



How to Lift Your Mood Naturally With Vitamins

Similar to everyone else, you probably have an occasional period where you're down in the dumps. But don't fret; feeling a little bit down every now and then is normal. But when these low feelings persist, you may be in trouble. If they deepen over time no matter what you're doing to change them, then chances are that you are truly depressed. True depression occurs as a result of a loss of interest in nearly everything that once gave you pleasure. These pleasure feelings are replaced by an all-consuming feeling of emptiness and numbness which may be related to clinical depression.

Clinical depression is another matter, this form of depression is an intense feeling of sadness that lasts for long periods of time and prevents people from leading a normal life. It is a treatable medical condition and is characterized by persistent and sometimes severe feelings of worthlessness, guilt, sadness, helplessness, and hopelessness. There may also be disturbance in sleeping or eating patterns, anxiety, regret, shame, grief, diminished ability to concentrate, and repetitive suicidal thoughts.

Having five or more of these symptoms for a span of two weeks or longer is categorized as clinical depression. However, there are shades of gray when it comes to being emotionally down, from low moods all the way to major depressive episodes. Dysthymia is a lot less severe than depression, but it lingers sometimes for years, allowing people to function adequately but consistently feeling unhappy. Bipolar disorder also causes people to have severe high and low mood swings, while seasonal depression is another form that rounds out the category.

According to a global study, depression may be the most disabling disease in the world. Researchers found that depression can worsen health more than angina, arthritis, asthma, and diabetes. Those who have depression and one or more chronic diseases are in the worst health of all. It is estimated that 19 million American adults are living with major depression, with up to 25 percent experiencing an episode of major depression at some point during their lifetime and women suffering twice as much as men do from major depression.

Suicide is strongly connected to depression and is the third-leading cause of death in 10 to 24 year olds, with most depressed people never seeking treatment. Those who are undiagnosed and untreated allow depression to worsen and last for years of untold suffering. About 15 percent of people with major depression die from committing suicide. Major depression is a life-threatening illness that should be treated by medical experts. There is no test that can diagnose major depression. However, it is important to rule out other medical problems that have similar symptoms as those of depression.



Depression is usually treated with medications and counseling. Natural remedies may also be effective in the treatment of depression, especially in those cases that are mild to moderate. Additionally, many nutritional, environmental, and lifestyle factors are involved and it is important to recognize that these factors are not only important for depression, but also for our total health. Getting people healthy gets them less depressed, generally speaking, and there are three supplements that can help ease the symptoms of depression naturally.

Lithium, which is a prescription drug for bipolar disorder, is a simple mineral with benefits for the nervous system to improve mood and cognition. Since patients with depression often have low levels of omega-3 fatty acids and DHA, proper DHA levels are essential for proper functioning of the neurotransmitters. Supplementing with essential fatty acids can help with depression symptoms.

Finally there is SAM-e, a molecule that naturally occurs in the cells of plants and animals, works well as an antidepressant without causing side effects for most people. Always consult your doctor if you suspect you may have clinical depression or when you start any new vitamin supplements with medication and never exceed the recommended doses on the bottle without a doctor's help.