

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Alternative Treatments for Depression**

**By Jamie Lynn**

Alternative treatments for depression are gaining in popularity

as the side effects of common antidepressant medications are becoming better understood.

Weight gain, dry mouth, constipation, headache, blurred vision and diarrhea are just a few of the many potential adverse reactions to prescription depression medications...alternative cures present a safer, often equally effective solution.

There are different manifestations of the depressive state.

Depression may be chronic and ongoing, showing itself in an overall decreased level of functioning. Depression may also be cyclical, with the individual suffering emotional extremes (i.e. elation or despair, euphoria or grief). Whatever form depression takes, the ultimate result is the same. It is an extremely serious condition that can impede an individual's self esteem, their ability to cope with stress and their capacity for meaningful relationships. However, although depression can be a severe physical and psychological condition, the good news is that it is very treatable.

Cognitive and behavioral therapy are two psychological treatment methods for depression. Cognitive therapy teaches the patient to recognize negative feelings and thinking patterns that spark the depression cycle. Behavioral therapy focuses on teaching the patient to reinforce positive behaviors and coping methods as they apply to everyday activities. Both treatments have measured success, but require great investment and commitment on the part of the patient.

Alternative treatments for depression can be used in conjunction with medication and other psychological approaches for a more holistic technique. Hypnotherapy is one example of a non-traditional approach to depression. There are many

different forms of hypnotherapy available, each using a combination of breath, regression, sound and/or visual imagery. The main difference between hypnotherapy and other psychological treatment methods for depression is that hypnotherapy brings about quicker results than other methods by immediately addressing subconscious issues.

You might say that behavioral and cognitive therapy take a circuitous route to arrive at a cure, while hypnotherapy cuts right to the chase. Hypnotherapy can act as a catalyst for other psychological treatment methods for depression. It can jump start the patient on the road to recovery, while a combination of drugs and other psychological approaches can reinforce positive behaviors.

Alternative treatments for depression can also include

meditation. There are two schools of thought regarding this technique. The first is that meditation can help to calm the heightened anxiety and worry that depression can bring about. Breathing exercises and repetitive mantras can help to address nervousness and unease. Others believe that the increased state of self-observation during meditation can bring about an even greater sense of despondency and should not be used without the guidance of an experienced meditation practitioner. Regardless, meditation remains one of the most popular alternative cures for depression.

The bottom line is that depression can have very serious mental, emotional and physical consequences. Alternative treatments for depression such as hypnotherapy and meditation can offer a safe, effective solution as well as help you avoid the potential side effects of prescription medications.

<http://www.meditation-techniques-and-alternative-healing.com>

Jamie Lynn has dedicated herself to teaching others the Power of Meditation and other alternative health/healing tips and techniques for the mind, body and spirit!

<http://www.meditation-techniques-and-alternative-healing.com>

### **Depression After Divorce**

**By Stephen White**

Divorce may be sad, but that doesn't mean you have to let yourself fall into a spiral of depression that you can't get out of ever again. Divorce is a reason why many men and women alike find their selves

## Alternative Treatments for Depression

fighting depression. Depression is a problem when you rely on another person, and your marriage ends. Splitting up can be difficult. The changes in your life can feel as if they are overwhelming but with the right treatments, they don't have to be. Realize that for some, divorce is the best option especially if there are children involved.

Depression treatments are available for those suffering from depression due to a divorce. Remember, children are affected by divorce too. This type of treatment could be short term, depending again, on the individual and their personality. If you are a strong willed person, and are finding that depression is seemingly overwhelming you, you can get a hold on it, and put your life back in order. Treatments for depression could include natural methods, therapy, rest and relaxation, group therapy, and even medications. Every person is a bit different in regards to changes in life, and how these changes are handled. Children need special attention during a divorce. Let them know that you still love them.

Relationships as long as a marriage should not be broken off easily and without much forethought. There is no limit to those who could suffer with depression. The main symptoms that a person will notice involving depression are those of feeling unhappy, unfulfilled, and even unworthy of living. If you are feeling different after a major break up or divorce, this is because you are different, your life is different. If you feel that you just can't handle it anymore, that you need help, you most likely are suffering from depression. Depression is brought about often times, by major changes in life. If you are sure you are getting divorced, and you need a little assistance in handling the situation, you can seek help by visiting with your family doctor. At the very least, they can give you some options for you to consider.

For more great anxiety depression related articles and resources check out

<http://depressionresources.info>



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**