

DEPRESSION: DEFEATING DEPRESSION AND ADRENAL SHUTDOWN

Fatigue may come from depression and stress, but it also comes from adrenal shutdown. Here are some tips to beat them, based on material from Dr. Anne Procyk. Evidence shows that simply adding 30 minutes of walking each day, has better results than anti-depressive meds. Here is your prescription to feel better. It has only good side effects.

SLEEP

1. Get lots of sleep, and avoid late nights which leave you sleep-deprived.
2. Darkness is essential. The less light, for at least 8 hours, the better. You can obtain yellow goggles for extra "non-blue light" during the hours before bedtime.
3. Cut way back on stimulants, like caffeine and nicotine. Cut them out if you can. This will aid your sleep and help you feel more natural energy during the day.

NUTRITION

1. Watch out for "low blood sugar" as well as "sugar highs." Protein snacks between meals will help, as will being consistent with meal times.
2. Eat real food, cutting way back on sugars, salts, and additives. Increase vegetables, and then, increase vegetables some more. Lots of veggies. J. J. Virgin says to completely cut out sugars, carbs, eggs, milk, peanuts, wheat, and soy. *New Sugar Busters!* agrees with J. J. Virgin: It does not work to count calories. Base your diet on food groups, not calories.
3. Beef up on turkey, and red salmon. (Like the pun?)
4. Enrich on foods with Omega-3 and Magnesium. (Pun.) Avocados, bananas, tree nuts, and whole grain breads provide these. Check the label for "whole grains."

EXERCISE

1. Walk, cycle, or run-in-place for 30 minutes daily, 6 to 7 times weekly. This helps your brain with bi-lateral stimulation, and promotes nerve activation.
2. Increase your stamina, pushing yourself each day, to where you are at least a little out of breath. Your feel-good hormones will like this. Weight training is good here.
3. Get moving!

Start anew each day. Today is the only day which you will have to overcome adrenal shutdown, and to beat depression.