

Natural remedies for depression-Don't let it kill you

Depression is a commonly experienced feeling. People feel depressed when they lose someone very close to them or very precious, or when their self-esteem takes a big hit. There are many situations in life to which people crumble and end up feeling depressed over prolonged periods. It could also be due to hypothyroidism or anemia.



It is said that 20 million people in the United States suffer from depression. Though most sufferers of depression do not seek medical help, the first step for patients with depression is to speak to their doctor because if left untreated, depression can become chronic. If patients do not want medical help, they can take recourse to any of these natural remedies:

Natural remedies to cure depression:



St. John's Wort: This herb helps as a mood upper for

nervousness, sadness, anxiety and insufficient sleep. According to research, St. John's Wort is a good remedy for mild depression. It is available in the form of tablets, capsules, tea or extracts. For best results, patients should take it for about five weeks. They could experience side-effects such as exhaustion, indigestion, dry mouth and dizziness.

Omega-3 Fatty Acids: These fatty acids stimulate brain function and since our bodies do not manufacture it, we need to add it to our diet. There is definite research that points to a low intake of Omega-3 fatty acids and depression. By eating a diet of Omega-3 fatty acids foods such as salmon, cod, herring, tuna, sardines or anchovies, you can find relief from depression. Take them in the form of capsules, or as cod liver oil capsules. However, take care not to take it two weeks before and after a surgery.



SAM-e: SAM-e or S-Adenosyl-L-Methionine is a naturally occurring chemical in the human body that enhances levels of neurotransmitters in the brain, serotonin and dopamine. It should be taken according to your doctor's instructions.

Meditation: Meditation helps to quiet the confusion and hurt in the mind and replace it with serenity.



Yoga: There are several effective yoga exercises to fight depression and regain one's mental control and freedom.

Eat magnesium-rich foods: Foods rich in magnesium can help to improve your moods and add a dash of health to your daily food. Eat pumpkin, sesame and sunflower seeds and cashew nuts and almonds, apart from legumes and beans, dark leafy veggies to increase your magnesium intake.



Reflexology: In this therapy, a professional applies pressure to certain points on the feet and hands. By manipulating the nerves at these points, the healing process is expedited and the patient experiences relief.