

Health Notes

Separating True Depression from 'The Blues'



Are we treating normal sadness as a clinical disorder? Selling sickness or dulling the pain?

It is NORMAL to feel down in the dumps from time to time – there is a fine line between the 'normal blues' and chronic depression. Sufferers of long-term depression know only too well the difference – they indeed need specialist professional care. **However, the modern trend of treating 'everyday sadness' as a clinical disorder and over prescribing antidepressants is causing long-term damage.**

Most antidepressants work by increasing neurotransmitters such as serotonin and noradrenaline in the brain. Antidepressants have a variety of side effects including reduced libido, agitation, weight gain and even suicidal tendencies in children and adolescents. So, giving this medication to a person who is experiencing 'normal blues', can **only** have a negative effect.

If you believe you are suffering from depression - explore your options before you reach for 'quick fix medication', which could cause long-term damage to your health.

There is increasing evidence that body toxins, caused by our modern life can have a serious effect on our sense of wellbeing. There is a link between liver toxicity and the frontal lobe of the brain, a condition, which may lead to depression.



**Book a full body
evaluation with Atri
Wilson to fully identify
the cause and then a plan
can be put into action to
rectify....**