

Depression

Harmony & Health

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Quality Products for Health

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Causes of Depression:

- **Emotional issues**-too many impacts in one year, or a major hit, can factor in; take time to process your emotions.
- **Nutritional deficiencies** - Often the comfort foods we choose when we are feeling down, do not optimally feed our bodies that are crying out for proper nutrition. Eliminate foods, such as sugar, white flour, processed foods & dairy, which can feed the wrong organisms (gut bacteria) and negatively affect our emotions. Eat quality protein, good fats, and a variety of vegetables. Focus on a diet that will provide nutrient strength & stability.
- **Nerve damage** or toxins -this can be medications, heavy metals, chemicals, & more.. support your liver, evaluate medication side effects, detoxify your environment where feasible.

Suggestions to Consider:

- **Cleansing:** Many people's bodies are incredibly toxic from poor food choices, bad air, and harmful energies from lights, computers, and negative people. Most people don't know that 95% of our serotonin receptors are in our colon. A whole body cleanse, such as **CleanStart** may help tremendously, as well as working on your microbiome.
- **Breath:** Our largest elimination system is our respiratory system. Are you getting fresh air to your body to help you oxygenate your brain? Try sleeping with your window open, or just work on breathing more - take 3-5 large breaths each morning and night. Clean, fresh air can make a huge difference in people's health & mental attitude.
- **Dehydration:** Linked to many health disorders, including depression. Not drinking good quality water prevents your body from cleansing out the harmful toxins & hydrating tissues for optimum function.
- **Nutritional supplements:** (*Find the one that works best for your body*)
 - **B Vitamins** - Water soluble vitamins are used up in high amounts when we are stressed.
 - **NutriCalm** is unique combination of B Complex, Vit C, & herbs to reduce stress & tension, and help to maintain a more peaceful mindset
 - **Omega 3's** - Study after study has suggested benefits for omega-3 fatty acids for heart, brain, joints, & more; including smoothing out the mood swings. **Super Omega 3** and **FlaxSeed Oil** are good choices.
 - **Mood Elevator TCM Conc** - Fire enhancing Chinese blend for 'sagging' spirit, supports vitality, mood and occasional sleeplessness, while encouraging an overall sense of well-being.
 - **5-HTP Power** -powerful blend of adaptogenic herbs & 35 mg 5-HTP to support the body's healthy nerve functions, ability to adapt to stress, appetite, mood and sleep quality.
 - **Sam-E** - natural compound manufactured by the body and present in all living cells, helping with a variety of functions, including moods, cognitive function, general nerve conditions, and liver and heart health
 - **St. John's Wort** -Numerous studies show hypericin appears to act by elevating mood & acting as a mild calmateive; another constituent, hyperforin, shows mood-enhancing, spirit-lifting properties. 900mg/day
 - **Essential Oil Blends** - Core Balancing Blend and Refuge Calming Blend - Both help calm anxiety, stress and emotional sensitivity. Aids meditation. Can diffuse into air or dilute in carrier oil and apply to pulse points.
 - **Nervous Fatigue Formula, Suma** and **Gaba** are a few other products that may be beneficial.
 - **AnxiousLess** - patented formula empowering calm & confidence amidst life's storms, non-drowsy.

Getting depressed can help you pay attention to yourself, evaluate what is going on in your life & make changes!

Important: This information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness, we recommend you consult a competent health practitioner before beginning a course of treatment.

Building Better Health Naturally

