


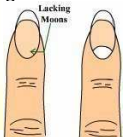
Third Most Common Type of Depression

Manic/Depressive



Characterized by intense highs and intense lows

Lacking Moods

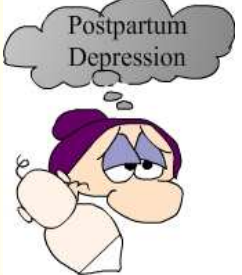


- Thin Myelin coupled with a weak thyroid
- Thyroid entices the release of Lithium
- Flaxseed Oil, Evening Primrose Oil, Super Omega 3 Oil
- Thyroid Activator, Spirulina

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Postpartum Depression

Postpartum Depression



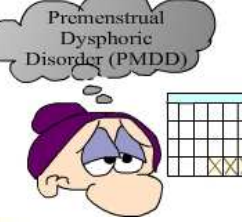
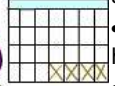
After delivering a baby aka Baby Blues.
Symptoms may include delusions & hallucinations

- 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

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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

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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

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Reactive Depression

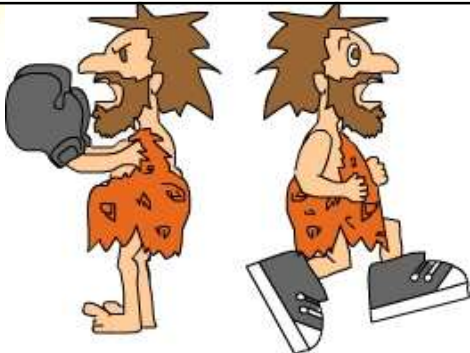
Reactive Depression



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

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Helps

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



QUESTIONS???