

# Depression

## What Is Depression?

Depression is characterized by poor mood and activity aversion, which can affect behavior, thoughts, emotions, and overall wellbeing. Symptoms of depression include feeling empty, anxious, sad, hopeless, worried, worthless, guilty, irritable, restless, and helpless.

Depression may cause a person to lose interest in once-pleasurable activities, overeat or experience a loss of appetite, have difficulty making decisions or concentrating, and even contemplate or attempt suicide. Other symptoms include fatigue, excessive sleeping, insomnia, aches, pains, and digestive issues.

## What Causes Depression?

A state of depression may be a normal reaction to traumatic life circumstances, some medical conditions, or medication side effects. Depression can also be a primary or associated psychiatric syndrome, like clinical depression.

## Depression FAQ

**Q: Hello, Could you please recommend the most efficient product for extreme irritability, stress, and coming and going depression? The irritability is the most concern. I am 46. Thank you in advance.**

A: This is easy to fix, but you need to follow the plan carefully:

- Relaxwell - 1 capsule x 3 times per day
- Rosavin - 1 caps x 2 per day
- SAM-e Plus+ - 1 x 3 times per day

It is also important to stop all grains and cereals (bread, pastry, biscuits, cereals, cookies, pasta, etc.).

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**“I had been feeling down for a long time and didn’t think the fog of my depression could ever be lifted. I was beginning to think about giving up, although I felt like I had no choice, I knew I couldn’t quit my job or walk out as I had bills to pay.**

**I was feeling as though the world was getting on top of me and wondered whether it was worth getting up in the mornings. I knew this wasn’t a normal feeling, and I began to look into different ways of recovery. I decided to try your recommendations of the Calcium, Magnesium and Potassium Plus, along with the HySorb Q10 and the Sleep Well.**

**The fog seems to be finally lifting after just two weeks, and I’m getting much better. At last there is a light at the end of the tunnel....”**

**- Jane, Birmingham**

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*Follow the Health Plan as recommended for the best results:*

## DEPRESSION HEALTH PLAN

The following health plan is designed to provide relief for depression. By following the plan below which includes a supplement regime and a naturally healthy lifestyle, it's possible to improve depression, so as to achieve overall good health in the long-term.

*Your 4-8 Week Plan, From My eBook, Robert Redfern  
Supplements to support a healthy brain and mind - in order of priority:*

- [Calcium, Magnesium and Potassium Plus](#) - Take 3 capsules, 2-3 times daily. Reduces the symptoms of depression.
- [HySorb Q10](#) - Take 1 capsule, 3 times daily. Stimulates the immune system and provides energy.
- [Rosavin](#) - Take 1 capsule, 2-3 times daily. Relieves fatigue and stress.
- [Sleep Well](#) - Take 6 sprays daily. Contains Vitamin B3 (Niacin) and a proprietary blend of 5-HTP, Melatonin, Valerian Root, Passiflora, Hops, MSM for reducing anxiety and insomnia.
- [Relaxwell](#) - Helps with the anxiety that change causes and provides a more relaxed sleep. Take 1-2 capsules per day. The last one can be taken at bedtime. Open and mix with a little apple puree.
- [Sam-E Plus+](#) - Take 2 vegetarian Delayed Release capsules, 2-3 times daily. Balances stress and emotional imbalance.
- [NatraGest](#) - Apply 1/4 to 1/2 teaspoon to skin every day. Regulates hormonal levels.
- [Magnetic Clay Bath](#) - Use 1 set for baths using 2 ½ cups of clay or more. The spices and herbs are known to help various symptoms that are present with metal and chemical poisons, such as digestive problems, parasites in the body, depression, etc.
- [Lithium Balance](#) - Take 2 tablets, three times daily. Supports healthy mental and balanced chemical responses.