

Week 34 (2016)

Depression Is All In The Inflammation

This is article week when I share some of the articles you may have missed.

In the news this week is a major study that shows the prime cause of Depression may be inflammation. Of course they did not discuss the cause of this inflammation and they would rather simply get everyone on anti-inflammatory drugs and their dangerous side effects.

Below are some of my many previous articles on depression as well as my solutions. This study shows that medical science is always well behind real science, so keep reading my articles for real solutions.

How Inflammation Can Cause Depression

Depression is merely caused by a deficiency in brain chemicals, or so doctors would have us believe. Yet a new study by Cambridge University in the United Kingdom is showing that inflammation can induce behavioral changes similar...

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How Healing Your Gut Can Help With Depression

Scientists have identified how microorganisms can be the main cause of infectious disease. Around three pounds of the bacteria live within the gut and scientists call this our microbiome – our internal bacterial colony.

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How To Nourish Yourself Against Depression

Depression Awareness Week (18 – 24th April) is designed to bring visibility to this silent illness that along with affecting its sufferers mentally and affecting their general sense of health and wellbeing, can contribute towards physical diseases...

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Curcumin Is As Effective At Relieving Depression As Prozac

A landmark study has revealed the impact that Curcumin has on depression. Curcumin is found in the Indian spice turmeric and research has shown it to be as effective as Prozac for treating depressive disorders, without any...

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7 Simple And Natural Ways To Beat Anxiety

Anxiety is the feeling of fear and dread that can leave your chest feeling tight, make your heart race and your palms sweaty. It can lead to behavioural changes and stimulates the 'fight or flight' response within...

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5 Reasons To Love Ashwagandha

Ashwagandha is an Ayurvedic herb that has been demonstrated to have good results in lowering cortisol and balancing thyroid hormones. This powerful herb can boost energy and focus and popular research has backed its effects. Here are...

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Mental Health Support Starts With A Naturally Healthy Lifestyle

Mental health and providing support for people with mental health problems has been in the media a lot lately. The issue of mental health is a growing problem and one that needs addressing, especially during the first...

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