

The Ups and Downs of Parenting...

From Prenatal to Empty Nest



The Joys of Parenthood

Since we've been covering the topics of **anxiety and depression in the different stages of life**, from childhood to middle age, we thought it important to feature information on the issues of **mood disorders** during the different stages of parenthood.



Parenthood has been described by many as the most joyous experiences in a person's life and a milestone looked forward to by most. But with its share of challenges comes the possibility of depression and anxiety becoming a part of the formula... such is the case of **empty nest syndrome**.

Also in this month's issue, we explore the **effects of hormonal changes** in a body during pregnancy. Sometimes these hormonal fluctuations are so extreme that symptoms of depression and anxiety can occur.

Learning to recognize when these symptoms are **interfering with our daily lives** and finding a natural way to manage them should be a priority on every new mom-to-be's "to do" list.

Finally, something for everyone! Check out the **simple tips we offer that can help you stick to an exercise routine**. Exercise is one of the best ways to shake off depression and keep a healthy body

weight.

Facing the Future...

Empty Nests - What to Expect

Many families will be undergoing major changes as summer ends, with their high school graduates **preparing to make the transition into adulthood**. Dealing with the [depression](#) of an empty nest and the [anxiety](#) of knowing your child will have to manage the challenges and responsibilities of the real-world without you can cause a flurry of hard-to-deal-with emotions in the family. [Fear](#), frustration, [stress](#), and [sadness](#) are not uncommon and can **contribute to the development of mood disorders if not properly managed**.



Parents may experience feelings of pride in their child's accomplishments, yet also experience [anxiety](#) at the thought of letting them go. Children may also have to adjust to no longer being the sole center of attention at home.

As always, preparing for this life-changing experience is key to **helping the entire family cope in a healthy way**. Talking openly about your concerns and allowing every family member the time and space to voice their feelings can be the first step in developing an **open line of communication** which will ultimately benefit everyone.

Experts agree that **more than half of all empty nesters** will **experience a feeling of great loss**, with women tending to be affected more often. Acknowledging these feelings and accepting that they are normal and will pass, will help you get through this hard time and also enable you to provide support to your spouse and rest of family members.

Once your child leaves there are many things that can help you focus on the **positive aspects of an empty nest**. Keeping busy will help you re-adjust to your new routine. Taking up new hobbies and pastimes, volunteering, spending quality time with your spouse, friends and other family members will all help fill the void and also add a new dimension to your life. Many empty nesters find that once the initial shock is past, they discover a new purpose and a restored sense of self.

Related Products:

[MindSoothe™](#) - Support balanced mood, emotional health and feelings of well-being

[PureCalm™](#) - Support balanced mood, emotional health and feelings of well-being

[Triple Complex Mood Tonic™](#) - Lessen common feelings of *the blues* and promote healthy, balanced moods

[Triple Complex Nerve Tonic™](#) - Reduce common worries and nervous tension that is safe for pregnancy and breastfeeding

[Triple Complex Sleep Tonic™](#) - To promote healthy sleep patterns

As always natural remedies can be used to **support physical** and **mental harmony** in a holistic way.

Herbs with **naturally mood-enhancing properties** such as St. John's Wort have been traditionally used for centuries to support balanced mood and maintain mental wellness and equilibrium. Passion Flower also has stood up well to clinical studies which support its usage as a soothing and moderating herb.

Remember, though your child is away, you remain their role model and pillar of strength. Taking the necessary measures to **support your emotional wellness** should be a priority to enjoy all that this new phase of life has to offer.

[The Calm Within CD™](#) -

Support relaxation, support balanced emotions and reduce stress levels

[View all Native Remedies Products >>](#)

"...After purchasing the [PureCalm™](#), I felt like I had help - finally! I will recommend these products to all my friends and family. " - **Heidi, PA, USA**

"...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**

Getting ready for baby and loving it!

Dealing with mood disorders during pregnancy

Pregnancy is supposed to be one of the happiest periods in a woman's life- but for **women affected by anxiety and depression**, it can also be a tough time. It is estimated that at least 1 in 10 women are affected by anxiety disorders and/or [depression](#) during pregnancy. It can come and go in bouts or be a prolonged state that lasts throughout the pregnancy and even after childbirth, which it is known as [postpartum depression](#).



Hormonal changes that occur in the female body during pregnancy are largely **responsible for symptoms of anxiety and depression**. These symptoms include tearfulness, prolonged sadness and the lack of motivation and energy to perform normal daily activities. Anxiety regarding the challenges of upcoming motherhood coupled with the radical changes in the expecting mom's body and mind also plagues many women, making it **hard to enjoy being pregnant**.

There is no doubt that women suffering from [anxiety](#) and [depression](#) during pregnancy should seek help. But **treating depression during pregnancy** with pharmaceuticals is a highly

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controversial subject. Discussing symptoms with your doctor is the best way to determine the most effective treatment method. If anxiety and depression become so severe **that thoughts of suicide, excessive weight loss or gain or chest pain** are experienced, immediate medical attention is strongly advised.

There are many factors that can increase your risk of **developing mood disorders** during pregnancy. These factors may include but are not limited to:

- Prior history of anxiety or depression
- Relationship problems
- Stressful life situations
- History of abuse
- Lack of support structure
- Problems with your pregnancy
- Previous pregnancy loss

However, there are many things women can do to **stabilize their mood and general outlook** while they get ready for childbirth.

Because **mental health is tightly linked with physical health**, a balanced diet that provides the body with adequate amounts of vitamins and minerals is the first step. It is also crucial to limit processed foods and foods high in fat and sugar. Alcoholic and caffeinated beverages should be avoided at all costs. Both have a negative impact on the developing baby's health and the emotional health of the mother.

Exercise is also an essential part of well-being. Exercising regularly helps properly metabolize the nutrients we provide our body with through food. Natural remedies to aid the body's detoxification process are a great complement to diet and exercise. Numerous studies have shown that **environmental toxicity and pollutants** that accumulate in our blood are detrimental to both the body and the mind. Some researchers even believe that [toxicity](#) in the body is *responsible* for symptoms of [anxiety](#) and [depression](#).

Since the liver is in charge of the important task of [detoxification](#), a good start to any detox is to use **natural liver tonics** such as lemon water regularly. Lemon water is especially beneficial if taken on an empty stomach first thing in the morning. Another natural way of giving the liver a boost is drinking the water of blanched artichoke.

Whatever you do to prepare your body and mind in order to **maintain health and harmony during pregnancy**, remember- natural remedies are all around you, and Native Remedies is here to help you discover and enjoy their benefits!

Increase health and vitality after childbirth, including hormone balance



[Learn more about NewMama Drops](#)

Testimonials

"Your [Triple Complex Nerve Tonic™](#) salts are fantastic. I have always been jittery, and when I fell pregnant I had the normal new baby reservations. Of course I wanted to avoid taking medication that could harm my baby and which I don't like taking in any case. Your Tissue Salts helped me to feel settled and more confident. I am going to carry on taking them after my baby is born as I have never felt this secure before - THANK YOU." - **Trish L.**

"When we conceived, I wanted to take only the most natural and safest remedies to support my emotional health in order to allow my unborn baby to grow and develop naturally. I ordered your [Creation Flower Essence™](#) to take alongside Triple Complex Mood Tonic™ (which I had been using before and love!) as soon as I saw the positive result on the pregnancy test. Through my entire pregnancy, I felt supported and in touch with the new little life growing in my belly. Being pregnant was a complete joy- almost as wonderful as having my beautiful new baby boy!" - **Jacqui, USA**

"For the past few years I have often felt like I was running around like a chicken without a head and that life was happening to me rather than I was actually living it. While pregnant, I have felt quite disconnected from the whole process due to my hectic lifestyle and this was not at all how I wanted to be. I began using your MindStill Essence and also bought your [MellowMama™](#) bath oil. Now I feel like I am in control and deeply-connected to my unborn son. I also find my bath-time with this oil invaluable for looking back on my day and dreaming of the future in a positive and relaxed state. Thank you so much for these lovely products!" -**Ella, UK**

Related Products:

[Triple Complex Mood Tonic™](#) Lessen common feelings of the blues and promote healthy, balanced moods

[Triple Complex Nerve Tonic™](#) Reduce common worries and nervous tension that is safe for pregnancy and breastfeeding

[Creation Flower Essence™](#) Encourage a sense of stability during this vulnerable time of change and transition.

[MellowMama Aromatic Bath Oil™](#) Relaxing, therapeutic and pampering aromatic bath oil for pregnant women

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

[Tranquil Aromatic BirthBath™](#) For relaxation, pain relief and promotion of efficient labor

[LastStage Flower Essence™](#) Support sleep, instill confidence and calm fears about delivery and birth

[Eze-Birth Flower Essence™](#) Integrate emotional, spiritual and physical participation in labor and

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Staying motivated is the key...

Exercise is one of the **main contributing aspects to overall health** and the easiest way to release feel-good chemicals in your brain. It is something every family member can benefit from. Incorporating exercise into your daily routine is a great way to relieve stress and **help restore balance in the body and mind**.

Here are some tips to help you stick to some form of physical activity.

- **Start small.** When suffering from anxiety and depression, even the simplest task can seem insurmountable. Just get moving! A daily walk through your neighborhood whenever you have a few minutes to spare can work wonders. Vary your route to keep it interesting.
- **Find a partner.** It's harder to stick to a routine if you go at it alone; this is especially true if you suffer from depression. Exercise can be much more interesting if you find a partner to support you. Even better, try to involve the whole family.
- **Use a headset.** Listen to lively music, a relaxation CD, or a book on tape. Use lively songs to energize your workout. Use relaxing music while you cool down.
- **Enroll in a class.** Many community fitness centers and hospitals offer reasonably priced classes. Choose one that fits your interests, schedule *and* budget.
- **Get creative.** As long as your doctor approves, consider hiking, rowing or dancing. These engage the body and mind in ways that can considerably improve your mood.



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