

The Simple Truth on Curing Depression: 6 Powerful Ingredients

**What Do the Medical Journals Reveal
on Curing Depression?**



***One woman's research
and personal journey through depression
that could change your life.***

***Join thousands of people in over 80 countries who
have benefited from this research.***

Merri Ellen Giesbrecht

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December 31, 2007

Dear friend,



I remember a little over 4 years ago, when I was in the deepest pit of my depression. I was 25 years old and I had suffered a traumatic experience that left me in emotional shock and disbelief. My husband spoke to me and I could not respond. I could not form any words to speak! I went through the anti depressants which didn't work for me and only made things worse. They brought on thoughts of suicide instead.

I heard all the well-meaning comments like "you'll get through this" but with no big help whatsoever. I soon realized that if I was going to get out of depression, then I had to take the steering wheel and do something about it myself. I couldn't leave it to time or only to my doctor or blame others for my state of mind. So, I set out determined to find an answer and the answer I found was different than what I heard on the commercials for anti-depressants (no kidding).

The medical journals reveal that a placebo fairs better than an antidepressant. Why?

In this book, I've taken the time to share what the medical journals reveal and what DOES cure depression and what personally worked for me as well as now thousands of others through my website: www.cure-your-depression.com . You and I are about to embark on a journey! This could be THE turning point in your life like it was mine!

Thank you for seeing your life as important enough to seek out the truth on what's going on in your brain and body and why.

I take your trust seriously and have done my very best to not only provide you with the scientific information you need to hear and apply but I've sought to do it in such a way so that you can understand it. I hope to share this with you like a friend having coffee with you. Rest easy. Let me share with you some hope!

Reading medical journals can easily put you to sleep – good for insomnia, I guess. However, it took me a long time to compile this information so you don't have to. You will enjoy this report! – It condenses many, many, thousands of hours of my studying, developing and personally applying these concepts in order to get myself out of the pit of depression. Complete each lesson diligently; make some time for yourself and you will enjoy great progress as I did.

There is hope! You are worth it!

Merri Ellen

Merri Ellen, Your friendly editor!
www.cure-your-depression.com

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A Sneak Peek...

Here's a sample quote from one of the medical journals:

"Cognitive and behavioral strategies have been the most effective therapies in treating depression."

(Source: Sanderson & McGinn, 2001)

Notice how there's no mention of drugs!

"What are cognitive and behavioral strategies?"

The cognitive and behavioral strategies are simple lifestyle changes.

Just what are those simple lifestyle changes?

Read on to learn the answer...

**Here I'll teach you those simple changes
you can make in your life
to beat depression starting today!**

**6 Practical and Powerful Strategies
That Will Change Your Life!**

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TABLE OF CONTENTS:

Chapter 1

*Key Ingredient #1 is the MOST UNDERRATED ingredient.
It is sometimes hated at first but adored in the end because of the effects.*

Chapter 2

Key Ingredient #2: After 23 Years of Being Bipolar, Just 2 Weeks On This Supplement Cured Her Forever!

Chapter 3

Key Ingredient #3: Results in Less Than a Week!

Chapter 4

Key Ingredient #4: Learn How Our Thoughts Have the Potential to Destroy or Repair Our Mood

Chapter 5

Key Ingredient #5: The more you cut yourself off from others, the more depressed you become. Learn how to reverse this powerful ingredient!

Chapter 6

Key Ingredient #6: If you don't get ample sleep, you feed your depression. Learn the power of a good night sleep and how to get one.

Bonus Ingredient #7

Learn what some Psychologists suggest is the reason for 95% of depression illness.

BONUS:

*The Happy Checklist
Goal Setting
Free Download Listing
Workbook
Daily Tracking Form
And more!*

APPENDIX:

Support Group Reference Listing

MEDICAL DISCLAIMER

The information that we will be sharing with you is for informational purposes only, and is not to be regarded as a substitute for psychotherapy or psychiatric treatment. This information is not intended as treatment for major depressive disorder or for any other form of chronic mental illness or medical illness.

Because we do not know your unique background and circumstances, the information may not prove applicable to your specific situation. *We urge you, therefore, not to rely on the information displayed for treatment decisions without consulting a qualified psychologist, psychiatrist, other physician, or other health care professional.*

The posting of information on our site by health care professionals does not in any way establish a professional relationship with any reader. If you are experiencing psychological distress or any form of mental illness, you would likely benefit from consultation with a qualified mental health professional. If you have a medical disorder, disease, or problem, we urge you to seek medical treatment.

If you are thinking about hurting yourself or someone else in any way, it is very important that you see a professional for help immediately.

"Need to talk?" Speak with a counsellor from the privacy of your home."
<http://www.cure-your-depression.com/online-counseling-for-depression.html>

We do not assume liability for errors or omissions related to information posted herein.

REMEMBER: This program is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet or nutrition program. Your doctor knows your medical history. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this program. **Never stop taking anti depressants without the help of your doctor.**

The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a former depression sufferer. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD, or CCN) for your special nutrition program.

Your nutrition plan will not be effective by itself. You must combine a good diet with an appropriate exercise program for optimal results. **If you have been sedentary**

and are unaccustomed to vigorous exercise, you should obtain your physician's clearance before beginning an exercise program.

The American College of Sports Medicine (ACSM) recommends that all individuals, even apparently healthy individuals, who are male and over 40 or female and over 50 to have both a physical exam and a diagnostic exercise test prior to starting a vigorous exercise program.

A diagnostic exercise test and physical examination is also recommended in individuals of any age who exhibit two or more of the major coronary risk factors (smoking, family history of heart disease, elevated blood cholesterol, elevated blood pressure, and diabetes).

Any individual with a known history of heart disease or other heart problems should be required to have a medical evaluation including a graded exercise test before engaging in strenuous physical activity.

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Dedicated to You!

"This book is for YOU and this book is dedicated to YOU on your path of personal development and the journey to a life of joy and peace."

My early days of depression...

I remember not so long ago sitting on my couch unable to form any words with my mouth. My husband asked me questions and I could only muster up enough strength to look back at him with a look of "why don't you just kill me now?" I couldn't speak. I was so emotionally exhausted and mentally burnt out from suffering from depression. I could not sleep and would get up in the middle of the night to stare out the window in darkness. I was completely lost.

My world had crumbled due to the recent loss of my job thanks to the betrayal of mentors whom I had admired and sought for advice. Problem was their advice got me in hot water. I wasn't strong enough to make my own decision and listen to the warning bells going off in my own head. Now I was devastated. The ones I admired

"The Simple Truth on Curing Depression: 6 Powerful Ingredients"

and trusted now turned out to be snake oil salesman. My life was now in pieces and my career as the department's head now stripped away from me.

That seems like ages ago...

However, it was only a few months later that I was able to find joy again. I came out of my pit and these days I look out of my window excited about life. When my husband talks to me, I am excited to answer! My passion is for life. **My joy is found in living and in helping others find joy out of depression!**

I've interacted with thousands of people all over the world in over 50 countries, thanks to the internet, sharing my story and research. I absolutely love the emails I've received from people sharing how their lives have changed after reading my research on my website.

Putting my website together to help others has only helped me further in my moving beyond depression. I am more aware of what to look out for in my life and I am having great joy helping others! (I'd like to thank Dr. Evoy for his mentoring on how to build a website that works in order to get this message across the internet: <http://www.cure-your-depression.com/buildit.html>)

I've even found it in my heart to forgive what was done to me. It's the only way to survive. Do I still feel angry? Sure, from time to time. But, I have learned that anger gets me nowhere. Now, instead, I feel pity; pity for those who lost all honour and dignity. Pity for those who thought they could destroy me. I am now stronger because of what I had to go through; and perhaps smarter.

Once you fall into a pit of depression, it can be VERY hard to get out. But, it is possible and you need to be shown the way like a guide with a flash light through a very dark tunnel. I had friends, family and this research to guide me. **Here's my research and personal experience to help you along your own journey.**

Thank you again for purchasing this report on the 6 extremely important ingredients I found and applied to cure my depression! **It took me 5 years of work and study and personal experience to compile this information.** It came from hundreds of separate sources of medical journals and trial and error. It took going through hell and back suffering my own depression battle and defeating the dragon.

After getting the 6 steps down, I was depression free within 3 months. Your recovery may even be quicker for you now that you've got all the info in front of you!

In fact, **many of my readers have shared that within a week they experienced a complete turn around!** This report shares the goods on the truth about depression. It is extremely valuable information that I wish wasn't so unknown in the mainstream world.

I wish my doctor would have told me this a long time ago instead of just writing out a prescription for a drug that only made the problem worse.

Four years before I wrote this book, I was suicidal.

Today, I cannot believe how my life has turned.

- What was the turning point?
- How did I get on the journey to health?
- How did I turn my grief and depression into joy?
- How did I go from a washed up shell of a human being to an able and driven individual investing in the lives of others around me?

In this report, you'll learn exactly what it took for me to beat depression and start living again.

After speaking with your doctor, aim to implement 1 to 2 steps per week.

Find a comfy spot and let's get going...

In one year, this report has changed lives in over 50 countries... Here are a few notes I have received...

"I was on Wellbutrin and Prozac until using your techniques... I haven't felt so good for so many consecutive days in 20 years... Thank you for your website and your incredible tips!!!" - Robyn

"I just want to thank you. These tips have really changed my life in less than a month. I honestly believe that God has brought this website over my path for recovery. The work you done is wonderful and a true inspiration. If I think where I was a few weeks back, I can't believe I am out of that hole. God will bless you for this wonderful work you are doing. You have inspired me so. Thanks again." - Ada

"As a licensed clinical social worker and a woman with a life-time history of depression, I really commend you for the work you have done on this site. I especially appreciate that you are promoting discussion on the positive benefits of a natural approach to treating depression." -Robyn

"I have learned a lot from your information and will try to put these things in to practice, concerning listening to my emotions because I know I have suffered from damaged emotions! Also, I do believe that we have to put into our bodies the right nutrition for right brain function, also a right attitude of life." -Elizabeth

"Thank you so much for all the articles I receive in my e-mails. They have helped me a lot. I have suffered with depression several years, and right now I am not taking any medication at all." - Mary

If you truly want to rid yourself of your depression, you have to do some work on your part. You have to honestly apply this research to your life. You'll have to make some changes.

But, if you want someone else to 'fix' your life – you'll be looking for some miracle drug. However, antidepressants aren't the fix. If they were, then why are so many people still taking them? We aren't deficient in Prozac, it is in other things that we are suffering a deficiency.

If you're taking antidepressants now and aren't seeing any results, you'll know what I mean. So, how badly do you want to feel better? Read our report – yes - but set aside some hours this week to really CHEW on the research.

Don't treat this like easy reading material. This is something you need to work through.

"Imagine waking up tomorrow morning and being excited about the day!"

You are a mountain climber!

There's a big mountain in front of you – your depression. (Okay, I may be stating the obvious here.) Are you going to let it defeat you? You could try to climb it with your flip flops but that would be ridiculous. I'm giving you the pack, the headlamp, the food rations, the ropes – everything. But you can't just drop it all at your feet and expect to drift to the top! You've got to put that pack and gear on and you've got to put one foot in front of the other – sweating and working all the way. Imagine reaching the top of the mountain – the fresh, pure air, the quiet, the view, the peace! Imagine the feeling of achieving such a feat! You did it! But, it took some sweat and constant moving forward and breathing hard.

That's what I'm talking about. **I realized that I had some hard work to do and once I put the research to practice and kept trudging forward with the tools I was given, I reached the peak of the mountain!** It was hard work but it was worth it! Depression affects your mind and your body. Your mind is an amazing creation that is connected to your body. You cannot sit idle expecting your mind to get better without doing anything with your body.

"The Simple Truth on Curing Depression: 6 Powerful Ingredients"

You must DO certain things and PRACTICE certain life skills to enjoy a healthy mind and life.

Are you truly willing to make a difference in your life and move towards the light at the end of the tunnel?

If so, then don't simply read this report. Study it and APPLY IT. As a former depression sufferer - I know what you're going through and I'd like to share with you my research and hard work. I want to make a dent on this disease and impact lives around the globe. If it changes your life, tell your friends and family about my website www.cure-your-depression.com. You may be surprised at how many people you know also struggle with this dragon. But, to begin with - read the report and change your life - for goodness sake!

There is hope! You are worth it!



Merri Ellen

Your friendly editor of
www.cure-your-depression.com

Some background on our valuable content...

These ingredients are based on research conducted by leading psychology departments throughout the world.

The material I want to share with you is easily worth hundreds of dollars of yearly costs of antidepressants and other medical expenses. I'm on a mission to tame this wild beast. Please carefully take in all I want to share with you and then consult your doctor with the research. You will be SO GLAD YOU DID!

Like I mentioned earlier, I applied it to my own life and was ecstatic with the results. Coming from the verge of suicide, I have now come full circle to be able to live a life fully engaged in my loved ones, my work, my passions and my dreams.

Your proceeds have allowed me to maintain editorial support of www.cure-your-depression.com as it has become a huge endeavour due to its popularity and the number of depression sufferers out there today.

I've suffered, searched for a cure, found one and want to help others. **Help yourself by taking these steps seriously. They could be your steps to freedom like they were for me.**

This course also includes...

A few free downloadable tools to use along the way!

(See download instructions at the end of this e-book).

Now it is time for you to get started.....

Order the complete handbook and start today!

Go now to...

<http://www.cure-your-depression.com/almost-free-depression-ebook.html>