

Finding Your Way Beyond Depression & Anxiety



Emotions Unveiled

With depression being one of the **most commonly diagnosed ailments** today, we thought it was important to help raise awareness on possible underlying causes that are responsible for depression as a symptom.



Many people don't know that while depression can be a serious illness all in itself, all too **often it is experienced as a symptom of systemic imbalance.**

As the systems of the body are interrelated, proper functioning and optimal health occurs when they are in balance and harmony. It is important to **consider all disturbances** in these delicate systems and opt for a holistic approach to caring for your body.

Some common examples of ailments that **cause depression as a symptom include vitamin deficiency** and decreased t-hormone levels due to imbalances in the endocrine system. Even these ailments are mostly caused by disturbances that may occur due to lack of exercise and improper nutrition.

An excellent way to benefit from exercise and enhance your mood at the same time is through **dance or movement therapy.**

Studies have shown that benefits from this form of therapy include the **improvement of symptoms of depression and anxiety**. It is also a magnificent way to connect with your body and release repressed emotions that may be causing harm to the delicate systems in the body.

A lot of people struggling with depression find it difficult to "get going", so starting a dance routine or any other physical activity may not be easy.

Was Your Depression Misdiagnosed?

Depression as a symptom of underlying disease

More Americans are being diagnosed with depression and prescribed antidepressant medication now than ever before. The top two prescription **antidepressant medications reached nearly 4.5 billion in sales in 2006** and have only grown. Both are used to treat anxiety and major depressive disorder.



So where does this modern epidemic stem from? Some experts believe that it may be a misdiagnosis. Generally speaking, depression is considered an ailment in itself, but if we consider mental and physical health in a holistic manner we might discover that **depression is many times a symptom of disease** rather than an isolated condition.

Finding the cause of depression can require some serious detective work since it is a symptom of a number of ailments as we will see below:

Depression linked to vitamin deficiency: According to numerous studies, mood disorders such as depression are one of the symptoms of vitamin B deficiency. Foods such as spinach and broccoli are high in B vitamins and can help reverse these symptoms.

Depression, anxiety and thyroid function: The pituitary gland is responsible for releasing numerous hormones essential for health. One of the most the essential functions it performs is increasing the basal metabolic rate. It also regulates protein, fat, and carbohydrate metabolism, as well as vitamin metabolism.

Hypothyroid is a condition where not enough t-hormones are produced. Depression is one of the most common symptoms of hypothyroidism. [Thyroid Assist™](#) naturally supports healthy thyroid functioning.

[PureCalm™](#) Help facilitate a calmed mood and soothed nerves.

[MindSoothe™](#) Promote balanced mood, emotional health and feelings of wellbeing

[MindSoothe Jr™](#) Promote balanced mood and stability in children

[Triple Complex Mood Tonic™](#) Promote balanced mood and peacefulness in all ages

When hyperthyroidism is present, the pituitary gland produces excessive amounts of t-hormones. Symptoms of hyperthyroidism include heart palpitations and anxiety. Thyroid disorders are relatively easy to diagnose with simple tests that measure the amounts of T-hormones present in the blood stream. [ThyroSoothe™](#) is a natural remedy to support systemic health of the endocrine system.

Depression and allergies: According to experts, depression can be a symptom of certain allergies such as food and environmental allergies. [AllergiClear™](#) is an all natural herbal remedy that promotes optimal immune system health, and helps to maintain clear eyes, nose and chest and supports the body's ability to naturally resist allergens during the allergy season.

Depression and melatonin: Medical Research has confirmed the relationship between high levels of daytime melatonin and depression. Melatonin disorders are more prevalent in winter time where shorter days cause excessive melatonin to be released in the body.

Depression and adrenal hormones: Adrenal fatigue is triggered when the amount of stress exhausts the capacity of the body to atone and recover from stress. [AdrenoBoost™](#) is an all natural remedy that supports the health of the adrenal glands as well as the body's natural ability to adapt to routine everyday stressors.

Depression and digestive function: A diet that features over processed foods high in starch and sugar can contribute to a sluggish metabolism which may also be responsible for mood disorders such as depression. This makes sense considering that digestive disorders may cause toxins not to be expelled and to actually be reabsorbed from the colon back into the bloodstream. [DigestAssist™](#) promotes healthy digestion and comfort after meals.

Depression and toxins: Overexposure to heavy metal toxins such as lead and mercury which can be commonly found in certain types of fish have been clinically shown to cause psychiatric disorders such as anxiety and depression. [Detox Drops™](#) assists in the body's natural elimination of toxins.

Depression and Glucose and Insulin Tolerance: Whenever we eat, insulin is released into the blood stream by the pancreas. Insulin is an essential hormone that enables us to properly metabolize the glucose produced each time we eat a meal. Insulin also has the essential role of lowering blood sugar. Insulin resistance or tolerance refers to a set of factors that increase the likelihood of developing type 2 diabetes. Depression is a commonly experienced symptom of this condition. [Insulate Plus™](#) is a 100% herbal remedy to help maintain blood sugar levels that are within the normal range and support the endocrine system. It also helps support healthy circulation responsible for adequate flow of blood to the feet and hands.

Depression - Anxiety and Female Hormones: Female hormonal imbalances such as

[Triple Complex Nerve Tonic™](#) Improve nervous system health

[The Calm Within CD™](#)
Improve relaxation, support balanced emotions and reduce stress levels

PMS is something many women experience monthly and can sometimes severely interrupt their lives. What few women know is that through diet and exercise and with the help of natural remedies, the debilitating symptoms of PMS can be decreased and even avoided completely. A diet that emphasizes wholesome and if possible organic foods and low in refined sugars will help minimize discomfort.

[Mens-Reduce](#)[™] is a 100% natural herbal remedy that helps regulate, maintain and support normal menstrual bleeding, and a healthy and regular menstrual cycle. [Femalite](#)[™] promotes health and comfort, and helps maintain normal emotional and hormonal balance during the premenstrual period. [Endo-Ex](#)[™] aids in the maintenance of endometrial tissue health, hormonal balance and regular healthy menstrual cycle.

Depression and Diet: High quantities of protein are said to suppress CNS Serotonin levels in the brain. Additionally, the morphine-like substances derived from the incomplete digestion of dairy and cereal grain proteins are other dietary factors which may alter mood by depressing CNS serotonin, dopamine and norepinephrine levels (5) according to Ron Hoggan M.A. & James Braly M.D.

Depression and Stress: Stress that is not properly managed through relaxation techniques and exercise can cause systemic imbalances that may trigger a wide range of symptoms one of them being depression. Native Remedies' [Calm Within CD](#)[™] was designed to naturally support healthy levels of stress-regulation, relax your mind and body, support balanced emotions, and naturally alleviate feelings of being blue. [PureCalm](#)[™] can also help facilitate a calmed mood and soothed nerves.

Whether your **depression is a symptom of an undiagnosed ailment** or the problem in its entirety, it is important to seek help and take a look at both your physical and emotional health in a holistic way.

Remember to make **healthy lifestyle decisions** and start by eating a *wholesome and balanced diet*. Eating healthy will make a tremendous difference and provide you with valuable insight on the current state of your health. Also, try to *incorporate moderate exercise* into your life.

Finally, *herbal and homeopathic products* can be a wonderful **alternative to the prescription medications** so often used to balance your mood and relieve many of the symptoms cause by depression. When depression *is the symptom*, natural remedies can successfully and safely manage a wide range of the foregoing conditions.

Can You Dance Depression Away?

Finding harmony & healing through movement

It's as simple as this: *The more you move your body, the lesser the chance*



of depression or anxiety setting in.

Dance is considered the most fundamental of arts, as it involves a direct expression of oneself through the movements of the body. Because it is such a basic form of genuine communication, **it is considered an especially efficient form of therapy.**



Based in the conviction that the body, the mind and the spirit are intricately interconnected, the American Dance Therapy Association defines dance/movement therapy as "the **psychotherapeutic use of movement** as a process that furthers the emotional, cognitive, social and physical integration of the individual."

Dance or Movement Therapy has been used for centuries as a way of improving mental and physical well-being. Today dance therapy also stresses the importance of the connection between body and mind as a way of helping people achieve balance and harmony in all aspects of their lives.

Psychoanalysts have long believed that anger towards others if repressed is turned against ourselves. This anger converted into self-hatred is believed to be one of the most common causes of depression.

Dancing is therefore known to provide ideal conditions for **the release of repressed feelings**. This release facilitates a person's ability to overcome a number of illnesses including depression. Research has also shown that dancing has the **potential of minimizing the devastating effects** depression has on the body.

Dancing has proved to be exceptionally beneficial to seniors since it exercises memory function and coordination, and is **an overall tonic for the body and mind.**

Dancing is also a great way to bond with your partner or spouse and to meet people if you are single. Finally, the socializing aspect of dancing is something everyone can benefit from. So get your shoes on and **dance the sadness away!**

Breaking Down Emotional Walls

[PureCalm™](#) Help facilitate a calmed mood and soothed nerves.

[MindSoothe™](#) Promote balanced mood, emotional health and feelings of wellbeing

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Rebuilding Your Interpersonal Relationships

There is no doubt that the effects of anxiety or depression can greatly impact the life of the individual and everyone around them, reaching from personal relationships with friends, spouses and children, even to co-workers.



Learning how to deal with the upheaval emotional problems can bring is difficult but there is help. By categorizing the different interpersonal relationships it can be easier to break down the walls depression has built around each one.

Personal

In severely depressed individuals, even basic things such as personal hygiene can become a monumental task to accomplish. Personal appearance becomes irrelevant and **feelings of worthlessness and guilt** ensue. [PureCalm™](#) soothes restlessness, irritability and promotes inner calmness naturally. It also helps balance unsettled emotions from everyday pressure and stress and lessens the feelings of being flustered, bothered or on-edge.

Irritability, difficulty concentrating, thinking, and making decisions are also common in a depressed individual. [The Calm Within CD™](#) helps to relax the mind & body, reduce stress, support balanced emotions, naturally alleviate feelings of being blue and support healthy levels of stress-regulation.

Family Life

A depressed individual's family life can become severely disrupted at all levels. Lack of energy is one of the **common symptoms of depression**. Because of this, care giving may become difficult for a depressed individual who may even neglect their children, spouse, as well as basic daily chores. This becomes a burden on loved ones who are left scrambling to maintain whatever they can of a normal routine. [Fatigue Fighter™](#) can help promote healthy levels of energy and stamina without artificial stimulants.

Relationships

A depressed individual's tendency to become introverted, withdrawn and taciturn, and can put a damper on their love life and that of their partner. An estimated 35 to 47 percent of depressed individuals **suffer from lack of or low libido**. Not only does **lack of libido** affect closeness and trust in a relationship, but it can cause many misunderstandings to occur.

Physical effects of depression

- Pain without apparent cause
- Chronic fatigue
- Increased likelihood of developing other somatic illnesses

Psychological effects of depression

- Anxiety
- Hypomania
- Irritability
- Lack of Libido
- Feelings of worthlessness, helplessness and guilt
- Difficulty concentrating, thinking, and making decisions
- Thoughts of suicide

The individual's lack of interest in sex may lead the partner to believe an affair is taking place. This can cause a whirlwind of pain and guilt. There is no doubt that when the sexual relationship is compromised, communication is also affected and the relationship can suffer greatly. [Thanda Passion Booster™](#) is a **sexual health tonic for women** that encourages healthy sex drive and desire and a relaxed state to facilitate arousal. [Ikawe for Men™](#) is a sexual health tonic that promotes healthy sexual arousal, drive and desire and lessens common anxiety caused by problems in sexual performance.

Sleep Patterns

Insomnia is a common **symptom of depression**. Irregular sleep patterns not only can further aggravate depression but some experts believe lack of restful sleep can actually trigger depression. This becomes a vicious cycle that complicates things even further. [SerenitePlus™](#) is a natural sleep tonic that promotes a peaceful night and a refreshing start to your day. It also helps maintain a healthy sleep pattern.

Professional

On a professional level depressed individuals are less productive and have **difficulty concentrating**. They also find working in a team environment extremely challenging since there is a tendency for introversion. [Triple Complex Brain Tonic™](#) supports the brain and nervous system by promoting equilibrium at a cellular level and can help lessen feelings of being 'on edge' and promote a healthy, balanced mood.

Friends and Social Activities

The effects of depression can become so severe a person may not even be able to leave the bedroom or home. As difficult as it is to see a loved one in such a state, it is important to keep in mind that they are suffering from a severely **debilitating mental illness**. [MindSoothe™](#) promotes emotional health and well-being, supports the nervous system, lessens general feelings of *the blues* and supports a healthy motivated attitude.

Diet & Self Image

Depressed individuals often develop an **unhealthy relationship with food**. Whether they lose their appetite or seek food as a means of comfort. Depression can cause weight loss or weight gain and this puts further stress on the body's delicate systems. [EcoSlim™](#) and [Slimmers Assist™](#) can help balance your metabolism and promote weight loss.

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