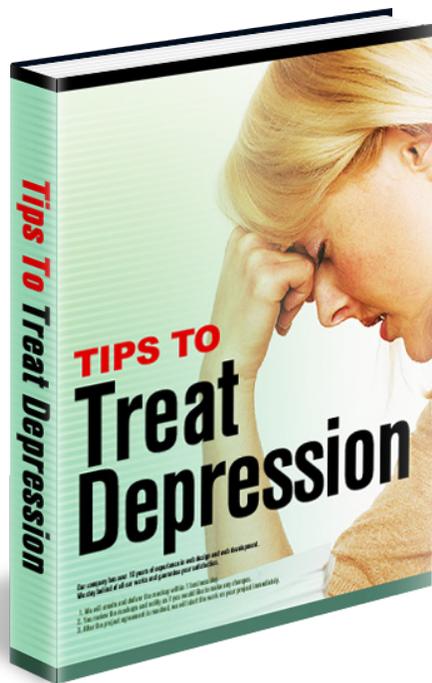


Tips To Treat Depression



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Introduction

Congratulations on taking the first steps to knowing, treating and overcoming your depression!

This report will take you through the background and medical information, and a range of strategies that you can put in place to start fighting back at this debilitating condition.

With or without medical help there is a great deal that you do for yourself, to regain your peace of mind and happiness...

A wide range of tips are covered here, and there are bound to be some that resonate with you and your situation, that you can start putting in to practice today.

Understanding Depression

Depression is a challenging condition to overcome, but you will learn that there is much you can do to improve your situation and regain control – over your depression and over your life.

Knowledge Is Power

First of all you need to learn a bit about depression, to understand why it's affecting you and how.

You don't need to go to medical school to develop some knowledge about your condition, that will help you to start to take back its power.

Just reading this report will start you off, and at the end you'll find advice to help you further your knowledge and strength.

Definitions Of Depression

Depression is a mental illness.

It's not a disability (though it can be disabling), it's not a bad mood, or a reasonable reaction to a sad event.

It isn't a sign of weakness or laziness either, and affects some very strong and successful people.

Depression is so widespread; it has been called the 'common cold' of mental illness – with up to 25% of people likely to experience it at some point in life.

But whilst anyone can succumb to it, you don't catch it like a cold – we'll discuss causes below, but the main thing to realise is, potentially anyone is vulnerable.

Medically depression is defined as having depressive symptoms for at least two weeks.



These include a low mood, a loss of pleasure in life, weight and sleep problems, and difficulties with motivation and concentration.

Tearfulness, feeling helpless and powerless, withdrawing emotionally and thinking about death and suicide can also be signs of depression, as can constant tiredness.

Types Of Depression

Depression sounds straightforward, but it's important to understand that there are different kinds and complications of depression.

Major depression is the kind that stops you living a normal life, and affects work, sleep, eating, relationships, etc.

It is often extremely disabling, may persist long term, or come and go in episodes.

This is the depression that stops people savoring life's pleasures, can bring life to halt, and can bring thoughts of suicide.

It often needs medical intervention to resolve – but there is still much you can do to help yourself if you are suffering with or prone to major depression.

Dysthymia can be regarded as chronic depression, if major depression is a medically acute condition.

Symptoms are generally milder, but more prolonged...dysthymia may go untreated for years, and appear to simply reflect a personality that is generally neurotic, irritable and pessimistic – yet it can often respond very effectively to the same self-help and therapeutic interventions as major depression.

Seasonal Affective Disorder (SAD) – many people find their state of mind worsens during dark winter months, and for some this reaches depressive proportions.

If you find your depression develops or worsens during the months of reduced daylight, there are specific things you can do to help yourself.

Post-natal depression is a product of the massive hormonal changes inflicted on the body by pregnancy and childbirth.

This normally happy event can then be marred by devastatingly acute depression, which can endanger the lives of mother and baby if untreated.

Depression can also manifest during pregnancy itself (peri-natal depression) – although it's less likely to get picked up and treated medically.

Depression with other conditions – it is not uncommon for depression to present along with other mental illnesses, such as anxiety disorder, or for it to be part of a pattern such as in bi-polar disorder.

It's also quite usual for depression to result from other health challenges, for example following a disabling accident or life-limiting diagnosis.

Unpicking the depressive aspects to complicated medical situations is a difficult job, and it's fair to say that treatable depression can easily be missed in these circumstances.

Causes Of Depression

So, what causes depression in the first place? The truth is there is no one scientifically accepted answer to this.

Most research suggests depression results from quite delicate imbalances of chemical messengers called neurotransmitters, in the brain – and many successful medications work by adjusting these levels minutely.

The causes of the imbalances in the first place are less clearly understood.

Dietary deficiencies, environmental toxins, developmental disorders, food allergies, genetic endocrine imbalances... all of these have been implicated in different studies and theories.

But the truth is no one truly knows why it is that sometimes some people develop a huge crushing depression for no obvious reason at all, or fail to recover from change or loss in a normal period of time.

The good news is though that even without these answers, there are things you can do to try and help your depression and make it easier to live with whilst it persists.

At the end of this report we'll recommend further reading and tips – but for now, let's look at what you can do to start dealing with it and get back on the road to happiness.

Tackling Depression Conventionally

For many people the first port of call in tackling depression will be a visit to a primary health care provider.

This is a difficult and important first step to take.

The nature of depression is that it creeps up unawares, and makes it difficult either to take positive action, or to evaluate how you are doing – so getting some professional input is a good place to start.

Talking to your doctor about your feelings doesn't mean taking on a label of 'A Depressed Person', or that you are demanding medication... it just means you are sufficiently aware and in touch with your mind to recognise when a bit of support might be helpful.



Medical Approaches

Your doctor may well recommend a course of antidepressant medication, to try and stabilise your mood.

Most often prescribed are a class of drugs called SSRIs, which work by building up levels of the neurotransmitter serotonin in the brain.

These have a good track record of success, and are easy to take – in the sense that they have few side effects and low addictive/resistant potential.

They don't work overnight, and you will have to persist with them for several weeks before expecting to see any results – this is important, as it is estimated that up to half the prescribed antidepressants dispensed are never actually taken.

Complying with a prescription means following a routine, caring enough about yourself to bother, and being able to envisage a time when things get better... all of which are very difficult challenges for a profoundly depressed person.

Sometimes people don't take their pills because they're worried, about how they work, what the side effects might be, or they'll be addictive.

You need to talk to your doctor about exactly what they have prescribed to you and why, and get all the answers and reassurance you need, to feel OK about taking your medication.

It's also important to stress that taking medication does NOT stop you taking any of the other self-help measures discussed below (with the exception of certain herbal remedies that work in similar ways).

Depression is a big beast to tackle – Winston Churchill called it his 'black dog', the beast metaphor comes up a lot in literature about depression – you need lots of different weapons in your fight, to maximise your chance of victory.

Therapeutic Approaches

Your doctor may also recommend you have some therapy to help fight your depression.

There are number of routes you can take, which might depend on practical things such as funding and availability, as well as your medical history, character, and personal inclination...

Cognitive Behavioral Therapy is a very active form of intervention that involves identifying and challenging negative thoughts (cognitions), and the behaviors they produce.

It gets excellent results with the right participant, but needs a lot of work and input from the patient to really tackle their underlying thoughts head-on, so some profoundly depressed people find it overwhelming at first.

It has a good success rate in preventing recurrence, and in dealing with multiple related disorders such as anxiety disorder, in a holistic and simultaneous way.

Hypnotherapy – hypnotherapy works by getting the subconscious mind in line with the wishes of the conscious mind, to engage and tackle depression from the inside out.

It helps to create calmness and focus on positive thoughts, and can help to identify causes and triggers of depressive cycles.

Therapeutic hypnotherapy cannot make you behave uncharacteristically or inappropriately, it is a very safe and relaxing intervention based on suggestions.

You can also buy self-hypnosis tracks on CD or mp3 to reinforce desired outcomes at home.

Psychoanalysis – if you suspect your depression is caused by events and relationships in the past, such as an unhappy childhood or history of abuse – and if you also have the time, money and emotional resource to pursue it – a full course of analysis may bring life-changing results, as you unpick in detail the events and consequent thoughts that have brought you to your current situation.

Tackling Depression Through Diet And Supplements



As well as doing the right things medically, there is much you can do to help yourself at the same time.

If you are paying for therapies or drugs, and committed to getting yourself out of the grip of this debilitating condition, why not give yourself every possible

advantage by approaching the problem from multiple angles?

There is a lot of truth in the adage ‘you are what you eat’ – so one of the best places to start looking for simple, rapid changes, is in your diet.

Vitamin And Mineral Deficiencies

Many biochemical theories of depression centre around deficiencies of one nutrient or another, and vitamins and minerals are an obvious first place to look, as we need so many of them- usually in tiny daily amounts, but they *are* vital.

And the truth is, many depressed people do not care enough about themselves to buy and cook fresh healthy food.

Obviously in an ideal world, you would get all your nutritional needs from food, but whilst you work towards that ideal a broad-spectrum multivitamin and mineral supplement can help set you on the right track.

Make sure it contains recommended daily amounts of the following nutrients:

- Vitamin B1 – thiamine – which is needed in the brain for glucose metabolism.
- Vitamin B3 – niacin – inadequate supplies of this vitamin has been linked to dementia and psychosis

- Vitamin B5 – pantothenic acid – this is needed for absorption of the neurotransmitter acetylcholine
- Vitamin B6 – pyroxidine – deficiencies have been linked to confusion and addictive behaviors
- Vitamin B12- cobalamin – deficiencies have been linked to mood swings, paranoia, confusion, dementia and mania
- Vitamin B9 – folic acid – this is needed for production of SAM (S-adenosyl methionine), a vital neurotransmitter,
- Vitamin C – deficiencies linked directly to depression, and also when stressed or ill the body depletes vitamin C resources faster
- Vitamin D – essential for melatonin production, especially implicated in SAD-related depression
- Magnesium – also depleted by stress, and deficiency strongly linked to depression and confusion
- Calcium – one of the most important elements in the central nervous system and vital for brain health
- Zinc – deficiencies result in apathy and lethargy, and can also contribute to other mineral imbalances in the body
- Iron – depression is a diagnostic symptom of iron deficiency
- Manganese – essential for proper absorption of the B-vitamins listed above, and for neurotransmitter absorption
- Potassium – easily depleted when stressed or ill, deficiency is associated with tearfulness and fatigue

Fats – Good And Bad



As well as trace nutrients your diet must contain enough basic building blocks, such as fats.

Fats have a bad press because they are calorifically dense, but the truth is they are an essential part of your diet, as they are an essential part of your body.

After water, your brain is mostly made of fat!

Getting enough healthy unsaturated essential fatty acids in your diet is vital for brain health, and it is an EFA called Omega-3 that we are most likely to be deficient in.

This can be taken as a supplement in capsule form, or oils such as flax seed or fish oil. **DHA**, or docosahexaenoic acid, is a good supplement to look out for.

Above all avoid artificial ‘trans’ or hydrogenated fats – these are being withdrawn by food manufacturers around the world in response to very worrying findings connecting them with all sorts of neurological conditions.

Watch out for them in ‘foods’ such as margarine, fake meat vegetarian products, etc.

Protein And Amino Acids

After fats our brains are mainly composed of protein, and it is the building blocks of protein – amino acids – that also create the neurotransmitters and chemical messengers that work throughout the central nervous system.

Most western diets are if anything excessive in protein intake, which brings its own health concerns, but it is still possible to be deficient in particular amino acids - especially if you know your diet is not all it should be.

You can supplement, but the best way is to get a good range of different protein sources into your daily diet. For non-vegetarians, meat, fish, eggs and dairy are the easiest way to do this.

For vegetarians, eat a good mix of beans, legumes, cereals, pulses and nuts, along with fresh fruit and veg.

The main thing is to ensure your protein intake is steady, because amino acids are volatile and not stored well within the body in isolated/usable forms – they tend to get used up immediately, or burned as an energy source.

So keep your protein intake up on a daily basis, to ensure the brain has all it requires.

To enhance amino acid use within the body, supplementing with **SAMe** (S-adenosyl-L-methionine) and also **5-HTP** (5-hydroxytryptophan) – these are neurotransmitter precursors and have been shown to help depression in many cases.

Carbs And Sugars



Many people seem to crave carbohydrates when they are feeling depressed, and indeed this craving has been experimentally linked to low serotonin levels.

The trouble is, we are socially programmed to associate sweet tastes, that is simple carbohydrates (sugars) with comfort and reward – our first taste of milk was sweet, and this was reinforced every time we fell

over and got a candy treat to cheer us up, or a lovely cake on our birthday, etc.

Eating sweet sugary foods is actually about the worst thing you can do when you are depressed, because it causes a rapid spike in your blood sugar levels – which the pancreas moves to reabsorb as quickly as possible to maintain balance.

It's this rapid falling of the level afterwards that causes the mood to slump further.

It's a vicious cycle that then leaves you craving more sweet things, and so on...

Carbohydrates are an essential part of the diet but you should seek out complex, high fibre carbs, such as those found in whole grains, pulses, starchy veg, etc.

These will give you that energy you need, but in a slow-release way – that won't shoot your blood sugar all over the place and deplete your insulin reaction in the long term as well.

Herbal Remedies

There are a great many herbal remedies available to help you tackle depression.

It's good to talk to an qualified herbalist or naturopath about these if you are unsure where to start.

Remember that most commercial pharmaceuticals in use today are derived from or modelled upon natural herbs and substances – folk remedies tend to develop their reputation because they work in some way, and the big pharma companies exploit that effect when they can!

So, if you are taking prescription antidepressants, you must NOT mix them with certain herbal remedies, as their actions on brain chemistry are too similar.

A good example is St Johns Wart (*Hypericum perforatum*), which has been demonstrated to have similar effects to many current SSRIs, and clinically proven as an effective remedy for dysthymia and mild to moderate depression.



Other herbs that have been associated with helping depression are licquorice, ginkgo biloba, valerian, kava kava, damiana, mugwort and passionflower.

Tackling Depression Through Exercise And Activity

When you are suffering from depression, it might feel like the last thing you are capable of doing is taking exercise.

Lack of energy, interrupted sleep, confusion, hopelessness and lack of motivation, all conspire to make getting started on any kind of program incredibly difficult... *but* the results are so great, you really owe it to yourself to check it out.



Benefits Of Exercise

Exercising regularly brings so many benefits to your health and wellbeing. If you can get over the motivational obstacles, you will...

- Release endorphins into your bloodstream and directly lift your mood
- Lose weight, and speed up your metabolism
- Burn fat and build muscle, so you look fitter and healthier
- Improve your lymphatic drainage and the removal of toxins from your body
- Be more resistant to viruses and infections
- Raise your energy levels
- Lower your blood pressure
- Strengthen your bones
- Regulate your appetite
- Burn away stress chemicals like adrenaline from your bloodstream
- Get out and meet people, perhaps working together as a team

How many more reasons do you need? Exercise is good! You need to find the kind that works for you, but here's a bit more depth about how you'll benefit...

Sunlight And Melatonin

Even if you don't have clinical SAD, most people find their depression is worsened by dark days and artificial lighting – or to put it another way, they feel better just for getting outside into sunlight and fresh air.

Deficiencies of vitamin D, the 'sunshine vitamin', are extensively linked to depression – you need proper daylight to synthesise vitamin D in the body.

Some people avoid sunshine for fear of skin cancer, but this has led to some European children being recently diagnosed with rickets, a deficiency disease of centuries past!

Sunburn and overexposure is bad for you – daylight, some sunshine, and a good dose of fresh air can only do you good, physically and emotionally.

Sunlight switches off the production of melatonin, the sleep hormone, so it tells your body to get up and get on with the day.

Getting out of the house for a walk first thing in the morning could really help you have a good one.

Sleep And The Body Clock



If you exercise, you get tired.

Basic point, but really important if you are depressed and finding your sleep disturbed, and your days lacking in energy.

Using your muscles and your lungs in some hard physical exercise will exhaust you, and your body will demand rest, even if your mind is racing.

Raising your activity levels during the day also helps re-educate your natural rhythms and your melatonin secretion... re-setting the body clock, so your cells know you need to sleep at night and move around during the day.

For millennia our ancestors lived by these natural rhythms of nature, its our modern times with electricity and media and confusion that has interfered with this pattern – use exercise to get your circadian groove back, and the rest will follow.

Realistic Expectations

But don't decide you have to get in shape for a marathon to benefit, or sign up for some punishing gym regime.

Think about the physical activities you enjoy – go right back to childhood if you have to, are you a team games person, do you love losing yourself in the right music, or competing against your personal best scores on solo games?

Do you love nature or the great outdoors?

Try to incorporate activities that reflect the things you enjoy, or once enjoyed. Set realistic targets, take baby steps.

If you are trying to move from the listlessness of profound depression, *any* activity will benefit you no end, so just try to walk a bit further each day, or other similar small and manageable achievement.

The good thing about exercise is that its results create positive feedback..

The more you do, the better you'll feel, the more capable of achieving greater things you become... the hardest step is the first one, the rest get easier.

Tackling Depression Through Activities And Engagement

You have taken the first step in tackling your depression just by reading this report!

Make it a goal to find out all that you can about your condition and what you can do to defeat it.

Just committing to this will empower you to move forward.

Social Activities And Support Groups

Whilst depression is an incredibly personal and individual thing, finding help can be easier in a group.

If this would work for you, ask your medical practitioner for recommendations, or check out library and community center notice-boards.

If you are not ready to talk to a group face to face, many people find online support groups offer just the right blend of openness and anonymity, allowing them to really connect with others who can understand and help.

Bodywork And Treatments

Be kind to yourself, and explore treatments that benefit you on multiple levels.

Aromatherapy, massage, reflexology... all of these techniques have proven effects on well-being and recovery, *and* are pleasant to receive.

Why not offer yourself the reward of an aromatherapy massage for achieving a goal in your recovery, such as adding an extra 1000 steps per day to your life for a week?

Journaling And Creativity

Depression is an introverted condition, where negativity internalises and damages you.

You can help yourself recover by expressing your feelings, in words, art, music... anything that helps gets the feelings *out* of you and into the open.



There are more productive ways of doing this than just screaming and yelling at the people who love you!

Sometimes just having a creative outlet helps to raise mood, you might discover a talent or craft that you love – or you might find that seeing your problems from another angle helps you to find new solutions, or explore options.

This can be completely privately, or part of an exercise for your therapist.

Tackling Depression – The Next Steps

If you have read this far, you will know that the good news is there is lots you can do for yourself personally, to take on this condition called depression, and start regaining control of your mind and emotions.

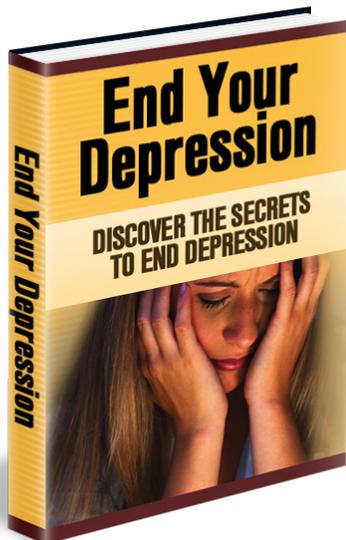
Understanding The Big Picture

The bad news is that depression can be cyclical, and it can come back – but if you have been an active partner in your treatment, taking responsibility for knowing your condition and combating it on a range of fronts, you are better prepared than ever to hold it at bay.

Knowledge is power – both self-knowledge, and knowledge of your condition.

There is a wise old saying that ‘whatever doesn’t break you, makes you’ – depression can feel like it’s breaking you at times, but you will win through, and be a stronger and better person as a result.

Investing In Your Depression-Free Future



If you are committed to living a depression-free life, the next step is to invest in your future by purchasing and reading End Your Depression.

This treatment program will build upon all you have learned here – help you understand the latest cutting-edge thinking around medical, self help and alternative approaches to tackling the problem once and for all.

You’ll learn about tools like mindfulness and meditation, that you can call upon time and time again when life throws curveballs your way.

You’ll get information about how to tweak your diet in line with your personal metabolism, to perfectly balance your brain chemistry.

And you'll get a wealth of deeper information about the condition itself, to add to your arsenal of depression-fighting weapons.

End your Depression teaches you learn and think *about* your depression, not to stay in it.

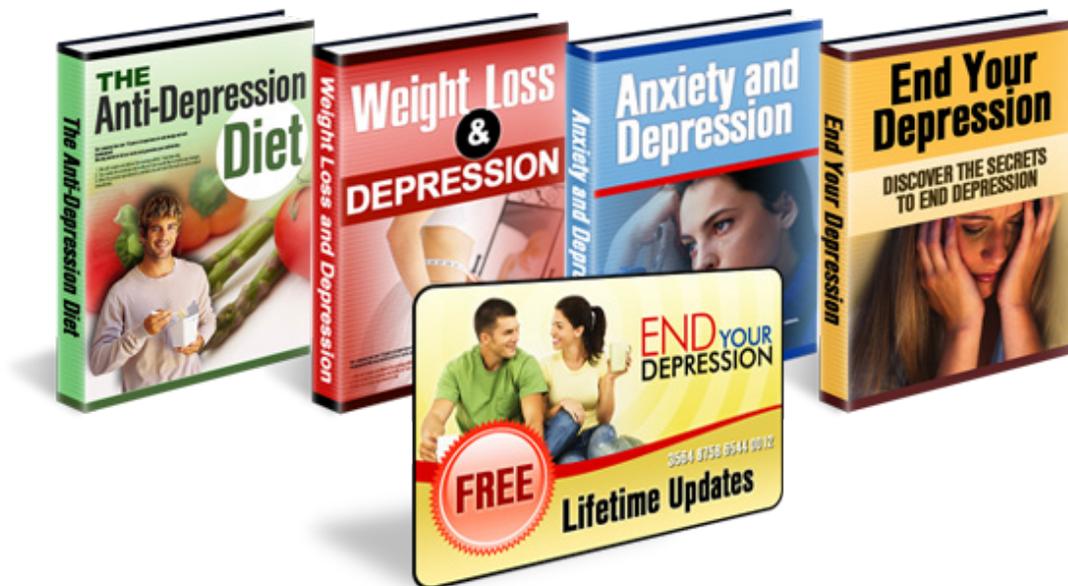
It will help you look forward to a future, where succumbing to depression is part of your past.

It will teach you powerful visualisation techniques, to help you craft the future you deserve – one that is optimistic and hopeful.

Doing something for yourself is the first stage in tackling your depression.

Take the next step, and get your copy of End Your Depression now... available for immediate download, the next step on your journey to emotional freedom is within your grasp in minutes.

Good luck and go well, on the road to peace of mind and happiness.



[Download “End Your Depression” Today!](#)