



## Cure Your Depression Strategies

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**Daily Habits**     ***Apply these things to your life and get your life back!***

<b>Fish Oil</b>	Eat at least two 3-ounce servings of fatty fish every week or take fish oil
<b>Sleep Habits</b>	Go to bed same time each night, start your sleep ready ritual for 30 minutes before bed Drink Chamomile Tea, warm milk or take Melatonin before bed. Alternate these options
<b>Positive Thoughts</b>	Write down 3 positive things you are thankful for each day Journal your thoughts focusing on the positive
<b>Social Support</b>	Connect with friends once or twice a week - those who are positive Approach your friends with 'how can I love them?' and not 'I need them to love me'
<b>Light Therapy</b>	Each day get out in the sun or turn on a light box for 15-20 minutes
<b>Exercise</b>	20 minutes of cardio each day - walking, stair climbing, bike riding, etc
<b>Eating</b>	Eat 6 small meals a day - every 2-3 hours. Eat a portion of protein and carbs Add one portion of veggies in 2 meals. For breakfast aim for protein and complex carbs Drink at least 10 cups of water each day Avoid eating a heavy meal, and drinking alcohol and caffeine in the 3-4 hours before bed Consider taking a 5-HTP supplement to boost your brain's happy chemicals naturally
<b>Details?</b>	To dive into the details, read again the complete downloadable handbook <a href="http://www.cure-your-depression.com/almost-free-depression-ebook.html">http://www.cure-your-depression.com/almost-free-depression-ebook.html</a>
<b>More Help</b>	Jump in on the discussion forums and postings and join others on the journey! Speak with an online counselor - talk therapy is key to working through hurts in your life Visit our website for counseling help!

There is hope! You are worth it!

Merri Ellen