

## Disclaimer

This webinar is not to be used instead of going to a competent doctor. I do not directly nor indirectly dispense medical advice nor prescribe in any way alternative treatment!

In the event you use this information, which is only of historical value, you are prescribing for yourself which is still your constitutional right. I assume no responsibility.

I am independent in my attempt to educate the public. Although I do endorse some top quality products, I receive no financial support from any health or herb company for producing and sharing this information.

I also believe it is a crime that we have to pussy foot around the truth because there is a law that says that I cannot declare what changing your lifestyle and diet can do for your health, but I love this great country and will do my best to try to obey their law, even if I strongly disagree with them...

Natural health works slowly. I suggest that you do not stop medication without guidance of a doctor. I say this not only because it is the law, but because I BELIEVE STOPPING MEDICATION WITHOUT THE GUIDANCE OF A DOCTOR IS UNWISE AND DANGEROUS.

If you would like to make healthier changes in my diet and my doctor was not willing to help you while you work with a natural health practitioner, I suggest you find a doctor who values and respects his patient's rights and fire the doctor who would not!



MarysHerbs.com

## 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%
- OCD 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>

MarysHerbs.com

## Top 20 Drugs for 2006 by U.S. Sales

Rankings	Name of Med	Action of Medication	Individual Costs	Total Cost for Category
1	Lipitor	Cholesterol Lowering	6.58	8.75
8	Zocor		2.17	
2	Nexium	Acid Blocker	4.06	9.39
3	Prevacid	Antacid	3.31	
12	Protonix		2.02	
4	Advair Diskus	Allergy	3.11	5.57
5	Singular		2.46	
6	Effexor XR	Neurotransmitter Manipulator	2.25	7.79
10	Lexapro		2.10	
15	Zoloft		1.77	
16	Wellbutrin XL		1.67	
7	Plavix	Blood thinner	2.23	2.23
9	Norvasc	Calcium Channel Blocker (relaxes blood vessels)	2.15	2.15

MarysHerbs.com

## Top 20 Drugs for 2006 by U.S. Sales

Rankings	Name of Med	Action of Medication	Individual Costs	Total Cost for Category
11	Seroquel	Anti Psychotic	2.07	5.27
18	Risperdal		1.66	
19	Zyprexa (dementia)		1.54	
12	Ambien	Sleep Aid	1.94	1.94
13	Aetos	Blood Sugar Control	1.93	3.59
17	Avandia		1.66	
20	Topamax	Seizures and Headaches	1.52	1.52

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>

MarysHerbs.com

## 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

MarysHerbs.com

## Reactive Depression




Reactive depression aka adjustment disorder with depressed mood.

- 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

MarysHerbs.com

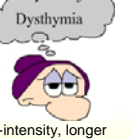
## The 2 Most Common types of Depression

**Major Depression**



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

**Dysthymia**




Low-intensity, longer lasting (at least 2 years)

- 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

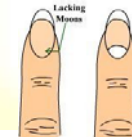
**MarysHerbs.com**

## Third Most Common Type of Depression

**Manic/Depressive**



Characterized by intense highs and intense lows

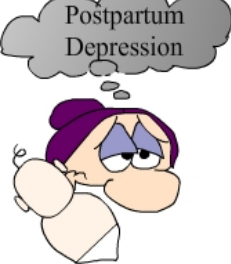


- Thin Myelin coupled with a weak thyroid
- Thyroid entices the release of Lithium
- Flaxseed Oil, Evening Primrose Oil, Super Omega 3 Oil
- Thyroid Activator, Spirulina

**MarysHerbs.com**

## Postpartum Depression

**Postpartum Depression**




After delivering a baby aka Baby Blues. Symptoms may include delusions & hallucinations

- 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

**MarysHerbs.com**

## Premenstrual Dysphoric Disorder

**Premenstrual Dysphoric Disorder (PMDD)**




Symptoms include: Headache, back pain, mood swings, irritability, breast tenderness, feeling anxious, bloating, acne, fatigue and food cravings ... especially chocolate.

- 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

**MarysHerbs.com**

## Seasonal Affective Disorder (SAD)

**SAD Seasonal Affective Disorder**



SAD aka Winter Blues but can be felt in summer as well as winter.

- 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

**MarysHerbs.com**

## Adrenals and suppressed anger



**Mood Elevator**



**Find Strength**

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

**MarysHerbs.com**

## 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

 MarysHerbs.com

## Questions



Mary Paranch  
Reed Gates  
Edit Profile

GROUPS

Natural Health Professi...

Contact: Mary Reed Gates  
[MarysHerbs@aol.com](mailto:MarysHerbs@aol.com)  
<http://www.NaturesHerbs.biz>  
 717-898-2220



To be put on our emailing list go to: <http://www.naturesherbs.biz/>

Submit your e-mail to be put on our 100% confidential email alert system. If you are interested in being notified of our classes, please fill in the form below.

USA

First Name

Email Address



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

## Questions




Mary Paranch  
Reed Gates  
Edit Profile

GROUPS

Natural Health Professi...

Contact: Tara Belderok  
[LetsGetHealthy123Go@gmail.com](mailto:LetsGetHealthy123Go@gmail.com)  
 816-903-3377  
<http://www.mynsp.com/LetsGetHealthy123Go>



To be put on our emailing list go to: <http://www.naturesherbs.biz/>

Submit your e-mail to be put on our 100% confidential email alert system. If you are interested in being notified of our classes, please fill in the form below.

USA

First Name

Email Address



<http://www.herbalremedyexpert.com/PIC-WG-PP>  
 Mary Reed Gates 717-898-2220  
[MarysHerbs@aol.com](mailto:MarysHerbs@aol.com)

 MarysHerbs.com