

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!**

**Herbal Remedies For Depression**

**By Marcia Cox**

Depression is a severe medical condition, one that is brought about by a chemical imbalance in the

brain that leads a patient to feel extreme lows and highs. When the low points hit, the patient is unable to take joy from anything, and often lacks the energy to participate in any of the activities they once enjoyed. There are many prescriptions now available through your doctor to combat this serious condition, but some people may want to try alternative measures that are closer to nature and more affordable. Here are some herbal remedies that some people claim work to combat depression, but keep in mind that the author of this article is by no means clinically qualified to ascertain their effectiveness, nor should this advice be taken to refute that of a qualified professional.

**St. John's Wort:** This plant has been used for millennia to remedy a plethora of conditions, of which depression is just the latest. It is the most commonly applied herbal treatment for depression. This plant is native to Germany, where it has been used for over 40 years to treat depression. The plant is native to Europe, and is plain in appearance with little yellow flowers. It is these flowers, when properly dried and prepared, that are used for the various applications of St. John's Wort. It has been known to be prescribed more than twenty times as frequently as Valium or Prozac.

**SAMe:** S-Adenosyl Methionine is an amino acid. It occurs naturally in our bodies and is known as the mechanism by which healthy neurotransmitter processes are carried to our brains. Increasing the amount of SAMe helps to increase the amount of serotonin, dopamine, and phosphatides and to improve the receptive abilities of the site.

**5HTP:** This amino acid is important to our bodies as it is transformed into serotonin, one of the strongest neurotransmitters in the brain. As clinically depressed patients are low in serotonin, a boost in 5HTP is known to be effective in combating depression symptoms.

**Ginkgo Biloba:** Ginkgo Biloba is an antioxidant, that is effective due to its ability to increase blood flow throughout the body and to the brain. The increased blood flow leads to increased neural responses, which includes the elimination of the lethargy that accompanies feelings of depression.

## Herbal Remedies For Depression

**Ginseng:** Ginseng is another herb that has been used for centuries to combat an array of afflictions. Ginseng use originated in Asia, and the market for this plant there remains strong to this day. This herb is called an adaptogen, which means that its qualities help adapt the body to various conditions.

There are various herbs and natural remedies that can assist a person in overcoming their feelings of anxiety and depression. Because this condition is such a serious one, however, it is always best to take these alternatives after consulting your doctor about their viability and appropriateness to your particular case.

Marcia Cox maintains a website on natural health and remedies. Visit her site at:

<http://naturalbetterhealth.com>

### **Herbal Medicine**

**By Ken Shorey**

Herbal Medicine is the use of botanicals (plants) either alone or in combination to prevent and treat certain ailments and illnesses. Singularly or in combination, the numbers of herbs available is astounding. There are over a half million known herbs that could be used as possible remedies.

Herbal remedies around the globe vary in strength from very mild, gentle remedies that we even use as food, to potential poisons if taken at the wrong dose. The old adage that, "an ounce of prevention is worth a pound of cure" could not be more true. This is especially true when it comes to natural remedies.

People native to different geographical locations have long used plants and plant extracts to cure specific maladies.

Sometimes the use of herbs is referred to as "folk" medicine. Folk use of herbal remedies is familiar to all of us in some form or another, because this is how these remedies are learned. Remedies and recipes for herbal teas are handed down from generation to generation and are still remembered and used to this day. Unfortunately, that is what fuels the fire of the scientific community and their disdain. It really is their loss, because generations of experience and knowledge should not be so readily dismissed. In fact, many of our modern medicines have their roots in herbal medicine.

With all our so-called advancements in the medical field, it's interesting that physicians are still treating "effect" rather than "cause."

Thankfully, the current changes in the world toward traditional remedies is changing for the better.

About The Author:

Ken Shorey is owner of

<http://vibranthealthnow.com>

VibrantHealthnow.com provides ebooks and information to help you improve your health.



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!**