



DEPRESSION...

THE SILENT

KILLER!

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My Personal Experience With Depression

Before I get into the meat of this book I want to get started by sharing a very personal depiction of my experience with depression. My story goes back to 2007 when the subject of divorce was broached by my now ex-wife and myself. For whatever reasons we could not work our way through the problems that we were dealing with and ultimately got the big "D".

I was absolutely crushed! Not only did I lose the love of my life but I had to leave my three beautiful children. I've heard it said the going through a divorce is like having a death in the family. Until you have been there it is impossible to realize just how true that statement really is.

All I wanted to do was sleep and eat. I seemed to cry about everything. Incontrollable emotional outbursts. My normal weight is between 170 lbs. and 175 lbs. At one point I found myself weighing 224 lbs!

I felt terrible. I had no energy. Man, I was miserable and I couldn't understand why. I knew I was sad but I figured that I was just going through "The Divorce Blues".

It wasn't until three years later that I went to see a Doctor and he suggested that I talk to someone in their Mental Health Department. To make a long story short, I talked to a therapist, took some tests and found out that I was suffering from clinical depression.

My first instinct was to go into denial but I knew that something was terribly wrong so I went along with the program and after a couple of meetings with my therapist we agreed that medication would be the best route to take.

It took a couple of different drugs before we found the right one. As long as I took my medication as it is prescribed I did not have the symptoms that I had before the meds kicked in. I know that it is the medication that is making the difference for me because, at one point I tried an experiment and attempted to get off the meds for a period of a week.

Within 3 days I was back to crying, it seemed like all the time. So I went back on the meds and I haven't looked back. My mental health is good now, not just because of the pill I take every day, but because I have learned certain triggers that controlled my life in the past and how to avoid them.

Disclaimer: This book is to be used for informational purposes only. The information contained herein should be used as, in place of or in conjunction with professional medical advice relating to the treatment of depression. Anyone who notices the symptoms of depression, or believe that they may have a problem, should consult a physician for a proper diagnosis and/or treatment recommendation.

Depression

Depression can often make a person feel sad, helpless, hopeless, and irritable. It is normal for people to have these feelings sometimes, but some people cannot just snap out of it and this is the difference between what is normal and major depression. It is the determination and brutality of the emotions that determine the mental illness of depression from normal mood changes.

We are going to talk about different types of depression and how it can affect you. Depression is an illness that affects your body, mind, disposition, thought, sleep, energy, concentration, weight, and much more. Depression is not a mood, it is not a sign of personal weakness, and it cannot be simply willed away. Clinical depression is constant and can interfere significantly with an individual's ability to function by emotional experiences of sadness, loss, or passing mood states. Clinical depression can be devastating to all areas of a person's everyday life, including family relationships, friendships, and the ability to work or go to school.

Bipolar disorder (manic-depression) is a mood disorder, which means that the symptoms are abnormalities of mood. Bipolar disorder involves episodes of both serious mania and depression. Bipolar disorder can have a devastating impact on sufferer's lives and can lead to suicide if it is not treated.

Major depression is a more common illness, the symptoms of which are mainly those of 'low' mood.

CAUSES

Several things can cause depression; one of the causes can be attributed to a deficiency of certain neurotransmitters in the brain that signal from one nerve cell to another. The immune system of a depressed person is usually very low and therefore ineffectively responding to diseases, including cancer.

The everyday stressors faced by Americans have simply become too much for many to bear, and reasonably so. In recent years, taking an anti-anxiety medication or anti-depressant has become as common as taking a multi-vitamin.

HOW TO ALLEVIATE

Two amino acids are known to alleviate depression in many persons. They are tyrosine and L-phenylalanine. The two amino acids are a natural precursor of certain neurotransmitters.

YOU CAN'T AFFORD WHAT?

Perhaps the only thing worse than depression is having depression and not being able to afford treatment. Needy Meds is a website that offers all the information you need to get your meds free, just click the name of your drug in the list on the left side of the page.

The Medicine Program is for people who do not have insurance and do not qualify for government programs you may qualify to enroll in a privately sponsored program. They do charge a \$5 processing fee but the medications themselves are free. Volunteers staff this organization and the processing fee covers their expenses.

This company will contact the drug manufacturer on your behalf, or you can choose to contact the drug companies themselves. **Free Samples** – Often pharmaceutical companies provide physicians with free samples. Ask your doctor if he/she has any samples on hand of your medication.

Signs of Depression

When it comes to treating depression, the best course of action is a treatment program that is initiated before a depressive illness becomes too severe. Therefore, it is important for a person to understand and appreciate the telltale signs of depression.

When a discussion turns to the signs of depression, many people slough off the talk, concluding that they do not have to worry about the signs of depression let alone the disease of depression. In point of fact, a majority of people will experience at least one major depressive episode at least once in their lifetimes. Therefore, it is important for everyone to understand at least on a basic level the signs of depression.

One of the major signs of depression is a sudden lack of energy. A depressed person will find his or her self feeling lethargic nearly all of the time. Coupled with the feeling of lethargy as one of the signs of depression, a person afflicted with depression will find his or her sleeping habits distorted.

As signs of depression go, the distortion of sleeping habits of a person who is depressed can take to divergent forms. On the one hand, a person may find his or her self sleeping far more than had historically been normal in his or her life. On the other hand, a person afflicted with depression may find his or her self having a hard time to sleep. Lack of sleep can further aggravate a depressive illness.

While sleeping more than normal can impact a person's life on a number of levels, it will not necessarily directly aggravate a depressive disease. However, as has been mentioned, being unable to sleep in a sound and appropriate manner will accelerate the symptoms of a depressive illness significantly.

Another of the signs of depression is a change in appetite. As with sleep patterns, the signs of depression associated with appetite can take two very divergent forms. On the one hand, there are people who are suffering from depression who reduce their intake of food markedly. At the other end of the spectrum, one of the signs of depression can be overeating, particularly when a person is not actually hungry.

One of the signs of depression is a growing lack of attention to personal hygiene and grooming. A person who is depressed loses interest in his or her personal presentation. In addition, these people sometimes feel that they simply lack the energy to work their way through their typical hygienic and grooming routines.

The signs of depression also include a person losing interest in activities and pastimes that he or she once enjoyed. One of the signs of depression related to loss of interest in pastimes and activities is isolation. A depressed person oftentimes will isolate his or her self from friends and family members for extended periods of time.

One of the signs of depression includes disorganization. A person who is depressed may seem scattered and absentminded. That person may also become less than diligent in the management of his or her finances.

Symptoms Causes and Treatment Options

Depression is a complex of psychological and physical symptoms. Low mood level or sadness is often the most prominent symptom. The common property of these symptoms is a decreased activity level in parts of the brain.

THE SYMPTOMS OF DEPRESSION

Depression may give one or more of these symptoms:

- Low mood level or sadness
- Lack of joy or interest in activities that were joyful before
- Pessimism
- Feel of guilt of something without any substantial reason to feel so
- Inferiority thoughts
- Irritability
- Slowness in the thought process
- Slowness in interpreting sensorial stimuli
- Slowness of digestion or other internal physical processes, and symptoms caused by this slowness for example inflated stomach, constipation or difficulties by urination
- Slow physical reactions

Depression can occur in all age classes. In teenagers lack of interest in school work, withdrawal from social life and difficult mood can be signs of depression.

THE PHYSIOLOGICAL CHANGES THAT PRODUCE THE SYMPTOMS

By depression there is a decreased amount of neurotransmitters in parts of the central nervous system, mainly deficiency of serotonin, but also to some extent of noradrenalin, acetylcholine, dopamine or gamma-amino-butyric acid (GABA), or the nerve cells do not react properly by stimulation from neurotransmitters. A neurotransmitter is a signal substance that transmits the nerve signal through the junctions between two nerve cells.

Serotonin and noradrenalin cause nerve cells to send impulses along to other nerve cells, and thus increase the activity in the brain. Deficiency of these substances causes slowness in parts of the brain, and that again causes the depressive symptoms.

The role of GABA is the opposite, namely to slow down some nerve impulses, mainly those causing anxiety and panic response. Lack of GABA causes higher anxiety and easier panic response. Yet, lack of this transmitter also seems to cause depressive symptoms. This is because a too high activity in some brain processes may slow down other processes.

There are many causes and subtypes of depression with different physiological mechanisms involved.

TYPES OF DEPRESSION

Depression is often divided into subtypes according to exhibited symptoms.

1. Mono-polar depression and dysthymic disorder

By mono-polar depression there are pure depressive symptoms. Mild cases of mono-polar disorder that do not affect a person's ability to work and to participate in social activities are often called dysthymic disorder.

2. Bipolar disorder (manic-depressive disease) and cyclothymic disorder

In this condition there are periods with symptoms of depression – the depressive phase, alternating with periods of elevated mood level with increased mental and physical activity – the manic phase. In the manic phase, the affected person also sleeps poorly and has concentration difficulties. A mild form of this disease is called cyclothymic disorder.