

DEPRESSION



HEAL Marketplace, 360 Carpenter Road, Rutherfordton NC 28139
<http://www.healmarketplace.com> healletters@aol.com 866-581-4390

Definition

An emotional state where there are extreme feelings of dejection, emptiness, sadness and lack of self worth.

Herbal Aids

Julep: This is a stimulating drink-type preparation flavored with aromatic herbs (but this is not the alcoholic drink referred to by the same term), and could be defined as "a large draft." An example of a julep would be: Four ounces (eight tablespoonfuls) cinnamon water, two ounces (four tablespoonfuls) Jamaica cayenne, two drams (one-fourth ounce or one dessert spoonful) compound spirit of lavender, one ounce (two tablespoonfuls syrup of orange peel, mixed; (this is for general weakness and depression).



Dosage: Wineglass to one-half glass at a time.

Motherwort: Motherwort tea will eliminate the swelling (it is also good for nervousness and depression).

Brigham Tea: In modern usage, the prized constituents, ephedrine and pseudoephedrine, are extracted from the plants for medicinal use....The pharmacological action of ephedrine is similar to adrenalin. It's pressor and vasoconstrictor activity is slower and less than adrenalin, but it lasts longer. Unlike adrenalin, it can be given orally. It stimulates the respiration, increasing the depth of respiration, reinforces heart action and dilates the bronchi, especially during spasms, hence its use in bronchial asthma. It contracts the uterus and dilates the pupils. It also stimulates the central nervous system, this attribute being the basis for its use in the treatment of depression and for the relief of narcolepsy. It is used in vasomotor rhinitis, coryza, and congestion of the mucous membranes, acute sinusitis, and hay fever. It has a slight local anesthetic action.



Motherwort Herb



Gotu Kola

Gotu Kola: It can treat depression and mental weaknesses; many claim that it is a marvelous memory herb. If you take too much of the herb, you will experience headache and stupor; thus, you must regulate your personal dosage.



Lemon Balm

Lemon Balm: Others assert that the herb can truly alleviate depression, helping us accept difficult situations.

Lady's Slipper: It has been found to be very efficient in cases of hypochondria and mental depression which often accompanies digestive trouble, especially among women. Whenever a person feels like he cannot settle down, cannot sleep, and cannot think properly, feels depressed, often from sexual overindulgence, Lady's Slipper can be a calming and balancing influence.



Red Rose Petals are official in nearly all Pharmacopeias, often in syrup or honey form. They were formerly employed as an astringent and tonic, but are mainly used now as a pleasant scent added to other pharmaceutical preparations. However, the acid infusion is used to treat night sweats resulting from depression.

Sage: Another British herbalist claimed that Sage "will retard that rapid progress of decay that treads upon our heels so fast in the latter years of life, will preserve the faculties and memory, more valuable to the rational mind than life itself without them; and will relieve under that faintness, strengthen under that weakness and prevent absolutely that sad depression of spirits, which age often feels and always fears, which will long prevent the hands from trembling and the eyes from dimness and make the lamp of life, so long as nature lets it burn, burn brightly"



Sage



Sarsaparilla also contains cortin one of the hormones secreted by the adrenal glands. The body will die almost immediately if this hormone is stopped but if there is only a small or insufficient amount the body becomes easily ill and develops nervous depression and general weakness. So many maladies are related to adrenal weakness and exhaustion, including hypoglycemia, so people should take note if they are striving to rebuild their adrenals. Sarsaparilla may be able to help.



Dr. Edward Bach

Bach Remedies: Dr. Bach left his lucrative medical practice and retreated to the Welch countryside where he began to observe human nature full time. He experienced a wide range of negative states of mind himself which were relieved by the administration of his especially prepared flower tinctures. At first Bach discovered twelve basic tinctures to alleviate depression, anger, worry, self-distrust and the like. He called them the twelve healers and wrote a short paragraph on each of them. The non-toxic flower remedies were tried on his patients who responded beautifully to treatment. The twelve remedies were finally expanded to 38. They were designed to be used and administered by even the simplest folk. Bach continued to successfully treat diseased conditions with these remedies until his death at 50 years of age.

Bach's legacy has been a blessing to many people. Although he had great results with the flower remedies, his new remedies were not accepted by the orthodox medical men of his day who once held the doctor in high esteem. Perhaps the simplicity of the Bach Flower Remedies was too great to bridge the credibility gap between medic and mystic.

Healers throughout the world benefited from Bach's discoveries. Heretofore incurable cases have been won over to the side of health.

Dr. Bach's work is now being carried on at his humble home near London, England. Mr. John Ramsell and his sister who had apprenticed themselves to Dr. Bach's assistant, Nora Weeks, create the remedies from English countryside flowers according to the instructions left by the good doctor. Bach Flower Remedies are shipped all over the world. From the stock bottles of 38 remedies an individual may have a custom-made remedy which suits his individual emotional needs.



Vegetables for Mental Depression:

Broccoli, cabbage, collard greens, corn, kale, peas, potatoes, turnip greens

Depression After Giving Birth:



For the depression that sometimes occurs after birth, Black Cohosh seems to be an almost miraculous specific -perhaps because of its hormonal content. An English doctor in the late 1800's Sir James Y. Simpson related that a mother of several children suffered the most severe depression and despondency about a month after giving birth to perfect children. She tried the tincture of Black Cohosh, and after eight or ten days, her condition had completely changed; she had energy, good spirits, and zest for life. She continued taking it for six or eight weeks, and prescribed it to other depressed new mothers, with equal success.



Cayenne and Lobelia:



Cayenne will increase a person's feeling of vitality and activity--as it is a stimulant--without any bad after-effects, such as do other stimulants. Combined with Lobelia, it is wonderful in cases of depression or low spirits.



Depression Testimony *by Dara Dietz*

Depression for me was a deep sense of hopelessness, an unshakeable sadness that filled my waking hours. Life had been robbed of joy by the heartless actions of those who were my heart. Only a handful of close friends were aware that for two years, without warning, tears of hopelessness would silently fill my eyes, spill over and running down my face. Even so anxiety never filled my heart with fear; faith in my Heavenly Father was as firm as ever, I knew my life and times were in His care.

Before sharing the herbal program I used it needs to be understood how important the services of a qualified Christian Psychologist are. During this difficult period I was fortunate to find my own wonderful counselor. I determined from the beginning to be as honest as possible, to listen and learn about myself through the eyes of this person.

Just as we have physical blockage that must be cleared before we can heal our bodies, so it is with emotional blockage. Believing a lie will not only prevent you from embracing the truth but the lie will block the free flow of emotionally vitality in the life. Learning to Love me and forgive myself was the first step in my emotional healing.



OWN YOUR LIFE

Please believe me when I say, "There is no truth that cannot be faced squarely when you face it with a trusted Counselor or friend and the Heavenly Father on your side."

Once faced and understood, you can own life's most painful moments. They no longer own you. Learn from them and grow through them, this is how emotional giants are born. They rise up from

the wreckage of life's most painful moments, decide to face their responsibilities and by the grace of God ascend above it all.

The Herbal Supports I used

There are many effective herbal remedies that will aid in clearing the toxins from the mind enabling emotional healing to happen. Below are the herbals I used.

These herbs should be taken six (6) days a week:

- 1 oz Each Day Echinacea
- 2 Olive Leaf Capsules 3 times a day (East Park: d-lenolate caps)
- 1 tsp St John's Wort 3 times a day.

Echinacea: Boosts the immune system enabling it to process the die-off created by the other two cleansing herbs being used in this program.



Olive Leaf Caps

Olive Leaf: A Powerful cleanser I have discovered to be very useful for clearing toxins from the brain and other vital areas. These capsules should never be used without Echinacea; they create a lot of die-off which the body must then process out with the aid of the immune system.

St. John's Wort: A powerful cleansing herb that targets the brain. It has been used by many as an aid for clearing depression. The only problem is when used in large enough dosages to clear the depression the person will suffer a backlash from the die-off which will recycle into the brain causing increased depression. This is where using Echinacea will stop the cycle and allow the body strength to clear the die-off waste so you do not have to feel bad during the detoxing process.

The Foundational Program that must be used along with this program is:

- Bowel Cleansing: LBF #1
- Superfood: 2 Tablespoons 2 times a day



Bowel Cleansing: Keeping the elimination channels open is of vital importance when detoxing any part of the body.

Superfood: This is super nutrition which the body will need to build the immune system needed for the healing process and rebuilding any damaged areas in the body. A large amount of usable nutrition is an important part of any healing program.

HEAL Starter Kit

- Superfood
- LBF #1
- LBF #2
- Echinacea



HEAL Instructional E-Books
Download Free Copies from Members Area
<http://www.healmarketplace.com/members/member/class/ebooks.html>



Periodic Liver Flushing is also important.

This will vary with each person so use your best judgment.

- At the minimum I would flush for a week once every three months.
- The maximum would be flushing the liver every other week followed by a week of kidney flushing.