



THE WAY FROM DOWN UP



THE SIMPLE, NATURAL AND DRUG-FREE WAY TO EASE DEPRESSION

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The Way Up From Down

The Simple, Natural and Drug-Free Way To Ease Depression

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WHAT THIS EBOOK HAS IN STORE FOR YOU?

When you hear the word “depression”, what comes to your mind? Most people would instantly relate depression with lifetime of taking antidepressants. But in actuality, treating depression is not as hard as it seems, particularly if you are choosing natural ways to do so. Now you must be wondering how on the earth can you treat depression naturally? And that’s exactly where this eBook will assist you. This eBook is designed and it has been written especially for those who have been trying to treat depression through antidepressants and counselling, but still cannot get on top of it.

Depression and anxiety are two of the most common neurological disorders, and during the last few years, the situation has worsened significantly and more people are inflicted with one or other or even both of them. Today, everyone knows someone close to them who is suffering from one of the many forms of depression - so have you ever wondered about what can be the reason behind the ever-increasing number of people with depression? Well, a number of factors such as workplace stress, growing levels of competition in every field and a pressure to gain with the competitive edge over others, have contributed to the growing rate of depression. Another, but one ‘cause’ we often ignore, because most of us are unaware of it, is the wrong treatment. Antidepressants and psychological counselling might help a person’s mental state temporarily, but once they stop taking medicines, they will relapse into their previous state of mind. Such solutions merely treat the symptoms, and not the cause of the unbalanced physical and mental state this person is in, and at best is a ‘band-aid’.

This eBook has highlighted natural ways to treat and get rid of depression permanently. In this eBook you will find:

- The science behind depression.
- How depression affects us including the mental, physical and psychological impact of long-term depression.
- A comparison between traditional treatment and natural treatment of depression to help you realize the benefits of treating depression naturally.
- Natural ways to treat depression including exercise, herbal remedies and dieting.

It’s time to do the right thing and get your health back, by practicing herbal remedies, exercising and changing your eating habits from this day onwards. If you are ready to learn all this, and get on a healthy track for not only your mental health, but also your overall health, then start reading now.

Best of luck!

UNDERSTANDING DEPRESSION: WHAT IS DEPRESSION?

Despite being one of the most important and active organs of the body, most of us often neglect brain health. We follow diet patterns, do exercises to stay physically fit and healthy, but what do we do to keep our brain healthy and give it a break?

Depression is a low energy state of mind which is often caused when we overwork our brain. You might feel hopeless and gloomy when you are in a depressive state of mind. If not treated properly, depression can lead to insomnia, anxiety and stress or vice versa. Though you can easily find a number of antidepressants to treat your depression, but it is not a permanent solution.

The Chemistry of Depression

Have you wondered what actually causes depression? Well the real cause of depression is chemical and neurological interference. Depression is caused when the secretion of any of these three chemicals start increasing in our body: norepinephrine, serotonin and dopamine. Our neurological network consists of thousands of neurotransmitters that carry chemical signals to the brain and ensure proper brain activities. When there is a chemical imbalance in our body, these transmitters stop sending signals to the brain, and this disturbs the secretion of stress fighting hormones.

IS A SEDENTARY LIFESTYLE REALLY A MAJOR CAUSE OF DEPRESSION?

You might not know this but an active routine can save you from depression, anxiety and stress. Recently, a research study has been conducted to investigate the relation between mental health and a sedentary lifestyle. The results of the research show that people who follow a sedentary and less physical routine are more prone to depression and other mental disorders, than people who have an active routine. The research study published by the Princeton University suggests that sedentary and inactive lifestyles impact productivity and the ability to explore new things. Our brain is just like computer; it will work the way we program it. If it is in a habit of following the same routine daily, then it will lose its ability to work in multiple directions and on a number of different tasks.

Plus, our state of mind is directly associated with our internal energy level. People with depressive disorders have low energy levels. So, if you want to avoid depression and anxiety, follow an active routine. Do new things and keep exploring. A sedentary lifestyle can lead to depression and increased stress levels and this is the reason that workplace stress is becoming so common. An active and healthy routine can also help you overcome the habit of over-thinking.

HOW DEPRESSION AFFECTS YOU:

Depression, for obvious reasons, impacts your overall health and mental stability. The direct impact of depression and anxiety on the brain leads to various physical and psychological health issues. In this section, you will learn how depression can affect your health, so please keep reading.

Psychological Impact

Depression is directly associated with the psychology of brain. There is no definite scientific explanation about mood swings and other psychological effects of depression and anxiety, but many scientific studies suggest that the chemical imbalance is one of the biggest causes of psychological disorders. Short-term depression can lead to psychological issues like frequent mood swings, irritability and difficulty in processing emotions. However, long-term psychological effects of depression can be really severe. A person with chronic depression can even develop suicidal tendencies. Some of the common psychological disorders that are directly linked with chronic and untreated depression are: ADD (Attention Deficit Disorder), DID (Dissociative Identity Disorder) and Psychological eating disorders like Anorexia Nervosa. People with depressive disorders are also prone to diseases like Parkinson's disease, Alzheimer's disease and more.

Physical Impact

A depressed mind is always restless. Anxious and stressed nerves often leave a person sleepless during the night, and sleep disorders ultimately lead to loss of appetite and weight. If you have any depressive disorder, you automatically become prone to diseases like hypertension and high blood pressure. If not treated properly, depression can also lead to grave consequences like brain haemorrhage and heart failure.

Mental Instability

This is another side effect of depression and anxiety- you lose the ability to think in multiple directions. With a preoccupied mind you can't make sensible decisions. Mental stability due to depression also impacts your creativity. It has been proved that people with depressed minds have a lower IQ and EQ than normal people.

Anxiety

Anxiety and depression go hand in hand. If you are depressed, then it automatically suggests that you are suffering from anxiety as well. Due to lack of sleep and a disturbed routine you will feel tired and lethargic all the time. Depression increases the secretion of lactic acid in our body and this severely affects our physical stamina. Not only will it make you irritable and impatient, but it will also reduce your stamina, and ability to undertake physical and mental activities.

Insomnia

How can you sleep peacefully with a restless and depressed mind? Chronic depression can also cause a number of sleep disorders like insomnia. Studies have confirmed the fact that 80% of the people with depressive disorders are likely to have insomnia, and sleep deprivation is not good for your overall health and mental productivity. In fact, sleep deprivation is used as a form of torture in some countries,

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to break people down into giving up vital information they would otherwise keep to themselves, or even to admit to actions that they have actually not undertaken.

Aging

Last but not least- depression can make you look a lot older than your actual chronological age. Improper sleep and diet immediately impact your physical appearance. You can instantly spot a person suffering from depression due to their dishevelled physical appearance. Lack of sleep often causes dark circles and eye bags- thus making you look older. Depression and mental stress are often caused due to chemical and hormonal imbalances, and the natural aging process is directly linked with hormonal secretion.

WHY A NATURAL, NON-DRUG TREATMENT IS A BETTER WAY

Depression and anxiety have plagued mankind for centuries, but lately the percentage of people suffering from depression has increased significantly. You might come up with a thousand reasons that have worsened the situation, but it's important to figure out the real reason behind the ever-increasing rate of depression. Today, 'every other person' is suffering from some kind of depression and the reason is they can't find the right cure. If you think that antidepressants and relaxants can cure depressive disorders then you need to think again.

Do you know what antidepressants actually do? They merely numb your brain for a while. During this period, you might feel relaxed, but as soon as the relaxing spell of antidepressants is over, you will relapse back into your depressive state. That's the thing about sleeping pills and antidepressants- you have to rely on these pills for all your life. But there is one way you can get rid of depression for good- and that is natural remedies. There is a cure for every problem in nature- you just need the vision and an open-mind to see it and that's where this eBook comes into the picture. This eBook has summed up a number of ways through which you can beat your depression and live a healthy life.

Antidepressants and pills might give you instant relief, but they also have a number of side effects. Long-term use of antidepressants also increases the risk of cancer and heart failure. Instead of strengthening the nervous system, antidepressants impact the natural ability of your brain to suppress stressors. On the other hand, natural remedies improve your overall health by calming down your anxious nerves. Antidepressants only give you temporary relief from your depression and anxiety. Nondrug remedies, on the other hand, eliminate the real cause of depression.

In this eBook you will learn a number of natural, non-drug ways to treat depression and the best thing about the natural remedies is they don't have any side-effects at all – apart from an increased level of joy and happiness! Unlike antidepressants, natural ways don't impact your immune system, blood consistency and other vital bodily functions. In fact, natural ways not only cure depression but also improve your overall health. You can cure depression through non-drug therapies, physical exercises, diet and herbal remedies.

Take a look at some of the many ways to treat depression naturally:

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SOLUTIONS BEYOND ANTI-DEPRESSANTS

This section of the eBook has summed up some easy therapies and exercises to beat depression and stress. From ancient practices to modern therapies, we have tried to include a wide range of choices in this section. Take a look:

Acupuncture

Probably one of the oldest techniques to treat depression, acupuncture is still considered to be one of the most effective ways to naturally treat stress, depression and anxiety. The ancient Chinese practice is based on the principle of pressurizing the seven sore points in our body to stimulate the production of stress fighting hormones in our body. The original acupuncture therapy includes the use of fine needles to gently activate press the pressure points in our body. This generates the flow of 'relaxation current' in our body which ultimately calms down your stressed nerves. Due to its effectiveness, acupuncture is still one of the most popular natural ways of treating depression.

Yoga

People have been practicing yoga for centuries and for a number of reasons including general wellbeing, weight loss and mental peace. You can also practice yoga for stress management. The postures (asanas) in yoga exercises are synchronized with your breathing process. It allows you to relax your mind and let all the negative energy out. Scientific studies have also confirmed the fact that deep breathing can actually suppress internal stressors and that's what yoga is all about- synchronized breathing and relaxing.

Aromatherapy

Aromatherapy, as the name implies, is a type of therapy that requires you to breathe (or by applying oils directly to the skin) certain aromas. You might not know this, but we can relax our stressed nerves by breathing pleasant fragrances. Essential oils and some aromatic herbs can be used in aromatherapy for treating depression, because they contain chemicals that instantly target stressed nerves and calm them down. Studies are being conducted to confirm the effectiveness of aromatherapy, and one such study at Yale University has actually confirmed that aromatherapy with essential oils can effectively work for mild depression, stress and anxiety. All you need to practice aromatherapy is a relaxing environment and the appropriate aromatic essential oil.

Exercise

As explained earlier, a sedentary lifestyle not only impacts your productivity and creativity, but also promotes depression and stress. So, the best way to avoid depression is keep your daily routine active. Do physical exercises to increase your stamina and keep your brain active. Exercise is not only good for physical fitness, but it also ensures a chemical and hormonal balance in our body. Do any work-out you want, but don't sit idle. An active healthy routine is vital for fighting stress and depression. If you work at a computer every day, get up and move, stretch and yawn every hour at least. It only takes a few moments yet the rewards are significant and often, quite amazing.

Massage Therapy

Whether you have physical stress or mental anxiety, massage therapy can work wonders for you. Yes, it's true that it is better to go to a masseuse or a massage therapist, but you will instantly feel lighter. A therapist gently presses the sore points in your body to relax your strained muscles. This triggers a secretion of relaxation hormones in your body and you will feel your strained nerves loosening up. Massage is also good for reducing the level of stress generating chemicals in our body like adrenaline.

Chiropractic Treatments

Till now you must have understood that your mental health and chemical balance are directly linked to each other. You can't treat depression unless you overcome the chemical and hormonal imbalance inside your body. One way to ensure a proper hormonal and chemical secretion is chiropractic treatment. Here is how a chiropractor can help you fight anxiety and depression. When the first three vertebrae in our spinal cord become misaligned, our brain stem becomes stressed. This leads to neurological pressure and chemical imbalances in our body. Chiropractors, with the right pressure on our backbone, align these three vertebrae which helps us overcome depression and anxiety.

Guided Imagery

Just as you can calm your brain by relaxing your body and smelling aromatic herbs and essential oils, you can also overcome depression through vision therapy. Guided imagery, as the name implies, is a type of visualisation in which you have to meditate (or relax) and imagine some peaceful scenery like sunset or anything that gives you mental peace. The therapy is really effective and helps you overcome the habit of over-thinking.

Music Therapy

Whether you like music or not, music therapy can help you calm down your stressed nerves. All you need to relax is some soothing music and a relaxing environment. This is probably the easiest therapy that you can do yourself whenever you feel depressed. But make sure that the music you are listening to is not depressing. It must be cheery and free from jarring noise. Hard rock doesn't do it! Classical works from composers like Bach will.

Meditation

Meditation, sometimes explained by professional mediators as the opposite of consciousness, is another popular and tested way of releasing relaxation hormones in our bodies. If you want more information about 15 different ways to meditate on your own, and without going to an ashram go to the back office of www.healthywisegroup.com, you will find our eBook "Guru Free Meditation". Just like yoga, meditation is all about relaxing your body and breathing in a gentle, easy and synchronized manner. Meditation teaches you to go beyond your brain and away from all your everyday thoughts, and one of its many benefits is assisting you to overcome stress and depression.

THERAPIES

Depression can also be treated by practicing some simple therapies. As mentioned earlier, this eBook is about the natural ways of treating depression. In this section, we have included some therapies that you can do at home without any help. So, let's get started:

EFT - Tapping for Depression

EFT, also known as Emotional Freedom Technique, is one of the ancient therapies recommended to those who are suffering from insomnia or any other sleep disorders due to long-term depression. Though for many therapists EFT is relatively a new technique to treat sleep disorders due to depression, EFT is actually a modified form of very ancient Chinese therapy, acupuncture. Due to its effectiveness, EFT today is one of the most recommended natural ways to treat depression and sleep disorders. As the name implies, the technique deals with gently tapping and activating pressure points. But you must be thinking how can one achieve emotional freedom just by tapping pressure points? Well, the answer is simple. The therapy requires you to face the real cause of your depression. Have you ever been to a therapist for a counselling session? What do they do? They try to discuss with you the real problem that is 'bugging' you. You have to do exactly the same thing in EFT, and confronting your depression yourself needs more courage.

If you think about what can cause depression then you will come up with a long list of reasons including emotional trauma and stress, but have you ever wondered why our mind feels stressed? It is because there are relaxation hormones our body naturally secretes, to keep our mind relaxed and stress free. Hormonal imbalance is the main cause that leads to depression and ultimately anxiety, sleep disorders and more. Physicians might give you antidepressants to stimulate the secretion of various realization hormones to keep our anxious nerves calm temporarily, but this not a permanent solution. EFT, on the other hand, facilitates the proper secretion of relaxation hormones in our body by putting pressure on seven sensitive points in our body. When we tap press these pressure points, our brain receives special kinds of sensations. The neuro-transmitters take these sensations as a command to calm down our anxious nerves.

The reason why EFT is considered as one of the most effective natural treatments for insomnia and depression-related problems is, in this therapy, we are required to confront the reason of our depression. By facing our worst fears and traumas head on, we convey this message to our brain that we can conquer our fears and problems. This is the reason that for insomnia and depression, Emotion Freedom Technique is considered as one of the best, most effective, and the fastest working therapies. In this section, you will learn more about EFT, its benefits and how to perform EFT.

Performing EFT

Now here is what you have to do to perform EFT:

Form a key statement or sentence to summarize the real cause behind your depression. For example, if you have workplace stress, your key statement should be something like this, "I don't like going to work." This will help your brain identify the real cause of your depression and this is the most important step of the emotional freedom and healing depression treatment.

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- Your chest has ‘sore points’ or sensitive points. When you press these points, you will instantly feel a mild current running through your body. Gently rub these points and while doing this, say the EFT statement aloud.
- Now use your middle and index finger to gently tap the EFT sleep points seven times.

Our body has seven sleep points and here is a quick list of these points that you need to tap to perform EFT:

- Corner of eyes
- Forehead
- Eyebrows
- The karate chop point (the fleshy area at the back of the hand).
- All fingers (between the nail and the knuckle)
- Eye brows
- Chin
- Under arms
- Collarbone

Benefits of EFT

EFT is one of the best ways to relieve stress and get rid of depression without relying on the seemingly never-ending series of counselling sessions and pills. In ancient times, Chinese folk used to treat depression through acupressure, which is very similar to EFT therapy. Here is how EFT therapy can help you fight depression without relying on any medication:

- The therapy is extremely easy to do and feasible. You can do it at home, as you don’t need any special training, instructor or equipment to perform EFT.
- Another plus of this therapy is you don’t need any special setup or environment- you can perform it anywhere.
- Probably the biggest advantage of EFT is that it has no negative side effects at all. Unlike antidepressants, whose long-term use can impact your neuro-system, this therapy is totally harmless. On the contrary, by performing EFT, you can reap countless health benefits, such as it improves nerve control, strengthens your nerves to fight anxiety and stress, and this therapy also improves blood circulation.

All you need to perform EFT in the right and the recommended way is to spot your pressure points, and follow the instructions to tap these points in the right way.

HERBAL REMEDIES

This section has listed some tried and tested herbal remedies that can help you overcome your depression. The best thing about these remedies is you can easily do them yourself at home.

Lemon Balm

When talking about herbal remedies to cure depression, one cannot ignore the effectiveness of Lemon Balm. Lemon Balm is one of the most effective herbal remedies for depression. People have been using this herbal treatment since ancient times to cure sleep disorders and depression-related health issues. The Lemon Balm calms our brain and allows it to relax by acting as a mild, yet instant sedative.

Lemon Balm has a natural tendency to penetrate our stressed nerves and calm them by facilitating better blood flow. The reason why Lemon Balm is considered to be one of the most effective herbal cures for depression is it improves our overall mental health. Being a mild sedative, Lemon Balm can significantly reduce the risk of jittery and stressed nerves. It strengthens our nervous system and reduces the risk of hypertension and high blood pressure, which ultimately leads to depression.

Depression often causes sleep disorders like insomnia. Lemon balm works for all types for sleep disorders as well, because one needs a relaxed and stress - free mind to have an undisturbed, 8-hour sleep and Lemon Balm is known for its mild sedative effect that can calm your mind.

Have you ever thought what really causes depression? Yes, it's true that chemical imbalances and improper functioning are two of the biggest reasons of depression, but for a person with no knowledge of neurology, it's hard to understand the science behind depression. However, it will be easier for a lay person to understand other common causes of depression like over - thinking and hyperactivity of the brain. For obvious reasons, no one with a brain full of worries and stressful thoughts can sleep peacefully. But the sedative effect of this herbal remedy instantly relaxes your mind. Regardless of what stage of depression you are at, Lemon Balm can work wonders for you.

The biggest plus of Lemon Balm is, its use is really easy and you can use it along with other prescribed medicines. The herbal remedy is totally chemical free and has no side effects at all. It does not have any reaction at all and even if you have other medical issues, you can use this herbal remedy to treat your depression. Unlike antidepressants, which have long term side effects, Lemon Balm improves your mental health without disturbing any other vital functions. Plus, you will also not get addicted to this herbal remedy, unlike prescribed medicines for depression.

How Lemon Balm Helps Fight Depression

Lemon Balm is not just an old herbal remedy, but a number of doctors and recent studies have confirmed its effectiveness. Being a health-friendly sedative, Lemon Balm can really improve your overall mental health. Here is how Lemon Balm can help you get rid of depression, anxiety, stress and sleep disorders:

- The soothing effect of Lemon Balm calms down strained nerves.
- Lemon Balm is known for facilitating blood circulation and maintaining proper oxygen levels in your blood which ultimately reduces the risk of stress and depression.
- Lemon Balm can also effectively suppress internal stress generators and prevent hormonal imbalances.

- Lemon Balm is also known for reducing the risk of hypertension and high blood pressure to significant extent.
- Strengthen the nervous system.
- Lemon Balm has no addictive effect.
- Lemon Balm is suitable mild sedative for children as well.
- The mild herbal sedative can also help you get over your addiction to antidepressants.
- The herbal remedy can also be used with other medicines.
- You can use Lemon Balm in a number of different ways.
- The biggest advantage of Lemon Balm is it can help overcome depression permanently.

Using Lemon Balm for Depression

Lemon Balm can be used in many ways. Some of the common ways are suggested below:

Inhale

If you don't have any respiratory tract issue, then this is probably the easiest way to use lemon balm to cure depression. All you have to do is:

- Plant Lemon Balm plant in your garden or get fresh Lemon Balm leaves from the store and preserve in an air tight jar.
- Inhale the aroma of Lemon Balm and do this as many times as you want during the day.
- This is the easiest and the most convenient way to use this herbal remedy to treat depression.

PS: Though you can get fresh or dried Lemon Balm leaves from any herbal store, for convenience reasons it is better to plant Lemon Balm at your home.

Drink

This is another easy way to consume Lemon Balm, and is perfect for those who have sinus or respiratory tract issues. You can drink Lemon Balm. Lemon Balm drops are easily available as a liquid from health food stores. All you have to do is:

- Boil one cup of distilled water.
- When the water starts bubbling, add a few drops of liquid lemon balm and store well.
- Allow the mixture to cool and drink.
- You can also add fresh lemon leaves to warm water and then filter it to remove dried leaves.
- An alternate way to drink lemon balm is drinking lemon balm tea. Here is what you need to do:
 - Get Lemon Balm tea from store or you can also use dried Lemon Balm leaves.
 - Warm one cup of water.
 - Add 1 tsp of dried lemon balm leaves and stir well.
 - If you want a flavorful tea, add a pinch of honey to it.
- Enjoy lemon balm tea in the morning and stay stress free all day.

Capsules

Lemon Balm capsules are easily available in every herbal medical store. You can consult a physician to set dosage. The dosage might depend on your state of depression and your age. But the best thing about lemon balm capsules is they are completely chemical free and don't have any side effects at all.

Lavender

Here is another amazing herbal remedy for treating depression naturally without any anti-depressants - Lavender! People have been using Lavender since ancient times to treat every kind of depression, stress and anxiety. Egyptians used this aromatic herb as a natural beauty enhancer. Lavender oil is famous for body massages and is often used in beauty products. But recent studies have unveiled the effectiveness of Lavender for treating depression and chronic sleep disorders. The herb has sedative and anti-depressant effects and can suppress internal stressors. It can also effectively strengthen our nervous system and help us cope with stressful situations. From mild anxiety to severe insomnia, Lavender is effective for all types of depression-related health concerns.

Sleeping pills and anti-depressants might help you temporarily, but have you ever noticed these medicines directly impact other vital functions like blood pressure and heartbeat rate? Lavender, despite being a mild sedative and relaxant, doesn't impact your health in any adverse way. In fact, the smell of Lavender has the potential to promote deep and undisturbed sleep. It also reduces REM (Rapid Eye Movement) during sleep. REM indicates that the person is either thinking in his sleep, or he is stressed. Lavender aroma therapy is gaining popularity all across the world because of its instant and amazing results.

Lavender is one of those herbs that has multiple health benefits. It's not only effective for stress and anxiety but can also work effectively against depression and stress. The aromatic herb also reduces the risk of high blood pressure and cardiovascular diseases. The aroma therapy can also work for patients with chronic respiratory tract issues.

Effectiveness

Now you must be wondering why this herb is being recommended for chronic depression and sleeping disorders and how it can replace anti-depressants and sleeping pills. Here is how:

- Even if you are taking prescribed medicines for depression or relying on any other herbal remedy, you can use Lavender along with it. Lavender has the potential to boost the relaxing and stress suppressing effect of depression medicines.
- It is one of the easiest herbal remedies that can quickly give you relief from stress. The Lavender tincture used in aromatherapy and other methods for treating depression can be easily prepared at home. All you need is some dried Lavender leaves and distilled water. Soak Lavender leaves overnight in a bowl of distilled water, filter the water and preserve it in an airtight jar. Your Lavender tincture is ready to use.

- Though people have been using Lavender to treat all types of chronic sleeping disorders during past few years Lavender aromatherapy has emerged as one of the most effective herbal remedies for depression and stress.

Ways to Consume

There are a number of ways to use Lavender to treat stress, depression and anxiety, but for all methods you will need one basic ingredient- Lavender tincture. Though the product is easily available at all herbal or medical stores, if you want 100% chemical free Lavender tincture, then you can make this other receipt at home too. All you need is few Lavender leaves. Soak these leaves in an extremely diluted alcohol solution. Although distilled water also works well, alcohol has anti-bacterial properties, and Lavender tincture prepared from alcohol solution lasts longer than when prepared with distilled water. Just soak the dried leaves in whatever solvent you choose for more than 24 hours and then filter the solution to remove dead lavender leaves. Preserve the tincture in a well-sealing jar so that the aroma can't escape.

Now that you have prepared the tincture with lavender leaves, you have the following choices:

Hot Bath

If you feel tired all the time or have a tiring job, then a lavender hot bath is the perfect solution for your physical and mental stress. All you need to do is just add a few drops of homemade lavender tincture to your hot bath and relax. Soak in the hot bath for an hour and try to inhale the aroma of lavender. This is really relaxing and you will instantly feel your tightened muscles and stressed nerves becoming relaxed. The combination of hot water and lavender relaxes you physically and the soothing aroma of lavender calms down your anxious nerves.

Lavender Tea

Another way to treat depression with this herb is drink lavender tea twice a day. Some people have an allergy with fragrances. Though the aroma of Lavender is really soothing; it can trigger allergies in people with sensitive respiratory tracts. If you have any such health problems, then here is the solution for you. To prepare Lavender tea you will need a cup of distilled water and 2 tsp of dried Lavender leaves. Boil the water on a small flame and when the water starts bubbling, add dried Lavender leaves. Let the mixture boil for 2 minutes and your Lavender tea is ready. To add a little flavour, you can add a pinch of raw honey.

Aroma - Therapy

If you really want instant results then try Lavender aroma-therapy. As you can guess from the name, the therapy is all about inhaling the sedative fragrance of this aroma which soothes your stressed nerves. You can do this therapy at home, and as many times as you want. All you need to do is get some fresh Lavender leaves and follow these steps:

- Relax your body and sit in a comfortable posture.

- Stretch your arms and take a few deep breaths.
- When your mind is relaxed and free from all unwanted thoughts, inhale Lavender aroma by taking deep breaths.
- Fill your lungs with the Lavender aroma and exhale slowly.
- Repeat the process 5-7 times.

Precautions

Though the herbal remedy is totally harmless and has no contra indications at all, there are some things you must keep in mind about Lavender:

- You might have noticed that every remedy requires you to take Lavender either with warm water or with dilute alcohol. This is because Lavender is toxic and can be lethal if taken by mouth.
- As mentioned earlier, Lavender aroma boosts the sedative effect of anti-depressants and sleeping pills, so don't take any strong sedative along with Lavender. It can leave you dizzy for hours.
- Though a Lavender hot bath is really soothing and can quickly release physical and mental stress, it can cause mild rashes and itching in people with sensitive skin or skin issues.
- Though Lavender, just like Lemon Balm, is a mild sedative, its sedative effect lasts longer than Lemon Balm. So, avoid going out or driving right after using this aromatherapy.
- If you have asthma or any other health issue, then avoid aromatherapy or inhaling the aroma if Lavender. Stick to Lavender tea for treating your depression and sleep disorders.
- If you are buying Lavender tincture from an herbal store, then go for the Spanish one. It's the best for depression and stress.

Chamomile

How can we forget Chamomile, when talking about the list of herbal remedies for depression and anxiety? People have been using Chamomile for centuries for a wide range of purposes. In ancient times, Chinese and Egyptians used to rely on Chamomile oil for enhancing their beauty. Indians have been using Chamomile in Ayurvedic skin treatment for centuries. Along with its beauty benefits, the herb has a long list of health benefits. The herb is particularly known for its effectiveness against depression, stress and sleeping disorders.

Being one of the oldest and most effective herbal remedies for depression and stress, Chamomile is known for its instant and permanent results. People have been relying on this herb for treating sleeping disorders and depression. There is a wide range of Chamomile herb found in nature, but German Chamomile is the most effective of all when it comes to treating depression naturally. Just like all other herbal remedies, Chamomile can also replace anti-depressants and improve your overall mental health. Long term use of Chamomile can also reduce the risk of psychological disorders. The best thing about Chamomile is, despite being a mild sedative, it will not make you addicted to it.

Unlike other herbal sedatives, Chamomile identifies jittery and stressed nerves and calms them. This is the reason that it is recommended to patients with chronic depressive disorders. From experiments, it has been proved that the herb is not only effective against stress and anxiety, but it can also work as an effective pain killer. Depression often leads to stressed muscles and physical anxiety, and Chamomile can give you relief from all types of body pains and strained muscles. Being a passive and mild sedative, you can take Chamomile with any other prescribed anti-depressant or herbal remedy for stress and depression. The biggest advantage of using Chamomile to treat depression is it not only works for stressed nerves, but also improves your overall health. Depression often causes loss of appetite, sleep deprivation and affects blood pressure. Chamomile, being an ultimate cure for depression, not only strengthens your nerves to fight depression and stress, but also helps you get rid of other depression-related health issues. So, whether you are going through workplace depression, or suffer from frequent episodes of nervous breakdowns, try Chamomile to treat your depressive disorder.

Effectiveness

To understand the anti-depressant effect of chamomile you have to learn the chemistry of this herb. The reason why chamomile is considered as an ultimate cure for almost all depressive disorders is the herb contains a complex compound called Apigenin. Apigenin has the ability to target strained and jittery nerves and then apply soothing pressure on these nerves to release stress. Chamomile has a natural mild sedative effect which makes it a perfect replacement for anti-depressants and sleeping pills. Depression impacts your sleep and often leads to sleep latency. Chamomile is amazingly effective against all sleep disorders. From chronic insomnia to depression-related sleep latency, the sedative effect of chamomile can work against all types of sleep disorders. The herb is totally compatible with all other herbs because the complex sedative present in chamomile is passive i.e. it does not have any reaction if taken with other sedatives.

Ways to Consume

You can use chamomile for depression in three ways: Capsules, Chamomile Tea and Chamomile hot bath. You can easily find chamomile capsules from any herbal medical store, but for rest of the method you will need one basic ingredient and that is chamomile tincture. Chamomile tincture can be found at a good herbal store, but if you want to prepare it at home, do the following:

- Soak chamomile leaves in an extremely diluted alcohol solution.
- You can use distilled water too, but alcohol has anti-bacterial properties, so it is better to use alcohol as solvent.
- Now just soak the dried leaves in whatever solvent you choose for more than 24 hours and then filter the solution to remove dead chamomile leaves.
- Preserve the tincture in a jar from where the aroma can't escape.

P.S: Chamomile tincture prepared from alcohol solution lasts longer than when prepared with distilled water.

Here is how you can use the chamomile tincture to treat your depression:

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Hot Bath

If you suffer from physical anxiety due to stress and depression, then a chamomile hot bath is the perfect solution for your physical and mental stress. All you need to do is:

- Add the few drops of chamomile tincture to your hot bath and relax.
- Soak in the hot bath and close your eyes.
- You will instantly feel your tightened muscles and stressed nerves getting relaxed.

Chamomile Tea

Another way to treat depression with this herb is drink chamomile tea twice a day. Some people have sensitive skin and hot baths are not a good idea for them. Though chamomile is really mild, it can trigger allergies in people with sensitive skin. If you have any such health problem, then here is the solution for you. Drink chamomile tea twice a day and to prepare it you will need to do the following:

- Boil a cup of water on a small flame.
- When the water starts bubbling, add 2 tsp of dried chamomile leaves.
- Let the mixture boil for 2 minutes and your chamomile tea is ready.

Capsules

This is probably the most convenient solution. Chamomile capsules are easily available in every herbal medical store. However, you have to be a little cautious when setting the dosage for chamomile capsules. You can consult a physician to set the dosage. The dosage might depend on your depression state and your age. But the best thing about chamomile capsules is they are completely chemical free and don't have any side effects at all.

Precautions

Though the herb is a passive sedative and has no reaction if taken with other drugs or herbs, there are a few things that you must keep in mind while taking chamomile for depression:

- If taken with any sleeping pill, the sedative effect of this herb increases significantly and can cause increased heartbeat or sweating.
- The herb lowers sugar level to suppress stressors. If you are diabetic then you should consult your doctor before taking chamomile for depression.

Honey and Milk

Though it's not exactly an herbal remedy, the combination of honey and warm milk can work wonders for stressed, anxious nerves. Have you ever tried this combination before going to bed? If yes, then you must have noticed how the combination quickly puts you to a peaceful sleep. The combination of warm milk and honey has no sedative effect at all, but it can definitely calm down your anxious nerves and allow you to release stress. People have been using raw honey with a number of products like organic vinegar and Luke warm water to fight sleep disorders, but the combination of warm milk and honey is

particularly effective for depression and stress. Whether you have workplace stress or can't handle the pressure of your studies, one glass of warm milk and honey can take all the stress away.

You must be wondering how a simple and plain combination of honey and warm milk can work so effectively for depression. Well, here is your answer. Honey is a natural stress releaser and it facilitates proper blood flow and allows our strained nerves to relax. But when we take honey with warm milk, secretion of glycogen (in our liver) gets stimulated. Normal glycogen levels in our blood stream are directly linked with two stress triggering hormones- cortisol and adrenaline. The combination also keeps our blood sugar levels in control. High blood sugar leads to hyperactivity, one of the biggest causes of depression and sleep deprivation. Do you know that depression and related sleep disorders impact the process of new cell formation while we are asleep? However, honey and milk contain a good amount of melatonin, which facilitates the removal of dead cells and replace them with new ones.

Another reason why honey and warm milk can work best for all forms of depression is it generates serotonin. Serotonin is a depression-fighting hormone that allows our brain to stay calm and keeps it away from over thinking. As we consume honey and warm milk, the glucose levels in our blood stream experiences a sudden and instantaneous spike. This momentary spike activates the production of insulin in our liver. An amino acid tryptophan present in insulin triggers our brain and commands it to stimulate the secretion of serotonin. One of the best things about honey and milk depression remedy is, it also reduces the cholesterol level in our body and reduces the risk of hypertension and high blood pressure.

Is it Effective?

Raw honey is probably one of the healthiest products you can find in nature. When mixed with warm milk, raw honey becomes even healthier. The combination not only works for depression and stress, but it also improves your overall health. Here is a quick list at some of the countless benefits of drinking warm milk with honey every day before going to bed:

- Honey, is one of the most recommended products for mental health. By facilitating the production of melatonin, the combination reduces the risk of psychological disorders to a significant extent.
- Honey stimulates natural stress fighters present in our body and increases our stamina to cope with stressful situations.
- The combination has an instant soothing effect and its regular use also helps in strengthening the nervous system.

Ways to Consume

Do you want quick results? Then keep two things in mind: don't use any artificial or synthetic sweeteners (honey is sweet enough) and try to use raw honey, because it's the healthiest form of honey. The reason why it is advised to avoid using artificial sugar is it can instantly increase the sugar level in your blood and increased sugar level causes hyperactivity which is one of the biggest causes of depression. Here is the easiest and the most convenient way to consume honey and milk for depression:

- Go to a good herbal or general store and get 100% organic (raw) honey.

- In a small pan, heat skimmed milk over a small flame.
- Let the milk simmer. As the milk starts boiling, add 1 tbsp of raw honey to it.
- Stir well to mix well.
- Turn off the flame and enjoy the warm milk before going to bed.

However, the right dosage is very important to get instant results. This is the best thing about raw honey and milk; the combination can work for everyone- regardless of your age or health conditions. Here are some directions that might help you consumer the combination in right dosage according to your age:

- If you are an adult, drink one glass of raw honey and warm milk right before bedtime.
- For children, the right dosage is one cup a day.

WATCH YOUR DIET: TREATING DEPRESSION WITH DIET

One of the biggest causes of depression and internal chemical imbalance is malnutrition. Your physical and mental health depends on your eating habits. If you have healthy eating habits then there is no way you can't beat depression and anxiety. It's true that physical exercises and natural remedies are really important for depression treatment, but if you want quick results, you have to take care of the following eating habits:

- If you want to strengthen your nervous system, ensure adequate intake of carbohydrate-rich food products.
- Artificial sweeteners are not good for your health. They increase your blood sugar level and increased glucose level causes hyperactivity. Replace all artificial and processed sweeteners with natural sweeteners like raw honey or maple syrup.
- Avoid all the products that excite your brain like coffee and alcoholic beverages. Excessive intake of caffeine not only excites your brain, but it also increases the production of internal stressors.
- Vitamins are not only good for healthy skin, hair and nails but adequate intake of vitamins and minerals is also vital for your mental health. Of all vitamins, vitamin B6 is really important for a strong nervous system and proper secretion of stress triggering chemicals in our body. You can easily fulfill the requirement of vitamin B6 from food products like broccoli, fresh orange juice etc.
- Use multivitamin health supplements once a day to avoid chemical imbalances that lead to stress and depression.
- Any sudden change is not good for your body. If you are following one diet pattern from years then make gradual changes so it will be easier for your body to accept the transition in your diet pattern. Binge eating is also one of the major causes of mental disorders including depression. So, reduce your portion size and avoid munching during meals. Also try to avoid processed and chemical rich food products because synthetic food can disturb the natural composition of your blood resulting in chemical imbalance.

FINAL WORD

The use of antidepressants and relaxants have become so common that most people don't know the natural ways to treat depression. If there is any way you can beat depression for good, then it's through natural, nondrug treatment. In this eBook you will find a number of ways to eliminate the real cause of depression, anxiety and stress.

We hope you find the eBook helpful in finding the ultimate remedy for your depression.

Good Luck!