

Natural Depression Cures

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Are You Depressed? Heard the horror stories about anti-depressants and how they can just make things worse? Are you sick of being overmedicated, glazed over and too fat from taking too many happy pills? Do you hate the dry mouth, the mania and mood swings and sleep disturbances that can come with taking a prescribed mood elevator? If so, then the answer may be in this revolutionary approach to helping you live a normal mood NATURAL DEPRESSION CURES Stop letting insomnia, bad moods and a lack of optimism be your every day existence! My eBook can help you feel healthy, normal and happy again without the help of the pharmaceutical industry! In my eBook you will find out everything that you have ever wanted to know about depression, including - - Why it is difficult to generalize depression as just a mood disorder - The link between physical problems and depression - Why you need a physical check up at the first sign that you are depressed - did you know that many fatal and serious diseases have depression as an initial major symptom? - How depression can affect you in every facet of your life - All about major depression (sometimes known as clinical depression, unipolar depression or unipolar disorder) - How long you have to be depressed for to qualify as being truly clinically depressed. In my ebook I also discuss - - The biological causes of depression - The psychological triggers for depression - Social factors that can cause it - The role that brain chemicals such as serotonin, dopamine and norepinephrine play in depression - How depression can be the result of heredity - What the latest research says about the hard wired genetic disposition towards depression - How to recognize the warning signs of manic depression

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