

Treating Depression, Anxiety The Natural Way



Companion Remedies for Insomnia, Headaches/Migraines, Sleep Disorders, Anxiety, Depression

[MindSoothe](#) - Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters

[PureCalm](#) - Aids nervous system in stress resistance for balanced moods and feelings of well being

[Serenite Plus](#) - Promotes healthy sleep and peaceful nights

[Sleep Tonic](#) - Helps maintain a healthy balance of all hormones involved in healthy sleep patterns

[MoodCalm](#) - Homeopathic remedy temporarily calms emotional outbursts and reduces mood swings

[Melancholy Lift](#) - Homeopathic remedy temporarily relieves feelings of melancholy, sadness, grief and weepiness

[SocialFear Relief](#) - Homeopathic remedy temporarily relieves social fear, anxiety, nervousness, shyness and stage fright

[SAD Soother](#) - Homeopathic remedy temporarily relieves feelings of sadness related to the winter season

[Anger-Soothe](#) - Homeopathic remedy temporarily reduces anger and irritability, plus prevents temper outbursts

[Mood Tonic](#) - Optimizes nervous system health and promotes balanced mood and peacefulness

[AgoraFear Relief](#) - Homeopathic remedy temporarily relieves fear, anxiety and nervousness prompted by new environments

[Nerve Tonic](#) - Promotes nervous system health, maintains balanced mood and worry-free mind

[The Calm Within CD](#) - Offers professional relaxation, visualization and affirmation techniques for self-help and stress reduction

[LegCalm](#) - Supports healthy circulation for leg and limb comfort for still, rested legs at night

[MiGone Plus](#) -

[Headache Soothe](#) - Homeopathic remedy temporarily relieves acute symptoms of headaches

[Sign up for our !\[\]\(19d44b37fb4fa155bf9d60c77a3d3cb2_img.jpg\) Email Newsletter & Receive a Free Health Ebook!](#)

The content of this ebook is intended for informational purposes only.

It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.



[Elderberry Syrup](#)

Created for Planetary Herbs by licensed acupuncturist and clinical herbal

Treating Depression, Anxiety the Natural Way

Prescription Anti-Depressants, Tranquillizers and Sleeping Tablets are regularly prescribed by doctors to treat anything from bereavement to postnatal depression. While there are many responsible and caring doctors out there, there are also many who over prescribe. This may sometimes be due to lack of time, lack of adequate training in emotional problems and mood disorders or sometimes just pure indifference towards the patient's problems! Sad, but unfortunately true!

In my opinion, the above drugs should only be used as a very last resort to treat depression, anxiety, or [Insomnia](#) which is severe and chronic, i.e. when the person's day to day functioning is badly affected and where the problem is not responsive to any other forms of treatment. Many times, however, prescription drugs are the first line of treatment and this often becomes an obstacle in the patient's road to health and empowerment. In the extreme, it can lead to addiction and more problems than the patient started out with.

As for prescription sleeping tablets, the majority are addictive if used for longer than two weeks. After a while, more and stronger medication is needed, as the body gets "used" to the drug and "forgets" how to go to sleep by itself. This sets up a cycle of [Insomnia](#) and dependence which is very difficult to break - and which would have been entirely avoidable if the health practitioner had spent some time listening to the patient and helping him or her to overcome problems, rather than resorting to prescription drugs.

The good news is that there are usually many healthier alternatives which really work well. They are not always the "quick fix", but most are a more permanent and certainly healthier alternative, leaving YOU in control!

Here are a few:

Exercise

I know, I know - you've heard this before and it IS hard to start! But if every client followed this advice, I would go out of business! Regular exercise helps you to feel healthier, increases the production of natural "feel good" chemicals in the body, boosts self-esteem and significantly reduces the symptoms of depression, stress and anxiety. It also helps those struggling to [Lose Weight](#) or fight addictions. The keyword is "regular"! At least half an hour of brisk exercise three times a week. Daily is better if you are trying to beat depression. Walk, swim, jog, dance, do aerobics, whatever - so long as it results in a bit of [Sweat](#) and an increased heart rate. Believe it or not - if you persevere, you will begin to enjoy it!

Social Support

When you are depressed, you usually isolate yourself and avoid company. Mixing with people is not always what you feel like doing, but loneliness is one of the major causes of depression. Get out there and join the world! You may hate it at first, but do it anyway! It will ultimately help to uplift your spirits and you will not feel so alone. If you don't have a social circle, join one! Volunteer organizations, mothers' groups, churches, sports clubs, hobbies and crafts are all good ideas. Be creative! Try out different alternatives until you find something that you like. Don't give up!

Talk About It



[Mushroom Glyco Nutrients](#)

NOW® Mushroom GlycoNutrients is a nutritional supplement designed to support



[Zenergize Immunity, Citrus](#)

Getting sick (or at least pretending to) was sort of fun back in the old da



[VRL-X](#)

Overall health can often occur naturally if the body receives the proper nu



[Germ Defense Lozenges](#)

Germ Defense Lozenges are dietary supplements used to boost your immune sys

This is the most effective way of relieving depression and anxiety. Share your problems and “externalize” them, rather than bottling them up. You will be amazed at how relieved you feel and how you are able to begin to get things into perspective.

Speak to friends, family or to a professional person like a licensed counselor. Writing about your feelings is also therapeutic, so keep a journal, write a book or consult a professional.

Do Nice Things For Yourself

Nurture and spoil yourself. You deserve it too! So have a bubble bath, buy that special something you’ve been wanting, play your favorite music and SING, have an aromatherapy massage or relax and soak in your bathtub after adding a few drops of soothing [Lavender](#) oil to the water. - and do it because YOU ARE SPECIAL!

Learn how to say ‘No’ to others when it is appropriate and ‘Yes’ to yourself when you need it. If you tell yourself “I don’t have enough time to do that for myself”, ask whether you would make the time if it was someone else’s need. You will probably find that, while you have the time to see to the needs of others, you have ‘no time’ for yourself! Turn this around and see to your needs too. They are just as important! Don’t be a martyr and deny yourself and then resent other people for not caring about you!

Diet

No, not the starvation kind! Enjoy your food and eat healthily. Some foods help to fight depression and anxiety. A carbohydrate rich diet helps the body produce serotonin - the ‘feelgood’ chemical. Special serotonin foods are oats, whole wheat, bananas and other carbohydrate rich foods. Make sure you are having a full supplement of Vitamin B, magnesium, zinc and iron - a deficiency in any of these can lead to depression and anxiety-type symptoms and [Insomnia](#)

Natural Alternatives

There are many natural alternatives to prescription antidepressants, anxiolytics, and sleeping tablets. Research suggests that St John’s Wort is as effective, but has far fewer side effects, than many of the commonly used prescription antidepressants. Passiflora, [Melissa](#), and [Lavender](#) are other [Natural Remedies](#) to relieve anxiety and, in sufficient dosage, may also help to induce sleep. To ensure therapeutic dosages and correct manufacturing processes, Feelgood Health has formulated a number of [Natural Remedies](#) to promote emotional and psychological health. [PureCalm](#) (adults) and [KiddieCalmer](#) (children) are specifically formulated to soothe the symptoms of anxiety and stress, while [MindSoothe](#) (adult) and [MindSoothe Jr.](#) will assist with anxiety as well as depression. [Serenite](#) (adult capsules or drops) and [Serenite Jr.](#) help to promote natural sleep. All of these, and other [Natural Remedies](#), can be ordered online at [Native Remedies](#). Consult a health practitioner before changing or stopping prescription medication!

Learn to Relax or [Meditate](#)

Relaxation techniques and [Meditation](#) are easy to learn and are so effective in relieving stress, anxiety, and depression that I wonder why they are not routinely prescribed or even taught as a life skill at school!



[Great Health Sites](#)

[Natural Holistic Health Blog](#)

[Naturally Beautiful Me](#)

[Natural Herbs & Remedies](#)

[Akobi Natural Health Database](#)

[Natural Pet Health Blog](#)

[Anxiety Depression Info](#)

[ADHD Info](#)

[Mom's Blog](#)

[Natural Men's Health](#)

[Women's Health Nurse](#)

[Mountain Rose Herbs](#)

[Natural Health Ebooks](#)



[Natural Remedies](#)

Understand Your Symptoms

Why are you feeling depressed? What is bothering you? What needs to change to help you to feel better? Is it something in your present, or are there unresolved issues in your past or in your childhood that you still need to deal with and which are affecting your life and your relationships?

Are your anxiety symptoms realistic or do they subconsciously mask other issues in your life which need dealing with like low self esteem, relationship problems or problems from your childhood?

Symptoms of depression and anxiety are very troublesome, but they are also an 'early warning' signal from your body that something is not right and needs to change. Listen to your body and work on your problems to prevent further ill health.

Feelgood Tip

Here's a private game to play, guaranteed to warm your heart! See how many people you can get to return a smile! Without looking loony, make eye contact, smile and greet each person you meet or pass (as long as it's not in a dark alley!). Count how many return your smile. Not only does it feel good to have people smile at you, the facial muscles involved in smiling send messages to the brain, causing an increase in production of natural feelgood brain chemicals! Try it - you'll be surprised!

Michele Carelse is a Registered Clinical Psychologist and Licensed Counselor with more than 15 years experience running her own private practice.

Companion Remedies for Insomnia, Headaches/Migraines, Sleep Disorders, Anxiety, Depression

[MindSoothe](#) - Promotes balanced mood and feelings, as well as healthy levels of serotonin and other neurotransmitters

[PureCalm](#) - Aids nervous system in stress resistance for balanced moods and feelings of well being

[Serenite Plus](#) - Promotes healthy sleep and peaceful nights

[Sleep Tonic](#) - Helps maintain a healthy balance of all hormones involved in healthy sleep patterns

[MoodCalm](#) - Homeopathic remedy temporarily calms emotional outbursts and reduces mood swings

[Melancholy Lift](#) - Homeopathic remedy temporarily relieves feelings of melancholy, sadness, grief and weepiness

[SocialFear Relief](#) - Homeopathic remedy temporarily relieves social fear, anxiety, nervousness, shyness and stage fright

[SAD Soother](#) - Homeopathic remedy temporarily relieves feelings of sadness related to the winter season

[Anger-Soothe](#) - Homeopathic remedy temporarily reduces anger and irritability, plus prevents temper outbursts

[Mood Tonic](#) - Optimizes nervous system health and promotes balanced mood and peacefulness

[AgoraFear Relief](#) - Homeopathic remedy temporarily relieves fear, anxiety and nervousness prompted by new environments

[Nerve Tonic](#) - Promotes nervous system health, maintains balanced mood and worry-free mind

[Native Remedies](#)

[Natural Health Supplement Shop](#)

[PetAlive Herbal Remedies](#)

[Xtend-Life - Natural Health Products](#)



[The Calm Within CD](#) - Offers professional relaxation, visualization and affirmation techniques for self-help and stress reduction

[LegCalm](#) - Supports healthy circulation for leg and limb comfort for still, rested legs at night

[MiGone Plus](#) -

[Headache Soothe](#) - Homeopathic remedy temporarily relieves acute symptoms of headache

For Guaranteed, Effective, 100% Natural [Herbal Remedies](#), please visit [Native Remedies](#)

[NaturalEco Organics](#) is where we recommend you go for [Organic](#), natural, chemical-free products and quality remedies for a safe, healthy journey for Mom and Baby, from [Pregnancy](#) to baby's [Nursery!](#)

[MountainRoseHerbs](#) is where NHH recommends you purchase all of your bulk [Herbs](#), [Spices](#), [Teas](#) and single oils!

Are you looking for quality [Vitamins](#), diet aids and health [Supplements](#)? Visit the [Health Supplement Shop](#) - highly recommended by NHH



[Nutra-Mune](#)

Nourish your defense system with Nutrapathics Nutra-Mune!



[Kidshield Immune Spray](#)

KidShield by Symbiotics has a delicious Tutti Frutti flavor children love.



[Family Defense Immune Spray](#)

Enhances immune activity. This immune balancing action is important for your family!



[Colostrum Plus Immune](#)

Symbiotics Multi-Nutrient Immune Formula provides extra support when your body is under stress.



**Monthly
Specials**

**Up to 25%
Savings!**

CLICK HERE!



NativeRemedies
The Psychologist's
Natural Choice

**Proven Products.
Excellent Service
and Delivery**

Do You Suffer from the 'Blues'??

In today's fast-paced world, people often find themselves pinned under the weight of life's pressures and stress which often bring about emotional lows.

Job expectations, relationship demands and the responsibilities of a multitude of everyday tasks can take their toll on even the most competent individual and leave them burdened with emotional distress.

Some people may lack the confidence to verbalize their emotions – leading to common detachment related to every day blues. Sometimes we just go through emotional lows such as feeling under the weather and less than perky.

These times of emotional distress happen, after all, we're human - not robots, and not everyday is a pure beam of sunshine! Naturally balanced serotonin levels keep the brain regulating emotions in a healthy way!

Mindsoothe:

*Naturally promote balanced mood
and feelings of wellbeing - all
without side effects!*



Retail Price: \$43.95

Your Price:
\$34.95



Read what others experienced when they used Mindsoothe!

“Your MindSoothe really helped me. I have been going through some bad times in a relationship and I felt as though I had hit rock bottom. After only three weeks, I could feel I had natural support. You will be glad to know that after six weeks I dumped the guy who was causing all the trouble and I am having a great time now! MindSoothe helped me through it, THANK YOU!!”

—Linda Solomons, USA

What is Mindsoothe?

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to safely maintain health, uplifted mood and systemic balance in the brain and nervous system, without harmful side effects and without harsh sedatives.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional healing and overall wellbeing.

Guaranteeing quality, effectiveness & safety

Native Remedies uses a superior set of standards and processes when creating all of their natural products. They combine high-quality raw ingredients, that are laboratory-tested, with good manufacturing practices.

Their Full Spectrum Approach uses the Whole Spectrum manufacturing method to guarantee that their products are of the highest quality, safety and effectiveness.

Mindsoothe contains no animal products, gluten, artificial colors, flavors or preservatives, is suitable for lacto-vegetarians, is not tested on animals, and backed by the Native Remedies One-Year Unconditional Money-Back Guarantee.



Mindsoothe

Buy Risk-Free NOW!

Native Remedies guarantees the quality, safety and effectiveness of all of their products. Review their one-year unconditional money-back guarantee.



Retail Price: \$43.95

Your Price: \$34.95



Does Mindsoothe really work?

Both customer testimonials and an extremely high reorder rate indicate that Mindsoothe is very effective. In fact, it has literally been sold to thousands of customers in virtually every country around the world with tremendous success!

How long has Mindsoothe been on the market?

Mindsoothe was created by our Clinical Psychologist - in conjunction with our expert team of homeopaths and naturopaths - who has been providing them to her clients, with great success, for more than ten years.

"...can truly say that your MindSoothe is helping me with each passing day..."

"...I began to feel that I wanted to change to something more natural and better for me. With the guidelines you gave me, I made the transition with

very few problems and can truly say that your MindSoothe is helping me with each passing day - and I feel much better about it! I can recommend MindSoothe anytime to soothe the mind naturally!"

- Joe, USA

"...My prayers were answered with non-addictive herbal remedies like MindSoothe..."

"I have been running a very stressful business (advertising!) for 6 years now and got caught up in the whole clubbing scene and all the vices that accompany that type of lifestyle. The combination of work stress and partying hard took its toll. I was a mess and felt like I needed to take stock of my life. My prayers were answered with non-addictive herbal remedies like MindSoothe and PureCalm that acted like shock-absorbers, giving me the time I needed to recover and learn to cope with lifes ups and downs using my own common sense – a big thank you for showing me the way and bringing my life into a sphere of peace and self management. Incredible!"

- WG, Cape Town, South Africa

Natural remedies have been used in traditional medicine for thousands of years to gently and safely support the healthy functioning of the brain and nervous system, as well as to encourage normal and efficient balance of emotion and a soothed state.

In more recent times, research has confirmed this traditional wisdom. There are now many published clinical studies demonstrating the ability of a range of herbs to support the normal functioning of the brain and nervous system and maintain balanced mood, feelings of wellbeing and promoting emotional healing.

How can Mindsoothe help you?

Use Mindsoothe to:

- Lessen general feelings of the blues
- Support a healthy motivated attitude
- Help alleviate environmental influences contributing to lower mood (seasons)
- Lessen routine feelings of the blues commonly experienced by women during the menstrual cycle
- Facilitate a reasonable attitude and lessen the burden on pressured minds
- Promote a well-adjusted outlook and positive temperament
- Support healthy sleep patterns and routine appetite

Does this sound too good to be true?

It isn't... We can prove it!

Native Remedies is so certain that you will be completely satisfied with Mindsoothe that they offer a One-Year unconditional money-back guarantee*.

Simply try Mindsoothe for at least 30 days. If you are not completely satisfied - for any reason - return the product within 1 year for a complete refund (less shipping fees).



Retail Price: \$43.95

Your Price: \$34.95



***"Today I only take MindSoothe once in the morning
and I am good to go for the rest of the day."***

"...I have tried everything, nothing really worked without side effects or without taking it constantly. I have recently - over the past eight months - gone through some very stressful events... I have tried products from Native Remedies for [other problems] and found they all worked well... I decided to

give MindSoothe a try instead. Within 3 weeks I was [better]. It has been a wonderful feeling. Today I only take MindSoothe once in the morning and I am good to go for the rest of the day. If life gets a little stressful, I add another dose at night. It has worked wonders for me. Thank you!"

— Dawn, Canada

"...I have been taking your MindSoothe for 6 weeks now and I want to tell you that you have saved my life... This is a miracle product!!!"

"I don't know who to write to but I have been taking your MindSoothe for 6 weeks now and I want to tell you that you have saved my life... This is a miracle product!!! ...This is the first product that has actually calmed my mind without any of the side effects... no mood swings, loss of sex drive or weight gain. The racing thoughts are GONE... I will be driving somewhere and stop for a moment, and smile and think to myself that I love not thinking obsessively. It feels so wonderful to think normal, everyday thoughts. Thank you so much from the bottom of this healing heart."

— Tricia

Mindsoothe from Native Remedies is a very effective natural remedy for maintaining balance and emotional well-being and has a very high success rate!

Mindsoothe - like all Native Remedies products - contains no animal products, gluten, artificial colors, flavors or preservatives, is suitable for lacto-vegetarians, is not tested on animals, and backed by their One-Year Unconditional Money-Back Guarantee.

***Save even more! Take advantage
of the Buy 2 Get 1 Free discount!
All at NO RISK to you!***

Order Today. Ships Today!

Please note that all orders are shipped the same day
if placed by 3 PM EST Monday thru Friday.

Retail Price: \$43.95

BUY 1 NOW

Your Price: \$34.95

Retail Price: \$133.95

BUY 2 GET 1 FREE!

Your Price: \$69.90