



7 Natural Healing Methods For Depression

Dealing with the blues does not mean you have to keep on popping those orange pills. Studies show that one of the major deterrents to treating depression is the fear of patients to be addicted to anti-depressants.

While conventional anti-depression drugs provide an effective way of treating depression, it is by no means the single cure to this medical illness. There are a host of natural healing methods that are considered safe and effective in improving mood and altering brain chemistry to take your blues away.

Meditate To Relax



Much of the anxiety, stress and symptoms of depression that we experience can be relieved by giving ourselves some time to relax and clear our mind. Meditation enables deep relaxation by clearing the mind of distracting thoughts and focusing on proper and deep breathing. It provides us a means to have an altered state of consciousness.

Meditating on a daily basis is a good anti-depression practice because it trains us to let go of our thoughts, focus our attention

on the here and now and cultivate an attitude of acceptance and openness, which could also help relieve depression and the negative feelings associated with it.

Eat Healthy



Depression tends to disrupt normal eating habits, pushing those who suffer the symptoms of depression to either overeat or starve themselves. Taking control of your eating habits does not only keep your body nourished, it also restores a certain sense of control over your life, which also in part relieves your state of depression.

Some studies show that eating foods that are rich in omega-3 fatty acids found in tuna and salmon, as well as those that are rich in folic acid such as avocado and spinach helps relieve depression by restoring chemical balance in the brain and nervous system.

Do Yoga



Although most yoga techniques also involve meditation, yoga promotes an added incentive of exercising the body to improve balance, strength and flexibility while also practicing proper breathing techniques to help clear the mind and focus.

As a whole, yoga works to align the spine, invigorates the nervous system, improves blood circulation, promotes mental clarity, reduce stress and anxiety and promotes relaxation and emotional wellbeing. It provides a potent way of alleviating symptoms of depression.

Exercise To Boost Your Mood



Exercising literally pumps you up because it releases feel-good chemicals called endorphins that interact with your brain receptors and diminish the perception of pain. Much like morphine, endorphins suppress pain by triggering a feeling of happiness and a positive outlook. Unlike morphine though, endorphins are naturally occurring chemicals that do not lead to dependence or addiction.

Scientific evidence points that doing a 30-minute routine of moderate aerobic exercise at least three times a week is effective in alleviating symptoms of depression. Those who maintain their exercise routine even after being treated of their depression are also less likely to return to a depressed state.

Get Enough Sleep



Being in a state of depression can lead to an altered sleeping habit and make getting enough sleep feel like a tiring battle. Unfortunately, being sleep deprived can heighten your depression and make matters worse.

While it might prove difficult to sleep well, try hard to make certain changes in your sleeping habit to ensure that you get enough shut-eye when you need it most.

Try going to bed and getting up at a specific time every day to encourage your biological clock to cooperate.

Remove all distractions from sleeping such as TV, computer or even your mobile phone. Whenever you can, try to also take a nap during the day to relax and feel rejuvenated.

Take Anti-Depression Herbal Supplements



Supplement your diet and boost your mood by turning to natural supplements such as having a relaxing drink of chamomile tea or St. John's Wort. Both herbs are proven to relieve depression and anxiety.

Have A Massage



We know all too well that touch therapy promotes relaxation and uplifts our mind and spirit. Specific massage modalities such as Swedish, Shiatsu and Hawaiian Lomi-Lomi promote relaxation and healing. The use of aromatic oils and music that promotes relaxation during massage provides a holistic experience to deal with the blues.

These natural healing remedies for depression work well to complement whatever medication or psychotherapy session you may be undertaking to help you improve your mood, promote emotional healing and come out triumphant in your bout with depression.

Thank You,
I hope that you enjoyed this eReport.
Many times, we don't even know when we are depressed.
Don't see the joy in daily living?
Try one or all of these methods.

**Be Blessed & Be a Success,
Marie**

Notes To Self...

Am I going to try one of the methods mentioned above?

Which One will I try?

What **preparations** do I need to make in order to be sure that I succeed?

Did I Succeed?

Did I feel **Better** after applying one of these methods?

On a scale of 1-10, with **10 being the highest or best**, how would you rate your “**feelings**” **before** implementing on of these Methods?

On a scale of 1-10, with **10 the being the highest or best**, how would you rate your “**feelings**” **after** implementing of these Methods?

[Contact me with comments on your experience.](#)

Disclaimer: This information is not intended as medical advice. You should always seek the advice of a licensed medical doctor for any medical issues or problems that you may have.