

# All Natural Depression Fighting Remedies

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Natural Remedies: Your Vital Tool To Help You Safely Beat Depression! When Barely Coping With Depression Is Really Not Enough Dear Reader Coping With Depression, There is no magic pill to quickly cure depression - but sometimes, if your particular type is diagnosed correctly, and you choose the best treatment specifically for you, good results can occur faster than you might expect. It doesnt matter if your depression is like a dull, ever-present toothache... or severe enough to feel like you cant bear another minute of such pain. Youre reading this because you want to get your life back - and your joy (even if youve never had it!) You want to do something about this terrible disorder. But youve barely got the energy to read this page. And youre afraid of strong anti-depressants. (In fact, perhaps youre already on them.) Now, nobodys going to tell you to discontinue needed medication... But if that describes you, there are powerful natural remedies you can still safely employ. And whether youre reading this page for yourself... ...or someone you deeply care about, and want to help... Im here to tell you, you can find your joy (and love for life) again - even if youve suffered from depression and sadness your whole life.

Sometimes Even The Most Severe Depression Is Actually Just A Symptom The truth is, there are many causes of depression (and that includes many physical causes.) And many ways our minds and bodies can cruelly trick us. They can even trick some doctors - if they havent gathered all the clues and run the right tests. The most important key to curing depression is to know exactly what youre dealing with. There are natural remedies that simply arent safe - in specific situations - or with certain medications. And just wont work - if youre not treating the type of depression you actually have. You need to quickly absorb the truth about: \* Which natural remedies never to mix with traditional prescribed anti-depressants - and why \* 2 common misconceptions about any type of depressive disorder - and the 4 common assumptions too many people make \* 7 signs of Post Traumatic Stress Disorder - and why its included in this book \* The 3 disturbing symptoms that can tip you off to a whole different cause of depression \* The single most important factor you need to quickly rule out \* The very unpleasant side effect that doctors sometimes forget to tell you about, if youre taking this type of medication \* The 2 seemingly-positive signs you absolutely must not ignore, if you suspect a loved one may be suicidal \* 14 types of depression - and why

there are different most effective remedies for each one \* 3 rules which will take away the stress of making decisions - and instead, help make you feel you have no rules to try to remember and follow \* An ironic hidden danger of seeking treatment and being proactive - and why you need to know about it \* 3 important facts to remember, when attempting - or accepting - any diagnosis \* The single most important thing you must not do, if youre serious about beating depression \* The secret about your own mind it really doesnt want you to know - and one tiny word that can defeat it And believe me, I do know how little energy you have for: \* Reading solid pages of heavy text \* Being told you need to snap out of it and just get over it \* Making complicated natural recipes \* Shopping for obscure ingredients \* Any change at all, right now But the reason youre still with me - you really hope this time, someone can offer a solution. Now, Im not a doctor, and I dont pretend to know everything there is about depressive disorders and the human body. But through my own life circumstances, and the people Ive journeyed with through the book Im about to share, Ive learned enough to be passionate about doing what I can to help. Ive written this book from the inside, just for you. And Im hoping it will give you real value - and youll close it with new hope - armed with easy tips about natural, safe remedies that will help your particular journey the most. You see, using natural remedies is more than just taking some herbal tincture. Its knowing how to reach within (when youre too tired to reach). And unexpectedly finding theres still room for hope. Where To Find Courage, Strength and Motivation... When You Have Nothing Left All Natural Fighting Depression RemediesThats why I wrote this book All Natural Depression Fighting Remedies. Although I dont know your name, please believe I care deeply about you. Here are just some of the things we can talk about, if you open the pages... # 5 signs of courage that may surprise you - especially when you absolutely have no courage left # The secret household friend that is sure to surprise you (its saved more lives than most people ever know) # 7 physical causes of depression - and why anti-depressants can make things worse # How to find spiritual comfort, when your faith seems to have left you - even if youre cynical and angry at God - and life # 8 natural ways to help yourself heal from depression - without buying a single natural remedy # 7 steps of grief - and why you are going to go through them (if loss is involved in your depression) # The single most important thing you must do, to recover from betrayal # 4 simple essentials of behavior modification that may change your life for the better, more than any other single technique And we deal with other issues that can affect your physical health and energy - and add to your feelings of despair. Things like: \* not eating \* not sleeping \* sleeping too much - and that well-known side effect of

antidepressants... \* gaining weight you just dont have the energy to lose. (Besides, they told you its caused by the anti-depressants, and you cant do anything about it.) What To Do When You Either Lose A Lot Of Weight... Or You Gain More Than Ever Before You see, there are 4 overwhelming reasons we tend to go for the easy carbs and sugar, when feeling down (or go for no food at all). And its very difficult to change patterns of weight gain or loss, if we dont actually know - physiologically - whats going on. Just finding this out can make you see the futility of beating yourself up for gaining or losing - but whats more, it can tell you how to stop the cycle. (Without making you do more work - or follow diet plans you cant even focus on - with food youve no energy to prepare!) This is one time where knowing whats happening - and a few simple tips - can really be surprisingly effective! But to add to your good results, I show you just a little bit more... How To Exercise When You Cant Move A Step The truth is, if youre gaining weight from depression, youre not doomed to put up with it. And my oh-so-easy exercise tips arent like exercise at all! (And I promise you, I dont mean the usual stuff like walk up the stairs instead of taking the elevator.) The truth about your body (and mind) is sometimes easier to deal with than you might actually think. I share with you tips from people who have been to the edge of despair - and beaten it. Real tips like: # Natural weight control steps - 7 tips that work... when you barely have energy enough for a coffee and donut # The powerful, secret way to trick yourself into exercising without realizing how much youve actually done # 3 reasons you may sleep too much - and 5 conventional (and unconventional) methods of getting to sleep, when you cant # 6 all natural substitutes for caffeine - and the trick to helping them feel more like a good cup of coffee # 7 herbs that can help you - and how to know when they wont! Ive created my detailed but easy-to-get-through eBook, telling you just the right number of core facts about depression you really need to know - and more about actual natural remedies, of every type and description. My eBook Is Chock-Full Of Tips You Can Easily Choose To Use...Or Ignore (Depending, of course, on your specific situation.) After youve read it (or even just skimmed through) youll know so much more about your depression than ever before. Things that will help relieve your mind, if youve been grappling with that all-too-common (but totally misplaced) guilt that depressed people so painfully often live with and feel. So download All Natural Depression Fighting Remedies right now - and decide if its for you. I guarantee that if you read through my eBook, youll find natural remedy information, real-life tips and examples - and strategies to help you heal faster than most people take to heal (even if you choose to stay on prescription anti-depressants.) So click on the button on top left corner and find yourself

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