



## NATURAL CURES FOR DEPRESSION



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.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. John s 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, I m depressed when in reality he/she means, 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...



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