

# THE TREATMENT OF ANXIETY AND DEPRESSION

EVERYTHING YOU NEED TO KNOW



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# The Treatment of Anxiety and Depression: Everything You Need To Know

## About the author



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In August of 2010, Dr. Jin was elected to the Board of Directors for the World Federation of Chinese Medicine Societies in Beijing. She has also practiced at the Hospital of Heilongjiang University while also lecturing students there for three years. She has also made presentations at the 2004 World Acupuncture Conference in Australia and the 2005 AAOM International Conference & Exposition in Chicago where her research was presented. Dr. Jin now specializes in pain management as well as the treatment of depression, anxiety and stress.

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# Introduction

Only if you have been living under a rock for the last 10 or so years have you not heard about depression and/or anxiety. But because you most likely have not been living under a rock, you have also heard about these two disorders all the time. You have probably also seen what seems to be never ending advertisements about depression and anxiety.

These two disorders are actually not new. In reality, both disorders have been with mankind since the dawn of time. But it is in the present day and age that we are able to really talk about it with some understanding. Why is it, you think, that people talk more about these problems today than they did in the past, even though we have had psychiatry around us for almost 150 years?

It is probably because these days we have discovered we can make a lot of money treating these issues using synthetic drugs. The drug companies want to sell you their drugs and tell you the drugs will cure your anxiety and depression so they can make a lot of money.

But what exactly are depression and anxiety disorders?

They could be weaknesses some people are more susceptible to fall to or they could be actual medical problems, but which one? Doctors who are into present day medicine and psychology believe these are disorders/diseases, which have to be treated with synthetic medicines or therapy.

Then, you have those who are against present day medicine and psychological therapy, saying it is not necessary. But, which belief is correct? In this book, you will not only learn about the actual physical make up of these two problems but also the history and the many ways in which these problems come about in people.

# Introduction

Also, how to tell if you need help, including the many ways you can treat both these problems. It seems that every time you read about depression and anxiety, someone or some place is trying to sell you a cure or their belief about the problems. Hardly any tell you anymore about the problems other than what will benefit them most. Most information will either be for the writer or all for the benefit of the reader, either or.

As an example, if you are reading information a drug company has released, you can guarantee it will mostly be about the medicines they have for you, which they claim will help you most.

There are also natural things, which can be used to treat anxiety and depression that you can read about. And then, you can read this book- a book that encompasses everything about the two issues rather than just the far left or far right. In this book, you will learn all you need to know about depression and anxiety disorder and in a very easy to read format. We will also talk about some actual people who have or are dealing with depression and anxiety and read about how they were able to cure or give aid to themselves.

The idea is, if you are armed with all the information about depression and anxiety, you will better be able to deal with your own issues. You will be more able to help yourself or someone else you may care for in this way. Although, we cannot give you medical advice in this book because depression and/or anxiety could be a serious problem that should be checked out by a trained doctor.

But this book will definitely help you with understanding more about the two issues and more about the cures and treatments that are out there today, which you could use.

# Chapter 1 - Understanding Depression

From time to time, everyone will get what is called “the blues”. There really is not one person who can say they are happy and joyful every single day, all day long, unless they are taking something to make them this way such as some drug.

But like most others, you can say you have had a day or two where you felt a little down and out, which is depression of some sort. It is possible you have felt a little like crying or even felt somewhat sorry for yourself.

It could be because of something that has taken place in your life and it could also be for no reason whatsoever.

There are some people who will tell you that weather plays a role in depression. There is actually a disorder, referred to as SAD or Seasonal Affective Disorder, which is said to be brought on around the winter because of the lack of sunlight involved in the season. But it is very hard to really explain depression because it can mean a lot of different things to a lot of different people.

As an example, those who are always negative about life may seem to be depressing to others around them, more so than those who have a positive outlook. It is very confusing when those who were the negative ones outlast those who were the positive ones.

Those who were positive all the time seem to be those who commit suicide over those who were always negative. As you can see, depression can be hard to notice in some people and it is always different for each person too. What is called “Clinical Depression” can be a very serious medical issue. Those who suffer from this type of depression usually try or succeed in committing suicide at some point in life.

# Chapter 1 - Understanding Depression

These types also find that it is very difficult to keep good relationships and jobs.

These people seem to never see the glass half full but just the opposite. Although, that is an ancient cliché, it fits well with the people who deal with depression. If you stay depressed for a long time, most of life, then it is said that you have clinical depression.

This is actually a major reason a lot of people are depressed here in the good ole U.S.A.. When it comes to the disability claims in the US each year, most of the claims are either for clinical depression or back pain. If you are one who is clinically depressed then you cannot come out of that. Most never come out of it.

Those who have to live and watch your loved ones who are clinically depressed just want to shake them and say, “Wake Up!” but that won't work so it can be frustrating.

Some people talk to their loved ones and want them to know how well they have it, compared to those who actually have nothing or who have it a lot worse.



# Chapter 1 - Understanding Depression

But because this just does not work, we might as well talk to a tree because the ill person cannot just change how they feel in a day and become all better.

They usually understand there are others who live worse off than they do, but this is not enough to change their medical situation and will not make them any better, even with this realization. In actuality, doing this to those who are ill can make them worse off instead of better because they could start to feel like they are just being selfish.

There are even some people who will try and claim that the person who is sick is just looking for attention. This will surely not do any good for the ill person as all this therapy will do is mess with their psyche because the problem is very close to issues dealing with their self esteem.

For each person, you will see a lot of different types of depression. Usually though, you will see that the person who is suffering just does not want anything to do with anything they would normally be into and they can become quite lethargic.

Those who suffer from this disorder will most likely not want to do anything, all of the time.

There are a few things you may notice about the depressed person such as they sleep more than normal or maybe not enough.

They will usually be either angry and yell a lot at others or maybe quiet when they should be verbal.

They can be mad at themselves a lot of times too.

# Chapter 1 - Understanding Depression

Sometimes, the sick person will go through their every day actions and not find the happiness in that.

It seems like they are nothing but an empty body with no soul. This is one of the reasons these type of people abuse drugs and alcohol to try and get out of this state.

They are looking for relief and will try just about anything. It is possible you cannot even tell if a person is sick with depression. Another way someone who is depressed may act is listless, or they may be a good actor and you cannot tell anything about them. There are two cases of depression, which are very sad examples.

One person is named Marilyn and the other Jimmy. Marilyn was referred to by a lot of people as the Grip Reaper because she was always pretty moody and had a dark nature. She was the type to talk a lot about death and she was also the type who drank all the time. She struggled, going from medical professional to medical professional, always looking for someone to help her. She understood she was depressed and explained that it was like a cloud of darkness, which followed her everywhere she went.

If you knew her, you would say that you could almost see this cloud of darkness and she would always walk with a slump and didn't ever seem to be happy.

She started seeing a doctor for her depression of severe nature and it still never changed her symptoms. It was said by her family that for most of her life she had been a depressed person. Marilyn's mother had killed herself when Marilyn was still a little girl because she too was severely depressed.

# Chapter 1 - Understanding Depression

At the young age of 30, Marilyn decided to OD on barbiturates a doctor had given her for her depression and instead of using water, she drank them all down with whiskey.

The very next day, a friend of hers found her dead after trying to call her and received no answer. She left no note but no one in her family or circle of friends were very surprised she had committed suicide.

The other example was Jimmy and he was a popular high school guy, who even had a nice scholarship to a really good college he had wanted to attend later in life.

He had what seemed like all the people in school as friends and a girlfriend to top it all off. It seemed like his life was handed to him as a turn key life.

He was very good at all sorts of sports, which made him pretty known throughout the school and his parents were some pretty proud people.

Now, Jimmy's mom and dad have divorced after a very long and stressful marriage, of which Jimmy and his sister were angry about. Their dad had moved out of the house where he had been all their life, which made the situation seem worse. Despite all that, Jimmy seemed pretty happy the day before graduation, which was the last day of school.

As his friends look back on that day, they can now see there were clues that were left for them but they didn't catch them when it mattered. It was that day that Jimmy knew his parents and sister would not be home, so he parked his car in the garage and left it running as he closed the garage door.

# Chapter 1 - Understanding Depression

Because he knew no one would find him until he was dead, he decided to leave a note for everyone.

He stated in the note that he had been depressed for a long time and that he hadn't kill himself because of the divorce. Because he was 17, he said he felt like he had lived a great life and now it was time for him to go.

Not only his family and friends, but the whole school was affected and in shock. At Jimmy's wake, there were a whole lot of people there including his parents who seemed to sit in disbelief and his sister, who found him in the car dead.

No one really saw this coming.

What is worse is that at his school, there are counselors who are trained to see this type of thing and students are encouraged to go see a counselor anytime they feel the need and the school even held seminars to teach people about depression and the symptoms. In the last four years at his school, Jimmy was the fifth person to kill themselves.



# Chapter 1 - Understanding Depression

As you can see, depression is not always easy to see. There are those who are depressed and walk around never wanting to commit suicide, and then there are those like Jimmy who it is nearly impossible to tell is depressed and thinking of suicide.

The one who has the depression is about the only real person who can help themselves. Those parents of depressed kids can take their kids to the doctor and get medication for them but if they refuse to take the medicine or don't take it when they get older, there is nothing anyone can do. Some can be like Jimmy. He knew there was a lot of heat around the topic of depression and so he decided to hide his so no one would really know.

They could be just like him.

No matter what you might think, not everyone who is depressed thinks of suicide. In fact, most people just have thoughts that resembles despair and feel empty inside. They may not want to commit suicide but they also do not want to live. Just like Jimmy and Marilyn, they may try and get some help or not try at all. To sum it all up, depression can and will be different and look different for all people.

There is not one person who can say they know why one person will suffer from chronic depression and others never will. But at some point in your life, like most, you will have to deal with some sort of depression. But it is always up to you to decide how you are going to cope. In the end, I hope you understand that depression is an illness, which can be treated many different ways and that it is not something you just have to learn to live with. Hopefully, you are one to fight it and never give in to the dark thoughts and feelings that can overcome you.

## Chapter 2 - Understanding Anxiety

Depression usually makes a person lazy, tired, and not want to actually do anything worthwhile.

Anxiety, on the other hand, makes a person act more on the edge and seem as if they are always afraid of some harm coming to them.

Having a fear of things not known is anxiety as well. Although anxiety disorder comes about in many ways, it is very easy to place a tag on this illness. A psychiatrist will tell you that the root of anxiety has to be depression because those who have anxiety are usually always depressed as well. It seems anxiety and depression go hand in hand.

People with anxiety usually have disorders such as obsessive compulsive disorder (OCD), anorexia nervosa, social anxiety disorder, phobias, general anxiety disorder, and some others.

These are all different disorders that show themselves in many different ways. If you want to place one word on them all, which tie them all together, it would have to be control. Those who are depressed usually also deal with anxiety and those who suffer from anxiety are usually always depressed. OCD's main way to manifest itself in people is to cause excessive worry.

Someone suffering from OCD will continuously check locked doors and windows for stability, and they will worry about things such as their home burning or about too many germs. The person will usually perform rituals so they have some control over what they worry about.

The worry is actually not about unlocked doors or their home catching fire and burning down, but it is fearing what they can not see or the unknown.

## Chapter 2 - Understanding Anxiety

People who deal with this problem tend to have more issues with things they obsess about and compulsions during trying situations in their life, when it seems that things are out of control. Panic attacks and anxiety attacks are often brought on by anxiety.

When this happens, it may seem to the person like they are having a heart attack.

Because the symptoms of a heart attack and anxiety attack are so closely related, they usually end up in the hospital getting their heart checked out.

Once they are told it is only an anxiety attack, there is a certain amount of relief up until the same event takes place again.

Do not let this fool you.

Anxiety attacks can be dangerous as well.

There are some people who will pass out because they hyperventilate.

Now, take into consideration that this can happen anyplace, even when you are driving a car.

Others might ignore an actual heart attack because they think they are just having an anxiety attack.



## Chapter 2 - Understanding Anxiety

Usually, there are reports from the person that their skin is moving and their blood pressure may go up considerably.

Anorexia is a mental illness that manifests from having too low of self esteem and depression, and is sometimes believed to be a type of anxiety disorder.

Someone with this problem has the false belief that they are overweight. Although they may be very thin, the person continues to starve themselves.

A well known example is the singer, Karen Carpenter, who suffered from anxiety and it actually killed her at a young age. After the person starves themselves, their body can no longer stand the strain the illness places on it and their heart quits working. Just like most other disorders concerning eating, anorexia has to do with control.

Someone suffering with this problem may feel like life is spinning out of control and has to look for something that they can control. The biggest population of people who deal with anorexia are young women, usually in who are college or high school.

The situation usually starts out with them being a bit overweight and some person or persons make remarks, which does not help their self esteem, which may already be fragile if they are also dealing with depression.

Persons in this situation may decide to diet some because of the remark and when they see they can lose a little weight this way, they also see control.

So, they decide to continue a permanent diet.

## Chapter 2 - Understanding Anxiety

Most psych doctors will tell you anorexia is a disorder all it's own but it has connections to anxiety and depression too.

It is sad but a true fact that anxiety and depression can also be found in most of those with mental disorders and those who suffer from anorexia usually have weak minds.

Anxiety and depression are pretty much the godfather and godmother of all mental health problems, but different problems are more serious than others and anxiety and depression show themselves in different ways.

A doctor named Dr. John Bolton, from Palos Park, Illinois, says these two disorders are most always because of low self esteem. Someone suffering from these issues looks at themselves as not worth much.

Because they have low esteem, they also feel like they have no power, which causes depression to arise. Because they have to feel like they are in control of things around them and because they feel like they have no power over life, anxiety arises. They remain scared all the time and hold onto a certain fear so they can feel somewhat safe. Usually, what they fear is not even real but is just a figment of their mind instead. Sigmund Freud said depression was caused by messed up creativity, to paraphrase. In other words, creations of the mind, which are not even real can cause depression. He was able to note that those who were depressed were also highly creative individuals. Today, some agree with his words and some say that it is garbage.

Today, people believe those who suffer from depression actually have a chemical imbalance in their brains and that imbalance can be fixed with synthetic serotonin, which a doctor must prescribe.

## Chapter 2 - Understanding Anxiety

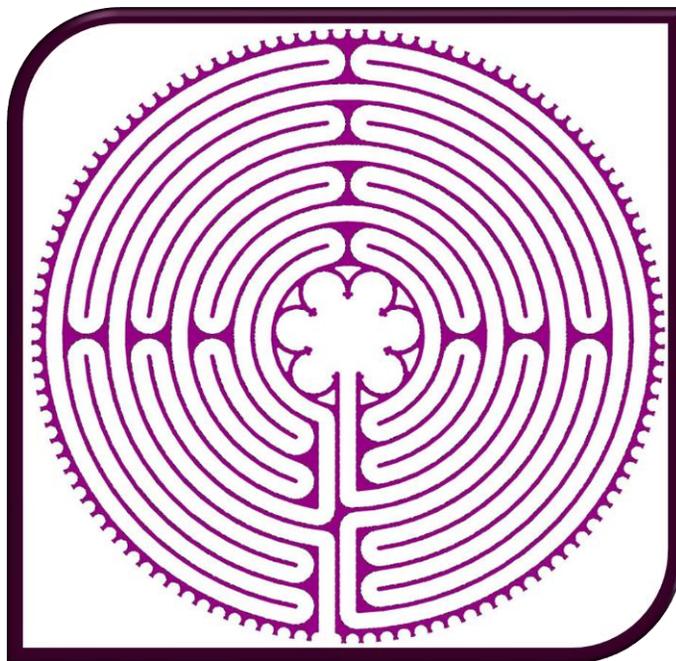
Those who suffer from anxiety are usually prescribed tranquilizers by doctors and told to go through therapy.

In fact, most doctors today go with the idea that those who suffer from depression and anxiety have a physical sickness, which is the result of a chemical imbalance in their brain.

Some doctors will say they believe that there is also a genetic link. Still, other doctors will tell you that it is the result of low self esteem issues and problems encountered during childhood.

And then, there are the doctors and others who say the condition of the world and life are to blame on depression. To sum it up, medical science has a lot of ideas about why a lot of people these days suffer from depression and anxiety but no real, stable answers.

But if there is one thing you will hardly ever hear a doctor say, it has to be that he or she does not know the answer.



# Chapter 3

## Some causes of anxiety and depression

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As talked about in the last chapter, there are some disagreements in the medical world about what causes depression and anxiety.

Although some will blame genetics, others will stand on their belief that it just has to do with messed up creativity in the head.

As in the story about Marilyn, you remember her mother had also killed herself years before. As some doctors will blame society, other doctors argue that mental illnesses like anxiety and depression might be inherited.

Can poverty cause depression?

There are some who live in poverty all their lives and when you look into their eyes, you can see they just do not really care about much of anything. You can also tell in how those people act.

The use of drugs and alcohol in areas overcome with poverty is out of control.

Why do you feel this happens?

Mostly because those who are there in it, who have to deal with the feelings of misery and hopelessness everyday, are looking for a way of making it better so they start to medicate themselves in this way.

Because of this, society wants to arrest them for drug use! Now, there are some medical professionals who will tell you the problem lies in drugs and alcohol.

## Chapter 3

### Some causes of anxiety and depression

Because alcohol is a depressant, it is easy to believe this but the type of depressant that alcohol is, is very different.

Alcohol will do nothing to help those who are depressed.

The problem lies in the symptom of the issue of depression, alcohol cannot be the cause. Just like most addicts, those who are hooked on alcohol are trying to find ways of controlling their world because they have issues with low self esteem.

There are some psychiatrists who will tell you that the problem is actually physical in nature. They will tell you the serotonin in the brain is not balanced correctly and the problem must be remedied using drugs.

The drugs used are called SSRI's. Problem is, this so called fix for the problem actually came about right as the finding out of SSRI medication happened and during the promotion of the drug by the drug companies.

You cannot test a person to see if there is an actual chemical imbalance in their brain.



So it seems, this is just another play on those who suffer depression by the drug companies who are only in it for the money.

If you talk to some priests or those in the religious field, you will be told you lack faith.

## Chapter 3

### Some causes of anxiety and depression

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It is true, however, that those who have their faith in certain faiths usually have less of a population of those who are depressed or have problems with anxiety.

But, you have to question whether it is their belief system that keeps them from falling to depression and anxiety or if it is the way they are self medicating. I know a fair bit about religion and just like there are some who will use drugs as a crutch to get through life, there are also some who will use religion as their crutch to get through life.

Although this seems a lot less dangerous to people as a crutch, there are some who can become fanatical, which could cause harm to others. There are some people who will tell you that every human has a small amount of anxiety and depression, and that the fear of not knowing could live in all of us.

A lot of things can trigger anxiety or depression, such as the fear of death, but this is one thing a lot of people will tell you they are afraid of and that we all must succumb to at one point or another.

Another statement made by Freud was that we all have a wish for life and death. Maybe depression is a part of the wish we have for death.

Because there are so many different beliefs about why we can become anxious and depressed, there is also a wide range of cures and treatments available.

Doctors of the pharmaceutical realm will prescribe you a synthetic drug quick.

## Chapter 3

### Some causes of anxiety and depression

A therapist who believes the statements of Freud will try something a little more cognitive such as a type of therapy.

No matter what type of doctor or source of help it may be, they will all have different ways to treat your depression and anxiety.

But sadly, most of the United State's population will go with dangerous synthetic drugs as their cure all.



## Chapter 4 - How Doctors Look At Depression & Some Treatments

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Today, if you go see a family doctor about depression or anxiety, they are quick to take out their handy notepad and write you a prescription for a certain type of drug, namely, Zoloft, Paxil, Klonopin, Wellbutrin, Xanax, or a number of other drugs that have been made for treatment of depression or anxiety.

Back in the day, before we came up with the words for the problem (anxiety and depression), people were told they were just nervous and when they crashed, it was called a breakdown. The best we had then, if you want to refer to it as a best drug, was Valium. Valium is a tranquilizer, which is very addictive. In today's age, we do not tell people they are nervous. We have many different names for all sorts of disorders associated with anxiety. Valium isn't used very often as today we use Xanax and a drug called Klonopin.

The problem here is, these two drugs are just like Valium in the fact that they are highly addictive. Although these drugs were never meant to be used for long term, doctors are prescribing them long term, mainly because our doctors are ignorant to this fact.

Those who are actually nervous like these drugs a lot and they become addicted to them quite fast.

When the tolerance for them is built up in their bodies, they need more and more to get the same effect as before.

Although Strychnine was thought of as a good treatment for anxiety or depression, this is a powerful poison and too much could make you have violent seizures and cause death.

# Chapter 4 - How Doctors Look At Depression & Some Treatments

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Before Strychnine in the 1950's, we had the heroin god, as it were, and this was used as a remedy for those who were nervous. You could get this in drug stores and it was so good at remedying the anxiety problems of the country, which they also decided was something good to use as a child's medication for coughs!

After those who took heroin became so lazy and zombie like, they took cocaine, which was available over the counter as well.

For most people, this worked well as a boost of energy for them. In these days, we actually laugh at these facts.

But we have to think, that 50 years from now, will the drugs we are using today for the problems be looked at as dangerous and stupid to use as the drugs of the past 50 years were? Already we know, most of the drugs we use to treat these problems today have very bad side effects such as heart damage, brain damage, autism, and other diseases with long term use.

The drugs we have now have not been tested for long term use. This is one reason they were deemed useful for short term use.

Another reason is the drugs have not been around for very long, so we have to wonder what we can expect from using these drugs for long term use.

# Chapter 4 - How Doctors Look At Depression & Some Treatments

## Drugs For Depression

Anti-anxiety drugs are somewhat different than antidepressant drugs because the anti-anxiety drugs are mostly given with antidepressant drugs and are meant to be taken for long periods of time.

The drugs are called SSRI's and usually, the doctor will tell you that you have to take the drugs forever. SSRI is short for selective serotonin re-uptake inhibitor. Because the belief is that there is a lack of balance of chemicals in someone's brain who is depressed, these drugs are given to try and re-balance the chemicals.

After Prozac made a name for itself in the US, later came a whole list of antidepressants. Of all those, Zoloft is the most widely prescribed SSRI drug. SSRI's are used not only for depression, but are also used to treat anxiety, which so many times is a part of depression.

There are, of course, side effects from using SSRI medications and they are listed as vivid and crazy like dreams, losing or gaining weight, sexual malfunction, panic attacks, and sensitivity to the sun. In fact, when you start taking SSRI drugs, you will experience headaches and nausea as well. But once you are hooked on the drug and it is a part of your body's makeup, those initial side effects seem like they calm down and disappear. One of the worst problems that stems from using SSRI drugs is damage to your kidneys. If it is a young person who has been prescribed this type of medication, the trouble can be especially bad.

# Chapter 4 - How Doctors Look At Depression & Some Treatments

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Although this is pretty rare thanks to the amount of suicides seen in those prescribed SSRI's, such as Paxil.

Because of this, SSRI medication is rarely prescribed to anyone under 18 years of age. As if those who oppose these drugs is not enough, there are even medical professionals who question how effective these drugs actually are. There are some medical professionals, critics, who will tell you that those with mild depression should never be given SSRI's because this type of medication does nothing to treat the problem.

These people feel the drugs should be used for extreme clinical cases only and not for those who are having issues dealing with something in their lives such as a divorce or sad happenings with their lovers. Then there are those who will question if the drug is even useful in treating depression at all. In a clinical trial with the FDA, there was not that much difference seen when a placebo was used in treating depression.

There are lawsuits in effect because of the suicide of some young people who were told to take the medicines. Then there is the story of a man who used an assault rifle and killed 8 people when he was taking Prozac. Most of the families of those killed sued the Prozac makers and the court case was settled without a trial.

There are a lot of different types of drugs for depression available on the market these days. If you are one to be told you are depressed, believe that your doctor will probably prescribe for you one of these same medications.

# Chapter 4 - How Doctors Look At Depression & Some Treatments

Make sure to keep records about each of your days and what you feel like because it will take some time for these drugs to enter your body's system.

After you are given your prescription and you have taken them for a while and you do not feel any different, you should alert your doctor, who will most likely prescribe you a different medication or a higher dosage.

Because real bad depression is nothing but a medical emergency, it should be treated as such and that, along with thoughts of killing oneself, should always be seen by a medical doctor.

They have drugs that can help ease the symptoms you are dealing with.

Even after talking about the seriousness of the side effects that may be experienced and how the drugs should not be used by those with a small case of depression, those who have a serious issue with depression do need some sort of help. In some cases, this help has to be medication.

Although there are stories of people who have fell to the side effects of their drugs and a lot of us may see the drug companies like a leech just waiting to make more money off people, there are some people who have found the drugs are what they needed to live their life better.



# Chapter 4 - How Doctors Look At Depression & Some Treatments

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You can read about times when drugs were what improved the situation in a person's life, according to their own stories.

It seems tempting to say that if a person does well with a drug and gets better, they probably did have a inherited chemical imbalance in their brain. The mild depression cases, where people were prescribed an antidepressant, will tell you in a heart beat what they feel about taking those drugs. Withdrawal from these drugs is no laughing matter and most people feel as if they are going out of their minds when this happens.

You can find loads of websites that will sell and teach you all about antidepressant drugs. Usually, there are talk pages, where people will be talking about strange stories where they were hooked on one of the drugs and had to get themselves off them. This decision to use antidepressants should not just be your doctor's decision, but you should also have some say in the matter. It is easy to see that most all the information on the Internet is either for or against the pharmaceutical companies.

You can also read about the movement against these big business companies and it is mainly because they are seen as corrupt and only trying to make money at all costs. It is up to you in the end to say whether or not antidepressants are for you.

If you or a loved one is thinking of suicide or are dealing with depression in a bad way, you should ask for medical help. There is help that is available to you 24 hrs a day, which can make you feel better now.

# Chapter 4 - How Doctors Look At Depression & Some Treatments

## Drugs For Anxiety

A little different than antidepressants, anti-anxiety drugs are actually not meant to be used for long term.

Anti-anxiety drugs are very addictive and usually are a type of sedative. Just like antidepressants, Valium was the first to be prescribed for anti anxiety and today, Xanax and Klonopin are among the drugs most doctors prescribe.

Those are all tranquilizers but they do not use that word today, they use the descriptive phrase anti-anxiety medication. Anti-anxiety drugs will give you immediate relief, unlike antidepressants, which, again, take time to work. Because they are highly calming drugs, some critics refer to them as simply “a pill of booze”.

These drugs are like drinking alcohol but without the nasty hangover. But just like alcohol, these drugs are highly addictive and they will build up a tolerance in your body's system.

When you hear of people building up a tolerance for drinking, it is because the body will need more and more drugs or alcohol to get the same feeling or results. Of course, this occurs over time.

The main problem with using anti-anxiety drugs is the addictive quality of them as well as the tolerance that will build up over long term use.

## Chapter 4 - How Doctors Look At Depression & Some Treatments

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Because of this, it will not take a long before abuse of the drugs begins. Just like with most any drug, when someone taking tranquilizers becomes hooked on them and needs more, they will go to all sorts of lengths to get them.

They can go as far as buying their drugs on the Internet via the black market. This is not only expensive is all get out, but it is dangerous too. You do not know what you are getting. Have you ever heard the term, “doctor hopping”? It means a person who is addicted to anxiety medications will go from doctor to doctor just to get them.

They also have to take their prescriptions to different pharmacies just to get them filled. Usually, they become so concerned about running out of the drugs, they start hoarding them. Something else that seems very dumb but something that addicts of anti-anxiety drugs will do is mix their pills with alcohol to make the drug's effects stronger. We all know that deaths as a result of mixing alcohol with drugs has been the headlines of more than one user. You usually forget how much drink you have had and how many pills you have taken and that is where it gets deadly.

Taking anti-anxiety pills will slow your reflexes down, your brain gets lazy and the effects are similar to getting drunk on alcohol. This is why there is a warning on the bottles, which tells you not to operate heavy machines or drive a vehicle. It is all a big circle. You get off some pills that were supposed to heal you of your anxiety, only to deal with worse anxiety than when you began. Those who experience withdrawal from anti-anxiety drugs can expect a crazy car ride through Hades and back.

# Chapter 4 - How Doctors Look At Depression & Some Treatments

It is not a easy thing to break. This is why a lot of doctors will tell you to come off the drug in increments and they will help you come off them slowly.

Although you will eventually be clean again, this is a larger task than it seems because it takes a lot of self discipline that you, as a true drug addict by now, just do not have. It is best to ask a friend or family member to help you get clean.

Although using the hard method of “going cold turkey” is the worse way to get off the drugs, it does work and in a few weeks, the drug will be out of your system and your feelings of anxiety will start to go away.

When you are addicted to anti-anxiety medications, it can be as bad or worse as having anxiety without the drugs.

It seems that this is one of those cases where the treatment is worse than the problem.



# Chapter 5 - How Depression Is Treated

If you feel you need to see the family doctor to see what you can get for your depression, you will probably get a prescription for Zoloft.

You will probably be asked why you are depressed or feel that you are depressed and you can say something like you are upset over a recent breakup and you will be given a prescription.

Sometimes, doctors are seen as being too prescription gung ho and will be talked about a lot, but they were trained to do what they are doing and it is all they know. The problem is, the doctor can be sued if you go to him or her and say you are depressed because of a recent breakup and they did not give you some medicine to help you and then you go home and commit suicide because of it.

It is actual the medical professions rules that if you go in and say you are depressed, they have to offer you some medicine.

If the doctor is any type of a decent medical professional, he or she should tell you that they want you to talk to a therapist about your problems. It is also possible that the doctor might want to get the meeting with you over as soon as possible so they will tell you that you should see a psychiatrist.

They tell you things like that not because they think you are nuts one way or another, but it is usually because they are not trained to deal with mental illnesses.

Before I go further into this study, you need to know the difference between a counselor, a therapist, a psychologist, and a psychiatrist.

# Chapter 5 - How Depression Is Treated

A psychiatrist is a doctor who gets his M.D. and then feels he wants to learn about mental illnesses to help those patients who may need it, so he specializes in that area.

Psychiatrists are those doctors who work mainly in hospitals, taking care of

patients in mental wards and people who have problems with substances, such as alcohol.

The best reason that a person should see a psychiatrist is because they are wanting to get some sort of drug because this type of doctor is indeed able to prescribe drugs. That old vision, where a person is laying on a soft couch talking about their loved one as the doctor takes notes, is only something portrayed on TV.

In actuality, a psychiatrist is very medical and may actually test you for diseases in your brain. He or she probably does not want to hear about your personal issues with your girlfriend or boyfriend. For that, the doctor will ask you to talk with a counselor.

To be a psychologist, you do not have to go to medical school, although, you do have to attend graduate school and they do have a Ph.D. of psychology.

A psychologist is basically a rung above the therapist and they cannot prescribe drugs as a therapist can.



## Chapter 5 - How Depression Is Treated

Because they charge a lot of money and they are pretty knowledgeable about medical problems, they make good counselors. But, people often will go to a counselor instead to save money.

Courts appoint a lot of work to psychologists and they usually have them working with kids. I doubt you will ever be told to see a psychologist to talk about a recent breakup you might have to deal with.

For a therapist, they usually have a Master's degree for psychology and they will be able to help you deal with whatever your issues may be as they were taught in school. You will find that there are a few different therapist types and that they will all practice different types of therapies.

To find the right therapist for your type of lifestyle, you should look around a bit before settling on one. Some therapists will believe in the Dr. Freud system but others will think the Freud stuff is garbage.

A therapist will usually write up a treatment plan for you and will want to see you often, and you can talk with them about pretty much anything because most of what you say will be private.

Although they can not give you drugs, they can write you up a referral to see a psychiatrist who can give you what you need. For a counselor, they are somewhat like a therapist but most likely have a bachelor's degree.

There are specialized counselors who will have master's in their area of study, such as a child therapist who will probably have a degree in child psychology.

# Chapter 5 - How Depression Is Treated

They will usually allow you to speak freely and let you come about your own mistakes and answers.

They will use a lot of questions such as, “what do you feel when... and what do you think about...”

They are usually neutral and you will be able to tell them what ever you want. The last doctor whom you can see about your issues is called an analyst.

This is someone who you can tell everything to and they will tell you everything they feel is wrong in you and what has caused the wrongfulness.

They are somewhat like a counselor, although they will usually want to tell you what is wrong instead of listen to you tell them what is wrong. How depressed or how much anxiety you have will influence the amount of treatment you need. Usually people who need to see a counselor will do so every so often and also see a psychiatrist for medication they may need every so often.

Still, others will opt in for therapy that can help them deal with their issues without the use of those drugs.

Every person is different when it comes to what they need and what treatments will work for them, so if you are ever in need, look around for the help that is right for you.

# Chapter 6 - How Anxiety Is Treated

It is hard to really treat depression with some form of treatment.

Just speaking about what bothers you will allow you to unwind about problems negatively affecting you, but do not feel that going just a few times to talk with a counselor is going to cause you to see the light and make some serious changes in your life.

If this is what you believe, you have probably watched Anger Management too many times. Usually, there are certain therapies dealing with behavior, which you can learn in sessions with your therapist and they can help you to deal with your anxiety and depression.

Here are some things your therapist could have you to do that can help you deal with anxiety:

To make the problems seem more real instead of just something in your mind, write it down on some paper.

Look it over and then throw it away, this is a symbol of actually throwing your fear away.

Then there is the better method and that is to have you actually look your fear in the face.

There is a story about a lady named Linda, she was 38 years old and was a mother who had two kids, who was scared of breast cancer.

Because one of her friends became ill with breast cancer, she decided she could also have this disease.

## Chapter 6 - How Anxiety Is Treated

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Instead of going and seeing a doctor, she decided to sit at home and think about it all the time.

Because she was always thinking about this fear, after a while it began to weigh on her body, her job, and family relationships. She then collapsed while at work.

What actually took place was a panic attack, which made her dizzy and then she fainted. She was not eating as she should have been and when she was taken to the hospital, she told them about what she feared. Even though her cancer tests came back negative, she was told she should go to the psychiatric ward so she could get the needed help.

While in the psychiatric ward, she had to take part in group sessions and talk with a psychiatrist. What the psychiatrist did was have Linda face her fears by going through a mammogram.

As the test was taking place, a nurse had to actually hold her hand to keep her from trembling so much. After it was all over and the tests came back fine, Linda was also fine and was like a new person all over again.

After three days in the psychiatric ward, she decided that because a close friend of hers was facing some difficult medical times in her life, it made Linda think that if something happened to her, that her kids may not be taken care of because of a lack of funds she did not have saved away.

Cancer of the breast became a cover up for her real worries, which was about the kids not being taken care of if she were to fall ill in the same way.

## Chapter 6 - How Anxiety Is Treated

Not only did she face her biggest fear, but she also was able to analyze her anxiety reasons and link the root to the real problem, which was actually her fear of the unknown. She is no longer afraid of a mammogram.

In fact, she goes every year to get one.

As you can see, therapy helped her with her anxiety problem. Instead of getting to the root of the problem, drugs would have covered the issue up by just making her chill out. For most people who are dealing with anxiety, in fact, the real problem is fear of the unknown.

Some fears people could have is getting fired at work, death, or what is going to take place in their future.

Yes, we should all understand there is no guarantee to what we may face in the future or what any day could have in store for us, but the truth that we are not in control of life scares the heck out of a lot of folks.

Because of that, what is something that some people will do to try and have more control?

Well, they will search for ways to control whatever it is around them; their environment. Some of us might see those who want to control the world around them as control freaks or those who suffer with OCD, when they have to have everything just right in their house.

Some people will say a person is just anal about things when we learn they have to have everything around them in certain order, or else go nuts.

## Chapter 6 - How Anxiety Is Treated

A lot of people, to a certain point, suffer from some form of anxiety. Not everyone is scared of the unknown but there are many who are. It is how we choose to deal with these issues that could cause them to become hooked on anxiety medication or become attached to alcohol and others, religious belief and institutions.

Although there are a lot of people who have anxiety issues who drink, this is not a good way to fix the problem. It only covers up the root of the problem but this is because drinking is such an easy way to try and medicate yourself. Alcohol is just like tranquilizers.

They all make you feel relaxed for a little while but is not a fix all. In fact, drinking can be very dangerous. Drinking at social meetings is different than using alcohol to self medicate because you have to relax from anxiety issues.

Those who combine alcohol with pills that help you sleep or other medications for anxiety are playing Russian Roulette with their lives.

Because alcoholism is in fact a disease and has been known as such for some time, there is Alcoholics Anonymous, which has been able to help scores of people get sober and stay that way.

The prayer said at the end of those meetings is well known to many but this is it, "Give me strength to change what I can change and accept what I cannot change." The prayer really says it all for most alcoholics. This is just what they are dealing with.

## Chapter 6 - How Anxiety Is Treated

They are just like anyone else who suffers from depression and anxiety except they have chosen alcohol as their form of self medication.

Even before the drugs in use today as relaxers, there was alcohol and so people have been using this as their medicine for a very long time.

Most everyone who is in need of treatment chooses to drink alcohol these days. AA uses a type of treatment that is supportive rather than drugs as a replacement for the alcohol.

What you need to do is never stop going to the meetings and never stop using the support chain they have set up. That is the secret. The method of treatment they use is very simple. In fact, it is done by no one who is qualified in any medical field but instead by those that have “been there and done that”. In the movie Crocodile Dundee, the actor Paul Hogan becomes confused after he meets a person who has been confiding in a psychiatrist. Paul actual feels the man is crazy! Because he was coming to a big city, New York, from where he was from, the Outback of Australia, he believed anyone who needed to see a psychiatrist was just nuts.

After he was told that the lady goes to see the doctor to talk about her issues in life, he asks, “Doesn't she have any friends?” Paul's girlfriend told him that everyone could use more friends.

According to Freud, a psychiatrist is simply a friend who is being paid, he died with this secret.

## Chapter 6 - How Anxiety Is Treated

Most people actually say more good things than that about a counselor or therapist.

Although they are paid by us for their skills, many times a counselor, unlike a good friend, will say things we may not want to hear but need to hear. To fix anxiety the more effective way is through therapy. Instead of trying to cure the problem with medicines and self destructive methods, we should try and find treatment however we can. It could be a group of peers, a good friend, or a counselor who we can talk with and tell them about what is bothering us, instead of allowing the fears we face destroy our lives.

Any other way, we are simply covering the issues with alcohol or pills. If you are one who deals with anxiety, instead of reaching for the bottle, reach for the cell phone instead and call someone who you can trust for help.

A lot of counselors actually will tell you that you only have to pay what you can afford. If it is a real emergency, you can call someone in the family support office and ask about any programs that might exist to help people see counselors because you are really not alone in this world. In actuality, there are so many people, probably millions, who are using medications to treat anxiety problems.

If you are curious as to the amount of people who are trying to treat themselves instead of using what treatments are available, just look at your local bars.

I bet you can find many people who have been visiting that bar for a long time, treating their anxiety by drinking.

# Chapter 7

## Symptoms Of Depression And Anxiety

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Anxiety and/or depression will most likely be experienced by most people at some point in their lives.

The symptoms that will probably be experienced by those people are pretty general and vague. When it comes to depression and anxiety, there are different types and so the symptoms will relate to those types.

When it comes to deciding if we need treatment to help deal with the symptoms will depend on how harsh the symptoms are and what has caused them. Sometimes, the cause of anxiety or depression is very clear.

Usually, the problem is remedied when the cause is taken out of the picture.

Sometimes, people can experience anxiety or depression for short times in their lives because of a major cause. But sometimes, the cause can be something good. Sometimes any type of change can cause problems to occur in a person's life.

When you get comfortable in your daily routine, you can experience anxiety and depression with a change in your routine. The symptoms will be short lived until they get used to their new routine.

But, if you are talking about killing yourself or have decided you are going to close yourself up in your home and close out the world for more than a week or so, you might want to look for some help.

# Chapter 7

## Symptoms Of Depression And Anxiety

### Depression symptoms are:

- ❖ Sleeping too much or not enough
- ❖ Not eating enough or too much
- ❖ Disruption in libido
- ❖ Not being interested in things they usually are interested in
- ❖ Tearing up often
- ❖ No longer caring for yourself
- ❖ No longer caring about anything
- ❖ Feeling like you have no hope in life

If you are thinking about committing suicide then we are talking about major depression.

Usually those who have depression problems will show one or all of those listed signs. We would be called a Nation of Prozac if everyone who ever had times of depression chose to use medicines.

A lot of times, you will see that your symptoms slowly go away. If they don't, you really should look for some help. You should never blow off feeling like you want to kill yourself, even if it is about someone else thinking that and you feel it is just for attention. Because it is always better to be safe than not.

You never want to play with that and be wrong.

If you know someone who says they want to kill themselves, you should call some help for them.

# Chapter 7

## Symptoms Of Depression And Anxiety

Never mess around with it. If it is chronic depression then it will stick around for more than a few weeks, will come and go, and can be helped some with medicines.

Usually, if the depression is caused by the death of someone you love or the loss of a best friend, it will fix itself in a little bit of time.

If it sticks around after that, it may be that the event caused some underlying event to resurface.



# Chapter 7

## Symptoms Of Depression And Anxiety

### Anxiety symptoms are:

- ❖ Being too nervous
- ❖ Can't sleep
- ❖ Can't focus
- ❖ OCD develops, sometimes
- ❖ Shaking, sometimes Self destructive behavior such as cutting
- ❖ Worrying about things that makes no sense

Usually set off by depression, anxiety is the feeling that you need to control your world because it is out of control.

There is something that happens, which makes a person get depressed. Your body's response is to fight back using anxiety. Having fear of the unknown, anxiety wants to have control of the whole deal so that the “thing” cannot ever happen again. Because depression and anxiety are so common, it does not mean you are nuts when you look for treatment.

If that were true, the world would be thought of as crazy.

As it stands today, there are hundreds of thousands using street drugs and alcohol or who are on actual treatment drugs for anxiety and depression. There are some things that a person can do to treat themselves, even though there are synthetic drugs that have shown that they are effective at treating those who deal with depression and anxiety. There are natural ways and they have shown that they too are wonderful as treatments.

# Chapter 8 - Self Treatment For Anxiety And Depression

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This chapter, in no way, is trying to say someone who has to deal with serious depression can cure themselves using an herb or by doing exercise regimens such as Tai Chi.

I cannot tell you enough, in this book, that if you are suffering with severe depression, it is a bad situation and can even be deadly.

Those who are suffering with severe depression should not try and cure themselves any more than someone who has appendicitis should try self surgery.

After saying all that, I say this as well; those who are just feeling a little down in the dumps or somewhat depressed should not be going to a doctor trying to get medicines prescribed to them.

There are, however, some things a person can do to chase off anxiety and depression. Below are some suggestions to try on your own to help you cure simple or even moderate depression and anxiety.

Even though you may be on medication, you can still make use of these suggestions for anxiety and depression.

# Chapter 8 - Self Treatment For Anxiety And Depression

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## Schedule

It is good to make some sort of schedule for yourself, which you can form into a routine. Don't forget that anxiety can be brought on by fearing what you do not know and feeling like you have lost control and your depression comes from self esteem that is too low.

# Chapter 8 - Self Treatment For Anxiety And Depression

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Making a healthy routine can be a lighthouse on the shores of a world that does not seem safe.

Forming a schedule or routine in your life, something as little as meditating each morning and evening at the same time can make your life feel more secure.

That way, when things seem to go wrong, you still can rely on your daily schedule to give you some sort of security in your life. There is this woman, who we will call Angel, who told an interesting story of when she had her first baby.

Every evening, she would do a specific exercise that was her security blanket. Just like all new moms to be, she was very excited about her first baby coming as most mothers usually are. The excitement grew each day especially when she and her husband were making the baby's nursery up.

Every evening, she did her exercise and it gave her a good feeling of security. Even though she was very nervous about the coming child, she knew she could perform her trusted exercise every evening and feel some sort of routine.

Of course, when the baby came, things got all crazy like. The baby born was a healthy, baby girl and Angel was head over heels about her. Angel found that taking care of the girl was a bit scary.

After all, she was a new momma who was in charge of a new life. Even though she was a happy momma and was all excited about that, her anxiety was quite high. Shortly after, she no longer did her evening exercise because things in the home changed.

# Chapter 8 - Self Treatment For Anxiety And Depression

About two weeks later, Angel found time to exercise and all of a sudden, she was doing that same ole exercise she used to do.

So, she decided to just perform her well known exercise. Soon after that, Angel started looking forward to her nightly exercise. She had a big, stressful change in her life and she used a routine to get her through it. In a happy ending, Angel knew how important a routine is to your mental health, which she taught her daughter and later, her step son too.

Now, Angel's kids are grown and they have no problems with their mental health.

Angel no longer relies on that same exercise, but she does use different routines to take care of any anxieties she might face.



# Chapter 8 - Self Treatment For Anxiety And Depression

## Physical health

Not to run the last story into the ground but if your doctor is worth anything, he or she would tell you to exercise when you are feeling depressed or anxious.

This method of treatment can also be used with any medicines you may be taking for depression or anxiety.

Not only does good exercise make your physical health better but it also improves your mental health. When a person exercises their levels of serotonin increase and so does their energy. Now, I know that when you are depressed the hardest thing you can do is to get yourself up to exercise.

But it does work and will help you, if you can only get yourself into a routine of exercise daily. It could be as simple as a small walk or some stretches; just make yourself exercise daily.

Not only is this great information for pretty much anyone, but also especially if you are dealing with depression and want to end it. I am not telling you to not take your medicines, but you could add in a routine of exercise as well. Exercise can help with both anxiety and depression.

Doing some sort of exercise routine makes it feel like you are in control and this alone can help to calm anxiety feelings. Having a feeling that you are not in enough control of life makes you feel anxious, and some sort of routine can make you feel you are in more control of your life in a positive way. Some folks who are dealing with depression and anxiety get hooked on exercise.

# Chapter 8 - Self Treatment For Anxiety And Depression

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They will frequent the gym a lot and will usually look like they are in great shape.

We know that any form of addiction is negative, even if it is an addition is to something as good for you as exercise. Still, being in a gym all the time is a lot better than in a bar drinking your life away.

Just make sure you remember to pay attention to other aspects of your life to stay in shape, such as your diet. Not only does exercise help you to look your best and be in the best shape possible, but it will also even improve your level of energy, increase your metabolism, and make your immune system stronger.

Usually those who seem depressed do not care about what they look like. Having an exercise program can help those people to get healthier and to have a goal to go after; most importantly, if it is weight loss they need.

Exercise seems to be able to cure all problems you could be experiencing according to science, and that includes depression and anxiety.

If you are having an issue with just a little bit of depression and/or anxiety, start walking daily before you go get yourself hooked on drugs.

I think you will be very excited about the effects it can have on your entire body.

# Chapter 8 - Self Treatment For Anxiety And Depression

## Doing Yoga and meditating

Yoga is a form of Eastern exercise, which makes use of different poses and twists to bring about a peaceful spirit. Yoga also makes use of meditation.

It is important to note, you do not have to be able to twist into harsh forms to make yoga a part of your life and to get the benefits from it. It is also important to realize that to meditate, you do not have to do chanting meditation.

All you really need to do either of these ancient methods of healing is some quiet time to yourself (it does not have to be a long time), and some place to do the exercises.

These ancient ways of self medicating rely on cleansing of the mind and spirit using self discipline. It is easy to learn to meditate or to do yoga. All you really have to do is watch a DVD or read a book on how to do it.

Today, in fact, you can find a yoga class or meditation class just about anywhere, even in your local gym or a program ran by the local parks department. When it comes to meditation, you can practice this anywhere.

All you need to meditate is about 5-10 quiet minutes of time alone to clear your thoughts and relax. Focus on your breath and follow your inhales and exhales for about 10 minutes and you will rid yourself of bad vibes.

# Chapter 8 - Self Treatment For Anxiety And Depression

Actually, meditation is known as a form of art but it can help you get through some rough times in life and works really well.

Both of these wonderful treatments are actually used extensively in other countries successfully and more so in the U.S. Now more than ever.

They can both help you rid yourself of anxiety and depression, as well as other issues you may be dealing with.

## Eating a “good for you” diet

There are a lot of medical professionals who feel those who are dealing with a lot of anxiety and depression have a problem with a vitamin deficiency.

Your base diet should consist of plenty of Omega Fatty Acids, which are found highly in fish, and vitamin B, which you can get from dark fruit and veggies.

Most people these days are advised to also use a multivitamin so they are getting the needed nutrition that is lacking in today's food.

There is usually an immediate change in your mood when you start using a multivitamin. It is important to make sure that your multivitamin also contains Omega 3 Fatty Acids. Watching what you eat and eating right is great advice for any person.

# Chapter 8 - Self Treatment For Anxiety And Depression

If you want to benefit your mental and your physical self, you should stay away from too many carbohydrates.

I am not saying do not eat any ice cream or any sweets ever. Every once in a while is alright, especially dark chocolate, which is actually pretty good for your emotional self as it will improve your overall mood.

Just make sure not to eat too much of these types of food and make sure you get plenty of the foods that are very good for you.

You will not only see a new mental status but a physical one as well by eating well.

## Drink plenty of water

As a great piece of advice for not only for those dealing with depression and anxiety but for everyone, do away with the soda and alcoholic drinks and do more water. It is also smart to limit the amount of caffeine you consume.

Drink your coffee in the morning or evening but when the sun is high in the sky, switch over to water instead.

Did you know that if you drink plenty of water, your weight as well as your metabolism will change for the better? Water can be called an all natural energy drink actually.

Although some doctors will tell you that eight glasses a day is not needed, all will tell you that drinking water is good for you.

# Chapter 8 - Self Treatment For Anxiety And Depression

Water is also a natural detoxification beverage as it cleans out your systems and makes your immune system work better. You may notice that when it is cold season, when you are drinking more water, you are less ill.

Sweet drinks and energy drinks are loaded with sugar and you should avoid them altogether and drink more water.

## Do not smoke and use alcohol sparingly

There are people who will tell you that they smoke because this calms their nerves. In actuality, this is wrong and cannot be true because smoking raises the blood pressure and makes your blood vessels constrict. To smoke means you are getting wired up.

It does not calm a person and acts like caffeine, so there is no way it calms a person.

Actually, you will see if you ever decide to kill your smoking habit, that you relax better without the cigarettes. Drinking some alcohol is alright as a social drink and if you drink a cup of wine a day, it can be very good for your health. Like most things, drinking alcohol under control is alright.

It becomes a problem and no longer is alright when you decide to drink to self medicate your anxiety.

Just because you grab a hard drink when there is a problem in life does not guarantee you are becoming an alcoholic. However, using this behavior and making it what you do every time a problem presents itself to you in life makes it major trouble. The simple fact is, drinking should be left for social occasions and never as a medicine.

# Chapter 8 - Self Treatment For Anxiety And Depression

## Hang out and talk to others

As a human, you are in need of contact with other humans. It is true, humans are social tigers.

It is not a surprise that as we have become more secluded, the amount of people showing signs of anxiety and depression has risen and does all the time.

Because of the Internet, we are working more from home and less around other humans. Although being able to work from your bedroom without even getting out of bed sounds relaxing, it can become a depressing thing if we are never around others and do not get to talk to others face to face.

There are a lot of organizations and clubs, which one can become apart of physically so we can meet and talk with others. You should find a group that is all about something you enjoy doing and join up.

You could join a book club at your library, take some classes at a community center, or get involved in a group that goes walking together. Just do not use the Internet as your only source of interaction with others. To stave off depression, we all need some sort of healthy social life.

# Chapter 8 - Self Treatment For Anxiety And Depression

## Use creativity

It is true that those who are creative do not have such a problem as others with depression.

Creative things will aid you when it comes to running off depressed feelings. No matter what it is, even something as simple as writing, dancing, shopping, or meditating will help in staving depression off.

Try doing something such as rearranging the home, This will not only help you keep depression away but it will also get something constructive done too.

## Stay busy

Here is a little advice. If you cannot decide what you should do, simply choose a room in your house and clean it up, or rearrange it some. It will help you to fight off depression and the new look will help with anxiety issues and make you feel new again.

Yes, you will have to make yourself do whatever the task is and that is not easy but once you get into it, you will see that you start concentrating more on what you are into than the way you feel.

Another benefit is once you are done with the task, you will feel wonderful about what you did. We have determined that depression is rooted in self esteem issues.

To change your self esteem to a healthier level, try what we have talked about in this chapter.

# Chapter 8 - Self Treatment For Anxiety And Depression

There is also some results to be found in using affirmations everyday. You should always make negative thoughts go out of your mind and look at things in a more positive light.

These things will aid you in self treating your anxiety and depression. Whether you are on medication or not, the things we talked about in chapter 8 can be tried.

But as they always say, before you start any hard, physical activity, you should probably make sure you are healthy.

In case you were wondering about the legitimacy of these ideas, they have all been tried and proven to be useful.

If you decide to start using all the ideas here and you make them part of your life, you might actually be able to treat your own anxiety and depression without using harmful medications.



# Chapter 9 - Natural Treatments

There are some people who will tell you that you should never use medicines and you should only use alternative medicating ways.

Usually, alternative ways means to use herbs, acupuncture treatments, aromatherapy products, and medical massage, and this only names the most popular.

Mainstream doctors will usually tell you the alternative ways are a crock and those in the alternative business will tell you your medical doctor does not know what he/she is talking about when it comes to cures and treatments.

In the end, it is really up to you as to how you will treat your depression.

But understand that most alternative treatments are used when the depressed person is not extremely depressed.

As a reminder, if you are suffering from chronic or major depression and it is threatening your life or the lives of some other people, you should not wait to get medical help.



# Chapter 9 - Natural Treatments

But, if you are suffering with a small case of depression and for some, a moderate case will be fine, you can try some of these treatments, which have shown promise for most who have tried them:

## Using herbs

Probably the most popular herb used to treat anxiety and depression would be St. Johns Wort.

This herb is effective at treating depression and anxiety in a very natural way.

This herb has been used for thousands of years in this way and has always been very effective at what it does. You can find St. Johns Wort on the Internet and in most all herb and health food stores today. It comes in many forms but the most popular is in capsule form and it does come in many different strengths.

Because there are many companies that will want your business, there will be some products that are not balanced as this herb should be. Therefore, you will need to learn what the proper strength is for an effective dose. Some people have talked about whether or not this herb could cause problems with a person's liver but there are no studies set in stone that show that this herb can or cannot hurt you or even cure depression.

Of course, most medical professionals will say the results are a bunch of hogwash, whereas there are herbalists and others who will tell you they trust it on hundred percent.

The truth is, most people, when they try this herb, find it does indeed work very well.

# Chapter 9 - Natural Treatments

To be safe, if you are using medicines to help your depression then you should not use St. Johns Wort because there is a chance that there could be some harmful side effects.

During times of simple or moderate depression or anxiety, St. Johns Wort will work fine.

Just as a side note, a few other herbs to use to treat depression and anxiety include Valerian Root and Chamomile tea.

## Acupuncture treatments

In a nut shell, acupuncture is an ancient Oriental healing method, which uses pressure points and needles to cure your pain and ailments, including sickness and disease.

When it comes to treating pain and anxiety, you can find a lot of people who will tell you it works, hands down.

Because of the size of needles, we think of this treatment as painful but the truth is, it is very relaxing and when done properly, there is no pain involved.

Probably the best part is how good and in control of your health you will feel when you use this method.

Although there is nothing set in stone about whether or not this method cures depression or anxiety or any other problems in the body, it has been used for thousands of years for all sorts of issues and is still being used today.

Trying acupuncture is in no way bad, even if you are using drugs for your problems right now.

## Medical Massage

Over the course of many years, the use of medical massage has actually doubled and the business has become quite big.

Many years ago, the image that stood out in many minds was that of a red light district and beautiful young girls working the tables.

In the world today, that image is long gone and massage is now a very respected career path, which has shown its worth in pain management. In the world of sports, there is always a massage professional who is part of the athletes paid staff. Because it will definitely not hurt you, massage will surely help you to feel better and to truly relax.

Even if you do not suffer from anxiety or depression, you should try massage to help relieve stress and tension in your body.

Although it does work well to relieve the symptoms of anxiety and tension, you cannot rely on it to take away the thoughts generally associated with anxiety. In a way, massage treatments work a lot like tranquilizers, just a lot more expensive!



## Using aromatherapy treatments

This is another of the healing arts of the Orient that has been in use for many, many hundreds of years.

Aromatherapy is the use of herbs, herbal oils, barks, berries, flowers, or other products that show relaxing properties by using them with massage or breathing in the vapors.

Make sure, if you try this method, the oils you are using are actually pure oils. Unfortunately, there are many products on the market advertised as pure essential oils but are actually synthetic oils made in labs. These fake products are not natural as real essential oils are made using truly pure plant oils. There are some that are toxic in fact and should be avoided 100 percent and there are even some that will make you photosensitive.

There are a lot that should never be placed directly on your skin because you can have an allergic reaction to them. However, you can truly trust the essential oil of lavender and it can be used directly on the skin and has been used often to treat depression and anxiety. Two very useful ways to use lavender is to either infuse it and inhale its aroma, or add it to massage oils and put on your skin.

The belief is that the aroma will be taken into the blood through the skin or into the lungs from breathing it in, where the healing will take place.

There are salons where this is practiced and the person doing the treatments is usually very familiar with how the oils work. But this method can be self practiced at home too as all you really need is an infuser.

# Chapter 9 - Natural Treatments

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Over recent years, the all natural healing market has seen a huge influx of users and the push toward aromatherapy has become a very popular one.

Again, your mainstream doctor will say this is all hogwash, but the method has been around longer than your doctor and our medical profession of today and is still in use extensively today.

There is nothing wrong with trying one of these alternative treatments yourself. Just remember, they are considered generally safest when treating mild or moderate depression and anxiety rather than chronic or extreme cases.

Alternative ways are very safe, just be careful when it comes to the herbs for internal use when taking medicines because some can interact with your medications and cause major problems.

In the end, alternative treatments can cost quite a bit of money so make sure you have a lot of trust in the one who is treating you and in their services.

# Chapter 10 - Treating Depression And Anxiety - What Does The Future Hold?

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Because of the ever increasing insular lifestyles, which are mostly the result of the age of the Internet, we can bet we will see more cases of depression and anxiety.

Every day seems to bring about more reasons to say life just is not getting any easier. Paired with that, we are seeing a bigger increase of people who want to be alone. Seems we are a lot like dogs when you look at that fact.

The fact is, if you keep a dog away from their group or pack, after some time, they will also become very depressed. There have been some notable changes, which have taken place over the last few years.

Back then, office buildings had what was called a pool in the center, where mostly typists were found. Now, there were other offices around the big pool of typists but for the most part, people were all put together to work. In today's world, we can see little office cubicles, which separate people.

Do you think that this is healthy? Back before there was TV, on the weekends people would come together at a home and play some games. You don't see much of this today. Sadly, more people will tell you they would rather stay home and watch TV.

Another bad thing is the amount of change for the children. Years ago, we would be sent outdoors to play and we were not allowed to sit inside all day.

Today, this has changed and some parents won't even allow their kids to play outdoors because they fear for their safety.

# Chapter 10 - Treating Depression And Anxiety - What Does The Future Hold?

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Just the same, the treatments for depressed people and those with anxiety has changed too.

There used to be a show called the Bob Newhart Show. Bob, the star of the show, was a psychologist who had a bunch of people in a group he would treat as he used group therapy.

There seems to be no more group therapy, probably because HIPPA has changed the rules? Most people do not even attend church any more.

Church was, and is, a social gathering that can be healthy. After church, socializing often takes place. In today's world, not a lot of people go to church and those who do often no longer hang out and socialize.

Back in the day, we lived closer so we could visit each other often and kids would play together all the time. Kids knew their family members and the family bond was strong, but not these days. It seems families no longer do things together; no one seems to have any time.

On the weekend, instead, we take our kids to structured activities or stay home and do work around the home.

If you want to see some change in anxiety and depression issues, we have to get back to the way it was. It is a fact that we, as humans, are supposed to be social animals.

Humans are supposed to have others around them, such as friends and family.

Drugs for compliance are not normal; we need to get back to eating better, exercising often, and socializing more.

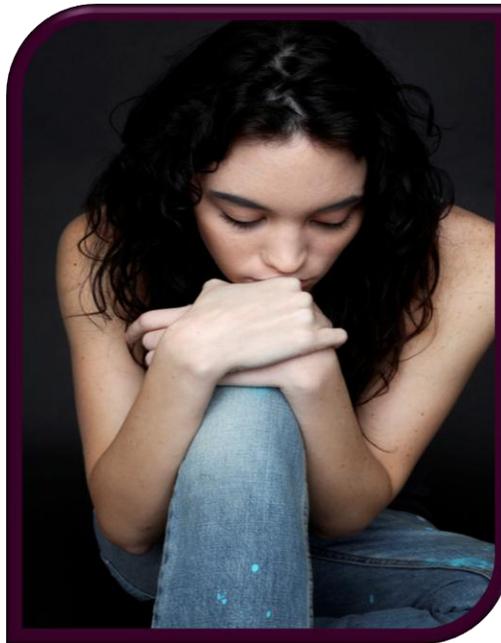
# Chapter 10 - Treating Depression And Anxiety - What Does The Future Hold?

We need to stop looking for the “quick fix” for our problems like the use of medicines.

When it comes to depression and anxiety, we really need to get group therapy back. We need to learn to chill out and make time for ourselves as well.

We should be doing things that matter in life, which brings on happiness and good health instead of chasing the buck. In the future, we can either make the pharmaceutical companies richer or we can make them go out of business. This is mostly up to the people who are on drugs now for things in life that can be handled naturally.

We can either continue to drug ourselves into nothingness or we can start taking it slower, day to day, and enjoying life by taking in deeper breaths of healthy air.



# Closing thought

It was 1929 that the nation saw the Depression and millions lost their jobs, and we hope we never see this again.

It was also a time when most people were renters and not many owned their homes. We did not have anything such as food stamps to help those in need.

That time was a long lasting event and we could not drink legally. Even though you could not have gone to the pub to drink yourself stupid, most people knew where to get a drink when they needed it.

They just had to find a way to afford it first. Then we saw WWII, a lot of good men went off to fight and a lot never came home. We saw women running the plants as the men were all gone. Everything was rationed.

The people decided to respond by producing their own organic fruits and veggies called Victory Gardens. Those who went through that are sometimes still around. Talk to them to see what they did to get through their depressing and anxious times. **You might be surprised!**

