

DEPRESSION



&

Coherence 123



Depression & Coherence 123

Here are some tips on healing depression. It's a huge problem, an epidemic worldwide. It does not differentiate between age groups or cultures. It's everywhere and it's important that you deal with it.

Don't wait for it to go away. Really address it because you don't deserve to be depressed.

St John's Wort

I like to use 4000 milligrams of St John's Wort. It's a herb that really can take the edge off of depression.



Deep Tissue Therapy

Deep tissue therapy helps because many people with depression, have repressed anger. If you have a deep tissue massage therapist, they can make a big difference in lifting your mood.

Sprinting

Sprinting is important because it raises your vibrations and makes you feel better. I recommend 3 x 30 second sprints, 3 times a week minimum. If you're not in good shape do not start off with 30 seconds, start off with 5 seconds and then work your way up over a period of time.



If you feel a mood shift with the sprinting you can do it more than 3 times a week, I recommend to my clients to do it a minimum of 3 times a week.

Alternative Body-Mind Therapists

Alternative body-mind therapists can help you release emotions if you have repressed resentment or negativity from the past or even present time.

Releasing negative emotions plays a huge part towards healing our physical body.



Alkaline Diet

Eating an alkaline diet is important. Our diet affects all of our moods. Also drinking alkaline water is great. Taking magnesium is really good too. Take baths with magnesium flakes or Epsom salts to pull out toxicity in your body.

Acupuncture

Acupuncture works for some people and chiropractic treatments work for others. Find out what works for you. Try both, get a very skilled person who understands mind-body, psychosomatic dilemmas and you'll get a much better outcome.



The main thing is to do whatever it takes. You've got to get that depression to lift. Get yourself off the medication if possible. Working along with your doctor is really important.

Check Your Emotions

So what are some other psychosomatic causes? As I mentioned before repressed anger is a major cause, being stuck in negativity or around people who are negative can bring your mood down, also if you're stuck in goodism, where you feel responsible for other people's happiness, or you are a perfectionist and no matter what you do, it isn't good enough.



This can also contribute or fuel depressive moods.

Coherence 123

We like to use Coherence 123. It's a product that we've created with Global Healing Exchange and it's very powerful. You'll be able to learn this.

It involves EFT (tapping). Coherence 123 also includes Psych K, which is psychology kinesiology and it helps to integrate the left and right hemispheres of the brain.



Also 9 positions, which is a trauma release method that's very powerful, that you can use by yourself, for yourself to help you relieve some of the symptoms of depression that you're having.

I hope this helps you. I really want to see you jumping to the ceiling with excitement when you wake up in the morning, being able to sleep early and let go of depression.



**This Ebook is a collaboration between
Robert Kirby from Robert Kirby.com
& Global Healing Exchange**

