

The Depression

**How to Cure your
Depression Naturally
Without Drugs**



The Natural Health Research Team
at Barton Publishing Inc.

Remedy Report

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Be sure to visit www.BartonPublishing.com for more home remedy reports and links to other resources dedicated to your good health!

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INTRODUCTION

At one point in time or another, most people experience a bout of depression.

Have you ever felt sad or blue? Maybe your self-esteem is not where it should be. This is a descriptive guide for many people suffering from depression, offering you ways in which to cope with it. Depression is among the most treatable disorders, no matter how hard it might be on you.

Have you experienced depression before? Perhaps you are a new mother (or you know of a new mother) who is experiencing the “baby blues”. Have you wondered why it occurs, or how long it will last?

Depression is a condition that lasts for weeks, months, or even years (for some people). Every case is different; but depression, for the most part, is still curable. In addition, depression is a condition that affects people of all ages, races and economic demographics.

Depression was not something people talked about years ago. There was a type of stigma attached to “depressed people” or being in a “depressive state.” This information is a guide to make you more knowledgeable on the subject, allowing you to discover something new about yourself--or someone else that you care about--who may be suffering from depression.

You have already taken the first step in dealing with depression (whether you are affected or, someone close to you is). You are reading this book, in search of information.

This report is also available to download online at:

www.thejoyequation.com/download33.html

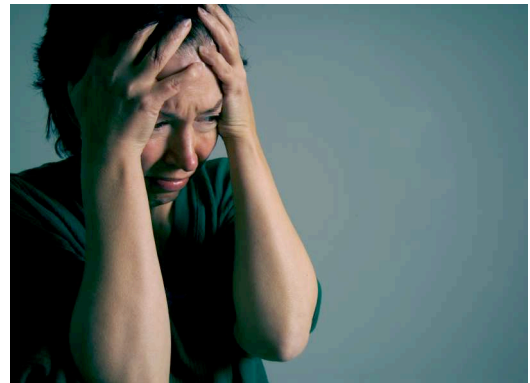
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WHAT IS DEPRESSION?

According to Webster's dictionary, depression is defined as "a psychoneurotic or psychotic disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies". It is also defined as "a lowering of vitality of functional activity". In laymen's terms, depression is defined as just being sad.

There are a variety of symptoms that occur with depression including:

- Sadness;
- Loss of energy;
- Feeling hopeless or worthless;
- Difficulty in making decisions;
- Concentration difficulties;
- Loss of enjoyment from things that were once pleasurable;
- Excessive sleep or insomnia;
- Aches and pains;
- Stomach and digestive problems;
- Change in appetite (weight gain or loss);
- Sexual dysfunctions; or
- Suicidal thoughts (thoughts of death)



Whether it is just sadness, or a psychological disorder is present, depression is not something that should be taken lightly. Nor is it something that one should be ashamed of experiencing. Nearly 19 million people (over the age of 18) in the United States suffer from major depression, according to a report from the National Institute of Mental Health.

Misdiagnosed, or untreated, depression can last for years, only getting worse as time goes on. Ultimately some depression cases can result in suicide. As the third leading cause of death in 10-24 year olds, suicide (closely linked to depression) should not be taken lightly. Sadly, most people never seek treatment for depression.

There are six most common types of depression.

1. Major depression;
2. Bipolar disorder;
3. Chronic depression;
4. Seasonal affective disorder (also known as SAD);
5. Postpartum depression; and
6. Psychotic depression.

Approximately 10% of the population in the United States suffers from depression at any given point in time. Though most people associate depression with adults, it does occur in the elderly and in children, and very often goes untreated.

Due to hormonal changes in a woman's life and increased responsibilities with both home and professional life, approximately twice as many women suffer from depression as men (though it has been noted that depression in men may not be as widely reported as depression in women). The main signs of depression in men are usually irritability, drug or alcohol abuse or anger. Men suffering with major depression are less likely than women to talk about their depression or to seek help.

In this chapter, we will discuss the different types of depression and the factors in distinguishing one type from another. Keep in mind, however, as you read the general descriptions of the main types of depression that gender is a key factor in determining who is more likely to suffer from individual symptoms and become depressed.

Finally, the brain is constantly being studied and researched and at this writing, there are still many unsolved mysteries and unanswered questions involving the human brain.

Major Depression

A person with major depression usually has a sense of hopelessness and despair. This type of depression exhibits symptoms that interfere with the ability to sleep, study, eat, work and enjoy regular activities. This type of depression tends to be recurring over one's lifetime.

Major depression has been known to occur following grief, sudden change, or relationship conflict. Losing one through death or divorce is a common trigger. Emotional abuse and sexual abuse can also trigger major depression. There is no laboratory test diagnosing major depression. You may be asked to complete a depression- screening test, but x-rays and blood tests alone cannot screen for major depression.

Bipolar Disorder (manic depressive disorder)

Also called manic depressive disorder, bipolar disorder is a mental illness causing people to have extreme high and low moods. People with this disorder can switch from feeling very sad to feeling extremely happy. Between these moods, a person may have more normal highs and lows.

Manic is used to describe the time frame when someone feels confident and overly excited. The powerful feelings usually turn quickly to anger, confusion, irritability and rage. The depressive part of the disorder occurs when someone feels sad or very depressed. With similar symptoms, people with bipolar depression many times are misdiagnosed as having major depression.

Nearly 2 million adults in the United States have bipolar disorder. Beginning in early adulthood, this disorder usually appears before the age of 35. A more severe form has occurred in children (especially those with attention deficit hyperactivity disorder

(ADHD). Studies have suggested that bipolar disorder is genetically inherited, occurring more commonly within families.

The symptoms of bipolar disorder do not follow a specific pattern and mood swings can occur over a period of months, weeks and even years.

The symptoms of bipolar disorder are the same as those of major depression including:

The “lows”

- Sadness
- Loss of energy
- Feelings of hopelessness or worthlessness
- Loss of enjoyment from things that were once pleasurable
- Difficulty concentrating
- Uncontrollable crying
- Difficulty making decisions
- Irritability
- Increased need for sleep
- Insomnia or excessive sleep
- A change in appetite causing weight loss or gain
- Thoughts of death or suicide
- Attempting suicide

The “highs”

- Excessive happiness, hopefulness, and excitement
- Sudden changes from being joyful to being irritable, angry and hostile
- Restlessness
- Rapid speech and poor concentration
- Increased energy and less need for sleep
- High sex drive
- Tendency to make grand and unattainable plans
- Tendency to show poor judgment, such as deciding to quit a job
- Drug and alcohol abuse
- Increased impulsivity

Some patients may become psychotic, seeing and hearing things that are not there and holding false beliefs from which they cannot be swayed. In some instances, they see themselves as having superhuman skills and powers or think they are god-like.

Diagnosing bipolar disorder or a manic disorder is a difficult process, and takes time to document all of the symptoms. Noting all severe mood swings, completion of a depression screening questionnaire (by a healthcare professional) and reviewing the patient's emotional history with family and friends is often helpful in making the diagnosis.

Chronic Depression (dysthymia)

Many times referred to as chronic depression, dysthymia is a less severe form of depression whose symptoms last for longer period of time (many times years).

People with chronic depression seem consistently unhappy, though they appear to function normally. It is possible for people with chronic depression to experience major depression at the same (going from manic episodes back to a chronic, less intense state). This is sometimes referred to as double depression.

There are nearly 11 million people in the United States (over the age of 18) living with chronic depression. This type of depression is diagnosed through a doctor or psychiatrist after a thorough medical exam is completed. The diagnosis is based upon the symptoms, which will be less severe than major depression, but will have lasted longer.

Symptoms of chronic depression include:

- Difficulty sleeping;
- Loss of interest or the ability to enjoy oneself;
- Excessive feelings of guilt or worthlessness;
- Loss of energy or fatigue;
- Difficulty concentrating, thinking or making decisions;
- Changes in appetite;
- Observable mental and physical sluggishness; and
- Thoughts of death or suicide.

Seasonal Affective Disorder (SAD)

Seasonal affective disorder or “SAD” is a type depression occurring annually (usually in from the winter to the spring seasons). More than a case of the “winter blahs”, the approximate 5% of the population who experience seasonal depression are more commonly located in higher latitudes with extreme changes in seasons (locations far north or south of the equator). Most people who experience SAD are women between ages 20-50. SAD is less common in children and in the elderly.

It is not known what exactly causes SAD, but research points to the sunlight and its availability or absence. Some research suggests the human “body clock” is set by the standards of the sun, slowing or stopping the clock during the winter months. A doctor or healthcare professional should make the diagnosis of this disorder.

Symptoms of seasonal depression include:

- Fatigue;
- Increased need for sleep;
- Decreased levels of energy;
- Weight gain;
- Increase in appetite;
- Difficulty concentrating; and
- Increased desire to be alone.

Postpartum Depression

This type of depression occurs after giving birth to a child and it attributed to hormonal and other changes associated with having a baby. Postpartum depression is broken down into three categories: the postpartum blues (or “baby blues”), postpartum depression and postpartum psychosis.



The mildest of the three, postpartum blues affect over half of all women after delivery. Sadness, anxiety and excessive crying will often be the primary symptoms of the “baby blues”. This condition can last up to a week or two after the birth of the child without treatment, and subsides in subsequent weeks.

For some women, this condition will last longer and can develop into the second category, postpartum depression. Lasting from a few weeks to a year, some women can expect the symptoms to be parallel with postpartum blues, to include additional “high and lows” and to have overall feelings of anxiousness for the ability to care for their child.

The third (and most severe) category, postpartum psychosis affects 1 in 1,000 women. Requiring medical attention, this severe form of postpartum depression has an increased risk of suicide and risk of harm to the baby. Women suffering from postpartum psychosis may feel paranoia, confusion, severe agitation, delusions or hallucinations.

Psychotic Depression

Close to one quarter of people who are treated (and admitted into a hospital- related setting), suffer from a form of psychotic depression. People with psychotic depression suffer from some of the same symptoms of depression as other types of depression, but they also generally have delusions and/or hallucinations.

While people with mental illnesses may suffer similar symptoms as someone who is suffering from psychotic depression, an individual with psychotic depression is aware that the thoughts/illusions/delusions that they are experiencing are not real as opposed to individuals with other types of mental illness. It can be difficult to diagnose this type of depression as most people keep this type of depression secret. Psychotic depression can be recurring and can increase risks of bipolar depression and suicide.

Symptoms in psychotically depressed patients may include:

- Anxiety;
- Agitation;
- Hypochondria;
- Insomnia;
- Physical immobility;
- Constipation; and
- Intellectual impairment.
- Psychosis

Depression is not something to take lightly no matter how strong an individual is.

It affects our daily lives and will eventually make significant negative impacts towards other people (especially those not suffering from depression). While it is not contagious like a virus or a cold, depression has been known to be transferred from one individual to another. Regardless of the type of depression, a vast array of treatments for depression is available and should be actively sought out in order to improve the depressed person's quality of life.

TREATMENT: AN OVERVIEW

The previous chapter went into detail on the many types of depression and how to differentiate them from one another. You should now have a good idea of how depression is diagnosed. Many times is it difficult distinguishing between having a bad day and chronic depression (which has the potential to manifest into more dangerous situations)? This chapter will discuss various treatment options and what doctors may prescribe for you. Read on and you may be surprised when you learn about the many options for treating depression.

As with many problems, the first step in treating depression is to recognize or acknowledge that you are, in fact, depressed. This is a huge hurdle for many people to accomplish. Most people want to deny that any problem exists at all.

The second step in treating depression is to seek help. While most people fear the actual treatment itself, the first two steps, acknowledgement and seeking treatment are the most difficult. Once the decision has been made to seek medical help, your physician can direct you to additional professionals who can help you or can prescribe treatment themselves.

Below are some terms for you to familiarize yourself with before seeking medical treatment:

Mental Health Counselor: *Providing traditional psychotherapy (and a problem solving approach) for mental health care, licensure requires a master's degree.*

Social Worker: *Focuses on enhancing and the maintenance of a person's physical, psychological and social functioning. Social Workers provide mental health services for the prevention of depression and other mental illnesses.*

Psychiatrist: *Medical doctors specializing in diagnosis and treatment of mental or psychiatric illnesses, they are also licensed to prescribe drugs as part of the treatment. Additionally, they are trained in psychotherapy.*

Psychologist: *Trained in counseling psychological testing and psychotherapy, these doctors are not licensed to prescribe medications for the treatment of mental illness.*

Psychiatric Nurse Specialists: *Specializing in treating mental in psychiatric illnesses, these registered nurses (RN's) are educated in psychiatric nursing.*

Psychotherapy

Psychotherapy and antidepressant medications are the most common forms of treatment for depression. A combination involving both is usually the best route to follow. Called the therapy of “talking”, psychotherapy (commonly called therapy) may be best for people with mild forms of depression, or chronic depression (according the National Institute of Mental Health). Helping people gain control, psychotherapy helps people focus on what contributes to their behaviors. It could be life problems, emotions or specific behaviors.

Psychotherapy can help a patient:

- Regain control in life;
- Identify the events or problems, which contribute to the depression (loss of a job, divorce or a death in the family);
- Understand the emotions contributing to the depression; and
- Learn coping strategies.

Types of Psychotherapy

Individuals, families, and even groups, can attend psychotherapy. Again, the type of therapy (and who attends) is best decided by your doctor. The factors of why the therapy is needed (what circumstances caused you to seek help) and the severity of the depression are looked at when deciding upon which type of psychotherapy is the best option for treatment of each individual patient.

Psychodynamic Therapy

Psychodynamic therapy is based on an individual's unresolved conflicts many times stemming from childhood. Lasting weeks, months or years, this type of therapy helps the patient copes better and to truly understand the feelings by talking out all issues and experiences.

Interpersonal Therapy

The goal of this type of therapy is to improve self-esteem and communication skills over shorter period of time (usually 3 to 4 months) and is usually focused on relationships or behaviors with friends and family. Depression caused by social isolation, mourning and other major life events may be best treated with this type of therapy.

Cognitive Behavioral Therapy

This type of therapy helps an individual who needs to improve perceptions of themselves and life in general. It is highly recommended for people who have depression causing interpersonal problems, suffering or disability.

Psychotherapy is a thorough treatment and though many people want the depression fixed in a couple of sessions, it takes time to achieve any results. Therapy takes longer to work than medication, but research has shown it lasts longer and depression is less likely to reoccur. The success of any type of psychotherapy is also based on participation and attendance.

Medication Therapy

Medications are prescribed based on the symptoms of the depression. There are many classes of prescription medication used in treating depression. Only a doctor or psychiatrist can prescribe the medication that will work best for you.



Essentially, all antidepressants work to decrease or lessen the symptoms of depression.

Other medical conditions may play a role in which antidepressant is prescribed. Costs, symptoms and side effects must also be considered before an individual is prescribed a medication.

Low doses of the prescribed medication are usually given, increasing over time until improvements occur. The length of time an antidepressant is prescribed for ranges on average from 6 to 12 months. These medications are not meant to be lifelong medications. However, long-term treatment can be prescribed for those who have recurring depression or multiple episodes of depression.

Your doctor will decrease the dosage as the depression subsides. Medication should never be discontinued without the advice of a doctor or pharmacist. Antidepressants are not addictive, will not have a tranquilizing effect nor will they increase your desire for the medication.

Depression Medications

There are four main types (or classes) of medication currently being used to treat all levels of depression. The specific medications are prescribed based upon symptoms of the depression and type of person needing the medication.

- Selective serotonin reuptake inhibitors (SSRIs)
- Serotonin and norepinephrine reuptake inhibitors (SNRIs)
- Tricyclic antidepressants (TCAs)
- Monoamine oxidase inhibitors (MAOIs)

Selective Serotonin Reuptake Inhibitors (SSRIs)

The newest addition to the antidepressants market, SSRIs, works by increasing the levels of serotonin (a neurotransmitter) in the brain. These drugs allow the available neurotransmitter serotonin to be distributed more efficiently throughout the body. Low levels of serotonin can be caused by an anxiety disorder because serotonin is needed to metabolize stress hormones.

This group of antidepressants is used in the treatment of depression, anxiety disorders and personality disorders, on occasion. Side effects from this type of antidepressant are not considered very severe, but include dizziness, headache, insomnia, low sex drive and/or inability to have an orgasm.

However, these sexual side effects are reversible once the medication therapy is completed or halted.

Name brand SSRIs include:

- Celexa®;
- Lexapro®;
- Luvox®;
- Paxil®;
- Prozac®; and
- Zoloft®.

Serotonin and Norepinephrine Reuptake Inhibitors (SNRIs)

A newer class of antidepressants, serotonin and norepinephrine reuptake inhibitors (SNRIs), increase the levels of norepinephrine and serotonin in the patient's brain. Many people have to try a couple of different SNRIs until they find the medication which works best for them and produces the least amount of side effects.

Though there are a variety of side effects for this class of medication, the side effects are not as numerous as some of the other classes of antidepressants, and vary from person to person. Side effects can include: weight loss, decreased appetite, restlessness, dry mouth, dizziness, diarrhea, anxiety, insomnia, sexual dysfunction, lightheadedness, constipation, increased sweating and reduced energy.

Name brand SNRIs include:

- Wellbutrin®;
- Effexor®;
- Remeron®;
- Cymbalta®;
- Desyrel®; and
- Ludiomil®.

Tricyclic Antidepressants (TCAs)

These antidepressants are a class of drugs dating back to the 1950's and are named after the drugs' molecular structure (which contains three rings of atoms). The term "tricyclic antidepressant" is usually abbreviated to TCA. Since many newer generation antidepressants have become more popular, TCAs are now used primarily as a back-up plan.

TCAs have a variety of more serious side effects than some of the newer antidepressants. Possible side effects include: increased heart rate, dizziness, drowsiness, dry mouth, weight gain, blurred vision, constipation, bladder problems (urine retention), tremors and sexual dysfunction.

Name brand TCAs include:

- Anafranil®;
- Adapin®;
- Aventyl®;
- Elavil®;
- Norpramin®;
- Pamelor®;
- Pertofrane®;
- Sinequan®;
- Surmontil®;
- Tofranil®; and
- Vivactil®.

Monoamine Oxidase Inhibitors (MAOIs)

Monoamine oxidase inhibitors (MAOIs) increase the amount of serotonin and norepinephrine in the brain, and are used primarily with individuals who have not responded to other treatments. A strict diet must be followed. Patients taking MAOIs cannot have foods like cheese, wine, beer, avocados, bananas, canned meats, yogurt, soy sauce, packaged soups and sour cream since those foods interact with this medication.

A pharmacist can verify all interactions. Due to this factor, these are not the primary drugs used as antidepressants.

Name brand MAOIs include:

- Parnate®;
- Nardil®; and
- Marplan®.

Side effects from MAOIs include: headache, heart racing, chest pain, neck stiffness, nausea and vomiting. (Again, where did this info come from? Pharmaceutical company, webmd, etc)

Which Drugs are Better?

The best type of antidepressant has to do with the neurotransmitters, which are the most important factor in our moods and other processes--such as sleep, eating, and pain. Certain drugs that affect these neurotransmitters can be used for more than just treating depression. Headache, eating disorders, bed-wetting, and other problems are now being treated with antidepressants. However, the dosage, frequency of the dosage, a person's body mass and type, and even gender, make a huge difference. It is up to you and your physician to decide which drug to use, and which is better for your specific case.

All antidepressant drugs are effective, but certain types work best for certain kinds of depression. For example, people who are in a deep state of depression and do not want to do any else but stay home and close the blinds can benefit greatly from an antidepressant that has a more sedative effect. People who are depressed and withdrawn may benefit more from an antidepressant drug that has a stimulating effect. However, the depressed individual should make every attempt to visit his or her psychologist for different medication if symptoms persist.

ADDITIONAL THERAPIES

Electroconvulsive Therapy (ECT)

Using an electric current, electroconvulsive therapy (ECT) produces seizures resulting in the release of chemicals in the brain. This release is thought to help with communications between the nerves and relieves symptoms very quickly for severely depressed or suicidal individuals. ECT can be used when medication cannot be used or when other therapies have not proven effective. Followed by medication and psychotherapy, ECT is usually prescribed on a monthly basis.

Hormone Replacement Therapy (HRT)

Currently used in women to lessen symptoms of menopause, (such as night sweats and hot flashes), HRT is also used as a preventative measure with osteoporosis. Fluctuating hormones experienced during menopause, childbirth and general premenstrual disorders can benefit from hormone treatment. As with any medication, hormones can contribute to depression, so the benefits must outweigh the risks prior to starting therapy.

Light Therapy (Phototherapy)

Light therapy, also known as phototherapy, involves a controlled exposure to sources of artificial light, to help those who are affected with seasonal affective disorder (SAD). Over many test experiments, scientists and researchers made huge strides in developing a model for how the brain works in relation to light through means of a light box. This light box provides a measured amount of balanced spectrum light equivalent to standing outdoors on a sunny day. This has been shown to help regulate the body clock and it is similar to the process of photosynthesis in most plants.

Photo biologists point out that the light is registered by the eyes through the retina, which transfers impulses to the hypothalamus in the brain normalizing the body clock. The light from the box is thought to help synchronize sleep/wake patterns with an individual's work and lifestyle.

Regardless of the type of therapy or treatment, it is important to remember that treatment does not necessarily take a short amount of time. Recovery is a slow process and patience is perhaps the best medicine in combined with proper medication and treatment.

There are no easy answers, but you must seek knowledge about yourself, your situation and the resources available to you to discover the best way to combat depression.

Take advantage of resources available in your community and online support groups, chat rooms and educational materials. Once again, never feel that you need to keep your friends and family out of the loop. It is common to assume that you are bothering them with your problems, but that is probably not the case. Remember that they care about you and are there to help you.

NON TRADITIONAL REMEDIES

Traditional Asian Medications

Chinese medicine is largely different from treatments in the United States primarily because chemically enhanced drugs are not used (think of the prescribed drugs that we discussed in chapter two) in traditional Chinese medicine. In fact, there are no typical "drugs" in Chinese hospitals, which are solely used for curing and preventing depression. Herbal remedies and acupuncture methods of curing stress have been a long-standing tradition in Asia for centuries.

The Chinese have considered mental or emotional problems including depression a result of an imbalance or blockage in one or more of the internal organs and the energy pathways that pertain to them. Organs are known as Zang/Fu and the energy pathways in the body are referred to as meridians. Some common patterns that can manifest as depression are Liver Chi Stagnation, Spleen Chi Deficiency, Kidney Essence Deficiency, or Lung and Heart Meridian Disorder.

When there is an imbalance in one organ or meridian, the result is depression and an overall imbalance of equilibrium. It is also known that acupuncture can change the levels of many neurotransmitters that have significant impacts on mental states. The Chinese believe an early diagnosis and detection followed by treatment will essentially speed up the process of depression treatment and prevention. Over time, this practice is becoming well-known in the U.S. and Europe.

Acupuncture

Among the most popular modern treatments is one dating back thousands of years to ancient Chinese civilizations. Over the past 30 years, acupuncture has been included as a treatment option in the United States. Traditional Chinese medicine, including acupuncture, is a safe and effective way to deal with depression.

Acupuncture is performed by sticking very fine, solid needles into specific points on the body. It stimulates the body's ability to resist or overcome illnesses and conditions by correcting imbalances. Prompting the body to produce chemicals, acupuncture can decrease or eliminate painful sensations in the back, neck and various other muscles.

Most effective at treating long-term pain in the neck, head or other muscles, acupuncture can also be used to treat arthritis, facial pain, obesity, shingles and addictions to nicotine and other drugs. Acupuncture should never be self-administered. A physician or acupuncture specialist should always be consulted.

Exercise Therapy

There are a variety of forms of exercise which lower stress, induce relaxation reduce depression and increase energy, balance and flexibility. Generally speaking, exercise is a safe, effective and easy way to improve well-being on an individual. Research shows that even one exercise session can lift the mood of someone who is severely depressed.

Exercise alone cannot cure depression, but when used in conjunction with other remedies exercise has been proven to be very beneficial in decreasing depression. A doctor or health care provider should always be consulted prior to starting a new exercise regimen.

Massage Therapy

Using touch to provide relaxation, the idea behind massage therapy is the conjunction of body and mind. If the body is relaxed and at ease, the mind is then capable of promoting better health, overall well-being and less depression. Examples of massage therapy include, but are not limited to, shiatsu, neuromuscular therapy, spinal release therapy, Swedish massage, and sports massage.

Reflexology

Applying pressure to specific points on the hands and feet, reflexology is thought to help heal the body through stimulation. A reflexologist will manipulate nerves in the hands and feet, which are related to various parts of the body. This will, in turn, relax the body and mind and may help with relieving depression.

Meditation

Described as an altered state of consciousness, meditation is effective when practiced daily (usually a minimum of 10 minutes per day). The concept behind mediation is to keep the body at rest and to use the mind to focus on one idea, or one thought.

Guided Imagery and Relaxation

Another form of focused relaxation; guided imagery can be a strategy to enhance coping skills. It has been known to help people overcome pain, depression, anger, stress and insomnia. Creating harmony within the body and mind, peaceful, calm images are used as a type of mental escape.



Positive Thinking

An individual has an average of 25,000 to 50,000 thoughts on a daily basis. It has been thought that depression manifests itself in negative thinking. Most people are not aware that thinking negatively is a choice and negative thinking becomes a habit, compounding with negative feelings over time.

One of the features of depression is negative thinking. The negative thinking is actually the depression speaking. Depression, in fact, manifests in negative thinking before it creates a negative effect. The old saying, “you cannot control your body, but you can control your mind” is the easiest way to understand positive thinking. The quickest way to start feeling better is to acknowledge that you think about your depression. Being aware of positive thinking is the first step to take in changing your mindset. Practicing steps to positive thinking is the quickest way to start to decrease your depression. The quickest way to change how you feel is to change how you think.

NATURAL REMEDIES

Though many traditional, over-the-counter drugs are proven to be effective and in some patients, can even be more effective than acupuncture, herbals or other organic prescriptions, it is still a wise decision to check with your doctor about these options.

Allergic reaction can occur from natural remedies, so always check with a health care professional prior to use. You should also remember that depression is not an illness that can be self-treated. This convenient checklist of natural depression remedies is a good place to start the discussion with your health care provider.

- Oats and oatmeal
- Vitamin D3
- Ginkgo Biloba
- L-Phenylalanine
- Valerian Root
- Peppermint
- Rhodiola Rosea
- St. Johns Wort
- Omega-3 fatty acids
- SAM-e

Oats and Oatmeal

Many cereal plants, such as oats, are considered soothing food for the nerves.

Oats contain chemicals that have several positive effects on the body and a healthy blood stream. It is one of the best sources of Inositol, which is important for maintaining blood cholesterol level. In addition, oats contain high amounts of calcium, potassium and magnesium, together with lots of B complex, which promote a healthy nervous system.

Oats are also a very safe natural antidepressant. Inositol also helps the nervous system by making you feel calmer and can be used to treat depression, anxiety and nervous disorder. You may also find that cooked oats decrease fatigue and increase energy.

Vitamin D₃

Vitamin D₃ is one of the most useful nutritional tools we have at our disposal for improving mood, cognitive function and overall health. Vitamin D₃ is the only vitamin the body can manufacture from sunlight (UVB) and it can also be stored in the body to be used at a later time.

Yet, with today's indoor living and the extensive use of sunscreens due to concern about skin cancer, we are turning into a society of Vitamin D₃ deficient individuals.

A study of older adults conducted at the Washington University School of Medicine in St. Louis, found an association between vitamin D deficiency and low mood, while a 2008 study published in the Archives of General Psychiatry reported on the relationship between depression and decreased levels of 25(OH) D and increased parathyroid hormone levels.

Realistically, there are only three ways to obtain the vitamin D your body needs.

1. Sunlight

The absolute best way to get vitamin D is through direct sunlight on your skin. It's the most natural way to acquire your D, and your body self-regulates the amount you receive.

But what if you live in northerly climates where direct sunlight is unavailable for months at a time, as it is in most of the continental U.S.? Short of moving to Hawaii, you still have two alternatives.

2. Artificial Light

One alternative is to regularly use a tanning bed that utilizes UV-B rays such as the revolutionary tanning beds sold elsewhere on this website. Whatever tanning bed you use, please be very sure it includes UV-B rays, so you get the exact rays that provide you optimal health benefits.

3. Supplementation

Your third alternative is internal supplementation with vitamin D₃ — with a caveat. Dr Scott Saunders recommends taking 2,000 to 5,000 IU/day when not exposed to sunlight.

For acute viral illnesses or sever deficiencies it is prudent to use 10,000 to 50,000 IU for three days.

***Warning, if you supplement with vitamin D₃, have your vitamin D levels tested routinely to ensure you do not overdose with it. You and your physician need to be aware of your vitamin D levels so you can adjust your supplementation accordingly. This is a customized approach — not a one-size-fits-all.*

Simple-to-Use Natural Vitamin D₃ Spray

The latest breakthrough in vitamin D₃ supplementation does NOT come as a pill, tablet, capsule, gel cap, or liquid. Amazingly, it's D₃ in an easy-to-use pre-metered spray.

A modern marvel that I believe gives most people far better results than other forms of supplementation. The name of this product is Sunshine Mist Vitamin D Spray.

You can find Sunshine Mist Vitamin D Spray at:

<http://products.mercola.com/vitamin-d-spray/?aid=CD106>

Sunshine Mist Vitamin D Spray provides:

- 1000 IU of vitamin D₃ in each dose
- No artificial flavors, colors, or preservatives
- No sugar, starch, corn, wheat, soy, gluten, eggs, salt, or dairy
- Convenient pre-metered doses
- Non-aerosol, flavorful spray

For more information on Vitamin D₃ visit the Barton Publishing Blog at:

www.bartonpublishing.com/blog/2009/03/04/vitamin-d-what-an-do-for-you-besides-help/

Ginkgo Biloba

Ginkgo Biloba is a chemical extracted from the Chinese ginkgo biloba tree, which seems to have bypassed evolution for 200 million years. This is an ancient traditional Chinese medicine, only reaching Western culture in medical circles during the last 20 or so years. It is a popular memory enhancer due to the chemicals that increase blood flow to the brain and appendages. This increased blood circulation has proved to be very useful for treating various cases of depression, anxiety, headaches, macular degeneration and hypertension.



Some side effects noted with the use of ginkgo include dizziness, gastrointestinal upset and headache. More serious side effects associated with its use are unexplained bleeding, including reports of subdural hematoma and spontaneous hyphema. Skin reactions involving ginkgo may also be serious. Seizures have also been reported with the use of ginkgo, which is thought to be caused by trace amounts of ginkgotoxin in ginkgo preparations.

L-Phenylalanine

This is an essential amino acid, which helps to promote positive moods and other mental functions. It is used to increase levels of norepinephrine and dopamine and there is a direct association with anti-depressant effects. This is often the main ingredient in pills, which are used for those who suffer from low energy and low motivation levels.

Valerian Root

This long-standing traditional agent is known to aid in anti-anxiety and works well as a muscle relaxer. Though maybe not the solution for long-term depression, it is very effective as a mild tranquilizer and sleep aid as well. Valerian may be an appealing over-the-counter sleep aid option, as it does not appear to have a hangover effect the morning after its use. However, there are side effects associated with the use of valerian root, especially with long-term use or overdose. Side effects may include excitability, insomnia, headache, cardiac dysfunction, blurred vision and liver toxicity.

Peppermint

Aside from being a food additive and mouthwash, peppermint works well as temporary stress reliever. Minor headaches, skin irritations and several digestive problems such as diarrhea, cramps and nausea can be treated effectively with peppermint. Many people with chronic migraine headaches have even been known to use peppermint if their regular medication is empty.



Rhodiola Rosea

Usually found in the northern reaches of Asia, Europe and even the Arctic, this plant contains the necessary chemicals to help combat fatigue and restore energy. New research concluded that rhodiola increases performance for those that work under stressful conditions, such as mill and factory workers that work the night and swing shift. Tests showed that mental fatigue and repetitive use of audiovisual senses were benefited after introducing a rhodiola extract. It acts as a healthier substitute for No-Doz® and can be used to help fight fatigue in general.

St. John's Wort

This well-known herb is a long time remedy used to help those cope with mild depression including sleeplessness, sadness and tension. It even works as a sleep aid.

Conclusive results from more than 20 clinical trials indicate that St. John's Wort works better than a placebo and is as effective as antidepressants for mild to moderate



depression, without many side effects. However, there have been studies that prove the herb is not the choice for treatment for major depression. You can find St. John's Wort at most regular grocery stores, health food stores and drug stores.

One thing to keep in mind when taking St. John's Wort is the length of time it needs, before you begin to feel the effect. You may not see any change for up to two months after beginning your dosage. Unfortunately, every drug has its side effects and the side effects of St. John's Wort include indigestion and cramps, fatigue, dizziness and dry mouth.

You will also find that St. John's Wort is an inhibitor of photosensitivity, so make sure you use extra protection against sun exposure.

Another important factor to be considered when taking St. John's Wort is that it can be unsafe, if taken with other over-the-counter drugs and other prescriptions (including antidepressants, oral contraceptives and various drugs for the treatment of HIV). St. John's Wort should also not be taken if women are pregnant and those that have bipolar disorder. St. John's Wort is also known to interfere with birth control in most women so it is a good idea to check with a gynecologist and physician before starting a treatment plan.

Omega-3 Fatty Acids

The brain is an organ that requires a certain amount of fatty acids and Omega – 3 is one of the fats that is needed for steady brain function. Unfortunately, our body cannot produce Omega-3 on its own.

Since Omega-3 is commonly found in fish, countries in the Far East such as Japan and Malaysia where the consumption of seafood is higher the incidence of depression cases are much lower than in the United States. Postpartum depression cases are also less prominent in East Asia as well.

As good as fish is for you as a source of protein in addition to omega-3, too much of a good thing can eventually have negative effects. Since fish also contains mercury and other chemicals, Omega 3 capsules were created to be taken since they may be a cleaner source of Omega-3 than the fish themselves.

SAM-e

This over the counter drug S-adenosyl-L-methionine is also known as SAM-e. This is an important natural chemical, which is thought to increase levels of neurotransmitters such as dopamine and serotonin. So far, many pharmacists and drug stores provide SAM-e as a relatively expensive over the counter supplement. It can even be purchased on the Internet. However, it is one of the best sources of treatment for both depression and osteoarthritis. Check with your local pharmacist and regular physician on whether you should use it. Among the side effects associated with SAM-e are indigestion, stomach cramps and nausea.

NATURAL MEDICINES

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Conventional doctors have often frowned on natural medicine, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions.

Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs.

Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing. In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true.

Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market.

Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name. Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing.

Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs.

In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, an herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction– which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

In the treatment of depression, the following herbal and homeopathic remedies are often used as part of the treatment plan.

MindSoothe – www.joyequation.com/mindsoothe

MindSoothe is 100% safe, non-addictive, natural herbal remedy for depression, insomnia, OCD, panic disorder and anxiety treatment. It will help you safely maintain an uplifted mood and systemic balance in the brain and nervous system, without harmful side effects and without harsh sedatives.

MindSoothe can help with the following symptoms:

- Depressed mood
- Low self esteem
- Excessive tearfulness
- Disturbed sleep patterns (insomnia or hypersomnia)
- Disturbed appetite (either loss of appetite or binge eating)
- Loss of libido

-
- Fatigue and loss of interest and motivation
 - Irritability and anger
 - Anxiety and Panic attacks
 - Obsessive thoughts and other symptoms of OCD

MindSoothe contains two proven natural remedies in one specialized formula and is therefore an excellent treatment option and value!

Hypericum Perforatum (St. John's Wort) has been scientifically shown to relieve the symptoms of depression if used regularly over a period of 3 - 5 weeks. St John's Wort is often called 'Nature's Prozac' and is widely used as the anti-depressant of choice in many countries like Germany and in other parts of Europe. There have been many clinical studies, which show the effectiveness of St. John's Wort in the treatment of depression.

A review published in the British Medical Journal quotes up to twenty-three clinical trials, which demonstrate that St. John's Wort works as well as many prescription anti-depressants, without the major side effects. Millions of people around the world have been helped by treatment with St. John's Wort. Many clients say that it feels like 'the black cloud' has been lifted from their heads and that they have more zest for life!

The St. John's Wort in MindSoothe is combined with Passiflora which is a calming herb that reduces anxiety and soothes frayed nerves. According to Dr. Earl Mindell (The New Herb Bible), Passiflora is one of nature's best tranquilizers. It works quickly and effectively and is an excellent addition to any treatment for anxiety and depression.

MindSoothe has been specially formulated by a practicing clinical psychologist and has been safely and effectively prescribed to real people with real problems for years!

MindSoothe contains the following therapeutic herbs in a 100% vege-capsule:

- Hypericum Perforatum is called St. John's Wort in Europe. It has been used for centuries to treat depression, anxiety and sleep disorders and is traditionally used as a restoring tonic for the nervous system and to lift the spirits. More recently, there have been a number of clinical studies that have demonstrated that standardized extracts of Hypericum are more effective than a placebo in the treatment of depression. Active ingredients include glycosides, flavonoids, volatile oils, tannins and resins.

The active ingredients in *Hypericum* are thought to boost serotonin levels, which are usually lacking in depressed people. In some countries like Germany, the sale of St. John's Wort has outstripped many of the major prescription anti-depressants.

- *Passiflora Incarnata* - also called Passion Flower - is used as a sedative and for insomnia and can relieve anxiety and nervousness. Active ingredients include flavonoids, cyanogenic glycosides, alkaloids and saporin. Combined with *Hypericum*, it helps to calm and soothe, and is also thought to reduce high blood pressure and nervous tremors.

PureCalm – www.joyequation.com/purecalm

PureCalm is a 100% safe, non-addictive herbal remedy specially formulated to help with anxiety, nervousness, panic attacks and stress. It can be safely used to maintain harmony, health and systemic balance in the brain and nervous system, without harmful side effects and without sedatives.

This remedy contains a selection of herbs known for their supportive function in maintaining brain health and function. It combines the soothing properties of *Melissa Officinalis*, with those of Lavender and *Passiflora Incarnata*, bringing you relief from stress, irritability and nervous tension.

PureCalm can be used whenever necessary and is also useful in the treatment of shock. Just a few drops in a little water can bring almost instant relief!

PureCalm contains the following therapeutic herbs:

- *Melissa Officinalis* is indigenous to the Mediterranean, but is widespread throughout the world. It is often used as a general nervous system restorative, digestive calnative and to reduce blood pressure. Its active ingredients include volatile oil, tannins, flavinoids, tocopherols and choline.
- *Lavandula Augustifolia* is another well-known herb which has made its home in countries all over the world, including Europe and Africa and is also used in Arab medicine as an expectorant. It is best known for its calming properties and as a tonic for the nervous system. Lavender contains the active ingredients tannins, coumarins, flavinoids, triterpenoids and volatile oil.

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- Passiflora Incarnata (also called Passion Flower) is used as a sedative and for insomnia and can relieve anxiety and nervousness. Active ingredients include flavinoids, cyanogenic glycosides, alkaloids and saporin. It helps to calm and soothe and is also thought to reduce high blood pressure and nervous tremors.

Triple Complex Mood Tonic - www.joyequation.com/moodtonic

Tissue salts are nutritional substances which are used to maintain optimal health and functioning and also to restore balance and relieve symptoms of disease. They can be taken regularly to prevent illness and improve functioning (just like vitamins), but can also be used to treat symptoms when this is necessary (as one would do with medicines). The only difference is that they are taken more frequently to treat symptoms and less frequently as a preventative and a health aid.

Triple Complex Mood Tonic contains Natrium Sulphate, Kalium Phosphate and Natrium Phosphate, to optimize the nervous system, lift mood and reduce anxiety. Children, pregnant women and nursing mothers may safely use mood Tonic. Use Triple Complex Mood Tonic together with our 100% herbal MindSoothe as the Native Remedies alternative to prescription anti-depressants.

LIFESTYLE MATTERS

Whether you are a doctor, painter, athlete or teacher, your lifestyle plays a crucial role in your overall health. For cases of manic or extreme depression, Chinese Medicine suggests exercise is very important as depression is often linked to a stagnation of Liver Qi, movement and the circulation of energy within the body will help to resolve this stagnation. An increase in the flow of energy throughout the body via the meridians associated with corresponding symptoms related to Qi stagnation should improve.

It is important to remember that exercise does not have to be rigorous as one might expect. Go easy on yourself and simply take a walk or ride your bike. The Chinese practice their own form of exercise through meditation and Tai Chi, requiring balance and concentration. It is said that these exercises relieve stress because the brain is working on something else.

PREVENTING DEPRESSION

Depression is difficult to prevent. The main reason is that most people are not aware of their depressive state until symptoms become too severe to handle on their own. Part of the problem is the stigma which is still attached to reaching out and getting help for mental disorders as discussed earlier.

The best way to prevent major depression from occurring is to make yourself aware of the triggers leading up to depression. Seeking help earlier after a recurrence is also highly suggested. Although bipolar disorder cannot be prevented, recognition of the symptoms accompanying bipolar disorder is recommended for management of future occurrences.

- If it is determined that you have SAD, simple practices can be put into place to prevent its return.
- Spend some amount of time outside every day (even if the sun is not present);
- Begin using a light box upon the onset of low sunlight in the fall, even before you feel the onset of winter;
- Eat a well-balanced diet;
- Exercise three days a week for 30 minute intervals;
- Seek professional counseling, if needed, during the winter months; and
- Stay involved socially. Many withdraw from friends or family when they start to feel depressed. This is the time when the most support is needed.

Postpartum depression requires realistic expectations for yourself or your newborn child. Limiting visitations within the first week of being home, asking for help when needed and staying involved socially are key in preventing postpartum depression.

Here are some suggestions to stave off the effects of postpartum depression:

- Screen your phone calls;
- Eat sensibly (avoid caffeine and alcohol);
- Have realistic expectations (there will be both good and bad days);
- Exercise when possible; and
- Sleep or rest when the child is sleeping.

Not an Exact Science

Depression and its prevention is not an exact science. It is still being heavily researched and studied. There is still no set rule on how to prevent depression. Since depression is a complex study of the human brain and how it functions with various chemicals and how the brain translates certain messages to parts of the body, the treatment of depression is still a work in progress. A person's biological structure may have just as much of a correlation to depression as their immune system does to contracting HIV disease. No one's life is empty of conflict, stress and obstacles.

The most important thing in keeping a healthy lifestyle and maintaining it is learning how to successfully manage issues when they do arise. Shaun Bourget, M.A., M.F.T., a licensed marriage and family therapist suggests a handful of very simple tasks to keep posted on the refrigerator when you sense an episode or extended period of depression on the horizon:

- Try to accept that loss is part of life.
- Do not be afraid to reach out and accept help and support from others.
- Accept that we cannot control everything around us.
- Make better, more informed choices that create less turmoil for you.
- Stop being so critical of yourself, and of others.
- Acknowledge the good in you, stop beating yourself up.

Prevention Checkpoints

There are countless ways to avoid depression but you want to make sure you do not avoid everyday life.

Avoiding confrontations and conflict may seem like an easy way out, such as not discussing things with your spouse, disregarding harassment at school or work, even not opening the mail assuming that it is nothing but past due bills.



This may be the easy way out in the short run but can lead to more serious problems later on in life and it is simply not worth the trouble. Get a hold of your life but keep it simple.

Here are some meaningful life experiences that can make your life more fulfilling and help to keep depression at bay.

- Balancing work and family;
- Balancing family and friends;
- Nutrition and exercise;
- Recreation and leisure time;
- Intimacy; and
- Social activities and volunteering.

One of the easiest things you can do to prevent depression is to simply compliment yourself for all of the things that you do well. Give yourself a pat on the back or treat yourself and your significant other to a nice dinner and a movie. Heck, take a small vacation or do something for yourself that you have always wanted to do when you know you deserve it. You now have a reason, so sugar coat things that you normally would not sugar coat. Think quality time, not quantity of time.

Caregivers are particularly vulnerable to depression. When you are responsible for the care of an individual you love and your loved one is not expected to improve significantly, it is very difficult to maintain a positive outlook. With terminal cancer, Alzheimer's and even just old age, your loved one may not even be expected to recover at all.

You may be looking ahead to days, weeks, months or even years of endless responsibilities. Estimates of caregiver depression vary but one study found that 23% of spousal caregivers had symptoms of depressive disorders, and very few of these had any history of depression prior to becoming a caregiver to their spouse (Haley, 1997).

Quit Smoking

If you're a smoker, this information isn't anything you haven't heard before. Not only is smoking bad for your lungs and throat, not to mention teeth and skin, but it also affects your brain, and adds to depression in many ways. Cigarette smoking is associated with depressive symptoms and nicotine is strongly associated with a negative effect on your brain.

For people who are constantly sad or anxious, they may turn to nicotine as a way to control this negative effect. Psychiatric patients, especially those with clinical mood disorders such as depression, are at greater risk for a negative effect from nicotine.

In recent years, there has been considerable interest in depression as one of the risk factors for smoking. There have been detailed studies and tests made with a diversity of participant samples, which have, for the most part, demonstrated heavier smoking patterns and fewer quit attempts among more depressed smokers.

These patterns may continue for years in the patient even though they claim to be fine and constantly tell their peers and family members that they are planning on quitting.

As difficult as it is to quit smoking, there have been many specific studies in regards to smoking and patients who are trying to quit when dealing with depression. In a cross-sectional study, depressive symptoms were positively correlated with current smoking and negatively correlated with likelihood of quitting smoking (Anda et al., 1990).

Another study involving older women with depressive symptoms indicates that there was a decrease in the chance of continued smoking as compared to teenagers, which were at a higher likelihood to become heavier smokers once they are in their mid-twenties.

Teen Smokers and Depression

Scientists have made new discoveries in the study of teenagers that smoke and how the incidence of smoking in teens relates to cases of depression among those teens.



It has been found that teens who smoke appear to be more likely to develop depressive symptoms than their nonsmoking peers, according to new research in the publication *Pediatrics*. Experienced professionals in the field such as Elizabeth Goodman, MD, and John Capitman, PhD, analyzed baseline and one-year follow-up data from the National Longitudinal Study of Adolescent Health and made a conclusion with the relationship between cigarette smoking and depression among teens.

Researchers have found that depression increases the likelihood of smoking behavior. However, this evidence is has not been 100% proven, Goodman and Capitman's research also found that "non-depressed teens who have smoked in the prior month faced approximately a four times greater risk of developing depression than nonsmoking teens." These results are also closely related to results for studies on teen alcoholism.

CONCLUSION

Depression is not something that can be fixed in an instant. As stated before, acknowledgment has to occur before someone seeks help. Seeking help is easy, but it is a long road. Many people are used to quick fixes and easy answers in modern medicine. Treating depression is not like treating a skin wound. With a wound, the care is to cleanse the area, remove bacteria, and cover or repair the skin. It is that simple. Unfortunately, depression is not as simple.

Taking the time to get to the root of any type of depression is needed (and required). Help should always be sought from a licensed or experienced doctor or therapist. Never should anyone try to self-diagnose depression or medicate himself or herself.

Medications must also be prescribed and decided upon by a licensed professional. Many people self-medicate and find after a period of time that the medication no longer works. Modern medicine alone may not cure depression.

Natural products must also be monitored as well. Depression is a mindset that needs to be taken seriously but can be remedied in other ways aside from drugs.

Knowledge about depression and acceptance about the types of depression and treatment are the best recovery tools.

Natural Remedies for Fighting Depression

There are all kinds of remedies for every case and type of depression, which do not have to include herbs, exotic tree extracts and teas. In addition, patients with depression vary just as much as the multitudes of treatments so there really is no single remedy that will work for everyone. When fighting depression or any long-term disease, it is important to be patient and to take things slowly.

Treating your depression is not easy, especially since depression is often associated with feelings of denial. If you are depressed, it is a feeling that runs very deeply in your mind. In order to overcome a deep-seated feeling such as depression, strong motivation is a necessary prerequisite.

If you are feeling like there is a break in your depression and you feel normal for the moment, get in touch with family members and close friends as soon as possible to get their support in your new endeavor.

Here is general list of items help in your fight with depression

- Exercise
- Get in touch with a close friend to talk to about what you are feeling but do not overwhelm them with your problems.
- Start a journal. Keeping track of your thoughts and feelings may help diagnose recurring bouts of depression.
- Add Vitamin B to your diet
- Get enough sleep

The Final Word

Always be aware that there are roadblocks and forks in the road as you go through life. You are not alone and when you have the early symptoms of a chronic depression stage, strive to keep things simple and seek help immediately.

This report may or may not have had the right answer for your depression but rest assured, depression is treatable. With the right combinations of medication, mental awareness, and regular doctor visits, you will be able to combat and defeat depression as long as you continue to work on the problem and never give up.

NATURAL HEALTH RESOURCES

Barton Publishing has one of the fastest growing social sites dedicated to Natural and Alternative Health. This is a FREE membership where you will have access to a wide knowledge base of user generated material, friendly community support, and a place for you to feel at home while ending your dependency dangerous drugs. Take a moment and check it out, but do not forget to sign up!

www.BartonNaturalHealth.com

And, for the latest news and products for optimal health visit the Barton Natural Health Blog at:

www.BartonPublishing.com/blog

About Barton Publishing

Hi, my name is Joe Barton, and I'm the founder of Barton Publishing Inc -

www.BartonPublishing.com and many other websites that promote natural health through teaching people like you how to cure yourself using alternative home remedies (like simple grocery store items, herbs, vitamins, exercises and more) instead of expensive and harmful prescription drugs.

My passion is helping other people live healthy, active lives in a natural, drug-free way.

Barton Publishing specializes in providing natural health alternative remedy reports that are safe, effective, affordable, and simple. Our team has developed many successful step-by-step reports, just like this one, that you can access quickly from your home computer.

Each of our reports outlines exactly how you can quickly and easily cure your health concerns, all from the comfort of your home kitchen or local health food store.

Home Cures That Work eMagazine

Every month Barton Publishing publishes an online magazine called Home Cures That Work. In Every issue you will discover:

- Grandma's Cure Corner: secrets that work fast!
- "Ask the Doctor" Q & A: send in your questions and you'll get an honest answer from my team of hand-assembled Heartland M.Ds.
- Healthy Recipes & Eating Ideas: nothing fancy or expensive or hard to find, every recipe nourishes you and every ingredient is right in your local grocery store.
- Age-erasing Breakthroughs: look as young as you feel!
- Gentle Fitness Tips: day-by-day you'll move better, with less pain and more flexibility, as you follow these easy, guided tips from our fitness expert.
- Product Recommendations: After sorting through all the health products out there, Your Barton Health-Advocate Team shares the very few we know really work!
- FDA Scams & Cover Ups: we're your true health advocates.
- FREE Report Of The Month: From our top selling remedy reports.
- Online Natural Health Videos.

Sign up now and get your first month free.

Sign up or log in visit: www.HomeCuresThatWork.com

Resources and Links

- http://en.wikipedia.org/wiki/Manic_depression
- <http://www.allaboutdepression.com/caution02.html>
- http://www.isitreallydepression.com/mini_c/isitreallydepression/moodquestionnaire.asp
- http://www.latitudes.org/articles/traditional_diagnosis_treatment.html
- <http://www.medhelp.org/lib/ect.htm>
- http://en.wikipedia.org/wiki/Selective_serotonin_reuptake_inhibitor
- <http://www.acnp.org/G4/GN401000103/CH101.html>
- <http://www.1-800-therapist.com/>
- <http://www.biopsychiatry.com/tricyc.htm>
- http://www.pinkfridge.com/hab_depression/medication.htm
- <http://www.lighttherapyproducts.com/>
- http://www.healthyplace.com/depression/menu-id-68/http://www.clinical-depression.co.uk/Treating_Depression/controlling.htm
- <http://www.tcmpage.com/hpdepression.html>
- http://www.webmd.com/content/article/10/1663_51224.htm
- <http://www.webmd.com/content/article/62/71502>
- <http://altmedicine.about.com/od/healthconditionsatod/a/Depression1.htm>
- http://www.oohoi.com/natural%20remedy/everyday_food/oats.htm
- http://www.thebody.com/tpan/novdec_01/preventing_depression.html
- <http://www.strengthforcaring.com/manual/24/209/preventing-depression.html>
- <http://www.apa.org/monitor/decoo/smoking.html>
- <http://www.personalityresearch.org/acton/stages.html>
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- <http://products.mercola.com/vitamin-d-spray/?aid=CD106>