How Prevalent is Depression

- 26.2% of Americans 18 yrs and older or about 1 in 4 adults (approx 57.7 million adults) are diagnosed with a mental disorder such as:
  - Mood Disorders 20.9 mill or 9.5%
  - Major Depressive Disorders 14.8 mill or 6.7%
  - Dysthymic Disorder 3.3 mill or 2.5%
  - Bipolar 5.7 mill or 2.5%
  - Schizophrenia 2.4 mill or 1.1%
  - Anxiety Disorder 40 mill or 18.1%
  - Panic Disorder 6 mill or 2.7%
  - ODD 2.2 mill or 1.0%
  - PTSD—Post Traumatic Stress Disorder 7.7 mill or 3.5%
  - Social Phobia 15 mill or 6.8%
  - Specific Phobia 19.2 mill or 8.7%
  - GAD—Generalized Anxiety Disorder 6.8 or 3.1%
  - Agoraphobia 1.8 mill or .8%

National Institute of Mental Health 2004 see http://www.nimh.nih.gov

Top 20 Drugs for 2006 by U.S. Sales

<table>
<thead>
<tr>
<th>Rankings</th>
<th>Name of Med</th>
<th>Action of Medication</th>
<th>Individual Costs</th>
<th>Total Cost for Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Lipitor</td>
<td>Cholesterol Lowering</td>
<td>6.58</td>
<td>3.76</td>
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<tr>
<td>2</td>
<td>Zocor</td>
<td>Cholesterol Lowering</td>
<td>2.17</td>
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<tr>
<td>3</td>
<td>Naxum</td>
<td>Acet Blocker</td>
<td>4.06</td>
<td>9.39</td>
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<tr>
<td>4</td>
<td>Prevacid</td>
<td>Acet Blocker</td>
<td>3.31</td>
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<tr>
<td>5</td>
<td>Protonix</td>
<td>Acet Blocker</td>
<td>2.02</td>
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<tr>
<td>6</td>
<td>Advan Disus</td>
<td>Allergy</td>
<td>3.11</td>
<td>5.57</td>
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<td>7</td>
<td>Singular</td>
<td>Allergy</td>
<td>2.46</td>
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<td>8</td>
<td>Effexor XR</td>
<td>Neurotransmitter</td>
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<td>7.79</td>
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<tr>
<td>9</td>
<td>Leaxapro</td>
<td>Neurotransmitter</td>
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<td>Zoltik</td>
<td>Neurotransmitter</td>
<td>1.77</td>
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<tr>
<td>11</td>
<td>Wellbutin XL</td>
<td>Neurotransmitter</td>
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<tr>
<td>12</td>
<td>Plaxi</td>
<td>Blood thinner</td>
<td>2.23</td>
<td>2.23</td>
</tr>
<tr>
<td>13</td>
<td>Norvasc</td>
<td>Calcium Channel</td>
<td>2.15</td>
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<tr>
<td>11</td>
<td>Seroquel</td>
<td>Anti Psychotic</td>
<td>2.07</td>
<td>5.27</td>
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<td>12</td>
<td>Risperdal</td>
<td>Anti Psychotic</td>
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<tr>
<td>13</td>
<td>Zyprexa</td>
<td>Anti Psychotic</td>
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<td>14</td>
<td>Ambien</td>
<td>Sleep Aid</td>
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<tr>
<td>15</td>
<td>Aetos</td>
<td>Sleep Aid</td>
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<tr>
<td>16</td>
<td>Avandia</td>
<td>Blood Sugar Control</td>
<td>1.03</td>
<td>3.59</td>
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<tr>
<td>17</td>
<td>Topiramx</td>
<td>Seizures and Headaches</td>
<td>1.52</td>
<td>1.52</td>
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</tbody>
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Supreme Court Rejected Lilly’s Prozac Patent Appeal on 1/14/2002, the once “DEPRESSION MIRACLE DRUG” didn’t make the list. http://www.drugs.com/top200.html

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Depression Signs

- Change in sleeping patterns (can’t fall asleep, waking up too early, sleeping too much, days and nights mixed up)
- Change in performance at school or work
- Change in appetite - increase or decrease
- Weight fluctuations - increase or decrease
- Decision and concentration problems
- Moods
- Lack of self-worth, dysmorphia, self-blame
- Loss of interest, withdrawal from friends and family
- Sluggish or restless
- Thoughts of death or suicide

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Reactive Depression

- Occurs in response to a specific and identifiable psychosocial stressor
- Usually dissipates within six months following the end of the stress that produced the reaction
- Flaxseed Oil, Evening Primrose Oil, Super Omega 3 Oil
- Nutra-calm, Chinese Stress Relief or Nerve Control

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The 2 Most Common types of Depression

- *Deep Depression* which affects a person's work, sleep, eating habits & interests in activities for 6 months or more.

  - Often Caused by Liver, Adrenals, Meds and Lack of Fatty Acids
  - Mood Elevator
  - Liver Cleanse
  - Flaxseed Oil, Evening Primrose Oil, Super Omega 3 Oil
  - Nutra-calm, Chinese Stress Relief or Nerve Control

  By Mary's Herbs

- *Manic/Depressive Disorder* characterized by intense highs and intense lows

  - Thin Myelin coupled with a weak thyroid
  - Thyroid entices the release of Lithium
  - Flaxseed Oil, Evening Primrose Oil, Super Omega 3 Oil
  - Thyroid Activator, Spirulina

  By Mary's Herbs

Postpartum Depression

- Not included in the "mental disorder" depression
- Occurs in 1 or 2 out of every 1,000 births
- Hormones and lack of fatty acids
- Flaxseed Oil, Evening Primrose Oil, Super Omega 3 Oil
- 5 W

  By Mary's Herbs

Premenstrual Dysphoric Disorder

- It is believed that 70% to 90% of menstruating women have experienced PMDD aka PMS
- Caused by deficiencies & hormonal imbalances
- Liver Cleanse Formula
- Flaxseed Oil, Evening Primrose Oil, Super Omega 3 Oil
- FCS II or Female Comfort

  By Mary's Herbs

Seasonal Affective Disorder (SAD)

- It has been reported that between 1.5 percent (in Florida) and 9 percent (in the northern US) suffer
- Caused by a lack of UV stimulation on the retina which in turn stimulates the pineal gland
- Blue/purple fruit, Thai-go, Noni
- Full spectrum light bulbs
- Vitamin D-3

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Adrenals and suppressed anger

- May assist with feelings of unworthiness.
- May help the body with emotional strength and help deal with occasional emotional stress.

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Helps

• Cognitive Therapy
• Nutrition
• Exercise (punching)
• Cutting out caffeine, coffee and tea
• Prayer

DON'TS
• Watch Violent, porn or adrenaline stimulating programs
• No video games

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Questions

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http://www.herbalremedyexpert.com/PIC-WG-PP

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