

## **DEPRESSION**

Depression, is having a profound impact on American society. Antidepressants are now, the most prescribed drugs in the US.

The statistics are staggering, the causes are varied. the signs and symptoms many, sad news for such an industrialized country! And rates are climbing, especially in children! How can we help those suffering from depression ? It is vital that we take into consideration the whole person, using a holistic approach, is imperative to the success of an improved mental state.

According to the National Institute of Mental Health, " Major Depressive Disorder is the **leading cause of disability in the U.S.** for ages 15-44. Major depressive disorder affects approximately **14.8 million American adults, age 18 and older in a given year.**" Sadly, rates of depression in children is on the rise !

It is also alarming that, the CDC Reports : " Antidepressants are the **most-prescribed drugs in the U.S.** Of 2.4 billion prescriptions in 2005, 118 million were for antidepressants."

Depression has many causes. A depressed person might know why they are suffering from depression. It may be from an **external cause such as:**

\*trauma      \*difficult life circumstances      \* dealing with abuse      \*stress      \*unresolved conflicts  
\* family difficulties      \* financial difficulties      \* alcohol or drug abuse      \* lack of social/family support

**Yet,** there are, many people that suffer from depression that don't know the cause of their depression. They just feel sad for no apparent reason. This may come from an **intrinsic cause such as:**

- hormone imbalances
- medications such as birth control pills, prednisone, certain blood pressure meds, sleeping pills,
- Poor diet
- dietary deficiencies (such as certain B vitamins),
- neurotransmitter imbalances
- dealing with chronic illness
- certain medical conditions such as a hypothyroid disorder

Chances are someone you know or love is affected by depression. Do you know the signs and symptoms of depression?

\* fatigue      \* lack of energy      \* feelings of hopelessness      \* lack of joy in life  
\* overeating or appetite loss      \* insomnia or sleeping constantly , not wanting to get out of bed  
\* difficulty concentrating      \* decreased sex drive      \* headaches      \* backaches      \* persistent sadness  
\* suicidal thoughts

## **HELP FOR THE VICTIMS OF DEPRESSION**

What can be done to help the victims of depression? Using a holistic approach, body, mind and spirit need to be considered.

### **Diet**

First , lets consider the physical realm, our body. Food or even the lack of food can effect our mental state. Are we taking in the vitamins and minerals that we need to be healthy? It is important to get many of our nutrients

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from food. Our body is better able to use vitamins, minerals, enzymes, etc when we get them from food. Did you know that nuts, bananas, potatoes can help with mood swings? Why, because they are good sources of serotonin, "the feel good chemical." Flaxseed oil and fish oil can also aide with minor depression, when taken regularly. They are rich in Essential fatty Acids. A nutritional consult at Nature's Wisdom can offer education on effective dietary supplements and changes that may help with depression.

### **Detoxify**

Ionic Footbaths help to detoxify your body. Poor diet, alcohol and drugs can affect our moods. Imagine sitting and relaxing to soft music soaking your feet in an ionic footbath, while you detoxify. Or, warm-up & detoxify in a far infra-red sauna. This is an excellent way to relax and detoxify an array of toxins. Many physicians are now recommending sauna's for detoxification of heavy metals, pesticides, drugs & alcohol., and also for pain relief These therapies also help to relax your body, mind & spirit .

### **Ondamed Biofeedback**

**Ondamed therapy is a cornerstone therapy** for depression, at Nature's Wisdom. How? It promotes relaxation, enhances the absorption of nutrients into the cell, improves circulation (more O2 to the brain) , balances metabolism, increases vitality (more energy) and promotes commitment to self care. Some who were taking antidepressants for years, have been able to come off of their antidepressants with the help of Ondamed therapy, supplements, dietary changes, & the help of their physician. Ondamed is FDA approved for the treatment of pain and general malaise from chronic conditions.

### **Relax, Body, Mind and Spirit with Reflexology**

Reflexology relaxes the body, mind and spirit. It takes you to a state of deep relaxation. Imagine yourself laying down with a warm neck collar, listening, relaxing to the soft music, and smelling aromatherapy in the air, as your feet are massaged with hot stones to relax those tired muscles. Then, reflex points are stimulated on the feet, while you lay back and relax . This will certainly be a lift to the spirit, with the healing power of touch.

### **Relax Muscle Tension with Massage**

Massage is a wonderful way to release stress naturally. A deep tissue massage can help to release tension. A Swedish massage is great to promote relaxation.

### **Take Care of YOURSELF!**

What better way to help depression than taking care of yourself. It's long been said that we can't take care of others unless we take care of ourselves first. Give the gift of Health to someone you care about !

At **Nature's Wisdom** we know how to help you take care of yourself!

Go to **[www.natureswisdomwellness.com](http://www.natureswisdomwellness.com)** for more information.

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