



Natural Medicine Guide to Depression (The Healthy Mind Guides)

Stephanie Marohn

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Depression is startlingly widespread in the U.S., with some 30 million people-nearly one out of ten people-taking Prozac to alleviate symptoms. One in four women will have clinical depression in their lifetime, as will one in eight adolescents or men. Yet even with so many on antidepressants, depression remains rampant and nobody is getting truly healed. Why?

The answer is that the true causes of depression are not being treated, explains medical journalist Stephanie Marohn. Drawing on the successful clinical results of 11 practitioners from different fields of natural medicine she shows convincingly how depression can be reversed for good, without drugs. By treating the underlying causes of depression, rather than suppressing the symptoms as most pharmaceutical drugs do, you can have lasting recovery.

So what does cause depression? Marohn identifies 16 different causes, from chemical and heavy metal toxicity to hormonal imbalances, to food allergies and neurotransmitter deficiencies to intestinal problems and psychospiritual issues.

And what heals it? Marohn reviews a rich array of successful, nondrug-based treatment approaches including applied psychoneurobiology, chelation, allergy elimination, neural therapy, anthroposophic medicine, acupuncture, herbs, homeopathy, CranioSacral therapy, flower essences, visceral manipulation, shamanic healing, and more.

Marohn also draws from real-life patient stories to show how healing from depression works. It's all backed by science and clinical results.

You don't have to learn how to cope with depression. The uplifting message of *The Natural Medicine Guide to Depression* is that you can actually heal your depression through proven treatments from natural medicine.

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