

Depression Solutions

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Depression has become an epidemic throughout the world. Ironically, there are an unprecedented amount of remedies, drugs, and therapies within the occidental world than ever before for this dis-ease. Statistics have claimed that depression affects 1 in every 10 Americans. It has become a malignant infection, continuously spiraling out of control. 80% of people who are experiencing bouts of depression have never received any treatment. On top of all this, it shows no sign of stopping. Every year studies have shown depression to increase by another 20%.

Many fear going to the doctor for depression, due of the social stigma that is often times misleadingly attached to the diagnosis. The diagnosis of depression creates a label, causing a vicious cycle of more self-doubt and insecurity, leaving one to feel increasingly defected and removed from themselves and the people in their life. However, what many don't acknowledge are that the tools and resources to heal their depression and reclaim their lives are readily accessible. Rather than wait on prescription-based drugs and become dependent of your doctor's referrals, recover your happiness by remedying your depression with herbal supplements and whole foods.

Harvard scientists have discovered in clinical trials that the fatty acids in fish oil (EPA & DHA) have a significant effect on treating mood swings. Additional remedies include vitamin B-12, B-6 and folate. Low levels of B vitamins in the body have been found to have a direct correlation to depression. Low levels of vitamin C, as well as a variety of minerals including magnesium, calcium, zinc, iron, and potassium, have also shown to contribute directly to mood imbalances.

Vitamins, minerals and diet can be a sound cocktail to reclaiming emotional stability. However, there is another factor that contributes to depressive symptoms – negative thinking. Fighting back against negative thinking can greatly attribute to lower stress levels, anxiety and overall depression.

Our brains have a component that contributes to continuously reorganizing the neural pathways, called neuroplasticity. Neuroplasticity proves that the brain is constantly rewiring, adapting and changing itself. The brain adapts to habitual tendencies. Therefore, the more negativity we call in, the more likely our brain is going to retain that patterning, making that our default mode of operating.

Changing negative thought patterns with the old adage “fake it ‘till you make it”, can be incredibly helpful. Our lives are what we make of them. We can make it a profoundly positive place full of abundant opportunities, dissolving judgment and comparison by simply reworking our train of thought. Notice when negative habits show up and ask yourself where they stem

from. Knowing the root origin will help to reframe and rework your disposition, leading to more creative solutions for rerouting negative thinking. Taking responsibility of your emotions, alongside of natural supplements, can help to facilitate emotional and physical change.