

## **FROM DEPRESSION TO GLORIOUS HEALTH IN SIX STEPS**

How to lift your mood through changes in diet and lifestyle.

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### **Disclaimer.**

**It is very important you consult a doctor before making changes in your diet and lifestyle, or before taking vitamin and/or food supplements.**

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**The purpose of this book is to educate and inform. For medical advice you should seek the personal advice and services of a medical professional.**

**This book is meant as an aid to normal professional therapy and medical advice.**

**The information here is not meant to replace the therapy and advice a psychologist, psychiatrist or a medical professional can supply.**

## **EICOSANOIDS, KILLER DISEASES AND WHY YOU CAN'T AFFORD TO TAKE DEPRESSION LIGHTLY.**

Allow me to make a bold statement here.

Depression is a sign that your body's biochemistry is seriously out of balance.

Left untreated you are far more likely to develop serious diseases, many of which can kill you or leave you seriously debilitated.

You probably started reading this book in an effort to rid yourself of an affliction that is making your life a misery.

Your depression may be the luckiest thing that happened to you.

Because this book could save your life.

## **EICOSANOIDS**

Eicosanoids are your body's "master hormones". They indirectly control nearly every function of your body.

Depression is linked to a “bad” eicosanoid called prostaglandin E2 (PGE2).

A study in 1983 found that levels of the bad eicosanoid (PGE2) were 2-3 times higher in patients with depression than in normal controls.

Subsequent studies have also found elevated levels of PGE2 in the bodies of patients suffering from depression.

This is alarming news because overproduction of the “bad” eicosanoid PGE2 not only causes mood problems like depression.

PGE2 also causes inflammation, suppresses your immune system, causes blood clotting and a host of other potentially deadly effects.

These can lead to serious disease in the following ways:

#### **Effects of the “bad” eicosanoid PGE2:**

- ❑ **PGE2 reduces the release and uptake of neurotransmitters in your brain like serotonin which can lead to depression.**
- ❑ **PGE2 causes your blood to clot which can lead to heart attacks or strokes.**
- ❑ **PGE2 causes your blood vessels to contract (vasoconstriction) which can lead to high blood pressure.**
- ❑ **PGE2 depresses your immune system which can lead to cancer.**
- ❑ **PGE2 stimulates pain and fever which can lead to allergies, headaches, arthritis and chronic pain.**
- ❑ **PGE2 causes inflammation in your body and your brain which could lead to Alzheimer’s disease and multiple sclerosis (MS).**

**So depression is often an early warning that more serious conditions like heart disease, stroke and cancer are developing.**

**You simply can’t afford to take depression lightly.**

**You must change your diet and lifestyle NOW to reverse the effects of depression and the other more serious effects of your body's overproduction of "bad" eicosanoids like PGE2.**

## **THE GOOD NEWS, GOOD EICOSANOID PGE1**

**The good news is that you can control your body's production of eicosanoids with diet and lifestyle.**

**And when you do this often not only will your symptoms of depression abate or disappear many other long term health problems could also be relieved.**

**Like most hormones in your body the bad eicosanoid PGE2 has an opposing hormone to help keep your body's functions in balance.**

**PGE2's opposing hormone is Prostaglandin E1 (PGE1).**

**The good eicosanoid PGE1 has many wonderfully beneficial effects:**

- PGE1 increases the release and uptake of neurotransmitters in your brain like serotonin increasing feelings of wellbeing and calmness.**
- PGE1 stops your blood from clumping, reducing the chance of heart disease and strokes.**
- PGE1 helps your blood vessels to relax reducing your blood pressure and increasing circulation.**
- PGE1 controls your immune system reducing the risk of cancer.**
- PGE1 reduces pain often leading to relief from headaches, arthritis and chronic pain.**
- PGE1 reduces inflammation in your body and your brain reducing the chance of diseases like MS and Alzheimer's.**

To understand how to switch the production of eicosanoids in your body from bad to good you first need to understand three major hormonal systems in your body: eicosanoids, insulin and cortisol.

1. **Eicosanoids** are your body's "master" hormones indirectly controlling nearly every function in your body including feelings of wellbeing and indirectly feelings of depression.

You need to increase your body's production of "good" eicosanoids to stimulate feelings of wellbeing and reduce or eliminate feelings of depression.

2. **Insulin** is your body's "sugar" hormone, released in response to blood glucose (blood sugar).

Excess insulin production in your body can be caused by eating a diet too high in carbohydrates. Especially carbohydrates which convert too quickly to blood glucose.

Excess insulin can stop the production of good eicosanoids and stimulate the production of bad eicosanoids.

This can lead to depression.

Excess insulin production also leads to the release of the "stress" hormone cortisol.

3. **Cortisol**, the "stress" hormone is released when you are under physical or emotional stress.

Cortisol can block the production of "good" eicosanoids leading to feelings of poor health and depression.

Also, long term exposure to excess cortisol can kill your brain cells, leading to impaired brain function.

**So to reduce the symptoms of depression or to eliminate it altogether you need to do three things:**

- 1. Increase your body's production of good eicosanoids (the "master" hormones).**
- 2. Control your body's production of insulin (the "sugar" hormone).**
- 3. Reduce your body's production of cortisol (the "stress" hormone).**

**In this book you'll learn how to do all that in these six steps. The six steps from depression to glorious health are:**

- 1. Following a good diet.**

**Which increases your body's production of "good" eicosanoids, controls your body's insulin production and reduces the release of cortisol.**

- 2. Drinking enough water.**

**Which allows all your body's systems to function efficiently.**

- 3. Exercising daily.**

**Which increases your insulin sensitivity (helping to control your body's insulin production) and reduces your cortisol levels.**

- 4. Practicing advanced hygiene.**

**Which helps to increase your body's production of "good" eicosanoids and helps to reduce your body's cortisol levels.**

- 5. Improving the quality and quantity of your sleep.**

**Which helps to increase your body's production of "good" eicosanoids and reduce your body's cortisol levels.**

- 6. Building good emotional health.**

**Which helps reduce your body's cortisol levels.**

## **DIRECTIONS FOR THE SIX STEPS TO GLORIOUS HEALTH**

### **1. DIET**

Eating well can have an effect on depression and lift your mood. You have two main objectives with your diet. These objectives are:

- To help your body produce more good eicosanoids.

This should stimulate a feeling of wellbeing and calmness, reduce pain and inflammation and reduce your chances of developing cardiovascular disease or cancer.

- To help your body produce more serotonin, the “feel good” hormone.

The following five-step mood elevating diet can help you achieve both.

### **THE FIVE STEP MOOD ELEVATING DIET**

First look at your hand.

**1. FIVE FINGERS - FIVE MEALS A DAY.**

**2. EAT PROTEIN (PREFERABLY FISH AND TURKEY BREAST) WITH EVERY MEAL AROUND THE SAME SIZE AND THICKNESS AS THE PALM OF YOUR HAND.**

**3. EAT FRUIT AND VEGETABLES FOR CARBOHYDRATES AROUND TWICE THE VOLUME OF THE PROTEIN YOU EAT (THE VOLUME OF YOUR CLENCHED FIST).**

**4. EAT ENOUGH ALMONDS TO COVER THE PALM OF YOUR HAND IN A SINGLE LAYER.**

**5. PILE ON LETTUCE AND LEAFY GREENS TO FILL YOU UP. NO LIMIT.**

It's vital for a healthy, mood elevating diet that you learn to control the ratio of protein to carbohydrate in your meals:

**How do you know you ate the correct balance of protein to carbohydrate in a meal?**

With the correct ratio of protein to carbohydrates you won't feel hungry two to three hours after the meal.

**How do you know you've eaten too *many* carbohydrates in any particular meal?**

If you're very hungry two to three hours after a meal and you find it difficult to focus mentally you've probably eaten too many carbohydrates in that meal.

**How do you know if you *haven't eaten enough* carbohydrates in a meal?**

If you're very hungry two to three hours after a meal and you can still concentrate well mentally you probably haven't eaten enough carbohydrates in that meal.

You can adjust your protein/carbohydrate balance with your next meal and monitor your progress.

**DIETARY SUPPLEMENTS**

Every day take:

**Fish oil.**

Fish oil helps in the production of good eicosanoids. The DHA in fish oil also helps to build brain tissue and can stimulate the growth of nerve cells.

If you take **pharmaceutical grade fish oil** (which is the safest and most effective) take **1-4 teaspoons (4-16 capsules) every day with food.**

Even larger doses of pharmaceutical grade fish oil may be appropriate in particularly serious cases of depression like bipolar depression or cases combined with other health problems like multiple sclerosis, dementia or Alzheimer's disease.

If you take **molecularly distilled or cholesterol free fish oil**, which is the next best form, take **1-2 teaspoons (4-8 capsules) every day with food**.

If you take **health food grade fish oil** you will have to limit your intake to **4x1000mg capsules every day with food**.

Health food grade fish oil can be high in contaminants but should be safe and helpful at this level of intake.

**Do not, under any circumstances, take any fish oil product that has been combined with evening primrose oil, borage oil or other types of GLA supplements.**

## **Vitamin E**

Take **1x500mg capsule of vitamin E** with your fish oil.

## **Vitamin C**

Take **4-6 daily doses of 250mg to 500mg (1/4 to 1/2 teaspoon) of vitamin C with bioflavonoids**. Preferably powder in water.

Vitamin C only lasts in your body around 4 hours so it is more effective if you take frequent doses spread throughout the day.

Take larger and more frequent doses when you're under unusual pressure or you have the early symptoms of a flu or virus.

At these times it's best to titrate to bowel tolerance.

This means taking vitamin C often and in a high enough dose that your stools soften but not so much that you suffer from diarrhea.

## **B complex vitamins**

Take **one B complex vitamin tablet every day.**

### **Vitamin B6**

Some people have trouble converting ordinary vitamin B6 supplements into the active form of vitamin B6 in the body.

So it's worth considering taking the co-enzyme form of vitamin B6.

Try a daily capsule of pyridoxal-5-phosphate, preferably enteric coated vitamin B6.

### **Multivitamin**

Take one multivitamin tablet every day. This should include around 200mcg of chromium and no added iron.

Better still would be a colloidal (liquid) trace mineral preparation sourced from prehistoric vegetation or both.

### **Selenium**

To ensure your intake of the trace mineral selenium is adequate eat 3 brazil nuts every day.

If you're allergic to brazil nuts you'll need to look for a multivitamin preparation that contains around 200mcg of selenium.

### **Evening Primrose Oil and Borage Oil (GLA supplements)**

If you do feel the need to take a GLA supplement you should be very cautious.

**An excess of GLA (more than around 2mg a day) can spill over into the production of arachadonic acid producing bad eicosanoids.**

For most people a **maximum of 1x500mg capsule of evening primrose oil (40mg of GLA) a week** is plenty. One capsule a fortnight may even be enough.

**For many people even this is too much and the safest way of getting GLA is with 2 bowls of slow cooked oats (steel cut oats or oat grouts) every week.**

**Don't take borage oil and be very cautious with evening primrose oil, flaxseed oil and other GLA supplements.**

**Other supplements to consider:**

### **St John's Wort**

St John's Wort, a herb, can be effective at relieving the symptoms of depression probably by increasing your sensitivity to light.

St John's Wort also reduces the reuptake of serotonin (in much the same way as the prescription drug Prozac).

This allows the serotonin to make more connections before being taken up and increases the affect of this feel good neurotransmitter.

St John's Wort should probably not be used in conjunction with Prozac and should only be used for limited periods of time.

St John's Wort is covered more in the detailed section on sleep and light therapy.

Consider taking 3x300mg capsules a day of St John's Wort containing 0.3% hypericum.

### **Ginkgo Biloba**

Ginkgo biloba could improve brain function, improve blood supply to the brain, improve the ability of cells of the brain to use glucose, increase the rate at which nerve cell impulses take place and could normalise the receptors for a neurotransmitter called acetylcholine.

Consider taking one or two 60mg capsules a day of ginkgo biloba.

## **DHEA**

DHEA is a natural hormone which inhibits the stress hormone cortisol, especially in your brain.

One study showed a significant improvement in people taking 90mg daily of DHEA but supplementing DHEA is more complex than this.

Supplementing DHEA is probably unnecessary as following the basic diet guidelines in this book should increase your body's production of DHEA naturally.

But if you choose to supplement I suggest you follow the life extension foundation guidelines at: [www.lef.org/protocols/prtcl-041b.shtml](http://www.lef.org/protocols/prtcl-041b.shtml)

## **DIRECTIONS FOR THE SIX STEPS TO GLORIOUS HEALTH (CONTINUED)**

### **2. WATER**

Drink around eight glasses of water every day. This is about two litres (two quarts) of water.

Filter your water if possible. You can use a water filter or your body can be a water filter.

Add a trace mineral preparation to your drinking water like sea minerals or colloidal minerals from a prehistoric vegetable source or both.

### **3. EXERCISING DAILY**

#### **Morning stretching routine (while still in bed).**

A morning routine before you even get out of bed can completely alter your mood.

The following routine is designed to stimulate blood circulation throughout your body, increase your flexibility and make you feel good.

It may seem long but the whole sequence actually takes less than three minutes and keep in mind you'll still be in bed for most of it.

### **While still lying in bed:**

Take three deep, long, relaxing breaths.

Rub your chest in a small circular motion just above your nipple and affirm three times:

“I deeply and completely accept myself even with all my problems and limitations.”

Stretch your legs out as far as you can.

Squeeze your buttocks and your groin region together and hold for 10 seconds or more.

Put a pillow or blanket between your knees and squeeze your knees and your groin together and hold for 30 seconds or more.

Lying on your back arch your back slightly and hold.

While doing this smile wide and large ten times and think happy thoughts.

If this is silly please laugh.

Sit up and put the soles of your feet together. Lean forward gently for 15 seconds or more. Massage the soles of your feet while you do this.

Put your feet over the side of the bed.

Cup your hands together behind your back and squeeze your elbows inward.

Now push your hands upward to stretch your shoulders.

Stand up and stretch with your arms above your head reaching straight up then to the left, then to the right, then straight up again.

### **Building strength and endurance.**

Every day do exercises to build strength and endurance.

Before you begin exercising you should stretch.

After you finish exercising you should stretch and do deep breathing for relaxation.

The key to a lifetime exercise program is to build the habit of exercising.

It takes around 21 days for a habit to become subconsciously ingrained.

So when you first start your exercise program make it almost ridiculously easy for the first three or four weeks.

This also gives your body a chance to adapt and significantly reduces your risk of injury.

If the starting program below still seems too difficult for you reduce the number of repetitions to one each.

This exercise program is usually done after you do the morning stretching routine in bed.

**The starting exercise program:**

3-5 abdominal crunches

3-5 push ups

3-5 squats

Jog on the spot for 30 seconds

3 yoga hip thrusts (detailed in the back of this book)

3 yoga elevated back stretch

While doing deep breathing for relaxation:

calf stretch

leg stretch

bend over and stretch down towards your toes

shoulder stretch inward

shoulder stretch upwards

sitting leg stretch

Each week increase the repetitions of each exercise by one and the length of time jogging by 30 seconds.

If you're already reasonably fit you can increase the repetitions of each exercise by one a day and the length of time jogging by 30 seconds a day or whatever progression suits you.

Just be gentle and take it slowly.

Women can perform the push-ups on their knees.

Here's a guideline for a good basic level of fitness you should build up to over a few months or the course of a year:

70-100 abdominal crunches

50-100 push ups

100-150 squats

20-40 minutes jogging on the spot

10-20 yoga hip thrusts

10-20 yoga elevated back stretches

If you have limited time in the morning you can leave out the jogging and do it some other time during the day.

You could also do some other form of aerobic exercise like brisk walking or dancing as long as the intensity of that exercise is high enough and you do it continuously for 25 minutes or more.

A good guideline for the intensity required for aerobic exercise like jogging is that you should be able to hold a conversation while you exercise without gasping for air.

But the exercise should be hard enough that although you could hold a conversation you probably wouldn't want to.

### **Deep breathing relaxation exercise.**

As an experiment find your pulse and observe how fast your heart is beating.

Now breathe in deeply and hold your breath while staying calm and relaxed.

You should find that your heartbeat slows down as you hold your breath and as you slowly breathe out.

This slow deep breathing is the key to calming your body and is common to many relaxation and meditation practices.

The secret is to breathe in deeply but gently (closing your eyes can help) hold your breath briefly, then breathe out as slow as you can.

For more control breathing out it can help if you puff your cheeks out slightly.

Learning to use a deep breathing relaxation response in times of stress can seriously reduce your body's levels of the stress hormone cortisol.

When you do physical exercise it's also an excellent idea to practice deep breathing relaxation before, during and after the exercise to keep your body's level of cortisol down.

### **Filling your soul while you exercise.**

Exercising is a great opportunity to listen to spiritual or educational tapes or videos.

You could also listen to music that you find uplifting.

While jogging you can also perform the method for relieving emotional distress explained later in the section on emotional health.

Take the marvellous opportunity to fill your soul while you exercise.

## **4.ADVANCED HYGIENE**

Most flus, viruses, colds and allergens are transmitted through contact from your fingers to the mucous membranes of your eyes and nose.

The viruses etc., are picked up from hand to hand contact or when your hands come in contact with infected surfaces.

From there they generally survive under your fingernails till you touch your face.

Every health department in the western world agrees that the simplest method of reducing your chance of contracting a virus or a cold in a domestic setting is effective hand washing technique.

Washing your hands with a specially designed soap and using a special facial dip solution is what we call advanced hygiene.

Advanced hygiene is about significantly reducing the viruses, allergens and bacteria that enter your body especially through contact with your fingernails.

This reduces the stress on your immune system so your body needs to produce fewer antigens.

When you produce fewer antigens you will produce more albumin, a carrier protein essential for excellent health.

So advanced hygiene can raise levels of blood albumin.

And albumin helps to increase the production of good eicosanoids by transporting good fats to the cells and especially to your brain.

Albumin also helps carry the stress hormone cortisol out of the body and in particular away from your brain.

So increasing blood albumin levels with advanced hygiene could be particularly helpful in increasing the level of good eicosanoids and reducing the level of cortisol in your brain.

With more good eicosanoids like PGE1 in your brain you should produce more serotonin and reduce inflammation hopefully creating feelings of well being and calmness.

### **Basic tips for advanced hygiene.**

- Avoid touching your face with your fingers. Especially avoid touching your eyes, nose, ears and mouth.

- ❑ Get out of the habit of scratching any part of your body. This is a primary way of transmitting infective bacteria into your skin, especially in cases of acne and other skin conditions.
- ❑ Clean your hands and especially under your fingernails with a natural soap containing oil replenishing emollients.
- ❑ Clean zone soap from [www.advancedhygieneproducts.com](http://www.advancedhygieneproducts.com) is designed and tested over 15 years to clean the fingernails effectively. It is a natural soap containing animal emollients that will not support the growth of bacteria.
- ❑ Always thoroughly dry your hands after washing. Bacteria survive much more easily on wet hands.
- ❑ Perform a facial dip twice a day; after you wake up and before you go to bed. If you're developing a flu, cold or virus you should repeat this procedure as often as possible.
- ❑ Fill a hand basin or a small punch bowl or something similar with warm water. Add a tablespoon of salt to the water and possibly some facial dip solution (again from advanced hygiene products).
- ❑ Immerse your face in the bowl of water and blink your eyes several times. Blow bubbles through your nose for a few seconds.
- ❑ Dry your face and blow your nose gently.

## **5.SLEEP**

Getting enough good quality sleep can help:

- ❑ Increase your body's production of melatonin which can help produce more good eicosanoids.
- ❑ Reduce your body's levels of the stress hormone cortisol. Cortisol can slow down the production of good eicosanoids.
- ❑ Help keep your body's insulin production under control. Inadequate sleep can lead to insulin resistance. Too much insulin in your body can stop the production of good eicosanoids.

- In a wonderful cycle, increasing your body's production of good eicosanoids can also help increase your body's production of melatonin. And melatonin helps you sleep.

### **Melatonin.**

Melatonin, the “sleep hormone” is produced while you sleep.

Melatonin acts as an antioxidant, especially in the brain helping prevent the destruction of good fats.

Since good fats are the primary building block of good eicosanoids melatonin can help you produce more good eicosanoids particularly in your brain.

Good eicosanoids in your brain help regulate the release and uptake of serotonin and reduce inflammation.

Good eicosanoids can also help your body produce more melatonin by increasing levels of cyclic AMP which controls the production of melatonin from serotonin.

Melatonin is produced from serotonin. This makes increasing the production of serotonin vital to help your body produce enough melatonin to help you sleep.

### **Cortisol and sleep.**

Sleep also helps reduce levels of the stress hormone cortisol. Excess cortisol can slow down the production of good eicosanoids.

Good quality, adequate sleep is one of your body's primary methods of reducing levels of the stress hormone cortisol.

High levels of cortisol can also make it harder for you to fall asleep because cortisol makes you more alert.

### **Insulin and sleep.**

Inadequate sleep could also reduce your insulin sensitivity leading to insulin resistance.

A study at the University of Chicago found that people who slept less were 40% less insulin sensitive and produced 50% more insulin than normal sleepers.

This decrease in insulin sensitivity with inadequate sleep is probably due to increased cortisol levels.

Excess cortisol decreases insulin sensitivity and you need adequate sleep to reduce your cortisol levels.

### **Basic tips for better sleep.**

- ❑ Exclude light and noise from your sleep environment and get at least 15 minutes of sunshine or bright lights when you get up in the morning.
- ❑ Getting 15 to 30 minutes of bright lights or sunshine when you get up in the morning helps reset your melatonin production cycle, helping you get to sleep at the same time every night.
- ❑ Consider supplementing 3x300mg of St John's Wort containing 0.3% hypericum to increase your sensitivity to light.
- ❑ Get eight to ten hours of sleep every night and go to bed and wake up at the same times every day.
- ❑ Limit your water intake in the one to two hours before bedtime to avoid interrupting your sleep with trips to the toilet.
- ❑ Avoid using bright lights if you get up in the night. They can interrupt your body's production of melatonin. Red lights don't seem to interrupt that production so use a red night light or torch if possible.
- ❑ Avoid bright lights in the evening. Bright lights too close to bedtime can make it hard for you to fall asleep.
- ❑ You should also avoid caffeine and alcohol three to six hours before bedtime, as these will either make it harder for you to get to sleep or reduce the quality of your sleep.

- ❑ Avoid strenuous exercise in the three hours before sleep. Strenuous exercise too close to bedtime can make it difficult for you to fall asleep.
- ❑ Exercise about six hours before bedtime, on the other hand, puts your body into a recovery cycle that can help you fall asleep.
- ❑ Relaxation exercises like deep breathing and reducing emotional distress can reduce your body's level of cortisol, helping you to fall asleep.

## **6.EMOTIONAL HEALTH**

There are a multitude of methods for building a solid foundation of emotional health.

This section of the book will be limited to a few techniques and philosophies that can have a profound effect on reducing your level of emotional distress and breaking the cycle of negative emotions that can lead to that distress.

There are many valuable methods of dealing with psychological problems including psychotherapy and this book is meant to be a helpful companion to those methods not a replacement.

The five main areas we'll cover will include:

- ❑ Relieving emotional distress.
- ❑ A relaxation response
- ❑ Laughter
- ❑ Living without attachments and expectations.
- ❑ Living with hope and daring to dream again.
- ❑ Building self acceptance and improving your self talk.
- ❑ Building an accepting, compassionate view of others.

## **Method for relieving emotional distress**

For a more detailed explanation of the physiology and psychology behind this method see the second section of the book.

For now be assured that this method does work to relieve emotional distress and it works whether you believe it will or not.

Perform deep breathing for 30 seconds to 2 minutes. Basically continue the deep breathing till you feel relaxed. (Deep breathing relaxation is described in the section on exercise.)

If time is short you can just take one to three deep, calming breaths.

Perform a rapid and firm tapping with the first two fingers of your right hand. (You can use your left hand instead if you prefer it or you can even use alternate hands).

You alternate the tapping on three different spots.

1. Rubbing (not tapping) your chest in a short, circular motion just above your nipple.

While tapping or rubbing your chest you repeat an affirmation three times.

Keep the problem or situation that is causing your emotional distress in your mind while you repeat these affirmations and rub your chest.

### **Self-acceptance affirmation.**

You make the following affirmation, preferably out loud, with emotion:

The self acceptance affirmation:

1. While rubbing your chest just above your nipple say:

“I deeply and completely accept myself even with this feeling of NEGATIVE EMOTION.”

Insert whatever negative emotion you're feeling. For example anger, fear, heartache, anxiety.

Even more effective is if you make the description more specific.

For example "my feelings of anger towards Jenny."

The more specifically you define the emotion the more likely you are to find complete relief.

You may have to repeat this whole sequence for each aspect of a negative emotion to achieve complete relief.

After the acceptance affirmation you move on to a full tapping sequence while saying an affirmation that puts an appropriate positive outlook on your current situation.

For example:

Joy is filling my heart and soul, or

My heart is filled with hope, or

I am filled with a sense of deep inner peace, or

I feel calm, relaxed and confident, or

My heart is filled with forgiveness, or

I feel calm, peaceful and relaxed, or

I feel, warm, happy and excited.

Or you can make up your own positive affirmation to suit your particular situation.

If you're a Christian and it helps you can use terms like God's peace or God's joy.

Use whatever terminology stimulates positive emotions for you.

Again you keep the problem or situation that is causing your emotional distress in your thoughts and emotions while you're tapping and repeating the positive affirmation.

You repeat the same positive affirmation from one to three times then move on to the next tapping site.

The secret to finding the right spots to tap is that these spots are slightly more sensitive than the surrounding area.

There's a huge margin for error and just tapping repeatedly should release the serotonin necessary for a change in emotions so you don't need to be perfect.

If a particular tapping spot is injured or oversensitive (it hurts when you tap it) you can leave it out quite safely.

You start at the top of your body and work down which makes the tapping sequence easier to remember.

### **The tapping sequence for your body:**

- Your eyebrow just next to your nose.
- Your temple just beside your eye.
- Just under your eye.
- Your upper lip just below your nose.
- Your chin just below your lower lip.
- Your chest just below your collarbone.
- Rubbing your chest just above your nipple.
- The middle of your ribcage on the side of your body.
- The bottom of your ribcage on the side of your body.

### **The tapping sequence for your hand:**

- Your thumbnail.
- The fingernail of your index finger.
- The fingernail of your middle finger.
- The fingernail of your third finger.

- The fingernail of your little finger.
- The side of your hand at the bottom joint of your little finger.
- The back of your hand between the lead up to the little and next fingers.

### **The eye wobbling exercise:**

While continuously tapping the back of your hand:

- Close your eyes.
- Open your eyes and glance down to the right.
- Glance down to the left.
- Rotate your eyes in a full circle in one direction.
- Rotate your eyes in a full circle in the other direction.
- Hum five or six notes.
- Count from one to five out loud.
- Hum five or six notes again.

After the eye wobbling exercise you repeat the tap sequence with your positive affirmation.

Remember to keep thinking about the problem or situation causing your emotional distress.

### **Gauging your level of emotional distress.**

If, after two tapping sequences, your level of emotional distress is now down to a level you're comfortable with you can do the finishing eye exercise and stop.

If you still have emotional distress or other problems have surfaced in your mind that are causing you emotional distress you can repeat the whole sequence from the start defining the new negative emotion with your self acceptance affirmation.

Dealing with every aspect of a negative emotion is far more effective.

The more specific you are with the emotions the more effective this method is likely to be.

If you have severe emotional distress or deep seated, long term emotional distress you may need to use the full list of self-acceptance affirmations in the back of this book.

### **The finishing eye exercise.**

While tapping the back of your hand:

- Facing and looking forward close your eyes.
- Open your eyes and look as far down as you can without moving your head.
- Now over about six seconds slowly look up without moving your head. Keep moving your eyes up till you're looking up as high as you can.
- Take one to three deep breaths and you're finished.

### **A relaxation response**

When you're confronted with any situation that brings up negative emotions your body also has a physical response.

Unfortunately this physical response often involves the release of cortisol and adrenaline.

This stimulation of your physical system would be completely appropriate if you needed to run or fight but does your health no favours if you just stew in your emotions.

The advice of “taking a few deep breaths before doing anything rash” is not only good life advice it is also good health advice.

Using deep breathing relaxation (described in the section on exercise) can help calm down your system including your brain and help you reduce your body’s levels of the stress hormone cortisol.

Using deep breathing relaxation is a good habit you should try to use whenever you’re under emotional or physical stress.

### **Live without attachments and expectations.**

It’s very healthy to have dreams for the future and goals you’d like to achieve.

It’s unhealthy to become frustrated or depressed over current reality not meeting your expectations.

Don’t cling to your expectations of behaviour, outcomes or circumstances.

Let go of those expectations and deal with current reality.

You can’t deal with reality by thinking it should be different or by getting upset, depressed or frustrated about the way it is.

You can only change reality by doing something about it.

### **Live with hope and dare to dream again.**

Things can and do get better.

Nothing is ever hopeless, no matter how hopeless it may seem when you’re depressed.

You are a worthwhile special person and you can lead a life full of joy.

There’s always another chance for you to grow as a person and to take hold of a fulfilling existence.

Dare to dream again and break those dreams down to simple daily goals you know you can achieve.

## **Laughter**

Stress is the main cause of the release of the hormone cortisol.

Probably the opposite physical response to stress is laughter.

Learning to laugh again and seeking out television programs, books, entertainment activities and people who help you to laugh is a wonderful tonic for your health.

Laughter can help reduce your levels of cortisol and less cortisol means more good eicosanoids.

And more good eicosanoids like PGE1 could reduce or eliminate the physical symptoms of depression.

## **Building self-acceptance and improving your self talk.**

Self-talk is a powerful key to changing your self-image. Every time you think about yourself the thoughts should be positive or at least be positively framed.

If you spill a drink of water on the floor instead of thinking or saying to yourself, “You stupid klutz, you’re always dropping things,” change that thought to, “I’ve dropped the water. That’s not like me, I’m normally very co-ordinated.”

Disciplining your mind is the key to success. Don’t allow negative self-talk to survive.

Cut each negative statement out of your mind as it comes in and replace it with a positive one.

## **Building an accepting, compassionate view of others.**

Having a negative, bitter attitude towards others can increase your body's production of the stress hormone cortisol by continually reigniting negative emotions.

I challenge you to give love to someone you despise.

First spend a couple of minutes mentally affirming the reasons you love the people who are close to you.

Remind yourself of the wonderful qualities of your partner. Repeat to yourself "I love *partner's name*" at least three times. Go through your close family; people you live with, people who are close to you, people you like.

Now that you're feeling warm inside, include some people you don't like. If there's someone who's really making your life miserable repeat to yourself "I love *person's name*" at least three times and think of few of their good points.

Believe me it doesn't matter how bad someone is, they still have their good points.

This exercise is wonderful therapy for your soul. It reminds you that there is value in everyone and that your feelings towards someone else are dependent on you, not them.

You will also be surprised at how changing your own feelings towards someone can change the way they react to you.

People see your lack of respect or your dislike. They also see your love and often respond accordingly.

Even more important, love is a great healer. Resentful feelings twist you up inside, leaving you bitter, chained to your hurt, chained to the past.

Love can break those chains and soothe that bitterness.

**FROM DEPRESSION TO GLORIOUS HEALTH IN MORE  
DETAIL.**

This section of the book will attempt to explain in more detail how the six steps work and how to apply them and describe in more detail the physical causes of depression.

## **SEROTONIN AND THE PHYSICAL CAUSES OF DEPRESSION**

Serotonin is a neurotransmitter.

Neurotransmitters are like chemical switches that allow the nerves in your brain to communicate with each other.

When the levels of neurotransmitters in your brain, like serotonin, drop low enough you can suffer depression.

The levels of neurotransmitters like serotonin available to your nerves can drop in several ways:

- ❑ Less serotonin being produced by your body.
- ❑ Something limiting the serotonin being released by transmitting nerves.
- ❑ Something limiting the serotonin being taken up by receiving nerves.

## **INCREASING THE PRODUCTION OF SEROTONIN**

Tryptophan, an amino acid, is the basic building block of serotonin.

To produce serotonin your body needs a constant supply of tryptophan from your diet.

Tryptophan is particularly high in turkey, almonds, chicken, tofu, seaweed and pumpkin seeds.

Some vitamins and minerals like vitamin C, vitamin E, the B vitamins (especially vitamin B6), lithium, magnesium, zinc, copper, manganese and iron are also essential for your body's production of serotonin.

Exercise, repetitive motions, touch and massage, sleep and sunshine or bright lights all help raise serotonin levels.

Each of these methods is discussed in detail in other areas of this book.

## DOPAMINE

Dopamine is another neurotransmitter similar to serotonin.

Dopamine helps you focus on immediate tasks and increases the pleasure you gain from completing tasks.

The simplest way of understanding the relationship between serotonin and dopamine is to imagine yourself as a caveman.

You're hungry and the hunger brings a kind of pain.

Your body releases dopamine to help make you more alert so you can more effectively search for food.

The dopamine also helps you to think, create and innovate to give you a better chance of catching that food.

And dopamine will help motivate you and keep your mind on the task of getting that food.

Once you've eaten that food your brain will release serotonin, which will make you feel relaxed and calm and help you to feel good about yourself.

At least until you get hungry again.

Low levels of dopamine are common in people suffering from depression which explains their "brain fog", lack of motivation and inability to concentrate.

The diet and lifestyle program recommended here should help increase and regulate the levels of dopamine in your brain helping you to concentrate and complete the day to day tasks you undertake.

## **EICOSANOIDS AND THE RELEASE AND UPTAKE OF SEROTONIN**

The good eicosanoid PGE1 controls the release and uptake of neurotransmitters like serotonin.

Reduced levels of serotonin release and uptake can be due to a poor eicosanoid balance.

Restoring the balance of good and bad eicosanoids and in particular producing more of the good eicosanoid PGE1 usually helps to relieve or eliminate the symptoms of depression.

You can restore the balance of eicosanoids in your body and produce more good eicosanoids like PGE1 through the six steps to glorious health.

## **THE SIX STEPS TO GLORIOUS HEALTH IN MORE DETAIL**

### **1. DIET**

#### **PRODUCING MORE GOOD EICOSANOIDS**

There are several ways to adjust your diet to help your body produce more good eicosanoids. These include:

- Stopping the excess production of insulin, which inhibits the production of good eicosanoids. You do this by:
  - ◆ Eating the correct balance of protein to carbohydrate.
  - ◆ Eating foods that convert slowly to blood glucose (foods low on the glycemic index).

Stopping the excess production of insulin also reduces the production of cortisol, the stress hormone, which can slow the production of good eicosanoids.

- Eating enough good fats.
  - ◆ Eicosanoids are produced in the cell walls from good fats.
  - ◆ Giving your body enough good fats allows the production of good eicosanoids.

- ◆ Sources of good fats include fish oil, fish, almonds, macadamia nuts, avocados and cold pressed extra virgin olive oil.
- Avoiding bad fats.
  - ◆ The trans fatty acids from hydrogenated oils and deep fried foods can stop the production of good eicosanoids by blocking the sites normally taken up by good fats.
  - ◆ Avoid processed foods and all foods prepared with oil that is not cold pressed olive oil. Don't eat anything deep-fried in oil.
  - ◆ An excess of saturated animal fat can make your cell membranes rigid, making it difficult for insulin receptors in your cell membranes to operate. This can lead to insulin resistance.
  - ◆ The higher your insulin resistance the more insulin your body will produce in response to glucose entering your blood stream.
  - ◆ Eat mainly low fat sources of protein and cut as much fat as possible off the animal protein you eat.
  - ◆ Some oils, particularly sunflower oil, soybean oil, corn oil, safflower oil, evening primrose oil, flaxseed oil and borage oil can become the building blocks for arachadonic acid.
  - ◆ Arachadonic acid is the primary building block of bad eicosanoids like PGE2 which can cause depression and other serious diseases.
  - ◆ So use cold pressed extra virgin olive oil for cooking and dressing food or don't use oil at all.
  - ◆ Avoid sunflower oil, soybean oil, corn oil and safflower oil and products containing these oils.
  - ◆ If you take evening primrose oil, or borage oil supplements you need to limit their intake usually to one capsule a week or less. This is covered in more detail in the section on supplements.
- Avoiding arachadonic acid in your diet.

- ◆ Arachadonic acid is the building block for bad eicosanoids like PGE2 which could cause depression and other diseases.
- ◆ Red meats, organ meats and egg yolks are particularly high in arachadonic acid, especially the fat in these forms of protein.
- ◆ Avoid red meat, organ meats and egg yolks. If you do eat these forms of protein cut off as much fat as possible before cooking or eating them.

## **THE SIMPLE FIVE STEP MOOD ELEVATING DIET**

If this all seems too complex then relax.

All you need to do is follow the five steps I'll repeat here from the earlier section.

These five steps will help you balance a healthy meal, produce more good eicosanoids and give your body the raw material it needs to produce serotonin.

First look at your hand.

- 1. FIVE FINGERS - FIVE MEALS A DAY.**
- 2. EAT PROTEIN (PREFERABLY FISH AND TURKEY BREAST) WITH EVERY MEAL AROUND THE SAME SIZE AND THICKNESS AS THE PALM OF YOUR HAND.**
- 3. EAT FRUIT AND VEGETABLES FOR CARBOHYDRATES AROUND TWICE THE VOLUME OF THE PROTEIN YOU EAT. (THE VOLUME OF YOUR CLENCHED FIST).**
- 4. EAT ENOUGH ALMONDS TO COVER THE PALM OF YOUR HAND IN A SINGLE LAYER.**
- 5. PILE ON LETTUCE AND LEAFY GREENS TO FILL YOU UP. NO LIMIT.**

**Now to explain these guidelines in a little more detail:**

**Why five meals a day?**

Large meals stimulate the production of excess insulin so we have five small meals a day.

This helps to keep our blood glucose levels stable, controlling our insulin levels and eliminates most hunger.

**Why low fat protein the size and thickness of the palm of your hand?**

Eating low fat animal protein around the size and thickness of the palm of your hand is a good guide to ensure you don't eat too much or too little protein in any meal.

This guideline assumes you're going to exercise for thirty minutes or more every day.

If you aren't getting thirty minutes exercise a day you may want to reduce your protein intake down to three quarters the size and thickness of the palm of your hand.

In this case you will also have to reduce your carbohydrate intake down too.

Or you could have three normal sized meals a day and two snacks around one third the size of your normal meals.

**Why low fat protein?**

The saturated fat in most sources of protein can make your cell walls rigid, slowing down the intake of nutrients.

Saturated fat is also implicated in many of the killer diseases of western society like heart disease and strokes.

This is probably because the rigid cell membranes created by too much saturated fat reduce the effectiveness of cell receptors in the cell membrane.

These receptors include insulin receptors. The more rigid your cell membranes the more likely you are to be insulin resistant.

If your insulin resistance is higher your body will produce more insulin in response to glucose entering your blood.

Excess insulin can lead to diabetes, high blood pressure, heart disease, strokes and inhibit the production of good eicosanoids.

### **What are good sources of low fat protein?**

Examples of good sources of low fat animal protein are salmon, fish, turkey breast, chicken breast and egg whites.

If you are a vegetarian you will have to eat fermented soy products (like tofu) for protein or take a protein supplement.

Crossflow microfiltered (membrane extracted) whey protein **isolate** is probably the best and safest protein supplement currently available.

### **Why eat turkey breast?**

Remember that the amino acid tryptophan is the basic building block of serotonin the “feel good” hormone.

So to ensure an abundant supply of tryptophan it's best to eat mainly protein sources high in this amino acid.

Turkey breast is especially high in tryptophan. Tofu and chicken breast are also very high in tryptophan.

### **Why eat fish?**

To produce more good eicosanoids like PGE1 you need an adequate supply of EPA (found in fish oil).

EPA is one of the basic building blocks of good eicosanoids.

Fish high in EPA from highest to lowest are:

Mackerel, lake trout, herring, sardines, fresh tuna and all types of wild salmon.

Much lower in EPA are: other types of trout, catfish, cod, snapper, canned tuna and sole.

So try to eat mainly fish, turkey breast, tofu or chicken breast with every meal as your main source of protein.

### **Can I eat dairy products like milk and cheese?**

I suggest you exercise caution with dairy products.

A very high percentage of the population have trouble digesting dairy products effectively (the protein, fat and the milk sugar.)

People of asian descent are even more likely to have problems digesting dairy products.

Some theories have been put forward about a connection between blood type and our ability to handle various foods. (Eat right for your blood type.)

The theory goes that people with only one blood type can handle all types of dairy (blood type B).

And people with blood type AB can handle yoghurt and cottage cheese.

I have found that the majority of people have some trouble with milk and cheese so I don't generally recommend those sources of protein.

Most people do seem to be able to handle low fat unsweetened yoghurt but I would not even recommend yoghurt in the first three weeks of this program.

### **What if I'm drinking whey protein isolate as my protein source?**

As I've said your ratio of protein to carbohydrate is crucial.

If you take whey protein isolate in a meal then you still have the same quantity of carbohydrates (the volume of your clenched fist).

For most adults the quantity of protein required will be between 15 and 25 grams of protein averaging out somewhere around 15 grams for a woman and 20 grams for a man.

You just take the appropriate quantity of whey protein isolate for you.

### **Doesn't whey protein contain lactose?**

Whey protein **concentrate** is quite high in lactose. Whey protein **isolate** has most of the lactose removed.

The process of crossflow microfiltration and especially membrane extraction, removes around 99.7% of the lactose from the whey leaving you with almost pure, highly absorbable protein.

Most people who are lactose intolerant have no trouble with a high quality crossflow microfiltered (membrane extracted) whey protein isolate.

### **How will I find time for all this food preparation, eating five meals a day?**

If you eat mainly fish and turkey breast you don't necessarily have to cook.

You can eat smoked salmon or tinned salmon or sardines.

You can buy turkey breast at your local delicatessen already cooked and sliced.

If you eat egg whites you can boil the eggs ahead of time and remove the yolks after boiling. Boiled eggs will keep for up to a week in your refrigerator.

Remember that you're eating quite similar meals in content. You just vary the spices and the mixture to make life more interesting.

You can prepare three, four or even five meals at a time with very little extra effort and store those meals in a refrigerator or esky.

## **Are fruit and vegetables carbohydrates?**

Yes fruit and vegetables are an excellent source of carbohydrates.

Fruit and vegetables are high in fiber which allows for a slower release of their glucose content into your blood stream.

This reduces the amount of insulin your body will have to produce to deal with that glucose.

Especially favor fruit and vegetables low on the glycemic index. This will help control your body's insulin production.

Fruit and vegetables are also high in vitamins and minerals essential for excellent health.

## **Why twice the volume of fruit and vegetables as protein?**

**The protein/carbohydrate balance of the food you eat is absolutely crucial for the production of a healthy balance of good and bad eicosanoids.**

**Just getting the protein/carbohydrate balance correct for your own particular level of insulin sensitivity can revolutionize your health by helping your body produce more good eicosanoids like PGE1.**

As I've already said you start by eating fruit and vegetables twice the volume of the protein portion of your meal.

This is around the same volume as your clenched fist.

Severely limit or eliminate carbohydrate sources high on the glycemic index like bread, potatoes, bananas, rice and pasta.

If you do eat poor choices of carbohydrates (bread, rice, potatoes etc.) you can only eat the **same** volume of these as you do protein.

## **How do I know I've got the protein/carbohydrate ratio in a meal right?**

This is quite possibly the most important skill to learn in your quest for excellent health and mood elevation.

The reason you need to get the carbohydrate/protein ratio in your diet correct is to control your body's production of insulin and insulin's opposing hormone glucagon.

Excess insulin will inhibit your body's production of good eicosanoids.

Excess insulin will be produced in your body when you eat too high a quantity of carbohydrates in any meal.

So you need to control your carbohydrate intake to control your body's insulin production.

Insulin's opposing hormone is glucagon.

Glucagon is released when you eat protein.

So eating enough protein also helps control your body's insulin production by releasing the hormone glucagon which opposes the action of insulin.

Eating enough protein and limiting your carbohydrate intake to the correct level helps your body produce more good eicosanoids.

Just to complicate the issue of eating the correct ratio of protein to carbohydrate, everyone's insulin sensitivity is a little different.

This means the correct ratio of protein to carbohydrate may be different for you than for someone else.

### **High insulin sensitivity.**

If you are more insulin sensitive your body uses insulin to deal with blood glucose more effectively.

So less insulin is released in response to the carbohydrates you eat.

You can eat more carbohydrates and still produce good eicosanoids.

### **Low insulin sensitivity (insulin resistance).**

People who have lower insulin sensitivity are often called **insulin resistant**.

If you're suffering from depression there's a very good chance you have some degree of insulin resistance (low insulin sensitivity).

Another sign of insulin resistance is putting on excess fat around your waist.

High blood pressure, too much "bad" cholesterol (LDL cholesterol) and heart disease can also be signs of insulin resistance or low insulin sensitivity.

**Remember that you're eating to control your body's insulin production.**

**If you're more insulin resistant you'll produce more insulin when you eat carbohydrates.**

**So you'll need to be more careful controlling your carbohydrate intake.**

**Eating twice the volume of fruit and vegetables as protein is a good starting point but if you are particularly insulin resistant you may have to eat as little as the same volume of fruit and vegetables as protein till your insulin sensitivity begins to rise.**

(Insulin sensitivity will rise in time with the persistent intake of good fats, exercise, relaxation techniques and the loss of body fat).

**Why does an excess of carbohydrates in a meal make you feel hungry two or three hours after a meal and reduce your mental capacities?**

Excess carbohydrates stimulate the production of excess insulin.

Insulin's main function in your body is to reduce blood glucose levels.

Too much insulin and your blood glucose levels will be driven down by that insulin and your brain will be starved of glucose, resulting in problems with concentration and other mental functions.

Your brain, needing blood glucose to function effectively will send out signals of hunger.

### **Why does too *little* carbohydrate leave you feeling hungry two or three hours after a meal?**

Your body needs some insulin release to function effectively.

Insulin prevents the release of a chemical called neuropeptide Y.

An excess of neuropeptide Y can make you feel very hungry.

So if you eat a lot of protein and not enough carbohydrates your insulin release will be so low that neuropeptide Y will make you feel hungry.

But you'll still be able to concentrate mentally.

This is how you tell the difference between feeling hungry from eating too many carbohydrates or feeling hungry from not eating enough carbohydrates.

If you can concentrate mentally you didn't eat enough carbohydrates with your meal.

If you find it difficult to concentrate mentally you ate too many carbohydrates with your meal.

You can adjust the balance of protein to carbohydrates with your next meal.

### **Are there other signs that you're getting the ratio of protein to carbohydrate right?**

Yes. You should have a sense of well being, even euphoria especially 20 to 60 minutes after you eat (this could take two or three weeks of being on this diet).

When you go to the toilet your stools should be firm but float.

(Keep in mind though that large doses of vitamin C can make your stools loose or even liquid).

After eating this way for about three weeks you should not be hungry.

**Hunger is usually one of five things:**

- Your protein carbohydrate ratio in your last meal could be out of balance as we've already covered.
- You could be eating too many bad fats, making it difficult for nutrients to enter your cells through the rigid cell membranes.
- You're not eating enough good fats. Good fats stimulate the release of the hormone cholecystinin (CCK) which signals to the brain feelings of fullness.
- Mineral deficiencies. Particularly chromium and magnesium but possibly other trace minerals.
- Psychological urges. Chewing is a repetitive action that can release serotonin. The urge to eat is often a vain attempt to give short-term relief to other, more deep-seated psychological needs.
  - ◆ Meals high in carbohydrates result in a temporary release of serotonin. Once the serotonin has subsided you're left with the urge to eat another high carbohydrate food to raise levels of serotonin again. (Junk foods like cookies, chocolate bars, sweets and crisps are popular choices).
  - ◆ The long-term effect of this high carbohydrate bingeing is excess insulin production and serotonin depletion. This is a common cause for depression.
  - ◆ The only solution is to persistently eat meals well balanced with protein, carbohydrates and enough good fats.
  - ◆ This should break the serotonin cycle and eventually produce and release enough serotonin to restore a general, long-term feeling of wellbeing.

## **Is there anything I can do to make sure I'm eating enough vitamins and minerals?**

Further on we'll discuss vitamin and mineral supplements to boost your intake of vitamins and minerals difficult to adequately supply in your diet.

The following are a few guidelines to help you build a meal with enough of the basic nutrients commonly lacking in western diets.

The nutrients listed are not the only essentials but if you eat the foods recommended you should get plenty of the other nutrients not listed.

With at least three meals a day eat **calcium, beta carotene, lutein, and lycopene**:

- **Calcium** from broccoli or oranges. Leafy greens can also help with your intake of calcium.

Broccoli, oranges and leafy greens have a good calcium/phosphorus ratio. Basically they have far more calcium than phosphorus.

Too much phosphorus results in the loss of calcium from your body so it is essential to eat some foods with every meal that are high in calcium and low in phosphorus.

Broccoli is high in calcium and one of the most nutrient dense vegetables commercially available.

Eat as much broccoli as you like. Raw, cooked, steamed, boiled stir-fried.

You can never eat too much broccoli.

Oranges contain calcium in the form of calcium citrate which is easily absorbed by your body.

Avoid drinking carbonated sodas like coke, fanta, solo etc. which are high in phosphorus.

- **Beta-carotene** from carrots, apricots or leafy greens.

Beta-carotene is a protective antioxidant known to reduce the risk of many kinds of cancer.

Eating a fifth to a third of a raw carrot, one or two fresh apricots or leafy greens with every meal will ensure you get plenty of beta-carotene your diet.

- **Lutein** from red or orange peppers (capsicum) or leafy greens.

Lutein is an essential part of your eye pigment.

A diet high in lutein could reduce your risk of macular degeneration and cataracts.

Eat a few slices of red or orange peppers with every meal if possible. (The non-chilli variety sometimes called sweet peppers, bell peppers or capsicum).

Spinach and other leafy greens are also high in lutein.

- **Lycopene** from tomatoes.

Lycopene may help prevent several cancers including prostate cancer, pancreatic cancer and cancers of the gastrointestinal tract.

So eat tomatoes liberally raw or cooked.

Tomato paste is also high in lycopene, low in carbohydrate and excellent for using in dishes.

Notice that leafy greens are high in calcium, beta-carotene, and lutein. Hence they are particularly valuable in a healthy diet.

### **Why do I eat just enough almonds to cover the palm of my hand?**

Almonds are an excellent source of good fats.

You only eat enough almonds to cover your hand in a single layer because almonds and other sources of good fats are high in calories.

So what are other sources of good fats?

You can cook in cold pressed extra virgin olive oil or use it as a dressing on your salads.

Or you could have enough avocado to cover the palm of your hand in a medium spread.

Or you could have enough raw macadamia nuts to cover a third of your palm.

The good fats especially from nuts and fish are the basic building block of good eicosanoids.

So eating enough good fats is essential for the production of those eicosanoids like PGE1.

Fats also stimulate the production of a hormone called cholecystokinin (CCK) which sends signals of fullness to your brain.

Eating enough good fats actually helps you feel less hungry.

Fats also slow the release of blood glucose from the carbohydrates you eat, helping to reduce your body's production of insulin.

The fats you eat in your diet do not produce insulin.

In the early stages of this diet if you do feel the urge to snack between meals I suggest you snack on almonds.

You could also add some lettuce and greens to help fill you up.

The almonds should speed up the building of healthy cell membranes and the production of good eicosanoids.

Eating almonds should also help relieve your hunger.

Almonds are also high in the amino acid tryptophan which again is the basic building block of serotonin, the feel good hormone.

### **Why do I add lettuce and/or leafy greens to every meal?**

Leafy greens in particular are high in vitamins and minerals like beta-carotene, calcium and many trace minerals.

Their high nutrient content and low carbohydrate content makes leafy greens particularly valuable in a healthy diet.

### **Why is there no limit to the lettuce and leafy greens I can eat?**

Lettuce and leafy greens do not stimulate the release of insulin being very low in carbohydrate content.

So eating an unlimited amount of lettuce and leafy greens to fill you up is safe when you're trying to control your body's insulin production.

### **Can I have smaller meals?**

Yes. You just need to maintain a good protein/carbohydrate balance with every meal you eat no matter how small.

Remember twice the volume of carbohydrate (from fruit and vegetables) as protein.

Some people find that a smaller meal near bedtime helps in getting to sleep.

You can also graze if you like. Eating smaller quantities of food reduces your body's insulin production.

Just be aware of the protein/carbohydrate ratio every time you eat and be sure to eat some good fats too.

### **Why are some carbohydrates better choices than others?**

Carbohydrates like most fruit and vegetables have more vitamins and minerals and less calories relative to their volume.

Carbohydrates that convert more slowly to blood glucose in your body are better choices because they stimulate a lower production of insulin.

### **What is the glycemic index?**

The glycemic index is a list of foods with a rating based on how quickly they convert to glucose in the bloodstream after being digested.

The higher the rating on the glycemic index, the quicker the conversion to blood glucose and the higher the likely release of insulin.

So you should favour carbohydrates which have a low rating on the glycemic index to help control your body's insulin production.

### **What about glycemic load?**

The ratings on the glycemic index are based on the same quantity of carbohydrate in each food being eaten.

In the case of many fruit and vegetables of low carbohydrate density this creates an unrealistic rating because the quantity of food you would have to eat to achieve the release of blood glucose in the rating would be enormous.

The glycemic load takes into account the quantity of food eaten, giving a more realistic rating.

### **How do I know what volume of carbohydrate to eat when I'm eating different kinds of carbohydrate?**

Below are six different groups of carbohydrate from the carbohydrates you can eat in an unlimited supply to the carbohydrates you can only eat in tiny amounts.

Keep in mind that the volume of carbohydrate described is the amount you can eat for your *whole* meal.

You should try to eat mainly carbohydrates in the first three categories, limit carbohydrates in the fourth category and seriously limit or avoid carbohydrates in the fifth and sixth categories.

## **CARBOHYDRATES (total volume in one meal).**

### **Category 1 (Eat an unlimited quantity).**

Alfalfa sprouts, broccoli (raw), cabbage, cauliflower, celery (raw), chives, endive, lettuce, mushrooms, spring onions, parsley, radishes, rocket, shallots, spinach.

### **Category 2 (Volume of two clenched fists).**

Asparagus, bamboo shoots, broccoli (cooked), brussel sprouts, capsicum, celery (cooked), cucumber, fennel, green beans, peppers (sweet and chilli), rhubarb, tomatoes, turnips, strawberries.

### **Category 3 (Volume of one clenched fist).**

Artichoke, butter beans, carrots (raw), coleslaw, corn on the cob (including the cob), garlic, ginger, leeks, okra, onions, peas, sauerkraut, swedes, swiss chard, wax beans.

Apples, apricots, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, currants (raw), grapefruit, grapes, guava, honeydew melon, lemons, limes, nectarines, oranges, passionfruit, peaches, pears, pineapple (raw), watermelon.

### **Be cautious with your intake of these carbohydrates:**

### **Category 4 (Volume of two thirds of your clenched fist).**

Beans, beetroot, black beans, carrots (cooked), chickpeas, corn (pieces), cowpeas, fava beans, kidney beans, lentils, lima beans, navy beans, parsnip, pinto beans, red beans, tomatoes (sun dried or paste), water chestnuts, yams.

Applesauce (unsweetened), kiwifruit, mandarin, mango, papaya (paw paw), plums.

**You should seriously limit or avoid the next two categories of carbohydrates:**

**Category 5 (The size and thickness of the palm of your hand).**

Hummus, split peas, sweet potato, potato, bananas, dates (dried), figs (raw), pineapple (canned), prunes (dried).

Bagels, bread, muffins, pancakes, pasta, pizza crust, porridge, rice, spaghetti, tortillas, waffles.

**Category 6 (Enough to cover the palm of your hand in a single, thin layer).**

Cranberry sauce, dried fruit, dried cranberries (craisins), figs (dried), fruit jam, raisins, biscuits, cookies.

**What about when I eat out?**

Remember that it's not what food you're served it's what you actually eat that counts.

Keep in mind the volume of the food you're eating and eat twice the volume of fruit and vegetables as protein with your meal.

If you eat unfavourable carbohydrates like bread, pasta or rice eat the same volume of carbohydrates as protein.

At a restaurant ask for your meal without mayonaise, cream or dressing.

If you would really like to eat dessert have a meal with animal protein and extra salad (especially lettuce, greens and tomato) then eat only half the dessert.

Offer the other half to someone else at the table.

I recommend taking almonds with you wherever you go as a source of good fats.

That way if you have a low fat source of protein you can add almonds to your meal.

### **Are there other ways of measuring my protein/carbohydrate ratio?**

Yes. You can weigh your protein and work out it's protein content in grams.

You'll need between 50 and 90 grams of protein a day if you're a woman and 65 to 110 grams of protein if you're a man.

Over five meals a day this works out to around 15 grams of protein each meal for a woman and 18 grams of protein each meal for a man.

If you're exercising more you'll need more protein.

You then use a carbohydrate counter to work out how many grams of carbohydrate minus the fiber content are in the carbohydrates you eat.

You find the correct quantity of carbohydrate to eat by multiplying the grams of protein in your meal by 1.3.

This ratio can vary between 1 and 1.6.

If you are more insulin sensitive you can have more carbohydrate. If you are less insulin sensitive you probably need to have less carbohydrate.

But the ideal multiplier for most people is around 1.3

### **How does this diet measure up with current health recommendations?**

There are no health contradictions with this diet. Every recommendation is healthy.

This diet:

- Increases your intake of tryptophan, the basic building block of serotonin.
- Reduces your intake of animal fats (saturated fats) and trans fatty acids.

- ❑ Increases your intake of fish oil.
- ❑ Ensures adequate but not excessive protein.
- ❑ Promotes eating plenty of fruits and vegetables high in vitamins and minerals.
- ❑ Provides adequate, good quality carbohydrates.
- ❑ Promotes foods that convert to blood glucose slowly helping to control your body's insulin production.
- ❑ Ensures you eat enough essential fatty acids (good fats) vital for health.
- ❑ Promotes eating plenty of lettuce and greens full of the vitamins and minerals excellent for health.
- ❑ Is low in calories. A diet low in calories with excellent nutrition is the only scientifically accepted way of extending life span.
- ❑ A diet low in calories can also help reduce excess body fat dangerous to your health.
- ❑ It is a diet with a moderate intake of protein, carbohydrate and fat. This diet is also high in antioxidants and micronutrients.

**Warning: If you are on blood pressure medication you need to monitor your blood pressure every week or two.**

Reducing your body's excess production of insulin usually results in your blood pressure returning to normal in a few weeks.

Excess insulin causes your kidneys to retain too much salt in your bloodstream instead of excreting it out of your urine and faeces.

Your kidneys will then retain excess fluid to dilute the excess salt in your bloodstream.

Retaining excess fluid increases the amount of blood in your body which drives up your blood pressure.

Reducing the insulin levels in your body can cause this loss of excess fluid in a few short weeks reducing your blood pressure dramatically to a healthy level.

For this reason, if you're on blood pressure medication you will need to consult with your doctor to have your blood pressure checked and for advice on how to taper off the medication.

## **DIETARY SUPPLEMENTS IN DETAIL**

### **Fish Oil**

Fish oil can help you in three main ways:

- ❑ Building brain tissue and stimulating the growth of nerve cells.
- ❑ Reducing the production of bad eicosanoids and increasing the production of good eicosanoids.
- ❑ Increasing your insulin sensitivity helping to control your body's production of insulin.

### **Building brain tissue and stimulating nerve cell growth.**

The docosahexaenoic acid (DHA) found in fish oil is essential for the building of brain tissue and can stimulate the growth of nerve cells.

Also the very fluid type of fat found in fish is an essential component in the makeup of certain kinds of cells in your body.

In particular these very fluid fats are vital for:

- ❑ The retina cells in your eyes which transmit visual signals to your brain.
- ❑ The nerve synapses which transfer information throughout your brain.
- ❑ The functioning of mitochondria in your brain cells. The mitochondria in your brain cells convert incoming nutrients into ATP, a source of energy your cells can use.

### **Reducing the production of bad eicosanoids.**

Fish oil also helps to prevent the production of bad eicosanoids.

The eicosapentaenoic acid (EPA) in fish oil inhibits an enzyme called delta 5-desaturase which converts dietary fat into arachadonic acid.

Arachadonic acid is the basic building block for the production of bad eicosanoids.

Preventing this conversion of fat to arachadonic acid also helps leave more of that dietary fat available for your body to produce more good eicosanoids.

### **Increasing insulin sensitivity.**

Fish oil is also a very fluid fat. This means that when it becomes part of your cell walls it makes it easier for nutrients to pass into your cells.

Insulin receptors and other hormonal receptors also operate in your cell membranes.

Having more fluid cell membranes makes it easier for these hormonal receptors to operate.

This enhanced operation can, for example help make your insulin receptors more sensitive.

So fish oil in your diet can increase your insulin sensitivity helping you to control your body's insulin production.

### **How much fish oil should you take?**

The DHA in fish oil is crucial for good mental and nerve health and the EPA in fish oil helps enormously with overall health.

So you need to be sure you're taking enough.

A healthy dose of fish oil would include around two and a half to three grams a day of long chain omega 3 fatty acids.

Those 2.5 to 3 grams of omega 3 fatty acids should include more than 1500mg of EPA and 750 mg of DHA.

Every person's needs for fish oil are different. Some people will need far more fish oil, some less.

To safely take the larger doses necessary for the reversal of some neurological diseases you must take pharmaceutical grade fish oil.

Lower grades of fish oil carry the risk of high PCB and mercury contamination.

Even the fish you eat carries the risk of that contamination but over the short term with dietary intake of fish the risk is insignificant.

In the long term it is much safer to eat other forms of low fat protein, limiting your fish intake and taking a pharmaceutical grade fish oil supplement to fill your body's EPA and DHA needs.

A basic guideline for taking pharmaceutical grade fish oil is the basic dose:

- Take 1 teaspoon (4 capsules) containing around 3 grams of omega 3 fatty acids with a minimum of 1500mg of EPA and 750mg of DHA.

For most people it's quite safe to take up to two teaspoons (8 capsules) a day of pharmaceutical grade fish oil.

If you suffer from neurological diseases like bipolar depression, alzheimer's disease, multiple sclerosis, dementia, parkinson's disease, alcoholism or schizophrenia you may need much larger doses than this.

Up to four teaspoons a day (one tablespoon) is usual.

Most diseases will respond positively to this level of dosage (2-4 teaspoons a day).

Some therapists are having success in extreme cases with doses even higher than this over the short term.

Doses in the range of two to five tablespoons a day (8-20 teaspoons) have been used with success.

But you need to have your body's biochemistry monitored regularly to take these doses safely.

You can have some tests done with your local doctor to establish the effects of your fish oil supplementation.

The two blood tests your doctor can administer are a test of your cholesterol levels and a fasting insulin test.

### **Blood cholesterol test.**

With your cholesterol you divide your Triglyceride levels by your HDL cholesterol level.

The resulting ratio will usually be somewhere between one and five.

Lower is better, but you don't want the ratio to drop much below one.

**A triglyceride/HDL ratio of around one is ideal. Higher than that and you may need to increase your dose of fish oil. Lower and you should reduce your dose.**

If the ratio is high you also need to look at controlling your body's insulin production with diet, exercise etc.

### **The fasting insulin test.**

The results of your fasting insulin test will usually be somewhere between 5 and 20uU/ml.

Again the lower the better.

**If your fasting insulin levels are in the high range you may need to increase your dose of fish oil.**

And again you need to look at other contributing factors like diet and exercise and especially controlling your body's insulin production through a better protein/carbohydrate ratio in your diet.

An ideal level of fasting insulin would be around 5uU/ml.

### **AA/EPA test.**

The rolls royce of blood tests for determining your correct dosage of fish oil is the test to determine your body's ratio of arachadonic acid (AA) to eicosapentaenoic acid (EPA).

Unfortunately this test is not widely available yet, but there are some labs performing it.

The results of this test are usually a ratio between 1 and 15. Again lower is better.

You obviously want more EPA and less arachadonic acid so your body will produce more good eicosanoids.

**If your AA/EPA ratio is higher than three you should increase your dose of fish oil. The ideal ratio is between 1.5 and 3.**

**If you're taking doses of fish oil higher than 2 teaspoons a day for more than a month at the very least you should have your blood cholesterol levels checked each month to be sure the ratio of doesn't drop below one.**

**This will also give you an indication of whether you need to increase the dose (if the ratio stays above 2).**

**An AA/EPA test is a much more reliable indicator to find the correct dosage of fish oil and is highly recommended monthly if you take larger doses than two teapoons of pharmaceutical grade fish oil a day.**

### **Other guidelines.**

Put simply you want to take the minimum amount of fish oil required for your optimum health.

For most people that's one to two teaspoons of pharmaceutical grade fish oil a day (4-8 capsules).

You can increase the dose till you see no more benefits. Then decrease the dose till some of the benefits drop off.

The point just before the benefits of fish oil drop off is the correct dosage for you.

### **GLA and evening primrose oil**

The gamma linolenic acid (GLA) found in evening primrose oil can be converted in your body into either good or bad eicosanoids.

The process is long and involved but to put it simply if you supplement with too much GLA the chance of overproducing bad eicosanoids increases significantly.

A simple precaution to prevent the excess buildup of GLA in your body which can lead to this overproduction of bad eicosanoids is to limit your intake to one 500mg capsule of evening primrose oil every 5 days.

For practical purposes one 500mg capsule a week of evening primrose oil is enough.

You can write the day you take the capsule on the cap of the bottle so you know which day to take it each week.

Borage oil is probably too high in GLA to be used safely as a supplement.

### **PMS and GLA supplements**

Premenstrual syndrome (PMS) is common in women who suffer from depression, most likely due to the link between PMS and low levels of serotonin.

Good eicosanoids also help regulate the production of female (and male) hormones by increasing levels of a messenger in the cells called cyclic AMP.

So if you increase the levels of good eicosanoids in your body this should also help balance your other hormones.

In women who suffer from PMS GLA levels are often low in the last ten days before menstruation.

Women who suffer from PMS may want to take one 500mg evening primrose oil capsule ten days before menstruation and another capsule 5 days before menstruation.

Then return to taking one capsule a week.

## **Vitamin E**

Vitamin E is a fat soluble vitamin that acts as an antioxidant throughout your body.

The main reason for taking 500mg of vitamin E with your fish oil is to prevent the oxidation of the fish oil.

## **Vitamin C**

Why take vitamin C? Don't you get enough in oranges and other foods?

First you have to look back at the way our bodies evolved.

Nearly every other animal synthesises their own vitamin C. They make it in their bodies and their production increases when the animal is stressed.

A goat for example can synthesise up to 12,000mg of vitamin C a day when it is under stress.

At some point in our evolution humans stopped producing their own vitamin C internally.

The most credible theory: we stopped needing to produce vitamin C internally because we were getting so much from external sources.

Man's traditional diet probably consisted of animal protein like meat, fish, eggs, shellfish and insects, plenty of greens (look around they're on the trees everywhere), and whatever fruit was readily available.

Hunger was man's primary urge, not taste. The most readily available fruits would most likely be various forms of berries and tropical fruit.

Before we started growing our own fruits many of these berries and other tropical fruits were high in vitamin C and very tart.

Modern farmers grow fruit for taste and over a period of centuries have, understandably, bred the tartness out of the fruit.

This also significantly reduced the vitamin C content.

Many “bush fruits” are still high in vitamin C. Some can be as high as 400, 500 even 1,500mg per 100g of fruit compared to an orange at 60mg per 100g.

So our bodies have evolved to consume a high quantity of vitamin C in our food but our food is quite low in vitamin C. So we supplement.

Vitamin C is water-soluble and usually passes through the body in less than four hours. It is excreted in the urine and to a lesser extent in the faeces.

Take too much vitamin C and you’ll suffer from diarrhoea. The ideal intake is where your stools soften but don’t become liquid.

This ideal intake of vitamin C is different for different people depending on their general state of health and diet but as a basic guideline take from 250mg to 500mg four or five times a day.

Taking vitamin C with meals can also significantly increase your body’s absorption of dietary iron.

## **B Vitamins**

All the B vitamins are required for healthy serotonin function.

Vitamin B6, folic acid and biotin are particularly important.

You can get folic acid and biotin and all the B vitamins from one B complex tablet and the healthy diet recommended here.

Vitamin B6 may need some special attention though.

Vitamin B6 is required by your body to convert serotonin from dietary tryptophan.

Vitamin B6 also stops tryptophan from being destroyed in the brain. This encourages the production of serotonin.

Some people have trouble converting ordinary vitamin B6 supplements into it's active form in the body.

So it's worth considering taking the co-enzyme form of vitamin B6.

Try pyridoxal-5-phosphate, preferably enteric coated vitamin B6. The enteric coated vitamin B6 is less likely to be destroyed by your stomach acid.

### **Other foods and supplements that can help increase your insulin sensitivity.**

#### Cinnamon

A teaspoon of cinnamon a day can help increase your insulin sensitivity so add cinnamon liberally to your food at every opportunity.

#### Green Tea

Green tea can help reduce your body's production of insulin by slowing down the digestion of starches in your body.

Green tea could also help to raise your brain's levels of serotonin and dopamine.

So if you must drink a warm beverage green tea is probably best.

Avoid caffeine drinks like coffee, regular tea and coca cola. Caffeine can reduce your insulin sensitivity and adversely affect your body's mineral absorption.

## **2.WATER**

Methods of modern agriculture have left our soil deficient in many trace minerals.

If a mineral doesn't help a particular plant grow a commercial farmer has no financial motivation to add that mineral to the soil.

As a result our foods are often deficient in many trace minerals essential for long term good health.

Sea minerals are one of the cheapest vitamin supplements available and high in magnesium at 422mg/5ml.

Magnesium is essential for the production of serotonin.

The high magnesium content in sea minerals combined with its trace mineral content almost identical to the water in your body makes sea minerals a uniquely beneficial supplement.

Sea minerals and other trace mineral supplements also contain iodine, lithium and manganese which could be helpful in treating depression.

I would suggest you add about 2ml of sea minerals to every litre of drinking water.

Basically you add enough sea minerals to your water so they're just below the threshold of taste.

It's also worth considering a trace mineral derived from a prehistoric vegetable source.

If you go to the website [www.wallachonline.com](http://www.wallachonline.com) you can listen free to nobel prize nominee Dr Joel Wallach speak about the importance of trace minerals.

When you're thirsty your body is craving water.

Not soft drink, not coffee, not wine, not beer.

Water.

Water can help reduce your appetite and is essential for good health.

So be sure to drink at least eight glasses of water every day.

### **Drinking through a straw.**

If you have trouble with excessive gas when you drink a lot of water try drinking through a straw.

This should reduce the amount of air you gulp down when you drink out of a glass.

It's also easier to drink through a straw while you're exercising.

### **3.EXERCISE**

Recent research suggests that you need to exercise every day to increase your body's insulin sensitivity.

Apparently the older you are, the more important it is to exercise every day.

Regardless of what type of exercise you do your exercise should include a strength building component and an endurance building component.

The strength building component of your exercise program helps you build bone mass, gain fat burning muscle and helps to release human growth hormone.

Human growth hormone also helps you build lean muscle and burn fat.

Endurance exercise helps build lung capacity, builds stamina and burns fat.

Endurance exercise also helps lower your body's level of insulin.

Exercising for long enough also causes physiological changes in your body and your brain.

Exercise raises levels of serotonin, the feel good hormone, and can raise it for weeks.

One of serotonin's functions in the body is probably to cool your body and especially your brain.

Because exercise raises body heat, serotonin may be released during exercise for the purpose of cooling your body and your brain.

20 to 40 minutes of exercise temporarily lessens anxiety and can improve your mood for several hours.

It also increases your ability to concentrate.

Both these benefits are probably due to the extra release of serotonin and dopamine produced during exercise.

Exercise also reduces stress by lowering levels of cortisol in your body.

Exercise involving repetitive motions like walking or jogging generate more serotonin than other forms of non repetitive exercise.

### **Changes to this exercise routine.**

You should feel free to design your own exercise routine.

Just be sure and include some strength building and some aerobic exercise.

The combination of both should last from 30 to 50 minutes a day.

If you miss doing a full exercise routine one day you should still be trying to exercise a total of three and a half hours a week or an average of thirty minutes a day.

On top of your exercise routine you should do stretching to increase your flexibility and reduce your chance of injury.

And you should practice deep breathing relaxation exercises before, during and after exercise to decrease your body's level of the stress hormone cortisol.

### **Five minute routine.**

Some days you simply don't have time to do a full exercise routine.

On these days you can follow a reduced routine to keep your body in shape.

First do the morning stretching routine (in bed).

Then do your abdominal crunches, push ups and squats.

Then do about 30 seconds of jogging on the spot (which will help to keep the joints and muscles involved in this exercise strong).

Then walk a little and stretch while you do some deep breathing relaxation.

You can do all this inside five minutes and it will help enormously to keep you fit and elevate your mood.

Also if you find another way to do the aerobic component of the exercise routine, by walking briskly for half an hour to work for example, you'll be getting all the exercise you need.

### **Keeping active during the day.**

Take every opportunity to get a little extra exercise during your everyday activities.

Some tips to help you get in a little more healthy exercise:

- ❑ Go for a walk in the late afternoon or the early evening by yourself or with your family.
- ❑ Park further from the supermarket center and walk the extra distance when you go shopping.
- ❑ Take the stairs at every opportunity instead of the escalator or the lift.
- ❑ Walk or ride a pushbike when you go to work or when you do your shopping.
- ❑ Do your own housework or yardwork like mowing the lawn and raking the leaves.

- Help an elderly or infirmed neighbour or friend do some physical work around their home. This is good for your body and your soul.

### **The exercise routine in a little more detail.**

#### **Strength exercises.**

Abdominal crunches.

Lie on your back with your knees up and the soles of your feet on the floor.

Now lift your upper torso to an angle of about thirty degrees. It is not necessary or desirable to sit up vertically. Keep your neck relaxed.

Return to your starting position and repeat.

Push-ups.

If you are not particularly strong yet start this exercise with your palms down on the floor, arms straight and your knees on your exercise mat.

Let your elbows push out and drop your upper torso so your face ends up an inch from the floor.

Return to the starting position by pushing up with your arms.

With a bit more strength you can do the full push up with your weight balanced on your toes instead of your knees.

Squats.

Stand with your feet a little more than shoulder width apart.

Now bending at the knees squat down till your upper legs are almost at right angles to your lower legs. Keep your back comfortably straight.

Return to the starting position standing vertically.

If this exercise causes any pain in your knees it's alright to reduce the depth of your squat.

Just go down as far as you can comfortably.

### **Yoga exercises.**

Both exercises are meant to be done slowly. There is no rush. Concentrate on breathing deeply with each movement.

#### 1. Hip thrust.

Sit with your legs extended straight out in front of you and your chin on your chest. Place your hands palms down on the floor each side of your torso.

Lift your hips till you are suspended with your hands and feet on the ground and your knees at a right angle. As you lift your hips tilt your head back as far as it will go.

Once you have reached horizontal with your torso add a tiny thrust and clench your buttocks.

Return to the original starting position and repeat.

#### 2. Elevated back stretch.

Suspend yourself facing the floor on your palms and your toes with your back arched, body fully extended and your head back as far as it will comfortably go.

Push your hips back and up till you are in an inverted V like position with the back of your legs being gently stretched. Also bring your head down onto your chest.

Return to the original starting position and repeat.

If you find it too difficult to do ten repetitions of these exercise then just do as many as you can comfortably.

Gradually build up to doing ten each over a period of days or weeks by increasing the number of repetitions by one a day or one a week.

Given time your body will adapt.

If for some reason you find these yoga exercises physically impossible you can leave them out of your daily routine for the time being till you eventually find your fitness and flexibility has improved and they become possible.

Again, don't do exercises that cause you pain.

Find an easier way of doing the exercise or avoid it till you find you can do it without pain.

### **Stretches, posture and mental state.**

Several of the stretches described here are not just to promote physical fitness.

The way you stand and in particular, your posture, help to alter your mental state.

When you're depressed you often stand with your shoulders slumped, your head down and your breathing shallow.

The stretch where you arch your back is designed to help you build muscles in the part of your back needed to stand up straight with good posture.

The two shoulder stretches both help you keep your shoulders back when you stand.

If you feel yourself beginning to slump you can do the shoulder stretches during the day to help improve your posture.

Your physical state does affect your mental state and vice versa.

So standing erect with good posture can help you feel and act stronger, more confident and more animated.

### **The stretches.**

Don't force any stretch, any time. This is not a competition.

Just stretch as far as you can go comfortably and hold. Over time your flexibility will increase.

Also, everybody is different. Don't compare your level of flexibility with anyone else.

Don't bounce. Stretch gently and hold. Simple.

Bouncing or trying to stretch too far can lead to injury. Be gentle.

### **Calf muscle stretch.**

While standing place your hands against the wall and put one foot forward. Keep your back leg straight with your foot flat on the ground.

Gradually bend the knee of your front leg keeping your back leg straight.

You should feel a gentle stretch in your calf. Hold for about ten seconds then change and stretch the other leg.

### **Leg stretch.**

Stretch your leg and knee by lifting one foot up behind your body with the opposite arm.

Your knee bends more naturally when you use the opposite arm for this stretch. Pull your foot up and towards your buttocks till you feel a stretch then hold for about ten seconds.

Change feet and stretch the other leg also for about ten seconds.

### **Bend over and stretch down towards your toes.**

Stand with your feet about shoulder width apart and bend over gently at the waist, letting your upper body relax.

You should gently go down till you can touch your toes or until you feel a stretch in your legs. Hold for about 20 seconds.

Keep your knees slightly bent to avoid putting pressure on your back.

Stretch gently. Don't force this stretch. Be gentle with yourself.

### **Shoulder stretches.**

Stand up and cup one hand in the other with your arms straight behind your back.

Now squeeze your elbows in towards each other and hold for about ten seconds then relax.

With your hands still together raise them upwards till you can feel the stretch in your shoulders. Hold your arms there for ten seconds then relax.

### **Sitting leg stretch.**

Sit down and place your feet with both soles together. If you don't have the flexibility to put your soles together just get them as close as you can comfortably.

Now gently lean forward from the waist keeping your back comfortably straight. When you can feel a stretch (slight discomfort, not pain) hold it for twenty to thirty seconds.

While you're there you can give your ankles and the soles of your feet a quick massage with your thumbs.

### **How long should you hold a stretch?**

To create maximum flexibility you should hold each stretch for around 30 seconds. But stretching for any length of time should help.

### **Starting small and creating the habit of exercise.**

Remember that we start the exercise routine with a very low number of repetitions (three of each) and only 30 seconds of jogging.

Getting into the habit of daily exercise is more important at the start and we are trying to build muscles and joints gradually to avoid injury.

If you give your body enough time it will adapt.

I know seventy year old men who can do the full exercise program I've described here with relative ease.

More important, **you** will be able to do the full program with relative ease if you just give your body the time to adapt into the exercises.

A daily exercise program like this one can change your mood permanently and help enormously to lift you out of a depression.

### **Be more aware when you exercise.**

Elite athletes are very conscious of the fact that staying aware of your body when you exercise is essential to avoid injury.

Applying increased awareness is a good practice to employ in any form of exercise.

Be aware of how your muscles and joints feel when you exercise.

If you're feeling slight discomfort try to alter the way you're exercising slightly to reduce or eliminate that discomfort.

Just doing an exercise with your legs or your arms at a slightly different angle or distance from your body can reduce your chance of injury.

Be aware.

And especially stay aware when you begin to feel tired.

Even slight fatigue can result in a dramatic loss of technique when exercising.

Poor or sloppy technique can lead to injury.

Really concentrating on the last few repetitions of the strength exercises or the last few minutes of jogging can significantly reduce or eliminate your chance of even minor muscle and joint strains.

#### **4.ADVANCED HYGIENE**

In the 20th century improvements in hygiene probably contributed more to the improvement in health than all the other improvements in diet and lifestyle combined.

Advanced hygiene, including an understanding of good handwashing technique, cleaning your nasal passageways and avoiding autoinnoculation should make a significant contribution to your health.

Even if advanced hygiene just prevents you from catching the flu or the common cold this is a major health benefit difficult to achieve reliably any other way.

The average adult suffers through about four cases of the common cold or influenza every year.

In practice advanced hygiene can reduce this incidence by up to ninety percent.

Most people practising advanced hygiene with a little skill very rarely catch a full blown flu or virus if they catch one at all.

At the first onset of symptoms you perform facial dips as often as possible (every hour).

And apply excellent handwashing techniques to avoid reinnoculation.

Many people think that once they've caught a virus it's too late to worry about reinfecting yourself.

Nothing could be further from the truth.

Every time you reinnoculate yourself by touching the mucous membranes of your eyes and nose with your fingers you give the virus another foothold and increase the stress on your immune system.

Advanced hygiene:

- ❑ Reduces the incidence of flus and viruses which inhibit "good" eicosanoid production (The virus inhibits "good" eicosanoid production in an effort to suppress the immune system thus enhancing the virus' chance of survival).
- ❑ Advanced hygiene raises blood albumin levels and albumin transports nutrients including good fats (the essential building blocks for eicosanoid production) throughout the body including the brain.
- ❑ Albumin acts as an antioxidant preventing free radical damage to those good fats (among many other things) again allowing the production of eicosanoids.
- ❑ Albumin binds toxic substances including the "stress hormone" cortisol (which can stop the production of good eicosanoids) and transports this hormone away from your brain, thymus and connective tissue.
- ❑ Albumin performs a myriad of other functions in the body too numerous to mention. The progressive drop in blood/albumin levels in your body as you get older is probably a primary marker of aging.

### **How warm should the water be with a facial dip?**

Approximately 40 degrees celcius or 101 degrees fahrenheit.

The temperature of the water should be warm but not uncomfortable on your face.

Many germs like the rhinovirus (cold virus) are very sensitive to temperature.

This is why your body elevates it's temperature and produces extra mucus in an attempt to flush these viruses out of your body.

The warm salt water in a facial dip serves the same function.

### **Why should I blow my nose gently?**

Blowing your nose too hard can force bacteria into your sinuses which can lead to infections.

Blowing your nose too hard can also close your eustachian tube causing pressure and pain.

Your eustachian tube connects your middle ear to your nose.

So always blow your nose gently.

### **What if my nose is blocked?**

Blowing bubbles through your nose in the facial dip is just the basic beginner's level for advanced hygiene.

You can enhance the effect of the facial dip by letting the solution up your nose and staying that way for a few seconds then blowing bubbles out your nose.

For even more effect you can draw the water up into your nose and release it into another bowl or sink then repeat the process.

To unblock a nose try blocking up one nostril with the handle of a kitchen utensil (you should keep your fingers out of the water).

Then draw water up gently into the blocked nostril.

Again you can release the water into a second sink or bowl.

Sometimes just keeping your face immersed and wiggling your nose around can help relieve a blockage.

You can repeat the facial dip as often as necessary to help relieve a blocked nose.

**Sometimes water comes out of my nose up to half an hour after a facial dip. What's happening?**

Inside your nose are small hairs called cilia which wave in a rhythm carrying mucus, bacteria, allergens etc out of your nose.

The saline solution sometimes stays in your sinuses which is therapeutic.

After about 20 minutes the cilia in your sinuses start moving forcing any remaining solution out.

This is why the solution can come out quite some time after you've completed the facial dip and blown your nose.

Sometimes this process can complete the unblocking of your sinuses and provide immense relief in cases of sinusitis.

**Won't advanced hygiene reduce your natural immunity to viruses, allergens and bacteria?**

No, quite the opposite.

Advanced hygiene severely limits the introduction of foreign invaders to your body.

It does not eliminate them.

So your body is still exposed to many of these viruses, allergens and bacteria but at a level too low to cause a critical infecting dose.

Put simply you get enough of a dose to develop immunity but not enough to cause a major immune response or disease.

**Wouldn't an antibacterial soap be better?**

Absoloutely not.

Antibacterial soaps have several problems.

First you're likely to ingest some of the antibacterial solution when your fingers come in contact with your mouth.

This can upset the natural balance of your intestinal flora.

Second, over the long term your skin can become damaged from the use of antibacterial soap.

Damaged skin carries bacteria and viruses more easily.

Third, because you're not being exposed at all to bacteria and viruses while using an antibacterial soap your body does not build the natural immunity vital for robust health.

Worse still, the use of antibacterial soap can lead to the development of superbugs – virulent bacteria and viruses resistant to the antibacterial solution.

Even in medical situations the standard recommendation now is for the use of and alcohol based hand wash for frequent, non surgical hand washing.

### **Advanced hygiene soaps and facial dip solutions.**

I am very uncomfortable suggesting you use any particular product.

Unfortunately the soap and facial dip solutions from [www.advancedhygieneproducts.com](http://www.advancedhygieneproducts.com) are the only products of their kind on the market that I'm aware of.

Research scientist Dr Kenneth Seaton has developed these two products and their positive effect on the body's albumin levels is scientifically based.

## **5.SLEEP**

Sleep and the lack of sleep can have a profound effect on your moods.

Depression and mood are linked to inadequate sleep.

One study found that insomniacs had forty times the chance of developing major depression when compared to good sleepers.

Minor sleep loss can also affect your mood.

Untreated insomniacs report feeling easily upset, irritated or annoyed.

Sleep deprivation leads to lowered levels of serotonin in your brain.

Which could explain why a lack of proper sleep can lead to depression, and mood disorders.

Also, when you sleep you release a hormone called melatonin.

Melatonin acts as an antioxidant, particularly in your brain.

Melatonin can protect good fats in your brain from being oxidized.

More good fats available in your brain means more raw fuel for the production of good eicosanoids.

And good eicosanoids help stimulate the release and uptake of the feel good hormone serotonin.

Good eicosanoids can also help increase the conversion of serotonin to melatonin (by increasing the activity of cyclic AMP which controls the conversion rate).

Light interrupts the production of the sleep hormone melatonin so exclude light from your sleeping environment.

Red light does not seem to interrupt melatonin production so use a red night lamp or torch if you have to get up in the night.

Get at least 15 minutes of bright sunshine or 30 minutes of very bright lights every day preferably just after you wake up.

Bright lights help reset your body clock which runs on a 25 hour cycle. Resetting this body clock will help your body release serotonin when it's bedtime, helping you to sleep.

Bright lights also stimulate the production of serotonin. Bright light therapy by itself has been quite successful in the treatment of depression.

Try to limit the activities in your bedroom to sleep and sex. This will help you subconscious mind associate your bedroom with sleep.

Plan to sleep from eight to ten hours every night and try to wake up and go to bed at the same times every day.

If you don't get enough sleep make up that sleep debt by napping during the day or by going to bed earlier.

If you nap, limit the nap to 30 minutes. Longer than 30 minutes and you go into a deeper sleep cycle which will leave you feeling groggy when you wake up.

Consider supplementing with around 3mg of pharmaceutical grade melatonin over a short time period to change your sleep patterns or as an alternative to sleeping pills.

Melatonin is best taken 30 minutes before the time you want to go to sleep.

Reduce your fluid intake in the hour or two before bedtime to interrupt your sleep with visits to the toilet.

Limit or avoid alcohol and caffeine consumption which can reduce the quality of your sleep.

Sexual orgasm before sleep promotes sleep onset and induces deep and restful sleep. The endorphins released can enhance the peaceful nature of sleep.

### **Depression from Seasonal Affective Disorder (SAD).**

Seasonal affective disorder, or SAD, usually comes about due to changes in light cycles brought on by winter.

Daily exposure to light is essential for the release cycle of melatonin.

The lack of reliable sunshine or bright lights especially first thing in the morning can severely effect your body's melatonin production.

Increasing your body's production of good eicosanoids can stimulate the release of melatonin despite the low levels of light in winter.

### **Bright light therapy.**

Bright light therapy can also be effective in relieving not only SAD but other forms of depression.

Bright lights and sunshine help stimulate the production of serotonin and reset your body's melatonin production cycle.

Where sunshine is not available bright light therapy involves the patient sitting very close to an especially bright light source usually for 30 minutes or more a day.

Even in winter the light outside is very intense compared to artificial illumination.

So you should be planning to get 15 to 30 minutes of sunshine to help your body release serotonin and to reset your melatonin production cycle.

The main point with bright light or sunshine therapy is that your eyes can detect the bright light or sunshine.

You should still be careful not to get too many UV rays if you live in an area where the sun's rays are intense.

It's wise to use a sunscreen.

Increasing your body's serotonin and melatonin production in this way can be very effective in dealing with depression, lifting your mood and helping you sleep at night.

### **St John's Wort may increase light sensitivity.**

The active ingredient, hypericum, in a herb called St John's Wort may increase your eyes' sensitivity to light.

St John's Wort has been found to be as effective as many antidepressants in treating depression so is worth consideration as a supplement.

The usual dosage for an adult to treat depression is 3x300mg capsules a day of St John's Wort containing 0.3% hypericum.

### **Dawn simulator.**

Waking to light of gradually increasing intensity as you would if sunshine was coming through your window at dawn is a gentle and excellent way of stimulating your body's serotonin production and resetting your body's melatonin production cycle.

There are special devices called dawn simulators, that gently increase the intensity of a light over about half an hour to artificially create this type of dawn light for people living in areas with little sunshine or for shift workers.

### **Air conditioning and cooling your body could help raise your body's levels of serotonin.**

It may be helpful if you employ cooling methods in your day to day life like air conditioning, ceiling fans etc.

Reducing your body temperature in this way may help to improve your body's serotonin levels.

Some researchers have found a link between an increased incidence of mood related disorders and higher seasonal and climatic temperatures.

### **Negative ion therapy.**

If you've ever wondered why you have a greater sense of well being or even euphoria after a thunderstorm it's probably because the air after a thunderstorm is charged with negative ions.

Moving water fills air with negative ions and negative ions seem to positively affect mood.

Think of the sense of wellbeing you get near a waterfall, the seashore or after rain.

The opposite would be the depression of mood you get in the hot, dry wind coming off a road or a desert.

These types of hot winds are full of positive ions which seem to have a mood depressing affect.

Some studies have shown that electromagnetic fields from electric blankets and appliances could reduce the production of the sleep hormone melatonin.

These electromagnetic fields also generate significant positive ions and it's quite likely they have a similar negative affect on the production of serotonin.

You can actually buy a negative ion generator which charges the air in a small area with negative ions.

### **Leave a window open and early to rise.**

But the simplest way of getting a cool breeze full of desirable negative ions is to leave your bedroom window open when you sleep.

If you're also in the habit of waking up a half hour or so after dawn every day you can let the sunshine through your open window wake you gently and naturally.

### **Changing your sleep patterns to get up earlier.**

(If you're happy taking melatonin for a short period of time you can try this method).

One gentle way to change your sleep patterns to get up earlier is to take around 3mg of pharmaceutical grade melatonin around half an hour before the time you want to go to sleep.

Continue this for around two weeks.

After the first few days or about a week you should find yourself getting sleepy a half hour or so after taking the melatonin.

Then you go to sleep at your new time and wake up at your new time.

Be sure and get at least 15 minutes of bright lights or sunshine at the time you want to wake up each day.

If you wake up around a half hour after dawn you can wake up naturally to the increasing intensity of the sunshine through your bedroom window.

Also if you avoid bright lights in the two hours or so before you want to go to sleep this will also help you to fall asleep.

### **Going to sleep later in the evening.**

If you want to change your sleeping patterns so you fall asleep later in the evening you need to get bright lights or sunshine as late in the day as possible.

## **6.EMOTIONAL HEALTH**

### **Relieving emotional distress.**

In the earlier section of this book the self acceptance affirmation supplied is a shortened version to make the procedure easier to learn and apply.

If you're suffering from severe or long term deep seated emotional distress you may have to go through the whole 13 affirmations listed below while alternating between rubbing your chest and tapping your upper lip and chin.

1. I deeply and completely accept myself even with all my problems and limitations.
2. I deeply and completely accept myself even if I want to keep this problem.
3. I deeply and completely accept myself even if I continue to have this problem.
4. I deeply and completely accept myself even if I don't deserve to get over this problem.

5. I deeply and completely accept myself even if it isn't safe for me to get over this problem.
6. I deeply and completely accept myself even if getting over this problem won't be safe for others.
7. I deeply and completely accept myself even if it isn't possible for me to get over this problem.
8. I deeply and completely accept myself even if I will not allow myself to get over this problem.
9. I deeply and completely accept myself even if I will not do what is necessary to get over this problem.
10. I deeply and completely accept myself even if getting over this problem will not be good for me.
11. I deeply and completely accept myself even if getting over this problem will not be good for others.
12. I deeply and completely accept myself even if I have a unique block to getting over this problem.
13. I deeply and completely accept myself even if I never get over this problem.

Shortened versions.

You can shorten either sequence as you see fit.

This will allow you to reduce your emotional distress while you're in the bathroom or even while you're in public standing, walking or sitting.

The objective is to reduce or eliminate your emotional distress to reduce your body's production of the stress hormone cortisol.

You could for example:

Perform three long deep breaths.

Repeat three times “I deeply and completely accept myself even with this NEGATIVE EMOTION” while rubbing your chest.

Then repeat the positive affirmation “Joy is filling my heart and soul” once each while tapping all the sites on your face or all the sites on your body.

You could also just tap the sites that seem to be more effective for you.

If you’re in public you could tap all the sites on your hand under a table and repeat the affirmations in your mind rather than out loud.

### **Are there any secrets to using this method?**

The primary thing to remember is to identify the emotion that is causing you the most distress and to work on that emotion first.

Trying to work on more than one emotion at a time is generally less effective.

If you have a circumstance that is causing you emotional distress you may have to go through the tapping sequence once for each different emotion.

Try to go through every aspect of each circumstance causing you emotional distress and deal with each emotion separately.

If distress returns over a particular circumstance or problem after you’ve already performed the method for relieving emotional distress it’s nearly always because you haven’t dealt with every emotional aspect of that problem.

You may also need to look at the way you think to avoid constantly reigniting negative emotions.

### **What if I can’t think of a positive affirmation to say while tapping?**

Usually just as affective as a positive affirmation and for some people (usually with poor levels of self acceptance) is affirming “I deeply and completely accept myself even with my PROBLEM EMOTION.”

Obviously you replace the words problem emotion with the negative emotion you're feeling. For example anger, heartache, doubt, anxiety, dissatisfaction, grief, sadness etc.

### **This sequence can be quite long. Is there a quicker method?**

You can shorten the sequence as you see fit.

Often with less intense emotions saying the positive affirmation once while tapping each site is enough.

Also you can tap on the sites that seem to be more sensitive for you.

Remember to do the eye wobbling exercise with every sequence so your mind has a chance to restore your previously negative associations in a more positive way.

The most important thing is to get results. If you go through a reduced sequence and the negative emotion is gone then that sequence is enough.

If you go through a full sequence and the negative emotion is not completely gone you need to do more.

See if there's an aspect of the negative emotion you haven't worked on.

Try changing the positive affirmation or use the self acceptance affirmation instead.

Repeat the tapping sequence with each negative emotion till your distress is gone.

If you seem unable to achieve relief, see a professional EFT practitioner or check the web site [www.emofree.com/depr.htm](http://www.emofree.com/depr.htm) or elsewhere on the internet for more information.

Achieving relief from emotional distress is normal and usually quite simple.

### **Does this method have other uses?**

You can use this method to create positive emotions and for success motivation.

Put simply you decide on something you want to achieve and then identify the negative emotions making it more difficult to achieve that goal.

Then you use the usual method of relieving emotional distress with each of those negative emotions.

You can use a positive affirmation related to your goal or you can use the self acceptance affirmation related to your negative emotion.

Either should work.

### **How does the emotional distress relief work?**

If you've applied the method for relieving emotional distress you know it works. And it works whether you believe it will or not.

The method is very sophisticated, employing several different techniques to change a cycle of negative moods associated with a negative emotion.

Each of these steps contribute:

#### **Deep breathing relaxation.**

The deep breathing relaxation helps reduce your body's level of cortisol.

This can help in the production of good eicosanoids. And good eicosanoids can help release serotonin.

#### **Self acceptance affirmations.**

Repeating self acceptance affirmations helps to remove subconscious blocks.

Many positive thinking methods fail because subconsciously you are unwilling to set yourself up for failure and disappointment.

By affirming that you accept yourself even if you don't make the method work, you go a long way towards eliminating this subconscious block.

The full list of thirteen self acceptance affirmations is even more effective for the same reason.

Also to feel a sense of belonging is one of man's primary psychological needs and a feeling of self acceptance is crucial in developing a sense of belonging.

So any method that builds your level of self acceptance is likely to partly fulfil your need for a sense of belonging stimulating positive emotions.

A sense of belonging or the herd instinct can also help release serotonin as it helps fulfil our primal need for safety (the opposite of fight or flight).

### **Tapping and rubbing.**

Repetitive motions like tapping and rubbing can stimulate your brain to release serotonin, stimulating feelings of calmness and wellbeing.

Touching and rubbing your body's different sensitive areas may also stimulate the release of serotonin and dopamine.

Touching and rubbing could also reduce your levels of the stress hormone cortisol.

### **Eye movements.**

The movement of your eyes is directly related to the way you process information in the neural networks of your brain.

The basic theory of therapies involving eye movement is that distressing images, other sensory inputs and emotions are often stored in our minds still in a disturbed, unprocessed state.

By bringing up that distress in your mind and moving your eyes a certain way the theory is you give your mind a chance to reprocess and restore this information in a less emotionally disturbed way.

## **Positive affirmation and the overall theory.**

Putting a positive spin on negative situations is the basis of most positive thinking.

In this case you're supplying your mind with a new, positive way of looking at a problem that's causing you emotional distress.

Combining that positive outlook with:

- ❑ The reduction of cortisol through deep breathing and the touch of tapping.
- ❑ The release of serotonin through the repetitive motions and the touch of tapping.
- ❑ The release of positive emotions and serotonin through self acceptance affirmations.
- ❑ And possibly reprocessing the way those images and emotions are stored in your brain through eye movement.

You can break the cycle of negative emotions related to your emotional distress and replace that cycle with more positive associations and emotions.

At least that's my theory. More important, this method can work quite dramatically.

Since the results are so obvious and profound and the method should be harmless it's a technique well worth experimenting with.

The only exception would be people with severe emotional or mental disturbance.

These people should be very cautious reliving negative emotions and only perform these procedures with a medical professional present.

## **Developing hope and reducing negative emotions caused by expectations and attachments.**

A detailed analysis of cognitive behavioural therapy is beyond the scope of this book.

I suggest you read *The Feeling Good Handbook* or *Feeling Good* by David D. Burns, M.D.

These books can help you work through the faulty or twisted thinking that often leads to the downward spiral of depression.

The books also show you how to change that thinking to positive, reality based thinking.

Reading these books has been shown to help relieve depression.

Seeing a psychotherapist, psychologist or psychiatrist to help you deal with depression is also highly recommended.

This book is meant to be an aid to this kind of professional help not a substitute.

### **Building self acceptance and improving your self talk.**

The following affirmation has been effective for many people over the years in helping to build self acceptance.

Usually you read it twice a day for three weeks.

#### **For the male reader**

I Will Love Myself Like No Other

Who was always there when I needed him? Who understood when times were tough and no others came to give comfort?

In the pits of desperation, at the depths of despair, who searched and found a way back to the ecstasy of motion and the joy of triumph?

I will love myself like no other.

If all my riches should be lost and all that I value disappears from this earth. If I should lose my hearing, speech and senses of smell and touch.

All these things will make no difference for there is still one man who'll know the desires of my heart and the secrets of my soul.

His love is unconditional and unyielding. There is no other he could love so deeply in the same way. How could I do anything but love such a man?

I will love myself like no other.

Who is it, can go to work for me day after day, year after year, to fulfil my greatest dreams? Who can I completely trust to take me from where I came to where I truly want to be?

Who is the one man I know will be with me right to the end and beyond?

I will love myself like no other.

And how can I show my love?

In the same way I show my deepest affection for any loved one. I will be concerned with this precious person's welfare. I will feed him well, avoiding gluttony and exercise with vigour and enjoyment every day.

Each day, too, I shall reaffirm my deep love. I will avoid negative criticism and be hearty and exuberant with my praise.

I will love myself like no other.

And when I look at myself I shall know that there stands the one I will love eternally.

My heart will fill to bursting with joy, my eyes will sparkle happiness and my face will open with a smile so filled with affection, it will touch my heart and move me as only true love can.

I will love myself like no other.

I will remember that my relationship will grow powerfully when I soften my life with romance. As my love grows I will nurture it with kind words, spoken often.

I will put my best foot forward as often as possible and go so far as to court the one I love so dearly. And as I prove my love constantly that love will grow strong and unbreakable – just as I will.

I will love myself like no other.

For the only love I can give is born from my love for myself. And all things of any true worth are born from love.

### **For the female reader**

I Will Love Myself Like No Other

Who was always there when I needed her? Who understood when times were tough and no others came to give comfort?

In the pits of desperation, at the depths of despair, who searched and found a way back to the ecstasy of motion and the joy of triumph?

I will love myself like no other.

If all my riches should be lost and all that I value disappears from this earth. If I should lose my hearing, speech and senses of smell and touch.

All these things will make no difference for there is still one woman who'll know the desires of my heart and the secrets of my soul. Her love is unconditional and unyielding.

There is no other she could love so deeply in the same way. How could I do anything but love such a woman?

I will love myself like no other.

Who is it, can go to work for me day after day, year after year, to fulfil my greatest dreams? Who can I completely trust to take me from where I came to where I truly want to be?

Who is the one woman I know will be with me right to the end and beyond?

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I will love myself like no other.

For the only love I can give is born from my love for myself. And all things of any true worth are born from love.

### **Building an accepting, compassionate view of others.**

Learning to be accepting and compassionate towards others helps you create a calmer more relaxed attitude. This will help reduce your levels of the stress hormone cortisol.

It is also morally and spiritually fulfilling.

Learn to love and accept people when they don't fulfil whatever role you think they should fill for you.

Give up negative emotions like hate, anger and frustration and let love and acceptance fill the space you create inside your heart.

Does getting upset at someone change that person?

What are you actually achieving by getting upset apart from making yourself upset which can make you sick?

Most of this kind of anger and negative emotion towards people is based on the unrealistic belief that the world should be different to the way it really is.

It is, in fact, an attempt to deny reality.

You can't change reality by getting upset about it or denying it.

You can only change reality by doing something about it.

When you get upset remind yourself constantly, "this is reality".

Accept other people as they are.

Accept whatever happens as it is.

This is reality.

It's nothing to get upset about.

Your negative emotions are a result of YOUR thoughts and feelings inside you, not things going on outside you.

And only YOU control the thoughts and feelings inside you.

You can change your relationship with another person simply by changing your feelings about them.

To close out this book I've included the essay below *Everyday Compassion*.

I wish you the best of health and the best of luck in applying the six steps from depression to glorious health.

### **Everyday Compassion**

I am the woman I pass in the supermarket aisle.

Her worries are my worries. Her frustration and irritation is mine.

We are one.

I am the man in the red four-wheel drive behind me in a rage honking his horn wildly and swearing abuse.

His anger is mine. His overwhelming frustration is also inside me.

It comes from me and to me it returns.

When I turn on the television I am the man looking down the barrel of a rifle at my sworn enemy, enveloped in hate.

His hate is my hate.

I created it, it belongs to me.

I am the man about to die from a bullet propelled with hatred borne from fear.

I am the victim.

His suffering is my suffering. I know it, I feel it.

Why do I kill myself?

I am the little girl who grows up fatherless.

The void in her life filled only with confusion and longing is my void, my confusion, my longing.

Jesus said, "Let he who is without sin cast the first stone."

I also say that my brother's sin is my sin.

Can I not see that sin in myself?

In some way do I not share his transgression, his weakness, his guilt?

There is an old American indian saying "Walk a mile in my moccasins."

I say that I have always walked in my brother's moccasins. They are my moccasins.

I walk his path.

We are one.

The sun, the rain and the tears that fall on those moccasins come from the same sun that warms me, the same rain that drenches me and the same heart that suffers and through suffering softens and grows.

Those moccasins are stained with my tears.

I am the woman I pass in the supermarket aisle.

### **Web sites to visit:**

- [www.drsears.com](http://www.drsears.com)
- [www.fatwars.com](http://www.fatwars.com)
- [www.advancedhygieneproducts.com](http://www.advancedhygieneproducts.com)
- [www.glycemicindex.com](http://www.glycemicindex.com)
- [www.wallachonline.com](http://www.wallachonline.com)
- [www.sleepnet.com](http://www.sleepnet.com)
- [www.emofree.com/depr.htm](http://www.emofree.com/depr.htm)

### **Books to read:**

- **Enter the Zone by Barry Sears, Ph.D. with Bill Lawren.**  
A technical book but probably the most important diet information in any book of the last twenty years.
- **The Anti Aging Zone by Barry Sears, Ph.D.**  
Explains the benefits of the “zone” diet in more detail including the hormones related to sleep.
- **The Omega Rx Zone by Barry Sears, Ph.D.**  
Explains brain health in great detail and how diet and fish oil supplementation can affect serotonin levels.
- **Life, Health and Longevity by Kenneth E. Seaton, D.Sc.**  
The book on advanced hygiene by the leading research scientist in the field.
- **Beyond Prozac by Michael J. Norden, M.D.**  
A practising psychiatrist explains how lifestyle and serotonin affect mood disorders like depression.
- **Power Sleep by Dr James B. Maas**  
A well written book by a highly qualified sleep researcher on the need for adequate quality sleep.
- **The Cortisol Connection by Shawn Talbott, Ph.D.**  
Explains the negative effects of the stress hormone cortisol and positive lifestyle changes you can make.
- **Fat Wars by Brad J. King, M.S., M.F.S.**  
A fabulous book focused primarily on weight loss but full of useful diet and exercise information.
- **The Cell Factor by Dr Ross Walker, M.B., B.S. (Hons), F.R.A.C.P.**  
Written by one of the world’s leading heart specialists and a nutrition advocate. Excellent description of how trans fatty acids enter the makeup of our cells and wreak havoc.
- **Protein Power by Dr Michael R. Eades and Dr Mary Dan Eades**

**Written by medical practitioners from the highly successful Colorado Center for Metabolic Medicine.**

**A great book on the importance of eating sufficient protein and limiting carbohydrates although I would suggest eating more carbohydrate than initial program.**

- **Stretching by Bob Anderson.**  
A wonderfully illustrated guide with stretches for every part of your body.
- **Ancient Secret of the Fountain of Youth by Peter Kelder**  
A wonderful and probably fictional tale that encourages you to do a series of simple yoga exercises each day. Two of the exercises are used in this program.
- **Instant Emotional Healing by George J Pratt and Peter T Lambrou**  
Explains step by step the methods for relieving emotional distress called emotional self management.
- **The Feeling Good Handbook by David D. Burns M.D.**  
A self help book probably recommended by more mental health professionals than any other. Some studies have shown that reading this book or Feeling Good by the same author can help reduce the symptoms of depression.

**The following are links to articles explaining the varied scientific research behind many of the subjects covered in this book.**

### **Incidence of depression**

<http://my.webmd.com/content/article/66/79883.htm?lastselectedguid={5FE84E90-BC77-4056-A91C-9531713CA348}>  
<http://my.webmd.com/content/article/56/65755.htm>  
<http://www.usatoday.com/news/health/spotlight/2001-08-10-williams-depression.htm>  
<http://www.intelihealth.com/IH/ihtIH/WSIHW000/333/7228/350264.html>  
[www.docguide.com/news/content.nsf/news/8525697700573E1885256C600059FCFD](http://www.docguide.com/news/content.nsf/news/8525697700573E1885256C600059FCFD)  
[www.healthday.com/view.cfm?id=513716](http://www.healthday.com/view.cfm?id=513716)  
[www.healthday.com/view.cfm?id=512892](http://www.healthday.com/view.cfm?id=512892)  
[www.healthday.com/view.cfm?id=512589](http://www.healthday.com/view.cfm?id=512589)  
[http://abcnews.go.com/wire/Living/ap20030219\\_1199.html](http://abcnews.go.com/wire/Living/ap20030219_1199.html)  
[www.docguide.com/news/content.nsf/news/8525697700573E1885256CA500047746](http://www.docguide.com/news/content.nsf/news/8525697700573E1885256CA500047746)  
<http://pn.psychiatryonline.org/cgi/content/full/38/14/19>  
<http://www.docguide.com/news/content.nsf/news/8525697700573E1885256DAA004757FD?OpenDocument&id=48dde4a73e09a969852568880078c249&c=Depression&count=10>  
<http://abcnews.go.com/sections/business/DailyNews/depression010501.html>

### **Depression and disease**

[www.intelihealth.com/IH/ihtIH/WSIHW000/333/7228/362003.html](http://www.intelihealth.com/IH/ihtIH/WSIHW000/333/7228/362003.html)  
[http://my.webmd.com/content/article/36/1728\\_62131](http://my.webmd.com/content/article/36/1728_62131)  
[www.docguide.com/news/content.nsf/news/8525697700573E1885256C7F00602A90](http://www.docguide.com/news/content.nsf/news/8525697700573E1885256C7F00602A90)  
[www.docguide.com/news/content.nsf/news/8525697700573E1885256C8300668E5A](http://www.docguide.com/news/content.nsf/news/8525697700573E1885256C8300668E5A)  
<http://www.intelihealth.com/IH/ihtIH/WSIHW000/333/7228/345643.html>

<http://www.intelihealth.com/IH/ih/IH/WSIHW000/333/7228/344623.html>  
<http://www.pslgroup.com/dg/1FF06A.htm>  
[http://my.webmd.com/content/article/26/1728\\_59665](http://my.webmd.com/content/article/26/1728_59665)  
[http://abcnews.go.com/sections/wnt/DailyNews/depression\\_osteoporosis030113.html](http://abcnews.go.com/sections/wnt/DailyNews/depression_osteoporosis030113.html)  
[http://my.webmd.com/content/article/35/1833\\_51053](http://my.webmd.com/content/article/35/1833_51053)  
<http://www.intelihealth.com/IH/ih/IH/WSIHW000/333/7228/280715.html>  
<http://www2.eclinicalpsychiatrynews.com/scripts/om.dll/serve?action=searchDB&searchDBfor=art&artType=full&id=aqc010290909>  
<http://www.pslgroup.com/dg/1EE182.htm>  
[http://my.webmd.com/content/article/32/1728\\_80793](http://my.webmd.com/content/article/32/1728_80793)  
[www.docguide.com/news/content.nsf/news/8525697700573E1885256C240050DDDB](http://www.docguide.com/news/content.nsf/news/8525697700573E1885256C240050DDDB)  
<http://stacks.msnbc.com/news/858725.asp>  
[http://my.webmd.com/content/article/34/1728\\_86435](http://my.webmd.com/content/article/34/1728_86435)  
[http://my.webmd.com/content/article/16/1663\\_52094](http://my.webmd.com/content/article/16/1663_52094)  
[www.docguide.com/news/content.nsf/news/8525697700573E1885256BC7006F1A18](http://www.docguide.com/news/content.nsf/news/8525697700573E1885256BC7006F1A18)  
<http://www2.eclinicalpsychiatrynews.com/scripts/om.dll/serve?action=searchDB&searchDBfor=art&artType=full&id=aqc020300210b>  
<http://www.pslgroup.com/dg/19352A.htm>  
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