



Merri Ellen's...

“What Everybody Ought to Know About Depression” (29 Most Frequently Asked Questions on Depression).

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(Taken from our survey on www.cure-your-depression.com)

I've put together this handy little reference guide to help you answer some of the most frequently asked questions about depression. (It's based on the questions I receive regularly at www.cure-your-depression.com). Save it to your desktop so you can always find it later. I did this up for you! Enjoy! – Merri Ellen ☺



Intro: How my site came to be (my own depression story):

http://www.cure-your-depression.com/depression_story.html

1: What kind of depression do I have???

Depression is caused by a lack of health in 3 different areas. Enjoy reading the following articles to help you answer this question...

"What is the cause of your depression and (what to do about it)?"

<http://www.cure-your-depression.com/cause-of-depression.html>

"50% of Depression Sufferers Complain of these Physical Symptoms of Depression."

<http://www.cure-your-depression.com/physical-symptoms-of-depression.html>

"Post Partum Depression - Got the Baby Blues?"

<http://www.cure-your-depression.com/postpartumdepression.html>

"Do you suffer from these Postpartum Depression Symptoms?"

<http://www.cure-your-depression.com/postpartum-depression-symptoms.html>

"Do you suffer from Bipolar Disorder? Take this simple Bipolar Online Test "

<http://www.cure-your-depression.com/bipolar-online-test.html>

"Signs and Symptoms of Bipolar Disorder - Part 1"

<http://www.cure-your-depression.com/symptoms-of-bipolar-disorder.html>

"Signs and Symptoms of Bipolar Disorder- Part 2"

<http://www.cure-your-depression.com/bipolar-symptoms.html>

"What is Bipolar Type 2 and What to do if you have it!"

<http://www.cure-your-depression.com/bipolar-type-2.html>

"Clinical Depression Symptom List"

(<http://www.cure-your-depression.com/clinical-depression-symptom.html>)

2: Why don't my antidepressants work??

Read: "Why Antidepressant Drugs Don't Work?"

(<http://www.cure-your-depression.com/depression-article-download.html>)

3: How do I deal with depression and is there any cure? How can I get rid of it for good?

Yes! There is a cure – not just a cure that worked for me but one that has worked for thousands of patients under careful watch of scientific researchers. Read our 6 Steps Report to learn more: (<http://www.cure-your-depression.com/depression-viplist.html>)

4: Why does it linger on and on? How can I get rid of the love hate relationship? I seem to have a sick love of it during a downward spiral, and hate it after it's over.

Depression can be a cycle of negativity because of removing yourself from social contact. It can also become a crutch and an excuse not to get together with others if you are not careful. This only continues your cycle. How do you break out of this? Read our 6 Steps Report to learn more: (<http://www.cure-your-depression.com/depression-viplist.html>)

5: What can you do naturally to help depression - especially if you are pregnant?

Read: "Post Partum Depression - Got the Baby Blues?"

(<http://www.cure-your-depression.com/postpartumdepression.html>)

"The Safety of Antidepressants and Pregnancy"

(<http://www.cure-your-depression.com/antidepressant-and-pregnancy.html>)

"Do you suffer from these Postpartum Depression Symptoms?"

(<http://www.cure-your-depression.com/postpartum-depression-symptoms.html>)

The Benefits of Omega 3 Fish Oil (<http://www.cure-your-depression.com/benefit-of-Omega-3-fish-oil.html>)

6: Why can I not beat it on my own?

A question *I'd* like to ask is, "Why do you think you HAVE to beat this on your own?" For some reason, we believe we need to be islands. We can survive without having help from others. Sure, maybe it's because we have been hurt by others so we tend to associate other people as pain. If so, we need to learn how to find people who help us and not hurt us. We can also teach our loved ones how they should treat us. Not easy? No, it can be difficult but when it happens – WOA! Life is SO much better! Depression often disconnects us from our friends and family. We tend to push them away. This only in turn continues a vicious cycle of depression and isolation.

Read: 6 Steps Report (<http://www.cure-your-depression.com/depression-viplist.html>)

"Bid Loneliness and Isolation Farewell with Depression Group Support"
(<http://www.cure-your-depression.com/depression-group-support.html>)

7: Can I achieve happiness and clear thinking?

Yes. You can learn optimism!

"Optimists live a life that is driven by trust, not fear and use reasons to objectively assess situations. We believe that we have the ability to make good things happen and we take charge and create the conditions for success. This involves personal responsibility, which means living a value-driven life. Optimists attract and are attracted to positive people and situations... The good news is that skills can be learned... Plug into the power of optimism and light up your life, improve your health and create happiness for yourself and those around you." - Lucy MacDonald, author of "Learn to Be an Optimist".

Read my list of favorite books on positive thinking that helped me cure my depression: <http://www.cure-your-depression.com/books-on-positive-thinking.html>

Read our positive thinking chapter in our "6 Steps Report":
(<http://www.cure-your-depression.com/depression-viplist.html>)

8: My daughter suffers from depression for 10 years. How do I get her help? She won't take anti-depressants.

Read: "5 Ways to Help a Depressed Loved One"

<http://www.cure-your-depression.com/depression-article-download.html>

Read: "Why Antidepressant Drugs Don't Work?"

<http://www.cure-your-depression.com/depression-article-download.html>

9: I'm so tired of fighting this. Can there be something that I'm not doing that I need to do? Will it ever go away?

I truly believe it can. After coming out of my own depression, I began to learn of more and more people who told similar stories of searching for a cure. What worked for them was very similar to what worked for me.

Read our 6 Steps Report to learn what can help:

(<http://www.cure-your-depression.com/depression-viplist.html>)

10: Why it won't go away?

Read: "What is the cause of your depression and (what to do about it)?"

(<http://www.cure-your-depression.com/cause-of-depression.html>)

11: How do I get better without medication?

Read: "Why Antidepressant Drugs Don't Work?"

<http://www.cure-your-depression.com/depression-article-download.html>

"The Benefits of Omega 3 Fish Oil"

(<http://www.cure-your-depression.com/benefit-of-Omega-3-fish-oil.html>)

"Is There a Natural Cure For Depression?"

(<http://www.cure-your-depression.com/naturalcurefordepression.html>)

Read our 6 Steps Report

(<http://www.cure-your-depression.com/depression-viplist.html>)

12: Is God using this as a calling?

Interesting question- maybe not frequently asked but an intelligent one.

Read: "What is the cause of struggle of a believer's depression? What does the Bible say?" (<http://www.cure-your-depression.com/christian-and-depression.html>)

"Bible Verses for Depression"

(<http://www.cure-your-depression.com/bible-verse-for-depression.html>)

13: I don't want to take meds. Every year the "darker" side is getting more and more dark Why can't I shake it off?

Read: "What is the cause of your depression and (what to do about it)?"

(<http://www.cure-your-depression.com/cause-of-depression.html>)

Read our 6 Steps Report

(<http://www.cure-your-depression.com/depression-viplist.html>)

14: What causes depression when everything is going good in ones life and you're 37 year old?

Read: "What is the cause of your depression and (what to do about it)?"

(<http://www.cure-your-depression.com/cause-of-depression.html>)

15: How can I overcome the symptoms of depression, what should I be doing to help myself?

Read our 6 Steps Report to learn of the 6 Powerful Steps to Apply:

(<http://www.cure-your-depression.com/depression-viplist.html>)

16: What is the most effective attitude to maintain while seeking treatment?

Read our 6 Steps Report to learn about the positive thinking strategies:

(<http://www.cure-your-depression.com/depression-viplist.html>)

17: Do natural cures work?

Yes! Read: "The Benefits of Omega 3 Fish Oil"

(<http://www.cure-your-depression.com/benefit-of-Omega-3-fish-oil.html>)

"Is There a Natural Cure For Depression?"

(<http://www.cure-your-depression.com/naturalcurefordepression.html>)

Read our 6 Steps Report

(<http://www.cure-your-depression.com/depression-viplist.html>)

18: Does it ever "go away?"

Yes and No. On it's own? Pretty Much No. Depression will rarely go away on it's own. There are important things you need to do for your health. Read our 6 Steps Report to learn how you can make it go away by practicing a few simple lifestyle changes. (<http://www.cure-your-depression.com/depression-viplist.html>)

19: Do drugs work?

Sometimes. For me? No.

Read: "Read this before taking Anti-Depressants!" (<http://www.cure-your-depression.com/antidepressandrug.html>)
"My Depressing Antidepressant List" (<http://www.cure-your-depression.com/antidepressant-list.html>)

20: What happened to me to make me feel this way?

Read: "What is the cause of your depression and (what to do about it)?" (<http://www.cure-your-depression.com/cause-of-depression.html>)

21: Do I HAVE to take anti-depressants?

Not necessarily.

Read: "Read this before taking Anti-Depressants!" (<http://www.cure-your-depression.com/antidepressandrug.html>)
"My Depressing Antidepressant List" (<http://www.cure-your-depression.com/antidepressant-list.html>)
Read "Is There a Natural Cure For Depression?" (<http://www.cure-your-depression.com/naturalcurefordepression.html>)
Read: "The Benefits of Omega 3 Fish Oil" (<http://www.cure-your-depression.com/benefit-of-Omega-3-fish-oil.html>)
Read: 6 Steps Report (<http://www.cure-your-depression.com/depression-viplist.html>) and then ask your doctor.

22: "The mood changes with my kids, husband and me. One day I feel ok next day or minute I'm down hill. I have 2 boys a 4 yr old and a 2 month old and I feel like I'm not enjoying them. I know in the back of my mind that that I need to do better but I don't know what to do to get past this. Help!!!"

Read: "A Mother Cries Out - Why Am I Such a Terrible Mother?" (http://www.cure-your-depression.com/postpartum_depression.html)
Read: "The Benefits of Omega 3 Fish Oil" (<http://www.cure-your-depression.com/benefit-of-Omega-3-fish-oil.html>)
Read: 6 Steps Report (<http://www.cure-your-depression.com/depression-viplist.html>)

23: How can I help my friend? She just had a baby-the doctor put her on medication today--no more nursing.

Read: "Post Partum Depression - Got the Baby Blues?"

(<http://www.cure-your-depression.com/postpartumdepression.html>)

"The Safety of Antidepressants and Pregnancy"

(<http://www.cure-your-depression.com/antidepressant-and-pregnancy.html>)

"Do you suffer from these Postpartum Depression Symptoms?"

(<http://www.cure-your-depression.com/postpartum-depression-symptoms.html>)

24: "Why can't I get out of feeling of not wanting to get up, not even wanting to do anything at all? I have no appetite but only crave junk food. What can I take that is a natural cure? I get even more depressed on antidepressants.

I take omega 3, 5-htp, an ultimate woman vitamin and extra B complex.

How much should I take and is this where I should begin to help me improve my moods?"

Read: "What's a good natural source of serotonin to cure depression?"

(<http://www.cure-your-depression.com/natural-source-of-serotonin.html>)

Read: 6 Steps Report (<http://www.cure-your-depression.com/depression-viplist.html>)

25: What can I do for my husband when he is so low and feels useless?

Read: "5 Ways To Help A Depressed Loved One"

<http://www.cure-your-depression.com/depression-article-download.html>

26: How can I help my friend?

Read: "5 Ways To Help A Depressed Loved One"

<http://www.cure-your-depression.com/depression-article-download.html>

27: "Will I ever be able to get off of my Lexapro. Why does the Lexapro make me sick, dizzy, and spacy feeling? Why is it that if I stop taking my Lexapro for a few weeks, I feel terrible, and it makes me not care if I live or die, as well as my brain feels like a large piece of concrete swelling in my head. Since I have been taking my Lexapro regularly for a few months, why do I feel uneasy and out of control."

Read: "Read this before taking Anti-Depressants!"

(<http://www.cure-your-depression.com/antidepressiondrug.html>)

"My Depressing Antidepressant List"

(<http://www.cure-your-depression.com/antidepressant-list.html>)

28: Will I ever be med free?

This is definitely possible as I have no longer need meds for the past 4 years. I am meeting more and more people and hearing more and more success stories of how meds were no longer needed thanks to simple life style changes.

Read: 6 Steps Report (<http://www.cure-your-depression.com/depression-viplist.html>)

29: I think the most unanswered question would be why are so many Doctors so uneducated on depression, meds etc.?

The following answer is from Allan Cassels, drug policy researcher, University of Victoria (BC, Canada) as quoted from greenspiration.org in his article 'Buying the Medical Profession'...

"Drug marketers know that the most effective weapons in the arsenal of persuasion are gifts – free samples, pens, and free meals bestowed on physicians by drug reps thousands of times a day around the world. This activity, which accompanies the product pushing known as "detailing" constitutes a large part of what your GP will ever learn about prescription drugs and about treating mental illness.

You might think your physician can see through the marketing spiels, yet the data says something very different. In 1998, Toronto drug policy researcher Joel Lexchin reviewed the literature on detailing by pharmaceutical representatives and found a very strong link between contact with drug reps and inappropriate prescribing. In fact, Lexchin found that the more frequently prescribers saw industry detailers, the more prone they were to use pharmacotherapy versus nondrug therapy, and the more likely they were to use more expensive medications when cheaper and equally effective ones were available.

With drug reps constantly parading in front of doctors, the chemical view of illness is shaped and reinforced behind closed doors. Why should we be surprised that the dominant paradigm of mental health care has largely been reduced to the tweaking of neurotransmitters and serotonin levels with patented drugs?

The culture of antidepressant use has been beaten into our collective consciousness. Adverse effects associated with these drugs, however, such as the association with suicidality, and alternative views of illness and treatment, do not seem to get much airplay. With thousands of drug reps working clinics, hospitals and conferences worldwide, how can public health compete? How can we reclaim medicine from the marketplace?

Antidepressants fit the single-pill solution that many of us expect. Yet when the definitions of disease itself are being sold, and where the dangers inherent in using pills are downplayed, how many physicians really have what they need to help their patients through tough times?"

By now you will notice a common thread which is to read our "6 Steps" Report (<http://www.cure-your-depression.com/depression-viplist.html>) and to implement it. That's because it works. You will love the difference it can make! ☺

**Got more questions? I'd be glad to hear them.
Send them my way here:**

<http://www.cure-your-depression.com/survey.html> or
contact me here:

http://www.cure-your-depression.com/send_note.html

Read all of our depression articles here:

<http://www.cure-your-depression.com/depression-article-index.html>

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Merrilee

There is hope! You are worth it!

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