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Dealing With Depression and Anxiety: It's No Laughing Matter

Depression Kills

We hear reports around the globe of the many souls that suffer depression, because of overwhelming stress. With wars, poverty, and violence going on around us is it any wonder that depression is an issue? Statistics has proven that depression links to increased heart attacks and heart disease.

Researchers have not proved that depression is the cause of heart disease, but they do feel it is a contribution. Depression is also the root for suicidal increase. Yet the fatal mistake that doctors make is over medicating the patient. Medications not only suppress the problem, but it contributes to medical issues.

The result, the problem is still there. Everyday studies are finding new information and yet the information is often tossed to the backseat while traditional treatments continue. New studies reveal that in contrast, intellectual and in depth, research coupled with insight helps scientist understand depression.

After study the mental illness, closely they concluded in once study that depression is possibly linked to existing heart diseases that are a result of With premature death-related to heart disease caused by premature changes in women. In other words, postmenopausal issues were said to be linked.

After careful research, it was shown that antidepressant drugs might cause more harm to patients. Observers that watched these women claimed that women were at higher risk of heart attacks while inducing antidepressants. The Archives of Internal Medicines after conducting surveys claimed that more than 90,000 women over the age of fifty and out of 16 percent suffered major depression.

This was half the women and this half was taking antidepressants. The researchers continued their studies and found that postmenopausal women suffered depression, and because of taking antidepressants, over half the women were at risk of death related to heart diseases.

In 2003, new researchers concluded that the percentage of women at risk would also be subject to fractured bones, and that more than 8,000 women over 65 were prescribed medications and the medicines had affected the central nervous system. Researchers deduced that after taking prescribed drugs for five years the women were noticeably showing risks of fracturing bones, and those that did not take the drugs lived healthier lives.

After careful studies researchers concluded that, the prescribed drugs were the linking cause of psychical symptoms. In order to reduce depression, one must exercise, eat healthy, write in journals, and use self-induced analytic profiling and evaluation of self.

It is extremely important that a person come to understand their handicap and deal with it. More studies have shown that when the spine is out of alignment, or injured that it links to depression, which is often caused by stress. Often when we visit our Chiropractor, he/she can help us to get our spine back in alignment, which has proven to relieve stress and depression.

In spite of the studies that concluded that antidepressants could put a patient at risk doctors around the globe, still take out their prescription pads and start writing. Often the problem is ignored and blame is placed on the patients, while the doctors continue prescribing.

Now you must ask the question, are you at risk? If so, you need to take care that you consult with the proper physician. Ask him to monitor your issues carefully and sway him away from prescribing antidepressants.

Stay alert to your mental health and avoid floundering, as this contributes to depression. There are solutions to any problems that will work for you. Get out of the house and socialize. Take up a sport that you may enjoy. Read a damn good book or write one yourself. Writing is a gift, an art, and a contribution to Freedom of Speech; let the words flow. As I analyzed this distraction, I concluded, that depression is a mask of broken memories backed with links to medical issues formed and ignored.

The spinal and nervous system are remarkably relative if not constituting the main cause of this distraction. What happens is people that suffer fail to exercise, sit straight, bend appropriately, and so forth. The result, the spine is dislocated. When the spine is out of line, problems will arise. Depression can kill only if you let it!

Postpartum Depression and Women

Women around the globe are resenting the day that their bodies will go through a transformation. When postpartum depression kicks in women often feel sluggish, unconnected to reality, and often undergo several other symptoms that include depression. Women that undergo postpartum depression (PPD) often go through bouts of crying uncontrollable and very seldom do they understand the cause.

There thinking is often irrational and their emotions are often tangled. One minute they are struggling to go to sleep and the next minute they can't seem to wake up. Once a baby is born the family, friends, mother and so forth suppose to join in a joyful expedition.

Sometimes mothers go through postpartum depression however, and the birth seems more like a curse than a joyous moment. Instead of sharing a happy moment mothers often feel a sense of guilt because they simply because they may resent the birth of their baby. All of a sudden, you begin feeling sadness, despair, worthlessness, and insomnia kicks in. Then you go through panic attacks while feeling a sense of shame. In addition, it doesn't stop there. Next you begin feeling fear of losing control of your actions, you start feeling like your mind is tumbling, and your concentration has vanished.

Still, you feel nausea, agitated, your heart races, and your breathing is complicated. The symptoms are increasing as you feel an imbalance level of worry toward your child, hopelessness since you have no control, exhausted from all the mental changes, and suicidal because you see no way out. The battle is just beginning. Mothers than suffer from postpartum depression often have an underlying psychological impairment, possible biological imbalances, including Posttraumatic Stress if the mother undergoes a horrible birthing.

Most professionals will treat postpartum depression with antidepressants combining it with therapy. It is important for mothers with postpartum depression to seek help immediately, since the diagnosis does not only affect the patient, it affects everyone around you, including your baby. Babies need their mother, and when the mother is unable to provide emotional nourishment and loving care, and then a baby will suffer as it grows into adulthood.

Just like any diagnose there are triggers that may interrupt the mother, including difficult births, isolating one self, death, changes in living arrangements, hereditary, financial difficulties and so forth. Unfortunately, some of these triggers are going to happen.

Most therapists have found treating women with postpartum depression, treating them with antidepressants and therapy has worked wonders. Recently studies are finding that depression may also be treated with Electromagnetic therapy. Scientists are constantly searching for a solution to treat depression so the end of the world hasn't arrived. There is hope. Studies have also shown that writing down your episodes, feelings and so forth is a great therapeutic relief. Talking is also a great source for eliminating stress, which is often linked to depression.

It is important to get regular checkups after your baby is born to eliminate biological reasoning for the postpartum depression. In most cases, doctors may prescribe Valiums, Prozac, or Zoloft. It depends on the person, but for some mothers one or the other medications work, while others have no results. If you are suffering postpartum depression, it is also important for the family to offer support and understanding.

Since, you may have suicidal thoughts the last thing anyone needs to do is push you over the edge. It is also important that the resentment you feel is not necessary toward your baby. It could be that you resent an area of your life, or an occurrence and the baby seems to be the target. You might want to try listening to easy music when you feel a sense of loss, or episodes of the diagnose erupt. Music has proven to heal the soul.

In addition, you might want to start exercising since this too has proven to do wonders with people that suffer mental or physical illnesses. Exercise relieves the mind often because you are doing something to better yourself and improve your health. Therefore, if you are in postpartum depression, there are answers and you should never give up hope!

A Joyously Dark Time: How to Deal with Postpartum and Still Enjoy Your Baby

Postpartum depression (PPD) is often referred to as "baby blues" and not understood by the majority of society, many times least of all the new mother! More than 50 percent of women

who give birth experience this form of depression in some degree. The length of time that postpartum depression lasts can vary from a few weeks to months or longer.

A woman's body is going through immense hormonal changes and this may one of the factors that initiate postpartum depression. Add to that the new mother is sleep deprived, the baby is crying and requires what seems like non-stop attention and the normal reasoning can be thrown right out the window. Usually the new mother's body rebounds, the hormones level out, the routines are figured out and everyone is smiling and hopefully sleeping again.

There are some new mothers and even mothers who have had more than one child who do not follow this pattern and they will experience a severe form of postpartum depression. Along with the normal new mother experiences she will also experience anxiety, insomnia and irritability along with difficulty concentrating and a deep, overwhelming sadness that she can't seem to explain and of course this will magnify all the other symptoms over again and she is now in a horrible cycle of depression.

Other factors that contribute to this form of depression include, lack of family support, possible history of depression either in herself or other members of her family and negative experiences in her life. The new mother will respond well if she takes antidepressants, which will help balance, those hormones once again.

Along with mild and moderate forms of postpartum depression approximately one percent of women will experience postpartum psychosis, which, as its name suggests depression with psychotic tendencies. Women who have been diagnosed with a bipolar disorder or schizophrenia have a risk of this type of postpartum depression.

This type of postpartum depression is what most people hear about in the news and receives the greatest attention. Women who suffer from this form of depression are more likely to cause harm to their children and/or themselves because they have hallucinations that their child/children are evil in some manner and they are trying to save them. Prompt treatment is imperative in these situations.

Coping strategies for the new mother coping with postpartum depression:

Ask for help in cooking, cleaning – don't be afraid to get some help then you can spend time with your baby.

When your baby is sleeping don't stay up and read you lie down also and get some much needed and deserved rest.

Expectations that you must do everything now – throw that out the window.

Have someone watch your baby and you take some time for yourself or with someone special

If you are medications that do not allow you to breastfeed, remember that if you don't take care of yourself you will not be able to take care of your baby.

When your baby is sleeping through the night, which means you will too, this is the perfect opportunity to begin an exercise program to get your body into the shape you want, this will give your self-esteem a great boost.

There are three phases for treatment of postpartum depression:

Acute – the goal is to bring the symptoms into remission

Continuation – the goal is to stabilize your mood and hormones, aid in recovery, and prepare a long-term plan to prevent repeat occurrences.

Get help as soon as feel the baby blues have lasted too long or get worse. There is nothing to be ashamed about and treatment will help you regain control quickly. Do what is best for you and the bond with your new baby. The medications and resources available today have greatly improved. Getting quick and aggressive treatment in the beginning will bring you to a better place and then it is about maintenance.

Make sure you take time for you, eat right, get adequate rest, and don't have too much stress. All these things along with medication and therapy can make the difference on how you enjoy your baby, your life, and most importantly you. Postpartum doesn't have to take over your life.

Post Partum Depression: Yes, It's Real

Post partum depression is a type of depression that occurs after one has a child. One to three new mothers are affected by post partum depression. As time goes on, those who have been through post partum depression and are studying it's effects are learning more about what causes it and why.

Even if you have never had depression before, you may still be affected by post partum depression after you have a child. Post partum depression is known to occur four weeks after your child is born, however, it has been known to occur later. Those who suffer from post partum depression once will have a chance of suffering from the same depression if they decide to have a second child.

There are several different reasons why doctors believe women get post partum depression after they give birth. One major reason that is believed to be related to post partum depression is a change in hormones. Because of the consistent increases and changes in lifestyle that has occurred while in pregnancy, there are adjustments to make after a baby is born.

These bodily changes may trigger something in a new mother that causes the depression. Another reason behind post partum depression may be a result of social and psychological insecurities. When one has a new baby, it will cause several changes to occur around her. This may be in social and familial relationships, which may not be positive, causing the depression to occur.

There are several different expressions and feelings that a mother with post partum depression will go through. The first part of this is based off the mother becoming delusional. This will include showing signs of distrust from those around her. Feelings of suspicion may also rise as a result. These different feelings will not only affect those that are around a mother, but will also affect outlooks of how a mother looks at her child.

Along with the different delusions that a mother experiences during post partum depression are also several different symptoms that are attached. The first of these is a fear of being alone. This is mostly based off of the delusions that are occurring. There also may be hostility that is acted out towards others that are around the new mother.

Along with these are several different mood swings that occur. Severe depression is one of these. There may also be episodes of anger and aggression that occurs. Crying also becomes more common.

There may also be more severe symptoms of post partum depression that occur. Obsessive-compulsive disorder is one of the well-known results. This is where you will continue to do the same thing over and over again. Post traumatic stress disorders are also often times related to post partum depression. If the birth was difficult or seemed traumatic, then it can result in PTSD.

There are several different things that you can do to help cure post partum depression. Often times, the adjustments in your body and your environment will naturally go away, causing the depression to leave. However, by calling on the right people, it can cause the depression to leave quicker. Asking for help with the chores in order to help you adjust is one of the ways that will help relieve some of the pressure that may be causing the depression.

It is also important to take time away from your new responsibilities for yourself. This may mean not breast feeding in order to take medications for the depression. It is also important to make sure that you are getting enough sleep. This will help cure the uncontrollable feelings and emotions that are occurring.

For more severe cases of post partum depression, there are several treatments and professional help that you can get. Antidepressants and therapy are always available for those that have a hard time shaking off the post partum depression.

Post partum depression is a very real type of depression that occurs in one in every one-thousand mothers. It has been a known type of depression for centuries, often referred to as the baby blues. If you are suffering from post partum depression, it is important to get help. If you allow the hallucinations and feelings of depression to take over, it may cause harm towards the family that you are now beginning to raise.

Adverse Effects of Depression Medication: What Are Your Alternatives?

Depression medication is now used by over six million Americans. However, it often causes side-effects or is completely ineffective in treating depression. Because of this, there are

several alternatives that you might want to consider as a substitute for depression medication. By finding a cure that is best for you, your depression can be cured, allowing you to live a normal and fulfilling life.

There are several different types of depression medications that are available for you to be able to treat depression symptoms. As people are diagnosed with depression, several different mixtures to treat this mental illness become available. Most of these types of medication have dominant chemicals in them, such as trilon. This medication often leads to side effects because of these manmade chemicals. If these side effects are causing your daily life to be affected, then there are alternatives that you can consider.

Most depression medication is based off of providing neurotransmitters into your system. Different chemicals are then mixed to change the neurons in your brain and shift the chemicals. Some of these will cause temporary side-effects as a result, but others will be more long term. It is important to find the right type of answer for your depression.

The first side effect in anti-depressants is dry mouth, also known as cotton mouth. You may also have changes that occur in your digestive system, causing constipation and bladder problems. Nausea may also often result.

Headaches and dizziness are also part of the side-effects of anti-depressant medication. Agitation and an imbalance of your daily activities may also often occur. For several, these problems will go away after a short amount of time. However, if they continue, you should consult your doctor for an alternative.

One of the more popular alternative methods to depression medication is the natural herbal remedy of St. John's Wart. This root has gone through several different research methods and has proven to be effective in relation to depression. This won't have the side effects that the anti-depression medication will have. It is known to be more effective if your depression is mild or moderate.

It is known to not have the side effects of other depression medications. You can find this alternative medication in tea, capsules, and other extracts. This, as well as several different herbal extracts can be used in order to solve depression. You can do research at several alternative health centers or on the internet to find the best option for you to use.

Physical activities are another one of the ways that are now being recommended to help relieve your stress and depression. Acupuncture, yoga, massage, and relaxation techniques are some of the physical activities that are becoming more popular in order to relieve depression. Any one of these activities will bring a better balance to your body and cause a shift in your body clock and chemicals. By exercising, or allowing yourself time to relax physically, it can help in treating depression.

More types of natural remedies are also being used. Things such as water therapy and light therapy are becoming more popular in helping to change depressive moods. It is said that this causes the body's clock and rhythms to change. This affects the hormone melatonin, which then moves into the brain.

By using light or water, it causes the clock to shift to another balance, which will regulate your mood. Another type of external remedy that you can use is aromatherapy. There are several different types of oils and incense that you can use that will calm you and relieve stress and depression.

Another way to treat depression is by therapy from a counselor or psychotherapist. There are also several alternative therapy programs to help you treat depression. Talk therapy is a more traditional type of therapy that you can use.

There is also behavioral therapy and cognitive therapy, which will focus on actions that you are taking. It will look at your reactions through talking and role-playing, than offer tools for you to be able to change ways of thinking and responses. These, as well as several other types of alternative therapies, are available for you to help in treating depression.

By knowing the alternatives to anti-depressant medication, you can solve depression. There are several different types of sources and remedies that are available for you to begin functioning to your fullest. If you are suffering from depression, you can look into several different avenues to help you overcome the problem.

Anti-depressant Drugs: Effective for Young Kids?

With the recent controversy involving anti-depressants and their safety, the issue of prescribing anti-depressant drugs for young children is more controversial than ever. But are anti-depressants effective for young children? More importantly, are they safe? The truth of matter is that we have yet to know the true efficacy and safety of these drugs. Until we know for certain the long-term effects of prescribing anti-depressant drugs to young children, most experts recommend that children should not take such drugs.

The Growing Problem of Depression Among Children and Young Adults

Unfortunately, depression among children and young adults appears to be growing. It is a serious problem that doctors and psychiatrists are clamoring to solve, but one with very few easy solutions. Research indicates that roughly 6% of all children and adolescents suffer from some type of childhood depressive disorder. For adolescent age children, the statistics grow even dimmer. For children age 10 to 19, suicide is a prescient threat. In fact, the third biggest cause of death for this age group is suicide.

What We Know About Popular Anti-Depressants

The most popular class of drugs used to treat childhood depressive disorders is those known as selective serotonin reuptake inhibitors, or SSRI's. SSRI's are considered to be the best defense against childhood depressive disorders. In published studies, SSRI's like the popular drugs Paxil and Prozac were found to be a little more effective than a placebo.

How do these SSRI drugs function? Much of their action still remains unknown, although we do know that SSRI's function by increasing the level of serotonin in the body. As newer studies

suggest, they may also be responsible for stimulating the development of new brain cells in the hippocampus area of the brain.

The Controversy of Anti-Depressants and Its Use for Children

Unfortunately, the safety and efficacy of prescribing anti-depressants to children is mired in much controversy. Much of the controversy stems from conflicting medical research. Although some published reports do indicate that SSRI's can be at least moderately effective, and another study indicated that certain anti-depressants can actually increase the amount and level of suicidal thinking in its users.

The latter study found that Paxil could actually increase the amount of suicidal thinking in a child. Since the publication of this study, the FDA has declared it unsafe for children less than 18 years of age. Although it has not been restricted to adults, another popular SSRI drug has also come under scrutiny. Prozac, the vanguard of the anti-depressant drugs that grew in popularity during the 1990s, has long been suspected of also increasing suicidal thinking in its users.

There is also much controversy that questions the ethics and openness of the drug manufacturers. The pharmaceutical industry has been criticized for its refusal to make unpublished data available to medical investigators. It is now known that clinical trials of popular anti-depressant drugs have been withheld from the medical investigators, government agencies, and the public at large.

Some argue that this lack of openness and cooperation has led to anti-depressants being wrongly recommended to treat childhood depressive disorders. Some have also argued that the pharmaceutical companies need greater regulation in order to make all unpublished data available.

More controversy surrounds the safety of prescribing anti-depressants to young children, whose bodies are still developing at a rapid speed. The study that indicated that anti-depressants may stimulate increased growth in brain cells points to a larger controversy: we don't yet know the full effects or consequences of anti-depressant drugs on a the growing mind and body of a child.

Some scientists also caution against the use of SSRI's on young children because we don't know the full effect extra serotonin on the heart and body. Also, some studies indicate that anti-depressants may be too harsh for the growing body of a child. In one Zoloft study, several young people had to drop out due to the side effects of the drug. Some of these side effects include nausea, vomiting, diarrhea, and even symptoms of the eating disorder anorexia were noted.

The Conclusion: To Prescribe or Not?

With the number of controversies still surrounding the use of anti-depressant drugs on young children, it seems safe to conclude that young children should not be prescribed anti-depressants. The exclusion to this rule are children who are severely depressed, but they must be closely monitored for any adverse effects.

Depression: The Difference Between Night and Day

Depression is the most common of all the mental health disorders. Almost everyone will suffer from some form of depression in their lifetime, if only the occasional meeting with "the blues." Though we are all somewhat familiar with the symptoms of mild depression, clinical depression is a much more serious form of depression that can lead to a whole host of emotional and physical problems.

Those of us who have suffered from occasional bouts of mild depression know that eventually we can "snap out" of it. We can treat ourselves to a new piece of clothing ('retail therapy' to those familiar with this type of treatment), give ourselves a bubble bath, speak to a dear friend, take a walk around the block, and then gradually begin to feel better. Clinical depression is much more than this. People suffering from clinical depression have trouble with even the most mundane aspects of their everyday lives.

They have trouble getting out of bed in the morning, they cannot function at work, have a hard time focusing on everyday tasks, experience fast weight gain or weight loss, and may find their personal relationships suffer. In some extreme cases, clinical depression can even be physically debilitating, with patients entering near catatonic states.

Individuals with depression are also likely to suffer from the following symptoms: oversleeping and daytime sleeping, an all-consuming sense of sadness or anxiety, general fatigue or malaise, lowered self-esteem, loss of sexual appetite, pessimistic outlook, feelings of guilt and/or worthlessness, feelings of restlessness, uncontrollable bouts of crying, back pain, headaches and migraines, and loss of interest in hobbies or other things that once brought pleasure.

People who suffer from clinical depression may find their symptoms worsening if they do not receive medical and psychological attention. Fortunately, more effective treatments are available than ever before. In most cases, the greatest obstacle to overcoming depression is not the search for appropriate treatment, but in simply taking that first step and seeking help. Over 19 million people in the United States suffer from depression.

Unfortunately, it is estimated that only approximately one third of people suffering from depression ever seek out help. As long as people view depression as a personal flaw or weakness, rather than a legitimate disease, these statistics are likely to hold. Like any disease, depression needs to be treated by a professional. Even people with severe depression can vastly improve their quality of life with treatment.

There are many forms of depression, with chronic clinical depression being one of the most difficult to treat. One of the most common types of depression is Situational Depression. A death in the family, divorce, breakup, loss of employment, serious illness or other major life event can trigger a period of intense depression or grief. Situational Depression will usually lift, even if left untreated, although it may take several weeks or months.

Another more potentially serious form of depression comes in the guise of a Major Depressive Disorder. A major depressive episode can strike suddenly and unexpectedly. People who suffer from major depressive episodes are likely to suffer from chronic depression. Patients with a Major Depressive Disorder may also be more vulnerable to experiencing suicidal thoughts.

Another form of chronic depression is Dysthymic Disorder. Dysthymic Disorder is less severe than Major Depressive Disorder. Patients experience a sense of melancholy and dissatisfaction that can envelop them throughout their life. Dysthymic Disorder usually makes its appearance at an early age.

What causes depression? Doctors and scientists posit several theories as to why some people are more vulnerable to depression than others. Sometimes depression appears to run in families, and those born into a family with a history of depression are more likely to suffer from it sometime in their lifetime. Childhood trauma, loss of a loved one, or other major life events may also trigger depression. At its core, however, depression itself is a disease caused by chemical reactions in the brain, and it can always be treated.

Treatments for depression vary widely. The most antidepressant medications, cognitive interpersonal therapy, psychotherapy, and electroconvulsive therapy are all potentially efficacious treatments. Other complementary or alternative therapies may include light therapy (suitable for seasonal affective disorder), aromatherapy, exercise therapy, as well as various homeopathic therapies.

Diagnosing Depression: What's the Next Step?

Depression is a mental illness that can cause several problems with your functioning of every day life. If you think that you have depression, there are several ways to diagnose it, as well as figure out how to not let it destroy what you are doing in your life.

The first thing that you need to do if you think that you have depression is to get a diagnosis by a doctor. You can see a physician or a counselor about your problem with depression. Through this, they can decide if it is depression, or if you are being affected by a different imbalance in your body. They are required to conduct an examination, interview and take certain lab tests.

Some of the things which should be recorded in relation to the depression factors include the history of the symptoms that you have, how long they have lasted and how severe the problems are. If you are using drugs or alcohol, it is important to let the physician know. Part of the measurement in severity includes thoughts of suicide or death.

Another way in which they will decide if you are depressed is in relation to your family history. Depression is often considered a genetic disorder. If there have been signs of depression in your family, then you are more likely to become depressed. If these family members have received medication or help, this can also be helpful in deciding the right treatment for you.

From here, if it has been found that you are depressed, there are several ways in which you can receive the proper treatment and help. Depending on the type of depression that it has been found that you have, you can be given a certain type of anti-depressant medication. This will help you get from being depressed to being able to function every day.

Sometimes, it will take time to find the right treatment in order to help find the right chemical balance. Usually, anti-depressant medications take three to four weeks to become effective. If you decide to take anti-depressant medication, you should be aware of the side effects that it will have. By doing this, you can plan accordingly so that you know when to begin taking the medication.

Another step in treating your depression is to get therapy from a counselor or psychotherapist. There are several who focus on treating depression specifically and are able to find the level in which you are thinking and help you change this mindset. Therapists are there to not only help you change this mindset, but also to help you learn different tools in order to function on a daily basis. Counselors range from being holistic healers to following a more traditional role. You can easily find a person that will suit your needs the best.

If you have a more severe case of depression and can't find an anti-depressant to work, than you can always receive electroconvulsive therapy, also known as ECT. This process includes giving a muscle relaxant. You are then given anesthesia in order to take some of the pain out of the procedure.

Electrodes are then placed in different areas around the brain. Electrodes are sent to these specific places. As a result, there is a seizure in the brain causing a way for the nerves in the brain to rebalance. If you decide to use ECT, you will have to do this three times a week, until the depression that you are experiencing lessens significantly.

For those that are looking for a different type of treatment for depression, there are several herbal remedies that can also be used. One of these is St. John's Wort. This has received several studies and has been found mostly effective as an alternative method to anti-depressant medications. This type of herbal remedy, as well as others, is available for your consideration. These alternatives should also be given to you by your physician after examination.

No matter what type of depression you are dealing with, it causes a problem in daily functioning in your life. Depression is a genetic imbalance located in the nerves of your brain. Being diagnosed with depression is the first step to recovery. After this, there are several methods that you can use in order to begin functioning at a different thought level. By treating your depression, you will find that you can once again enjoy your daily life and accomplish your goals.

Educate Yourself About the Different Kinds of Depression

Depression is one of the most common mental health problems that are among citizens today. Depression may be a problem that you have genetically or it may be related to a difficult situation that is occurring in your life. If you feel like you are depressed, or if you know someone that is depressed, then knowing the different kinds of depression can help you in being able to find a cure and move past the depression.

No matter what type of depression that you may have, there are always several moods and emotions that are attached to it. These may differ from one type to another, but overall, these

feelings remain the same. The most common emotion related to depression is a feeling of sadness towards life in general. As a result, hopelessness begins to become a dominant force in life. Worthlessness as a feeling that is focused around one's life is also a problem that may occur. Those who feel guilty on a regular basis may also be resulting from depression.

There are also several common physical problems that result from the different kinds of depression. A change in appetite, causing weight loss or weight gain is a common occurrence. There is also a change in sleep patterns. Often, one with depression will sleep too much or not enough. A lack of energy, resulting in slower movements and slowed speech also is from the depression symptoms.

The first and most common type of depression is known as major depression. This type of depression can cause one to feel like everything is hopeless. They also carry a low self-esteem. For those that have this type of depression, there is usually a lack of interest in work, family, friends and other forms of activity. When it becomes worsened, it often will cause weight loss and may eventually lead to losing control over daily activities.

A second type of depression is atypical depression. This is similar to major depression with several kinds of the moods that are attached to it. A sense of hopelessness is the most common side effect that is experienced. However, atypical depression will often have periods of happiness and elations attached to it.

Those with atypical depression are often times affected by events that occur externally. From these events, that person will then respond with an extreme mood of either happiness or hopelessness. Some of the physical symptoms that are seen with this kind of depression are oversleeping, overeating and weight gain.

A third known depression is psychotic depression. This type of depression differs from the other two in moods. Instead of effecting the emotions directly, this will affect the state of mind in which one is in. Those with psychotic depression often experience hallucinations that contain negative thoughts and feelings attached to them. Sounds and voices as well as visuals are common with this type of depression.

Dysthemia is a fourth type of depression that may occur. The moods that are attached to this include the feelings of being unimportant, dissatisfied, frightened and hopeless. Unlike major depression, however, those that have dysthemia don't recognize it as depression. They feel that this sadness and hopelessness has always been a part of their lives, and as a result are less willing to get help. This depression also doesn't experience any mood changes for long periods of time. The sadness is a way of being for these types of people.

Manic depression is one of the more severe types of depression. This is similar to atypical depression, only much more severe. Those who have manic depression will move from feeling sad and hopeless to being extremely happy. These changing mood swings are often times quick and can be severe. Those that have manic depression will have a high rate of suicide and suicidal thoughts as a result.

In each of these categories of depression, are also several factors that relate to this depression taking place. For example, postpartum depression is a common type of depression that occurs.

There is also depression that results from the changes in seasons. Some will have depression occur as a result from a trauma or a disaster that has occurred in their lives. Many times, these depressions will hold some unique moods and reactions to them.

No matter what type of depression you, or a loved one, may have, it is important to find help right away. There are several anti-depressant medications available for the different types of depression. There are also several alternative methods that are available for healing, including herbal and natural methods. Depression, if not recognized and taken care of, can cause several problems in your life and not allow you to live to the fullest.

Complications of Depression Overview of the Complications of Depression

Depression is a very real disease and one that still today can be very secretive and shameful. Normally the one experiencing depression does not realize they are in a depressive state although friends and family even co-workers may mention to them that they do not seem themselves. The one experiencing depression will shrug it off as having a bad day or even going through a slump. If treatment is not found there can be serious consequences to this disease.

Those who experience depression have an increased risk of suicide mainly because the person who is experiencing depression cannot see hope not even when others are trying to help them. When a depressed individual does not seek treatment they retreat within themselves and that place is a very dark environment and hope is nowhere to be found.

There are many statistics that state a certain genre of men and women are more or less likely to commit suicide the bottom line is that depression is not selective in who becomes affected and anyone can fall prey to suicidal ideation if they are left to deal with it on their own terms.

Depression can also be found in individuals who abuse alcohol and/or drugs. One of the reasons for this is escapism. Those who find no hope in their lives are also trying to escape from their perceived darkness. Smoking also falls into this same category of abusing chemicals. Those who are depressed turn to many addictive behaviors to keep them from feeling anything and smoking, to the depressed individual, is a form of release from their stressful environment.

There are those who have studied the life span among men and women who are depressed and suggest that men who have this disease have a shorter life span than do women. This could be attributed to the fact that when someone is experiencing depression the desire for any social involvement or physical activity becomes severely diminished. Without physical and social stimulation the body will begin to deteriorate. Some physical symptoms that can be associated with depression are stroke and heart attacks, which can lead to death.

Another very important health issue is that of obesity and that is quite common in those experiencing depression. Logically, you could conclude if there is no desire to will to live that same individual begin losing the desire to accomplish anything in their life and that includes exercise and the depressed individual begins eating and if they increase the caloric intake and decrease their exercise obesity will pose health risks. The increase in weight in turn leads to

feelings of low self-esteem and reinforces to that individual that there is no reason to live because now they are overweight and the cycle continues.

Depression and chronic pain often are seen together in many patients. The depressed individual is trying to hard to escape from their pain that the body actually becomes more sensitive to painful stimuli thus those suffering from this disease will often have arthritis or even fibromyalgia.

Children of depressed parents have a very difficult time. The age of the child determines how they will react to their parent's condition. If the child is between the ages of a toddler and an adolescent that child may exhibit behaviors of excessive crying or becoming excessively clingy which to the depressed parent magnifies the feeling that their life is out of control.

The older child may actually begin to resent the parent for the inability to take care of them and they will seek solace in behavior that they know is wrong because they are trying desperately to bring their parents back to reality. The child growing up in this environment is very likely to develop symptoms of depression and abusive tendencies as well.

Looking at the disease of depression and the effect it can have on a marriage is interesting. To have a successful marriage communication is very important. If one of the partners is depressed it is a safe to say they will not be communicating very well, if at all. The other partner will soon tire of the gloominess and will leave.

On the other hand, if the depressed partner seeks help and begins healing and does not include their partner who has been taking care of them through the very long period of depression a divorce may still be looming because the dynamics in the marriage have shifted again and the partner who taking care of their depressed spouse now feels that they are not needed and may actually come to resent that their partner is now healthy.

To say the very least, depression and work do not go well together and it is obvious that if a person who is experiencing depression loses their job this will add to their already fragile state of mind and they will usually become physically ill and the cycle continues to decline.

Reasons Why Male Depression is Different from Women's

Male depression is often an expression that is not heard or approached as often as women's depression. Despite what many think, male depression has several different causes and effects that are different from women's depression. Because of the standards set by society, as well as men's reaction to the symptoms of depression, male depression is known to be very different than that of women's depression.

The first reason why male depression is different than women's is because there is a different approach to the gender roles in society. While women are freer to be open with their feelings, men are expected to have the opposite effect. The male role in society is often led by cultural roles that require him to be tough and strong and to set emotions aside. The idea of being a tough guy and staying in control of emotions is one of the factors that lead to male depression.

Because of this, male depression is usually associated with self-criticism and repression of emotions. Women, on the other hand, usually have depression problems based around dependency and low self-esteem. Because of this repression, men will often take out depression in a different form as well. This becomes apparent in the actions that are taken, as well as the dominant feelings seen through male depression. For example, male violence and suicide is at a much higher rate in men than it is in women as a result of depressive factors.

Another factor related to the rates of men's depression is the idea of therapy. Because of the expected role of men in society, many men will stay away from therapy, as it shows a sign of weakness. If they do decide to go to therapy, it is often found that it is harder for them to change the repressed emotions and begin speaking freely. The very approach towards depression between men and women is significantly different causing a difference in approach between men and women.

While the difference in the handling of depression is different, it can also be noted that the feelings that tend to be more dominant between genders is also different. Men often refer to depression as fatigue, frustration, irritability, and loss of concentration, sleep disturbance and a loss of interest in work. Women, on the other hand, will move towards sadness and guilt.

If you are a male, who believes that you are depressed, there are several ways that you can evaluate your actions and find out if you are depressed, or if it is factors related to stress in your life or other different external problems. If you feel more tired than you used to, then this is a good sign that you are depressed.

If your interest in life activities is lower than usual, this is also usually a good sign that you are having problems. Outbursts of anger or sadness, as well as frustration all are signs as well. By looking at how your body is reacting to the environment, it will help you in evaluating whether you are depressed or not.

Another sign to look for is how you are responding to the environment. Women are more likely to find help than men. As a result, men will find ways to change the problem with depression in different ways. Addiction problems become high in men as a result. Work, alcohol, drugs, and violent or reckless behavior often result from problems with depression.

If you are a male, and believe that you have a problem with depression through these different signs, it is important to get help. There are several psychotherapists that can lead you in the right direction. You can also go to get examined by your physician. If they find that you are depressed, they can offer you an anti-depressant in order to balance out your life. There are plenty of ways to get help. However, it is important to do right away, as repressing the feelings of depression can lead to thoughts of suicide.

Depression in men is different in men than women for many reasons. The standards that society has set on men have caused several men to repress their feelings. As a result, the actions that are taken as a result lead to addictive behaviors, violence, and sometimes to suicide. If you are a male that is suffering from depression, it is important to get help in order to make sure that you can begin living your life completely again.

Antidepressants in Mental Health

Since new studies are proving that, many antidepressants are associated with heart attacks, strokes, behavior problems, and so on why are they still prescribing drugs. Why, because they cannot answer the thousands of question about mental health, and they are unable to find a solution in many cases to treat each individual mental illness successfully.

Therapists are finding that listening to the patients and including therapeutic techniques is often better than drugging the patients. Since the beginning of time, mental illness has touched our lives. Starting with Cain and Able, we can see Cain's obsessive behaviors and jealous outrages lead him to kill his own brother in cold blood. What was he thinking? He wanted attention that Able received, and he wanted something that was not rightfully his for the taking.

Throughout the episode Adam and Eve had nothing but problems, and was often consumed finding a way to survive in a chaotic environment. Later through the centuries, others followed Cain's example, while others broke off into a more deadly game. How much deadly can it get when murder is involved. Try murder in numbers, or mutilation, dismembered, beheaded, slaughter, and so forth.

All for the love of money in some cases, and all for the hatred buried in the mind of the deadly predators that walk out earth. Mental illnesses come in all forms and none of us is excluded from illnesses of the mind. If you have jealousy in your blood, you have a mental ill element that could lead to a much greater problem. If you have envy in your blood, you have the beginning of a created delusion that will escalate if the problem is not dealt with. In other cases, the problem could bury itself under the surface never brining harm to others, but will soon create more bad habits.

The problem grows as mental health experts start distributing prescription drugs that increase behaviors, psych the mind, and controls the mind, while burying the problems underneath. Some antidepressants are dangerous if stopped abruptly. Antidepressants such as Effexor XR if stopped abruptly will increase symptoms such as, suicidal tendencies/thinking, violent outbursts, enraged attitudes, impulsive behaviors and so. The person obviously has something that was buried under the medication and was triggered by the chemicals combined in the drug.

Antidepressants in some instances has proven dangerous, yet mental health experts around the world continue to prescribed such chemical laced dangers to mental illnesses of all sorts. It has been proven in some instances that antidepressants will increase alcohol and/or drug addiction symptoms, as well as causing major heart attacks, or damage to bone structures, which leads to many fractures. Examining medications and mental health is often difficulty since we have to consider that the advocate and the enemy are working together to bring forth a destruction. When we think of help, we know that when a person helps another that it is always a good thing.

However, some of us that believe that we have a piece of paper think that we have all the answers. Otherwise, some may feel that playing against the odds is the best solution for finding the problems. The sad part is more mentally ill individuals are aware that the experts are making numerous mistakes every single day, and they are placing the blame on everyone but

the ones making the mistakes. How sad when we are all one people, one nation, and under one rule.

When it comes to the mind, the last thing anyone should do is play around with problems existing. In my experience, I watched as psychiatrist prescribed a young boy with drugs that created more problem than what was already in existing. The boy was diagnosed with Intermittent Explosive Disorder, Oppositional Defiance Disorder, Psychopathic Tendencies, and the list goes on, and the doctors were foolish enough to give this child drugs that made him more deadly than he already was.

In turn, the doctor ignored the patient when he said this only makes me angry than I already am. Now when this person goes to jail, he is the one looked down upon, but if someone was to recognize the truth and come out of denial, they are the ones in the wrong.

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