

Treatments for Depression

Natural therapy

1 Exercise

Exercising for 30 minutes, 3 to 5 times a week, can stimulate the production of endorphins and improve mood



2 Behavioral changes

Avoid alcohol and drug use; learn to say no; participate in enjoyable activities

3 Light therapy

White light can help regulate emotions



4 Mediterranean diet

Eat plenty of whole grains and plant-based foods, olive oil, and moderate amounts of fish, dairy, and red wine



5 Dietary supplements

Such as S-Adenosyl-L-Methionine (SAME), 5-Hydroxytryptophan (5-HTP), Omega-3, vitamin B, and vitamin D



How To Cure Depression Natural Way Of Treating Depression

Albert A Gayle



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