



**Crystal Star™**

whole herbs for the whole person™



## Depression Relief & Mood Lifting Kit

### NUTRITION PLAN

#### Congratulations!

You've decided to commit to a Depression relief program! Yes, it takes a commitment because you will be changing your lifestyle for a period of time. I understand that challenge, and I have created a special kit to help. Good luck on this health adventure. A safe, gentle nutrition program can keep your body functioning at peak levels. You'll look better and feel better!

#### The Depression Relief and Mood Lifting Kit includes:

- **Adrenal Energy™** (60 capsules, a 23 day supply)
- **Depress-ex™** capsules (60 capsules, a 15 day supply)
- **Stress Arrest™** tea (3 oz. about 3 weeks supply)
- **Free Nutrition Plan**

#### Information about the Depression Relief and Mood Lifting Kit products and how to use them:

**Adrenal Energy Boost™ capsules:** Restores and energizes adrenal activity. Helps balance blood sugar, reduce stress and boost over-all body energy. Directions: Take 2 caps twice daily for 1 week, then 2 caps once daily for 3 weeks.

**Depress-ex™ capsules:** Helps relieve mild to moderate despondency without causing nervousness or insomnia. Calming effect. Directions: Take 2 - 4 caps daily as needed for up to 3 weeks at a time. Rest one week. Resume if necessary. Take 2 - 3 months for best results.

**Stress Arrest™ tea:** Nerve, stress and anxiety relaxer. Relieves nerve attacks and improves your mood. Natural serotonin boosters to calm your mind. Rebuilds nerves to help fight fatigue. Boosts adrenal activity and health. Directions: Take 2 or more cups daily to soothe and calm.

#### About Depression

Depression is the most common adult psychiatric disorder, and it's on the rise worldwide. Today, the World Health Organization recognizes depression as one of the top four disabling diseases in the world! Mood disorders affect 30 million Americans (women more than men) and we spend over \$20 billion on treatment.

From a naturopathic perspective, depression involves complex physical, social and psychological factors underlying circumstances, as well as more incidental traits.

#### Underlying origins for depression:

- 1) The great loss of a spouse or child, and the inability to express grief
- 2) Bottled-up anger and aggression turned inward
- 3) Negative emotional behavior often learned as a child
- 4) Biochemical imbalance (such as copper) involved with neurotransmitter, amino acid and other nutrient deficiencies
- 5) Hypothyroidism, often misdiagnosed as depression
- 6) Drug-induced depression.

#### Common markers for depression:

- 1) Hypoglycemia or sugar or alcohol dependency
- 2) prescription drug addiction or intolerance
- 3) chemical or food allergies
- 4) hormonal imbalances related to childbirth, PMS or menopause

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- 5) negative emotions as a result of the inability to cope with prolonged, intense stress.
- 6) Research from the Journal of Orthomolecular Medicine links mercury fillings to manic depression.

The suggested program for this kit is approximately 1-2 months following the steps outlined on this information sheet. Use the nutrition plan and bodywork techniques to achieve the greatest benefits from this kit. **Take your supplements, Depress-ex, Adrenal Energy Boost, and Stress Arrest tea, at breakfast and lunchtime.**

## Anti-Depression Nutrition Plan

1. Get plenty of healthy protein (about 15% of total calorie intake) to minimize depression. Include protein from seafoods, sea plants, rice, sprouts, soy foods, nuts, seeds, organic turkey and chicken, eggs and low fat cheeses to control depression-related tissue destruction. Amino acids in protein foods help build healthy neurotransmitters for coping with depression. Add foods rich in the amino acid L-tryptophan (soy, cheeses and turkey) to help build serotonin, essential for overcoming depression and insomnia.
2. Have a green salad every day. Sprinkle on 2 TBS. of a mix of brain foods: lecithin granules, brewer's yeast, wheat germ, pumpkin seeds; and use a lemon-canola oil dressing.
3. Have at least 4 other servings of vegetables and some whole grains daily. You'll automatically be eating foods rich in calcium, potassium, iron, magnesium and B vitamins that are usually low in a depressed person's body.
4. Have an adrenal tonic 2 to 3x a week to prevent stress reactions that precipitate major depression: a glass of carrot juice with a pinch of sage and 1 teasp. Bragg's LIQUID AMINOS .
5. Nutrient deficiencies are almost always involved in depression. Add a superfood daily for "extra strength" nutrition. Some good superfoods to choose from: chlorella, spirulina, barley grass, wheat grass.
6. Avoid sugary foods, alcohol and caffeine, especially if you have hypoglycemic depression.
7. Add Omega-3 rich foods to your diet from cold water fish or flax seed. Omega-3 fatty acids are essential to brain health, helping the brain neurotransmitters norepinephrine and serotonin perform their mood stabilizing functions. I'm a big believer in eating sushi for mild to moderate depression. Salmon or tuna rolls are particularly beneficial.
8. Drink plenty of bottled water each day. Dehydration is often linked to depression.

## Bodywork support:

- Exercise anxiety away. Give your body plenty of oxygen. Exercise is an anti-depressant nutrient in itself.
- Depression increases risk of osteoporosis. Get some daily sunlight on the body for vitamin D, a natural serotonin boost.
- Yoga stretches and regular massage help clear the mind.
- Acupuncture banishes the blues in 90% of women by increasing their brain endorphins.
- Aromatherapy helps: Try essential oils of jasmine, geranium, rosemary and basil.

If you dedicate yourself to this program I'm sure you'll be pleased with the results. Everyone is different, so the directions I've outlined are guidelines. Go at your own pace if you like, checking your results as you go.

To learn more about my whole herb detoxification kits, please visit my website, [healthyhealing.com](http://healthyhealing.com), call 800-736-6015 or refer to pg. 391-392 of my bestselling reference book, Healthy Healing 12th Edition: A Guide to Self-Healing For Everyone.

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