

Depression: What to do?

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Causes of Depression:

1. Emotional issues - Many transitions in one year can be a factor. Take time to process things emotionally.
2. Nutritional deficiencies - What type of fuel are you putting in your body? While comfort food does feed us emotionally when we are feeling down, it does not optimally feed the cells in our bodies that are crying out for proper nutrition. Eliminate foods, such as sugar, white flour, processed foods and dairy, which can feed the wrong organisms and affect our emotions. Eat raw fruits and vegetables and whole grains.
3. Nerve damage and/or toxins.
4. Some medications can cause depression, such as Beta Blockers.

Suggestions to Try:

- **Cleansing:** How clean is the inside of your body? Many people's bodies are incredibly toxic from poor food choices, bad air, and harmful energies from lights, computers, and negative people. Most people don't know that 95% of our serotonin receptors are in our colon. Try a colon cleanse, such as **CleanStart**; it may help.
- **Breathe:** Our largest elimination system is our respiratory system. Are you getting fresh air to your body to help you oxygenate your brain? Try sleeping with your window open, or just work on breathing more - take 3-5 large breaths each morning and night. Clean, fresh air can make a huge difference in people's health and mental attitude.
- **Dehydration:** Linked to many health disorders, including depression. Not drinking good quality water prevents your body from cleansing out the harmful toxins. You can add lemon and a natural sweetener or **Chlorophyll ES**.
- **Nutritional supplements:** (Find the one that works best for your body.)
 1. Probiotics (beneficial bacteria) - **Probiotic Eleven**
 2. B Vitamins - Water soluble vitamins are used up in high amounts when we are stressed. **NutriCalm** is helpful.
 3. Essential Fatty Acids (EFA's) - These good fats are in our brains and very important for our nervous & circulatory systems,. They act as an anti-inflammatory. **Super Omega 3** and **Flax Seed Oil** are good choices.
 4. **Ginko Biloba** - Helps to increase circulation to the brain, thus more oxygen to help memory, clarity and focus.
 5. **Mood Elevator** - a Chinese formula for 'sagging' spirits
 6. **5-HTP** - This product is best for those with O type blood. It works on mood and helps sleeping issues.
 7. **Sam-E** - This nutrient is effective for B-blood types. SAM-e works like prescription drugs without the side effects.
 8. **St. John's Wort** - Useful for some people with mild or moderate depression. Best used when there is nerve damage. SAM-e and St. John's Wort work well together.
 9. **Essential oils** - **Grapefruit** is used often in 'happy' sprays, as are **Lemon, Bergamot** and **Ylang Ylang**.
 10. **Nervous Fatigue Formula, Suma** and **Gaba** are a few other products that may be beneficial.
 11. **AnxiousLess** - herbal and amino acid blend for situational anxiety and stress relief. Safe and effective!

Getting depressed can help you pay attention to yourself, evaluate what is going on in your life & make changes!

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-



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