

NATURAL REMEDIES FOR DEPRESSION



Natural Remedies For Depression

Do you find ever find yourself feeling depressed?

If so, you may be looking for relief.

Depression is a medical condition that can be mentally and emotionally draining.

Those who have depression with dangerous and deadly thoughts, such as suicide, are urged to speak with a medical professional immediately.



However, if you only find yourself feeling down or depressed on occasion, you may want to examine natural remedies, also commonly referred to as home remedies.

As with many other medical issues and complications, a **healthy diet** is a great way to manage or treat depression.

A well balanced diet is the key to staying happy and healthy, especially where depression is concerned.

All individuals are encouraged to **drink water** and consume a good number of **fruits and vegetables** each and every day.



In fact, there are a number of natural remedies and home remedies for depression that are based on healthy foods.

Using **asparagus** to treat or manage depression is another method that comes highly rated and recommend. The **root of an asparagus** is the area that you will want to target.

Take a piece of asparagus and squeeze or crush the bottom root. If properly done, a powder will appear. This powder should be consumed daily with amounts of one or two grams each day.



Apples are another food item that can be used to help provide relief to those suffering from depression. Apples are known for their **vitamin B** and **potassium**, which has a number of benefits where depression is concerned.

Although eating an apple each day is enough for many people, there are others who suffer from depression who recommend eating an **apple with milk and honey** daily.

Receiving the proper amount of vitamin B can also help those suffering from depression. As previously stated, apples are known for their vitamin B benefits.



Apples are not the only foods with a strong presence of vitamin B. Other foods that are recommended include **eggs, green vegetables, whole grain foods, and fish.**

As ideal as it is to naturally receive vitamin B from foods, you may also want to examine natural vitamin B supplements, as they are a quick and effective way to help with depression.

Rose petals can also be used to help an individual, such as yourself, manage or treat depression. When using this natural remedy for depression, take a small number of rose petals and mix them in boiling water.



Once cooled, drink the mixture. Another optional step involves mixing in a small amount of sugar. This can help with those who have taste preferences. **Natural, herbal teas** are another great alternative.

Another natural, yet alternative way to treat or manage depression is to use meditation.

Meditation and relaxation are two proven successful ways to cope with depression.

For many individuals, sitting in a quiet room with their legs crossed, simply inhaling and exhaling is enough.

For others, they choose to first learn the proper ways to relax and meditate.



This is easy to do online or with an instructional video. Most instructional meditation videos and books are available for sale both on and offline. You can also look through our healing portal for some meditations.

In keeping with relaxation, a **relaxing bath** is another way to help manage depression.

Although a bath may not provide permanent relief, it is a step that should still be taken.

When using a bath to manage depression, many recommend a warm water bath, as well as the addition of natural immersion.



For the best chance of relaxation, baths should be taken in a quiet room that is not fully lit, as excessive lighting and noise can hinder one's ability to relax.

The above mentioned natural remedies and home remedies are just a few of the many that you may want to try if you find yourself depressed.

These home remedies can also be recommended to any close friends or family members that you know.

With that in mind, as previously stated, it is important to remember that depression can also be chronic.



This is when professional assistance should
be sought.

**You will find information on holistic
treatments for depression in our healing
portal.**

**This Ebook was written for
Global Healing Exchange**

