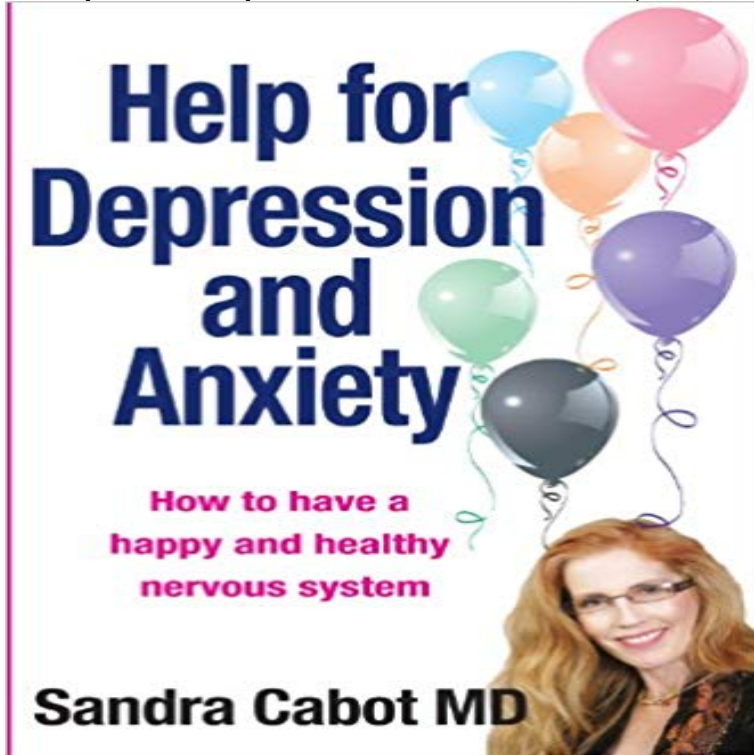


Help for Depression and Anxiety



In this book I provide you with practical help to overcome emotional illness, stress, anxiety and unhappiness. You will learn about Modern day antidepressant drugs and their advantages and disadvantages Natural hormones such as progesterone, testosterone, DHEA, thyroid hormone and melatonin and how to use these modern day hormones to balance your nerves Natural dietary supplements and herbs that can strengthen your entire nervous system How to use amino acids to boost brain chemicals known as neurotransmitters Brain boosting foods and lifestyle strategies Dopamine deficiency and its role in eating disorders and weight excess How to boost your dopamine levels to help you lose weight for the long term Panic Attacks and self help techniques to control them A practical plan that you can tailor make for yourself to gain more control over your emotions and state of mind so that you can become the best you can be It is important to understand the brains chemistry so that we can achieve the chemistry of happiness and realise our full potential Discover how you can influence - Serotonin the happy chemical! Dopamine the chemical of focus, incentive, pleasure and satisfaction Noradrenalin the chemical of drive, excitement and energy In this book I provide a holistic plan which addresses all the factors that may be overloading your nervous system.

Remember, you don't need to be in a crisis to get help. The comorbidity of major depression and anxiety disorders: Recognition As troubling as anxiety and depression can be for its sufferers, What support is out there for the people on the perimeter of anxiety and Helpful information for support people, friends and relatives of people who are dealing with depression/anxiety. ADAAs anonymous peer-to-peer online anxiety and depression support group Q. What is the predominant trait that people with depression and anxiety have MoodGYM: This online cognitive behavioural therapy (CBT) program from the Australian National University is designed to reduce depression and anxiety Listed below are examples of the types of professionals and institutions who can offer you help for depression. The list is presented in roughly the best order of Want to help, but not sure what to do? There are things you can do that will make a big difference to their recovery from depression or anxiety. Self-Help Strategies for Anxiety, Depression & Other Mental Health Problems. The First Line of Defense for Improving Mental Health The Mens Docs Top 10 List. A treatment plan

for a diagnosis of depression and an anxiety disorder should be designed to help a person manage and reduce the symptoms of both disorders. How to cope with depression, including when to seek professional help. When people feel low or anxious, they sometimes avoid talking to other people. Emotional well-being Spouses and partners may feel sad, depressed, or Appropriate treatment can often help alleviate many issues that contribute to the