

## WHAT IS DEPRESSION?



Depression (major depressive disorder) is a common and serious medical illness that negatively affects how you feel the way you think and how you act. Fortunately, it is also treatable. Depression causes feelings of sadness and/or a loss of interest in activities once enjoyed. It can lead to a variety of emotional and physical problems that may reduce your ability to function at work and at home.

## TYPES OF DEPRESSION

1. Atypical Depression Many people with depression don't have the typical symptoms. Learn about the causes and treatment of atypical depression, with symptoms that include weight gain, sleeping too much, and feeling anxious.
2. Postpartum Depression Postpartum depression is increasingly common. Discover the signs and symptoms of postpartum depression and seek early medical treatment to keep it from affecting your life.
3. Bipolar Depression (Manic Depression) Learn all about the mood swings of bipolar depression (manic depression) from the elated highs of mania to the major depression lows.
4. Seasonal Depression (SAD) Do you get depressed during certain times of the year? Learn when seasonal affective disorder is most likely to affect people and what your doctor can do to help you manage the symptoms.
5. Psychotic Depression Learn all about psychotic depression -- psychosis, hallucinations, and other signs -- and know when to call the doctor for a medical evaluation.
6. Treatment-Resistant Depression Treatment-resistant depression should be taken very seriously. Find out what treatment-resistant depression is and how a doctor can help manage the symptoms.

## 9 MOST COMMON CAUSES OF DEPRESSION

- Genetics and Biology
- Brain Chemistry Imbalance
- Female Sex Hormones
- Circadian Rhythm Disturbance
- Poor Nutrition
- Physical Health Problems
- Drugs
- Stressful Life Events
- Grief and Loss

## COMMON SYMPTOMS OF DEPRESSION

While only a qualified medical or mental health provider can diagnose depression, there are certain warning signs that can help you identify whether you or someone you care about may be depressed.

Depression looks a little different in different people, however. So while one individual may struggle to get out of bed due to depression, someone else might be able to go to work every day without co-workers noticing that he's depressed.

## **NEUROTHERAPY TREATMENT**

**First day**                      **Normal treatment formula**

**Second day**                    **Acid treatment formula**

**Third day**                    (8)    **Medulla**  
                                      (6)    **Gas 1**  
                                      (6)    **Adr**