

Natural Tool Kit for Ridding Depression

By Morning: Spirit: Wolf-D.R.M.

We all get depressed from time to time, but some of us deal with it every day, with its effects wreaking havoc in our lives and no idea where to turn. Nature always comes to the rescue with easy, natural answers to every disorder we might produce. And there are natural answers to the whys of depression, just as there are natural plant remedies that may perform better than pharmaceuticals, and certainly without the toxic side-effects.

Here they are:

Supplement	Suggested Amount	How Often to Take it
Pineal	15-20 drops	twice daily with meals
Thyroid	15-30 drops	twice daily with meals
Hope	10-20 drops	twice daily with meals
B-Complex	60-120 drops	twice daily with meals
Grass-C	20-30 drops	twice daily with meals



Pineal: Because depression is a cessation of “good feeling” hormones, such as serotonin, tryptophan, norepinepherin, dopamine, etc, produced in the brain, largely made by the pineal gland, Pineal Hormone Booster supports the production of these hormones, while helping to repair the pineal gland itself.



Thyroid: The thyroid gland is responsible for the metabolism of all hormones, nutrients, and enzymes by the body. When thyroid experiences decreased function it can produce depression and lack of motivation, along with confusion, difficulty making decisions, and expressing truth. Thyroid hormones are also necessary for the uptake of feel good hormones by the individual cells of the body.



Hope: Serotonin and its receptors throughout the body are what make us feel happy, less stressed and overwhelmed, and help us see ourselves in the future – the lack of which makes us feel without hope that anything can change for the better. Hope Rescue Formula provides plants that contain natural serotonin, and may encourage the formation of uptake receptors.



B-Complex with Potassium: Our bodies use the myriad b vitamins for every metabolic process from thinking to digesting, and circulating blood to defending against infection. Lack of B vitamins means a loss of metabolic activity, and therefore a lack of energy to perform the body’s countless functions. The more B vitamins we have, the more energy we produce, and the easier it is for us to “feel good”. B is a water soluble vitamin that is used the most quickly and requires frequent supplementation.



Grass-C: The other water soluble vitamin is used to activate the healing, repairing, and restoring processes throughout the body. It keeps blood pressure stable, stops plaque from forming, repairs blood vessels and cellular membranes, and most importantly for depression, supplies hormone producing glands with the resources it needs to produce stabilized hormones. It has natural antihistamines, anti-inflammatory agents, and it's naturally anti-depressive.

More?

If your hopelessness or depression comes with anxiety or panic attacks, consider using the Rescue Formula **Tranquility**. 10-15 drops under the tongue at onset may completely mitigate an attack and keep you feeling tranquil and calm with less heart palpitations and labored breathing.

