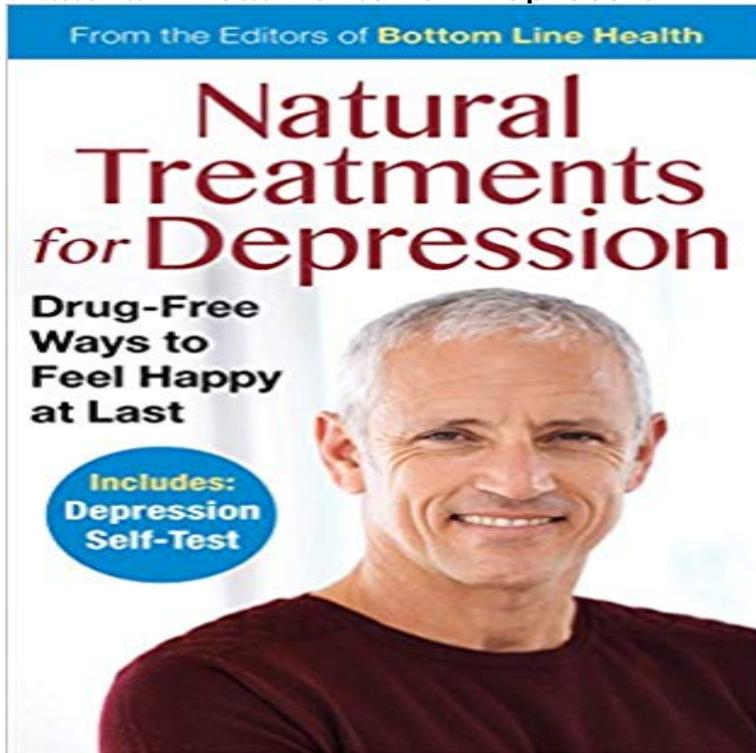


Natural Treatments for Depression



Ads for antidepressants make it seem as though the most logical solution for a case of the blues is to seek a prescription. Pharmaceutical drugs may be helpful even necessary for people with severe depression. But for others, there are natural solutions that work as well or better, with less risk for adverse side effects, including sexual problems, weight gain, headache, fatigue, anxiety, and even suicidal tendencies. The editors of Bottom Line Health have interviewed the country's leading experts to bring you the information that you need to lift your spirits safely and effectively. In **NATURAL TREATMENTS FOR DEPRESSION: DRUG-FREE WAYS TO FEEL HAPPY AT LAST**, you'll learn *

- * How to get yourself off the mental roller coaster when you start imagining the worst.
- * Dietary supplements that enhance mood naturally, including the one supplement everyone who is feeling down should take.
- * Are you almost depressed? Take this self-test.
- * Foods that make you feel better.
- * Secrets to growing a happy brain.
- * Home remedy for the blues: Try this tasty tea.
- * Regular exercise can be just as effective as antidepressants' best mood-boosting workouts and how to get yourself active.
- * The root of depression may be in your stomach. Plus: Foods (and supplements) that get you back into balance.
- * Light therapy not just for wintertime blues.
- * How to help a loved one who is depressed.
- * Medical disorders that cause mental problems. Your depression actually could be diabetes, lung disease, even cancer.
- * Beware: Common medications (for blood pressure, cholesterol, asthma and more) can cause mood problems, too.
- * The sleep solution for depression.
- * Men: Speak up! Depression in men often goes untreated because you're afraid to admit it. The signs to look out for (not at all what you'd expect).
- * People who do this daily (its not

exercise or taking a pill) are calmer and more resilient against stress. * Surprise! This bathroom problem is a common symptom and possibly a cause of the blues. * A change in diet could be the key to your turnaround. When to suspect a food sensitivity. * The safe way to get yourself off of antidepressants. * The ultimate antidepressant (its nothing you swallow). * Down and depressed? Try acupuncture magnet therapy music therapy yoga, too. * The color of the light you're exposed to at night, even while you're sleeping, may affect how you feel during the day and not in a good way. * And much, much more.

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