

7 Ways To Avoid Depression

by Dr Paul Meier

Dr. Paul Meier, Psych shared these tips for College Students in a speech he gave in the student chapel. He is the author of "Happiness is a Choice" (<http://www.cure-your-depression.com/happiness-is-a-choice.html>)

1. Eat tryptophan (which turns into serotonin- a happy brain chemical) – turkey meat, bananas, dairy – need to take Vitamin B6 to digest serotonin
2. Avoid substances that deplete tryptophan - marijuana, alcohol, cigarettes, beta blockers (taken for high blood pressure), pain meds, steroids. The following also depletes tryptophan: flu, low thyroid, lack of sleep
3. Take an anti depressant as a temporary help to see if it would work (Please note: stats say around 40% of antidepressants are effective)
4. Devote your time and energy to loving others and be loved
5. No grudges (bitterness) toward yourself, God, or others - Eph 4:26, 27
6. Protect yourself from jerks – those who abuse you

(Read: "Don't Let Jerks Get the Best of You – Advice for Dealing with Difficult People". Learn more at: www.cure-your-depression.com/jerks-meier.html)

7. Treasure the good things you've learned from your parents but don't let the family of origin issues ruin your joy or life. Did your parents teach you how to express your emotions properly or punish you for expressing your emotions? Learn from their mistakes. (Visit: <http://www.cure-your-depression.com> for the e-course which covers more info on this step)

Finally, genes, environment and choices determine how you turn out. Take careful steps to make choices for change.

(Source Dec 2, 1996, Wheaton College Chapel Speech to Students:
<http://adam.wheaton.edu/ramgen/wetn-real/bestof/meier120296.rm>)

An excellent book by Dr. Paul Meier: **"Happiness is a Choice"**.

What readers are saying about the book:

A Compassionate Approach to Recovery, July 7, 2004

Reviewer: **A reader**

An excellent resource for those struggling with codependency and various other psychic illnesses. The book is written by Christians with a Biblical perspective, which is awesome for those who want to read a recovery book that emphasizes the spiritual approach to health and wholeness...
(Continues on next page)

Personal Empowerment!, October 1, 2003

Reviewer: **A reader**

Simply put, it is refreshing to obtain a medical/psychiatric expert's training & experience encourage personal responsibility and personal empowerment (albeit with the help of God/one's "Higher Power"). People can indeed be free from symptoms of depression, or obtain some relief at least, through what can be termed cognitive-behavioral methods. The author's position is supported by research, which finds the use of this treatment in conjunction with medications as the most effective for depression.

Learn more at: www.cure-your-depression.com/happiness-is-a-choice.html

More help at: www.cure-your-depression.com

There is hope! You are worth it!

Merri Ellen, Editor of www.cure-your-depression.com