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

Simple Post-Partum Depression Cures

By Lucky Balaraman

Post-Partum Depression is a debilitating, albeit extremely common, condition that affects new

mothers everywhere. Medication is of course one of the standard remedies, but before you opt for it, there are other, simpler solutions which could very well get you back on your feet without modifying your metabolism.. Here are several of them, drawn from accounts of actual users:

- > Go to bed early and try to get a good night's sleep
- > Lie down next to your heater vent and feel its comforting warmth
- > Stroll in the park amongst the ducks, watching what they do
- > Do things with your hands, perhaps a craft
- > Work in the garden, watering plants and pulling up weeds; each is calming in its own way
- > Buy yourself a fancy cup of coffee, savor it's fine taste and aroma
- > Play with your kids and make plans with them for what you will do together when you are feeling better
- > See a therapist regularly and make sure you are totally candid with him
- > See a doctor regularly and make sure you are totally candid with him
- > Stay away from alcohol and other depressants
- > Have a relaxing bubble bath or a shower with something sweet to eat and drink; play soothing music while you are bathing
- > Keep a journal about your feelings: it helps to externalize them

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- > Exercise regularly: this releases feel-good chemicals (endorphins) into your bloodstream
- > Join and participate in online forums for post-partum depression; discuss your problem with others who have it, seek their advice and enjoy the comfort of a loving community
- > Take part in activities with family and friends
- > Read a good book
- > Go visiting
- > Call a close friend and talk to her/him

- > Go for a drive
- > Bake something; this will direct your attention to a subject other than parenting and refresh your mind
- > Call your mom and talk to her about your problem. This could be the single most effective therapy for your situation, because she loves you, is deeply concerned about you and will make time to listen to you
- > Ask your mom to visit for some days. She could help with your chores and thus create some personal time for you to do the other things mentioned here
- > Put baby in her stroller and go out for a walk
- > Let yourself wallow for a bit with no pressure and all pleasure – stay in your PJs, eat junk food, mope a bit
- > Cuddle with your kids and if you feel like it, have a good cry while doing so. Realize there are people who truly love you (can't help but feel happy when your kids are giggling and rolling on the floor with you)
- > Go to the beach if there is one nearby - look at the ocean and breathe the sea air
- > Go shopping (nothing like good old-fashioned retail therapy!), or go window-shopping
- > Have a long, deep chat with your dear husband, followed by a long, long cuddle and sweet kisses!

For more unusual articles and news about baby care , visit Magnificent Babies Magazine, edited by Lucky Balaraman, at

<http://magnificentbabies.com>

Depression Q&A: Common Kinds Of The Depression

By Dane Loveless

* What is Depression?

Depression is a disorder, engaged in a person's body, mood and thoughts. It can influence and interrupts eating, sleeping or judging manner. It is different from unhappiness or a "down" feeling. It is also not an indication of personal flaws or a condition that can be motivated or wanted away.

Persons with this disorder cannot just gather themselves together and get well. Usually, treatment is important and significantly vital to healing.

* Are there different types of depression?

Yes, there are actually three primary types of depression. Most of these are established by how ominous the signs are. They are:

·Major depression - This is the most serious type of mood disorder based on the number of signs and austerity of symptoms. It has become a severe health disorder and significant health concern in this country.

·Manic depression - This type involves both high and low mood swings. It also indicates other major symptoms not found in other depression types.

·Dysthymia depression - identifies the low to moderate level of depression that continues for about two years and sometimes longer. Though the symptoms are not as serious as a major depression, they more lasting and defiant to healing. People with this type develop a major depression for a moment when depressed.

* What is major depression?

This is the most serious type of depression. More symptoms found in this depression that are usually severe and serious.

Sometimes, it can be an effect from a particular disturbing incident in your life or it may develop gradually because of various personal frustrations and life struggles. Some people seem to develop the signs of a major depression with no apparent life problems.

Major depression can happen once, because of a major emotional trauma, react to healing, and will not happen again as long as you live. This is normally what they called a "single episode depression".

Some people are inclined to have habitual depression, with events of depression followed by periods of a number of years without depression, followed by another one, typically in reaction to another distress. This would be continuing depression.

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Usually, the healing is similar, but that healing normally is over a longer period for continuing depression.

* What is Post-partum depression?

Postpartum depression can vary from temporary "blues" following childbirth to serious, unbearable and emotional depression.

Post partum depression signs are just the same to those experienced by other depressives, involving desperate belief, feelings of despair, low self-confidence, and constant fatigue and mood changes.

It can be healed successfully as long as the mother and her support group identify the warning symptoms and examine them with considerate clinical experts. While some psychological occurrences and depressive feelings might be completely normal, constant feeling of unimportance or desperate views are not.

The secret to healing is to be honest with what you feel during each post partum meeting with your physician.

* What is Seasonal Affective Disorder (SAD)?

Seasonal Affective Disorder (SAD) is a mood disorder felt by most people during Winter months. It is characterized by a seasonal depression, the "down" feeling, a longing to sleep for too long and habitual desire for starchier foods.

The signs of SAD normally start in the late Fall where there is already less daytime. It may not start subside until late winter or spring.

Symptoms of Seasonal Affective Disorder include:

- Symptoms such as unnecessary eating and sleeping, weight increase normally take place during the Fall or Winter months. ·Complete reduction from despair happens in the Spring and Summer months.
- Indications have taken place in the past two years, with no seasonal depression episodes.
- Seasonal episodes considerably outnumber no seasonal depression episodes.
- There is a longing for sweet and starchy foods.

* What is bipolar depression?

Bipolar depression, also identified as manic depression, is categorized as a type of affective disorder or mood disorder that happens during life's normal difficulties. It can become a severe clinical condition. It is a significant health concern in the United States. This is distinguished by irregular episodes of acute excitement, elevated mood, or bad temper (also referred to as mania) opposed

episodic, common depressive signs.

Dane Loveless is a regular contributor to depression-related guides and sites such as 'Depression Tips.' See:

<http://www.Depression-Tips.com>



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