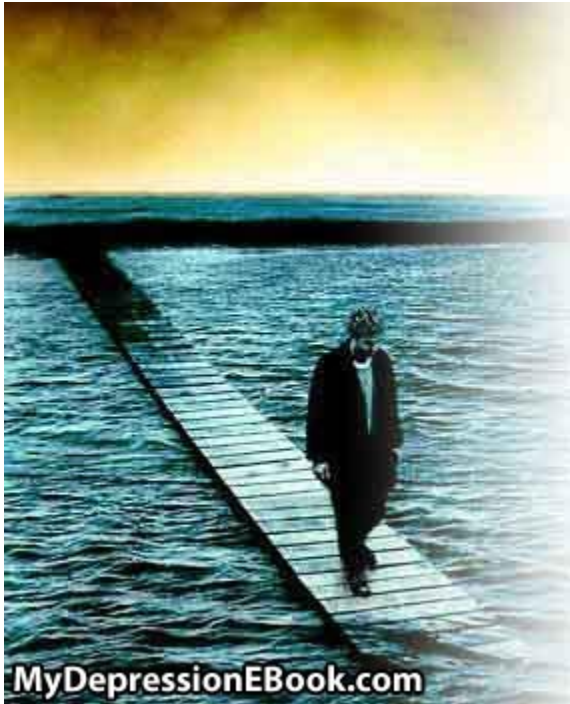


Depression 101: Getting to the Bottom of It

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What Depression Really Is

It is but normal in life that we experience moments of sadness or grief. Usually the happiness comes from situations in our lives wherein a loved one dies, or we undergo a “tragedy” in our lives such as marital separation, and even unemployment. The right term for the days we feel unexplainable sadness is called depression. Though a lot of people are able to cope and get back to their normal lives, some just aren’t able to return to their usual selves that easily.

Symptoms of grief or loneliness, that lasts for weeks and weeks that a person is not able to cope with is what psychiatrists normally call as “clinical depression.” This is the “real” depression and not merely a case of the “blues.” (The blues go away after a few days to a week; depression doesn’t).

In truth, clinical depression cannot be described only as sadness or unhappiness. It is actually a sickness that really affects your ability of doing routine activities in a really negative way. The worst thing that depression can bring about would be thinking of committing suicide and there are times that a depressed person really commits suicide. Depression may not only affect the person but is also a burden to family members and loved ones.

Types of Depression and their Causes

Depression is classified into types found below (mood disorders with depression symptoms):

Major depression –one of the most extreme types of depression wherein there are mood changes that may last for weeks, even months. It brings about irritability in the person and loss of interest in doing pleasurable activities. It may be experienced only once but there are times wherein the person goes through repeated episodes in life.

Dysthymia – this form of depression is less severe as compared to major depression but this usually lasts for a number of years unlike major depression that can last only for months. A person with dysthymia feels normal and then suddenly switches over to low mood. Its symptoms do not completely affect routine activities.

Seasonal depression – (SAD) is a type of depression that occurs during a certain time of the year, mostly during winter. Termed as “winter blues,” it may be predictable but can be very extreme.

Adjustment disorder – this is a type of depression that is a result of a stressful experience. It can be considered as a “delayed reaction” that is experienced when a stressful event in a person’s life ended.

Depression is caused by biological factors, genetics, and environmental factors. Some people may be depressed because of one factor while others develop depression due to a

mixture of factors. Usually the causes cannot be truly determined but experts say that risk factors such as heredity, brain chemicals, personality traits, medications taken, medical conditions, vitamin deficiencies, type of diets, etc. cause depression in people.

What Makes Depression Dangerous?

Depressed people feel hopelessness and sadness that are really intense feelings. These feelings when mixed with anger and agitation may be far more dangerous than you could ever imagine as this may lead to death. The main reason why depression is dangerous is because of its connection with suicidal tendencies.

There is a very high risk that the depressed individual will resort to suicide. This is because people who have feelings of depression will mean that the body secretes more hormones that would lead to people feeling more stressed out which in turn would make the depressed people feel that they would want to do something to put their suffering to an end---hence, suicide is the solution that they see. In the event that you observe your friend or loved one with this disorder, seek for medical help immediately to save your loved one's life.

Dangers that refer to depression could actually be summed up into one word: "death." Suicidal acts due to depression is said to be one of the leading causes of death in the world. It is even said to be more intense than murder. So if you feel that depression is just a simple thing, then think again. In reality, a lot of people are dying or suffering because of depression. When you know of a depressed individual, do what you can to help that person by letting that person see a mental health professional.

Depression really does kill people and can result to a very high death rate. This does not only pertain to suicidal deaths but deaths due to stroke and heart disease that depression is also said to bring about. In the past, depression was viewed to be just a feeling that is a sign of weakness; nowadays it is good to know that depression is now considered a mental sickness that should be treated once diagnosed. It is also important to still look after a person being treated because of depression due to the fact that while still in treatment there is still a tendency for the patient to commit suicide. That is how serious depression is as an illness. In almost every state in the United States, there is said to be more than 200 deaths because of depression.

Also take note that the deaths caused by depression may not only be the patient's own death but other people's death as well. This is because mixed feelings of irritability, hopelessness, agitation, and restlessness may have physical manifestations and those manifestations may include causing harm to other people most especially loved ones. Battering, hitting, acts of violence and even killing people may be done by a depressed person.

Aside from suicide, other dangers of being depressed are that people would have a hard time functioning normally or functioning well socially and occupationally. If depression

is left untreated, there is a great risk of losing family members, getting a divorce, being estranged from the people close to you and can also lead to losing one's job. Another danger is resorting to substance abuse wherein the depressed individual will drink alcohol and use illegal drugs excessively just to get the feeling of being free from depression. .

Tips and Tricks in Avoiding Depression

Depression is now becoming similar to an epidemic and that is why its causes are now well researched. If you would want to avoid developing depression, you have to know the causes of it and how not to be under the "spell" of its causes:

Stress is said to be the top cause why people become depressed. There may be stress experienced at work, because of social relationships, pressures at home, in school, worrying about finances and a lot more. Migrating to another country, losing your job may also lead to stress---these may be unavoidable of course but what you need to do is to learn and apply stress coping mechanisms that would effectively relieve your stress. Find out what works for you---whether it is having a relaxing soak in a hot tub or eating sweets, the most important is that you are not that stressed in your daily life.

People who are into drinking and drug intake would also be more prone to getting depressed. The reason is because alcohol and drugs especially when taken consistently at a young age would really affect the person's brain negatively. People in the end will become addicted to it because of the feeling of being "high" temporarily. As soon as that temporary high passes, the person will tend to become depressed. It is not bad to drink occasionally. Be sure that you do not get used to drinking continuously if you want to lessen the chances of you getting depressed.

Lack of sleep is also a reason why depression may set in. The brain waves would not be able to function normally if you are not able to have enough sleep most of the time. This will then lead to a depressed individual. Sleep with the right number of hours (at least 7-9 hours a day) in order to avoid depression.

Getting enough sunlight as well as exercising regularly will also help your body and brain function well and this would help in preventing depression. Good eating habits are also important and maintaining a healthy lifestyle to keep you healthy will help in keeping depression away. Experts say that you should avoid the intake of coffee, sodas and cigarettes. Remember that these do not really have any positive effect on your body and will bring you harm if taken excessively. They are also addictive stuff and believe it or not, they would bring about depression whenever you don't get to take them.

Another secret to avoiding being depressed is to have a little bit of fun daily. Whether it would be reading funny stories, listening to jokes, doing what you love such as reading, listening to your favorite tunes, etc., you have to experience fun also to avoid being stressed out. Engaging in social activities such as sports, joining a club, chatting, and other hobbies will help you keep depression at bay.

Lastly, think positive. Being a negative thinker would make you become highly susceptible to depression. Also remember that happiness is all in the mind. Listen to lively music, dance, sing, do these things to signal to your brain that you are happy---do these in order to avoid becoming depressed.

Curing Depression via Folk Medicine

Depression has long been present even in the Olden Times and that is why there are some folk medicine such as herbal medications that are said to cure depression. Dietary supplements and even the so called mind body techniques/exercises are part of folk medicine and are said to be used in preventing or treating the condition of being depressed.

At present though, most of the medical experts do not really encourage using folk medicine to cure depression and other illnesses as they are medications that aren't tested by the Food and Drug Administration, hence they are unregulated. Safety and effectiveness are not an assurance if there is no Food and Drug Administration Seal. You may still use folk medicine but you have to keep in mind that some of the herbal medicine and dietary supplements may have dangerous effects when used together with prescribed medications. It is best to first consult your physician before taking any flk medicine.

The following are examples of folk medicine that are said to be good treatments for depression:

- ✓ St. John's wort – this is a kind of herb that has been used for centuries not only as a cure for depression but also for other ailments. Nowadays it is considered as a dietary supplement in the United States but in the Europe, St. John's wort is used as a treatment for depression that is popular. Research shows that it can be effective for those with mild depression or moderate depression, not for major depression.
- ✓ Omega-3 fatty acids – these are polysaturated fats that are usually the main components of seafood. Tuna, mackerel and salmon are but examples of fishes that are a good source of Omega-3 fatty acids. These are said to help in treating depression. Flax oil, walnuts, and canola oils also contain these components.
- ✓ Apple Cider Vinegar – is a folk medicine that has also been relied on for centuries in curing almost every sickness. Examples would be depression as well as gout, headaches, psoriasis, yeast infections, etc.
- ✓ Ginseng – this is not only an alternative to caffeine and gives the drinker boosts of energy but is also said to lift moods as well as reduce depression without any side effects.

- ✓ Oils – another popular folk medicine would be aromatherapy oils that is best for relaxation and is said to trigger a reaction in our brains that makes us feel positive. Through these oils, stress is pushed away and depression can be prevented or reduced. Examples of essential oils to keep depression at bay would be the following: lavender, clary, bergamot, rose, geranium, sandalwood, neroli, and lemon.
- ✓ Marijuana is also said to be a good treatment for people who suffer from clinical depression. This plant is even said to treat nausea in cancer patients (especially those who undergo chemotherapy) and is said to also facilitate weight loss.
- ✓ Other folk medicine (herbal medications in form) that can be used in curing depression would be the following: powdered myrrh that should be added to a glass of water and drank to fight depression. Aloe vera is also said to treat depression as well as basil, lemon balm, and lime blossom. Flower remedies can also be used as a depression treatment. Examples are willow, sweet chestnut, and gorse.

Curing Depression in a Modern Way

While it's important to understand that depression can occur to anyone, pharmacy is not for everyone. There are a lot of pharmacy products, such as Zoloft, Pamelor, LexaPro, Zyprexa, Prozac and much more. Which one is best for you? If you are interested in buying those products, you should already know that. Otherwise, ask your doctor.

If you have tried other methods and just want to buy anti depression pills or any other pharmacy, you may check PharmacyGenius.com web site. They provide fast shipping, 24/7 support and low prices.