

Do You Wake Up at 2 am? Is it Depression? Or is it...?

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By Jonni Good

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Has this happened to you? You go to sleep easily, but 2 am comes around and your eyes pop open. You're totally awake, but you know you need more sleep. You look at the clock and groan – you have to be up at 5 am to get ready for work, and you know you'll be groggy, irritable, and fuzzy-brained if you can't get back to sleep.

Your mind searches for the reason why you can't sleep. You go over your recent fight with your husband, word for word, over and over. Or you agonize over the poor grade you got on that test. You may discover problems you didn't even know you had – not enough time to yourself, too much stress, too little respect from your family or coworkers.

The negative thoughts charge on, and you stay wide awake.

Is it depression? Is it stress? Do you need sleeping pills, or anti-depressants?

Maybe. But before you begin medicating yourself, try this simple experiment. Don't eat any sugar for a week, and don't drink any alcohol after 5 in the afternoon.

You may discover that you can sleep just fine, just by making those simple changes.

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If you eat that big piece of chocolate cake or sip that glass of whiskey just before going to bed, your blood stream will be bombarded with the extra sugar. (Yes, I know that alcohol and sugar aren't the same, but they both cause the 2 am wake-up problem, for the same reason.)

Too much sugar (or too much alcohol) in the blood stream is a dangerous situation, and your body will pull out all it's forces to fight the "enemy." Unfortunately, the battle is fought too aggressively, so by 2 am your blood stream has too little glucose. And your brain needs glucose. Your brain realizes that there's a big problem, so you need to wake up.

Protein can be reprocessed into glucose to feed the brain, but it takes time. In the meantime, you lie there awake, with an imbalance in your brain chemistry that tends to cause a rehashing of everything negative from your day.

Your brain is looking for the cause of the problem but can't find it, unless you understand that the 2 am waking might be caused by sugar or alcohol. The chances are fairly high that your doctor will not ask you what you ate or drank if you go to him for help. Since you don't know to look at your diet for a clue to the problem, your brain looks everywhere else – at the state of your marriage, at your financial situation, at your children's school grades, at your career prospects...

Next time you wake up too early, think about what you ate and drank last night. By finding the real cause of your insomnia, you may be able to save yourself a trip to the doctor. You might even give yourself an excuse for a healthier lifestyle at the same time.

Jonni Good is the author of a self-help book for sugar addiction, and the owner of a website concerning sugar addiction and natural weight loss. <http://www.stress-free-weight-loss.com> For Jonni's latest articles, visit <http://www.howtothinkthin.com/blogger.htm>

Depression And How To Avoid It

By Malcolm Moorhouse

Depression can affect the working ability, family and social life of a person. This is why we should never try to ignore or hide depression. It is important to be aware of the symptoms, the causes and

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what possibilities we have to try and prevent it in our lives.

Each of us has had a depressing sad moment at some point in our lives. Depression is a normal human reaction associated with bereavement, pressures of life or maybe the break up of a relationship. Sometimes the feeling of sadness passes but sometimes it doesn't, if it becomes more persistent it can lead to depression. Diseases of the nervous system are very serious and that is why it is important not to ignore depression and to get proper help when we realize there is a problem.

Listed below are some symptoms of depression:

* Feeling sad * Loss of energy * Loosing hope in life * Not finding pleasure doing the things you used to love * Can't concentrate * Always crying * Sleeping a lot * Can't sleep * Loss of appetite

What causes depression? This is a complicated question because there isn't a single cause for depression. This is a complex disease that can appear as a result of multiple causes. Depression can also be transmitted among people that are close to each other, by influence.

There is proof that people suffering from depression suffer brain changes. There is also evidence that illustrates how depression can also be genetic. Children can be affected by parents who suffer from. Also it seems that parents whose children suffer from chronic depression are more likely to be affected themselves by this illness.

To prevent depression we have to know ourselves very well. Treatable depression can be hard to prevent once we are already down in the dumps. The best method to avoid another crisis after a chronic depression is to keep our eyes open for its symptoms and its causes. If we feel we are loosing control then getting professional help would be the right direction to take.

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