Natural Cures for Depression

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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 fatigue. For instance, a person usually says, “I’m depressed” when in reality they mean, “I’m 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 person’s 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 it’s 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
- 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’s Land Grant to Abraham Affects World Affairs and the End Times, and How You Can Partner with God in This Coming Event