

## [Relieving Depression from the Inside](#)

Everybody gets down or feels blue from time to time. It's a natural thing. But others get truly and seriously depressed - unable to cope with day-to-day life or to live their lives in anything resembling a normal fashion.

Depression comes in many forms, and affects more than 18 million American adults each year. Over a million preschoolers have currently been diagnosed as clinically depressed. 15% of most developed countries suffer from severe depression, and 30% of women suffer from depression - and 41% of those won't seek treatment. In fact, 80% of the people who are now suffering from any form of depression are not currently being treated. Many simply don't recognize the signs.

Experts report that depression will be the second biggest killer in the United States by the year 2020 and 15% of people with depression currently commit suicide each year.

While the condition of depression has received more awareness and understanding, the treatment for depression hasn't improved very much. There have been many new drugs introduced to the market place to treat depression, but the side effects are often worse or more serious than the depression! In fact, there seem to be just as many lawsuits against the makers of these drugs as there are drugs!

While everybody agrees that depression must be treated, the method of treatment has not been entirely agreed upon. Only recently has it been acknowledged that depression causes more than mental pain - it also causes physical pain. Some experts believe depression should be treated with medication. Others lean towards therapy and counseling. Some believe that sufferers need both medication and counseling.

In spite of all of this, more and more people are suffering from depression each year. The problem is not going away - it's getting bigger and there are still no viable solutions in sight.

What many people, including health care professionals, rarely stop to consider is what is causing the depression. Instead of focusing on the cause, they only want to find relief. Unfortunately, finding the cause is often part of finding relief, especially when it comes to depression.

Some depression is caused by life events, and this type of depression usually passes untreated - because it's natural. For instance, when there is a death in the family, the surviving members of that family may experience a period of depression and grief. When one loses a job, they may be down until they find a new job. Again, this is depression that is perfectly natural and normal, as long as the feelings of depression don't linger on or become too severe.

Other types of depression are caused by chemical imbalances in the brain. Too much or too little production of serotonin in the brain causes one to feel depressed. People who work the graveyard shift often experience depression simply because they are not getting enough sunshine - which produces serotonin.

What many people don't realize is that toxins in the body can also cause depression. Those toxins make you not feel well - or not feel "quite right." You obviously aren't sick, and you have no reason to feel depressed - but you aren't sleeping well, your energy isn't what it should be, and you may even have aches and pains. No matter what you do, those feelings persist. Depression is imminent!

Antioxidants, which detoxify the body and cleanse the cells, have proven to also be natural anti-depressants - with no side effects.

Severe depression should be treated by a doctor. Even mild depression may need treatment. But consider using an antioxidant as well to see how you feel, and also get the counseling that should be recommended to see what the underlying cause of your depression is.

### About the Author

Steven Godlewski is a self-made millionaire and is currently working with [Life Force International](#) products. He has an extensive background in nutrition as well as other health related fields. For more health-related articles and a FREE bottle of [Liquid Vitamins](#) see their website at: <http://www.pillfreevitamins.com>

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