

Basic Daily Habits - Cure Your Depression Strategies

Life Changing Proven Medical Journal Research

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Apply these to your life, with your doctor's supervision, and get your life back!

Omega 3s	Eat at least two 3-ounce servings of fatty fish every week or simply take fish oil. 1200mg/day. Look for a brand that will give you 1000 mg of EPA and 500 mg of DHA per day. (If you are vegan, research other ideas such as flax.)
Sleep Habits	Go to bed same time each night, start your sleep ready ritual for 30 minutes before bed. Shut off media 30 -60 minutes before bed. Drink Chamomile Tea, warm milk or take Magnesium before bed. Alternate these options.
Positive Thoughts	Write down 3 positive things you are thankful for each day. Journal your thoughts focusing on the positive.
Social Support	Connect with positive friends once or twice a week. Approach your friends with gratitude and 'how can I love them?' and not 'I need them to love me'.
Light Therapy	Each day get out in the sun or turn on a light box for 15-20 minutes.
Exercise	20 minutes of cardio each day - walking, stair climbing, bike riding, etc
Eating plus supplements	Eat unprocessed foods. Eat a portion of protein and healthy carbs. Limit sugar. Eat a 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, drinking alcohol and caffeine 3-4 hours before bed. Consider taking a 5-HTP supplement to boost your brain's happy chemicals naturally. 50 - 500 mg daily. (Ask your doctor, because if you choose to use 5 HTP as a natural source of serotonin to use alongside an antidepressant, the effective dose may be even lower. There are dangers in combining 5 HTP with certain meds so again, talk to your doctor.) Research shows that some people respond better to lower doses, so it's a good idea to start at the low end of the dose range and increase if necessary. It is recommended to take it on an empty stomach before falling asleep, or in smaller doses throughout your day.
Details?	To dive into the details, visit: www.curedepression.ca or download the e-book at: http://www.cure-your-depression.com/almost-free-depression-ebook.html
More Help	Jump in on the discussion forums and postings and join others on the journey! Speak with a counselor or life coach. Talk therapy is key to working through hurts in your life. Visit our website for online help.

There is hope! You are worth it!
Merri Ellen ☺

To date, over 2 million readers in over 120 countries have walked through this research. Visit the website for testimonials. ***The research is incredibly simple, but if not applied, won't bring results.*** Talk with a Counsellor or me as your Life Coach to walk you forward.
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