

Natural Cures For Depression

Natural Cures for Depression

M Usman, John Davidson, Edited by Mendon
Cottage Books



Health Learning Series

By M. Usman

JD-Biz Publishing



Natural Cures for Depression Table of Contents Getting Started Chapter # 1: Introduction Chapter # 2: Self-Diagnosis Chapter # 3: Types of Depressions Chapter # 4: Teen Depression Understanding Depression Chapter # 1: Causes of Depression Chapter # 2: How common is Depression? Treatments for Depression Chapter # 1: Exercise Chapter # 2: Get outside more Chapter # 3: Diet Chapter # 4: St. Johns Wort Chapter # 5: Meditation Chapter # 6: Other Remedies Chapter # 7: Untreated Depression Conclusion References Getting Started Chapter # 1: Introduction Depression is one of the most common mental disorders known to man. Everyone uses the word depression almost every day people have started using it as an abbreviation for their everyday glitches and fatigues. For instance a person usually says, Im depressed when in reality he/she means, Im exhausted and angry because I lost my job. For most cases, there is not much to worry about as these are the ups and downs of life, which everyone has to face at some point, but with true depression you have a low mood and other characteristic symptoms for most part of the day. If left untreated, these symptoms can further complicate and affect your day to day life. To define it, depression is a medical illness that results in a continuous feeling of gloominess and lack of interest it affects the persons thinking, feelings and behavior. There are six known types of depression: -Major Depression. -Chronic Depression. -Bipolar Disorder. - Seasonal Affective Disorder. -Psychotic Depression -Postpartum Depression Surveys reveal that two in three adults suffer from depression at some point in their lives. Sometimes its not that serious and the sad feelings fade within a few weeks. However, about 1 in 4 women and 1 in 10 men undergo an episode of depression that requires some treatment. Most people choose an artificial, take the pill treatment over natural and less painful treatments this book is all about natural cures and the magnitude of their effectiveness when compared to clinical treatments. So delve right in and get rid of that darkness that spoils every joy in your life.

- [NATURAL COSMETICS](#)
- [Nation Builders Treatise : Theology: A Contemporary Revelation of the Abraham - Sarah Covenants](#)
- [National Museum of Wales Accounts 1993-94: Accounts of National Museum of Wales Prepared Pursuant to Section 9 \(4\) of the Museum and Galleries Act 1992 for the Year Ended 31 March 1994, Together with the Report of the Comptroller and Auditor General Thereon: \[Hc\]: \[1993-94\]: House of Commons Papers: \[19](#)
- [Natural Gas Market Review 2006, Towards a Global Gas Market](#)
- [Nat Geo Traveler New York City](#)
- [Naturalistische Novellen in Italien Und Osterreich](#)
- [Naturally Saponified](#)
- [National Gallery Technical Bulletin: v. 14](#)
- [A Nation Born in a Day : How God` Land Grant to Abraham Affects World Affairs and the End Times, and How You Can Partner with God in This Coming Event](#)