoms. I mean't we GOT THIS, like in a team sport kind of way. Like we'll get our lives back and this isn't permanent. ?

I use "Nature Made" high potency magnesium, 400 mg soft gels. Says it's 100% of the daily value, but perhaps people like me need more because we're deficient? Not sure.

Most of my friends are out partying everyday, high/drunken out of their minds so I've distanced myself. I literally go out (restaurant, shopping, etc) probably once a week. I don't weightlift, I probably should. I do however do heavy cardio everyday, full court basketball & late night runs. I'm very good at talking to people, but I've been introverted since I was young.

primux - July 20, 2017, 12:17 pm

(Jul 19, 2017 11:13 PM)Astral Wrote: [\[CITE\]](#) I'm not even going to lie, I typed out this monstrous paragraph of me basically calling you an idiot, but upon reading my post again, that last sentence was worded iffy. When I said "we got this in the long run", I didn't mean the anxiety or the symptoms. I mean't we GOT THIS, like in a team sport kind of way. Like we'll get our lives back and this isn't permanent. ?

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Ah. I apologize for reading that last sentence wrong. Check the nutrition facts, it should say the type of magnesium. Magnesium Citrate is the one I use, but Magnesium Oxide has a low bioavailability. Try taking 300mg in the morning and 300mg at night. I used to be the same high/drunken as well as my friends. My close friends stayed with me, but I have distanced from some other 'friends'. In place I do other activities. Slacklining, gym, swimming, kayaking, and biking. There's so many cool things to do.

I wish you luck :)

I use Natural Calm magnesium citrate. It's a powder you mix with water, it's great!

primux - July 26, 2017, 7:42 am

If you have any questions, feel free to PM me. I use magnesium citrate as it's the most bioavailable form. Don't use magnesium oxide.

Threat? - July 26, 2017, 7:49 am

What was the name of the workbook you read?

Fresh Khalifa - July 26, 2017, 7:54 am

Just want to add something to this. Everybody with anxiety/depression should be taking a supplement for fish oil if they don't eat fish. It's VERY good for mental health.

CorrosiveBlueberry - July 26, 2017, 9:20 am

(Jul 19, 2017 11:13 PM)Astral Wrote: [CITE](#) I'm not even going to lie, I typed out this monstrous paragraph of me basically calling you an idiot, but upon reading my post again, that last sentence was worded iffy. When I said "we got this in the long run", I didn't mean the anxiety or the symptoms. I meant we GOT THIS, like in a team sport kind of way. Like we'll get our lives back and this isn't permanent. ?

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Yeah my doctor RX'd me 400mg Magnesium daily as my magnesium blood serum levels were low, but basically from what it says online generally most average aged people? around 20 and male should take a 400mg magnesium pill each day, if they have concerns of low magnesium or insufficient from diet. You can generally just take a multi-vitamin if your concerned about other vitamins being low, or have your doctor prescribe a vitamin if your insurance pays for it with no copay (they give me prenatal vitamins and im a dude)

Hatred2Mankind - July 27, 2017, 5:02 pm

Thanks for sharing this OP. I hope it helps a lot of people on the forums.