

Natural Remedies for Depression

You can't watch TV these days without seeing [advertisements for pharmaceutical treatments](#) for depression. The current ads offer drugs to take in addition to the drugs you're already taking that aren't working. This would be funny if depression wasn't widespread, incapacitating, and potentially fatal. It would be funnier still if these pharmaceuticals weren't linked to an increased likelihood of suicidal or homicidal behavior. The Diagnostic and Statistical Manual IV, commonly known as the DSM IV is the diagnostic manual used by mental health professional to classify mental illness. (It is currently undergoing revision and will soon be released as the DSM V).

There are several classifications for depression: Adjustment Disorder with Depressed Mood, Dysthymic Disorder (which the DSM V seeks to reclassify as Chronic Depressive Disorder), Major Depressive Disorders, and Bipolar Disorders. The DSM V proposes the inclusion of Premenstrual Dysphoric Disorder. If you've been paying attention to big pharma ads, you know there is already a pill to treat Premenstrual Dysphoric Disorder, before it has been officially included as a diagnosis. There is no blood test, no microscopic evidence, no litmus test to diagnose depression. Diagnosis is based on subjective reporting and objective observation. Feelings of sadness, worthlessness or inappropriate guilt, sleep disturbances, appetite disturbance, and thoughts of death or suicide are pervasive and on-going.

It is interesting to note that opposing symptoms are included. Sleep disturbance can be either insomnia or excessive sleep. Appetite can be diminished or increased. Either psychomotor agitation or retardation can be present. Grieving (which may be diagnosed as an Adjustment Disorder with Depressed Mood) may include all of the symptoms of depression, but not the

duration. Clinical Depression can be episodic or on-going. And Seasonal Affective Disorder is, of course, seasonal. If depressive symptoms are not due to grief, what is the cause? Conventional medical treatment targets brain chemistry. Once again, they are treating the symptom, not the cause.

The Foundation for any Natural Remedy for Depression

The brain is a body organ. As with any symptom of dysfunction or disease, health begins with proper nutrition, exercise, and detoxification. Eliminate all processed foods, refined sugar, sugar substitutes, corn syrup, artificial flavorings, colors, preservatives, MSG, hydrogenated oils, caffeine, alcohol, nicotine, drugs, and GMOs. Avoid allergens and soy. Eat a diet rich in fresh, raw, organic fruits and vegetables.

You need vitamin D. Sunlight is the best source. But if you suffer from depression seasonally, you probably need light therapy and vitamin D supplementation as well. Include healthy fatty acids in your diet (Udo's 3-6-9 with DHA) and B vitamins (the full spectrum, not just a few). Stop using any and all artificial fragrances, including (but is not limited to) cologne, perfume, soap, shampoo, candles, air fresheners, household cleaners, and detergents. Complete a [full body detox](#) and/or a [Candida cleanse](#). Yeast and environmental toxins are powerful contributors to depression. Heavy metal toxicity can also lead to depression. The [full body detox](#) addresses heavy metals as well.

Exercise. Yes, we know it's the last thing you want to do when you're feeling lethargic due to depression. But studies have shown that exercise alone can be as effective as pharmaceuticals in treating depression. Which is better for you? Get good sleep. Get up in the morning and get outside into the early morning light. This is a great time for a walk. Early morning light will help set your internal clock if you

suffer from insomnia. Forcing yourself out of bed is essential if you are sleeping round the clock. Now, the part that's hard to face.



Every chronic condition is to some extent a subconscious or conscious choice. We chose our lifestyle, our diet, our partners, our commitment to health. Anyone suffering from an ongoing illness owes it to themselves to ask the hard

question: "What am I getting out of this? What does being depressed do for me?" Until we face the truth and discover what being ill gives us, it is nearly impossible to make the changes required to recover. When the illness we face is depression or anxiety, facing this truth is essential. No one beats depression unless they really want to. In today's society we tend to adopt a self-indulgent victim mentality. Too often we define ourselves by our losses or traumas. "I am a rape victim." I am an incest survivor. I am a quadriplegic." These labels and, too often, the support groups designed to help us, perpetuate the victim mentality. Psychotherapy is a wonderful tool designed to help you gain insight and develop new behaviors and thought processes. But therapy is limited by the skill of the clinician and the motivation of the client. Choose a therapist well, one who understands the mind body connection. And do the work.

Exercise: The Best Natural Remedy for Depression

There are so many choices. Each option has important benefits. All exercise decreases stress hormones and increases endorphins, which are natural chemicals in the body responsible for elevating one's mood. Exercise also releases

adrenaline, serotonin, and dopamine. All of these natural chemicals are essential to proper mental health. Here we'll list our top four choices for fighting depression naturally. And we recommend if possible to exercise outdoors, and in



nature. High Intensity Interval Training (HIIT) is an excellent regimen. HIIT builds speed and power very quickly and is awesome for getting the body to release a lot of endorphins. It's also a great choice for someone who is trying to find

excuses for not working out, as it takes much less time than a good yoga session or a long run. Weight lifting helps increase testosterone. Low testosterone can cause depression for both men and women. Weight lifting can also show fast results in muscle tone and physical appearance, which can boost self esteem, an issue for most anyone suffering for depression.

Yoga is an amazing exercise that rejuvenates, energizes, heals, and balances the body, mind, and spirit. Cardio is well known for its benefits, but making it a hobby for life has wonderful rewards. Bicycling, running, and swimming are a few of the easiest, least expensive, most rewarding hobbies there are (though obviously bicycling can get a bit more expensive, the more you get into it). Ever heard of a "runner's high?" It's an amazing feeling. It takes time to get into the kind of physical condition to reach the runner's high, but it's such an amazing, surreal, euphoric feeling. Words cannot do it justice.

Natural Herbal Depression Remedies

St. John's Wort is well known for its ability to elevate mood. It can take some time to take effect as it builds up in the body. Other herbs known to help alleviate depression include [Kava Kava](#), Valerian Root, licorice, ginseng, skullcap,

and ashwaganda. A good antidepressant tincture can be made with 1 teaspoon tincture of St. John's Wort leaf and $\frac{1}{2}$ teaspoon tinctures of licorice root, ginseng root, Skullcap, lemon balm leaf and ashwaganda leaf. Read our [How to Make a Tincture](#). Many great recipes for teas, tinctures, and tonics for depression can be found at holistic-online.com.

Aromatherapy for Natural Depression Remedies

Bergamot, peppermint, sandalwood, ylang ylang, cedarwood, chamomile, geranium, sage, jasmine, and lavender are known for helping to elevate mood.

Candida and Depression

If you are depressed while you suffer from regular yeast infections, or athlete's foot, or have taken antibiotics recently, there is a connection. Our brains are inextricably tied to our gastrointestinal tract and our mental well being is dependent on healthy intestines. Depression, bipolar disorder, anxiety, and a host of other mental illness from autism to ADHD can be caused by an imbalance of gut microbes like fungi, and "bad" bacteria. Read more at [How Candida Leads to Depression](#).

Conclusion

If depression is affecting you, you need a plan of action. A "to do" list can help you get started. The time for contemplation is over. It's time to act. Now. One step at a time. Kill the candida, and take B and D vitamins, first and foremost. Stay busy, stick with that to do list, and do everything you can to get yourself outside, connected to nature, with sunlight, exercising. The rest will usually take care of itself.

Recommended Supplements:

- [B-Complex #6 – Thorne Research](#)
- [Vitamin D – Thorn Complex](#)
- [Krill Oil](#)
- [Shillintong's Total Nutrition Formula](#)
- [Peppermint Essential Oil – Wise Woman Herbals](#)

Further Reading:

- [I'm Depressed](#)
 - [How To Be Happy](#)
 - [Sun Therapy for Seasonal Affective Disorder](#)
 - [Vitamin B6 and What You Should Know About it](#)
 - [How Candida Leads to Depression](#)
 - [How I Overcame-Depression Naturally](#)
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Reduce Muscle Soreness

Whether you're looking to recover quickly from a tough workout that caused DOMs (Delayed Onset Muscle Soreness), trying to heal as fast as possible from an injury, or you suffer from chronic aches and pains, this regimen will reduce muscle soreness and cut healing and recovery time in half (or less).

Step 1: Perform [hot and cold hydrotherapy](#) immediately after your workout or when muscles are sore for any reason. If you're working out at a gym with a dry sauna, get in the sauna with the temperature as high as it can go for about 10 minutes then get in a cold shower, or, if there is a fairly cold pool, jump in the pool then get into a cold shower.

Step 2: Flooding the body with anti-inflammatory omega 3 [fatty acids](#) will rapidly speed healing. The best way to do this is with [Dr. Budwig's Flax and Quark](#). Eat this once or twice a

day. It is absolutely amazing! Just doing this alone will cut recovery time in half.

Step 3: [Deep Tissue Repair Oil](#) is an amazing, natural way to reduce muscle soreness. It dramatically improves blood circulation where the tincture is applied, without swelling. It is an excellent pain reliever, and unlike other balms and ointments for muscle soreness, it actually heals, too.

What to Eat: Ginger is anti-inflammatory, and the University of Georgia recently found that daily ginger consumption also reduces muscle pain and soreness caused by exercise. This step is actually most effective if ginger has been consumed daily for the last seven days preceding the muscle soreness.

Cherries, and especially tart cherries have been proven in scientific studies to relieve muscle soreness. The studies typically use tart cherry juice. Black cherry juice works particularly well. A healthy alkaline based diet will go a long way in reducing muscle soreness and preventing muscle soreness as well. Eat right, eat an alkaline based diet, and consume ginger every day, and muscle soreness will be eliminated or dramatically reduced. [Read all about cherries here](#).

The Soap and Shampoo Conspiracy

No Shampoo!

I am a clean freak as well as a water baby. A Cancer with Pisces rising and a Cancer moon, I always loved the water so

much I should have been born a mermaid. For most of my life, I bathed or showered every morning and often at night as well.

A few years ago, my son presented me with a gift—a basket full of organic soaps. They were wonderful! I loved the shape, the smell, the texture. But the strangest thing happened—by using organic soaps I discovered that I no longer needed to use deodorant. Seriously. No body odor, not even on hot sweaty days.

I don't know the science behind it, but my best guess is that antibacterial soap strips the body's natural oils that protect the skin and kills off the good bacteria that keep the bad bacteria on our skin in check.

These days I refuse to use any soap that isn't organic. I know my skin soaks up toxins and chemicals from anything I put on it, so I am organic all the way. Due to organic soap, I don't need to bathe more than every other day to every three days. But I've always showered or bathed every morning just to wash my hair! If I washed it at night, it would still look good in the morning, but by the afternoon—yuck.

For years I've tried to train my hair to need less washing. Remember the good old days when women washed their hair once a week? It's just a matter of discipline, right? I knew over-cleansing my hair, washing it once a day since I was thirteen, had screwed up the natural balance of oils. But I could never seem to go more than two days without washing, and day two had to be a stay-at-home day. So imagine my interest when I kept seeing articles from women who have stopped shampooing their hair and raved about the results. These “no-poo” gals say it takes up to six weeks of not shampooing for the scalp's oil glands to readjust and start working properly again. They said the change after six weeks was remarkable, that their hair was healthier and more beautiful than ever before, that they would never use shampoo again!

So I thought about the similarity between the cause and effect of antibacterial soap and body odor and the cause and effect of shampoos and excessive hair oil and decided I would take the challenge. From day two through day four I scraped my hair into a ponytail and suffered—until I couldn't stand it anymore. On the fourth night I gave up and washed my hair.

A few weeks later, I decided to try again. On day six, my hair looked like it was full of gel. I could hold it up or out and it would stay put for a while. But instead of giving up again, I went back to the net and did more research. I read one article about four women who committed to a six week trial. Two loved the results; two never adjusted. Then I found several articles where the successful “no-poo” gals talked about rinsing their hair with baking soda mixed in water as needed. They also recommended an additional rinse with water and apple cider vinegar if the hair was dry. Dry? With all this oil?

Well, I decided to give it a try. I used a tablespoon of baking soda in a cup of water and poured it through my hair, then rinsed with plain water. When my hair dried, it felt like silk. Each individual shaft of hair was coated in natural oil, not too much, not too little, just enough. My hair was full, shiny, and showing off its natural wave. It was beautiful! And it felt better than it has ever felt after any conditioner or oil treatment. And today? The day after? Perfect! It looks like I washed it and conditioned it this morning, only better. It shines and curls and is completely manageable. My fine hair has body and volume it never had before. I have officially joined the ranks of the “no-poo” gals. I don't need another five weeks. I'm a convert!

Note: it has now been three months since I originally wrote this article and I am still a convert. My hair is wonderful. I rinse it with baking soda water once or twice a week and occasionally rinse it in between. A final rinse with apple cider vinegar and water closes the cuticle on the hair shaft.

This helps prevent breakage. My hair is stronger, thicker, and easier to manage than ever before. To think I used to wash my hair every morning just to remove excess oil that was caused by my shampoo.

Recommended Reading:

- [*Hypothyroidism – Prevention and Natural Remedies*](#)
- [*The Power of Our Hormones and How To Balance Them*](#)
- [*Reverse Gray Hair Naturally*](#)
- [*Natural Hair Loss Baldness Remedies and Cures*](#)