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## The Depression Cure Formula: 7-Steps to Beat Depression Naturally Now

By Heather Rose

Createspace, United States, 2012. Paperback. Book Condition: New. 250 x 205 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Depression affects 1 in 10 people all over the US. It s one of the most common of mental illnesses and yet one of the easiest to treat. According to CDC (Centers for Disease Control and Prevention) the most likely of people to suffer with depression are: - People 45 - 64 years of age - Women - People who are unable to work or are unemployed - Been previously married - People without health insurance coverage The usual costs of a psychologist is \$120 to \$180 per 50-minute session. Some even charge a \$250 first time evaluation fee! You could go to your family doctor and get prescribed anti-depressants. Let s take a look at some of them. The most commonly prescribed anti-depressants are: Prozac Luvox Zoloft Paxil Lexapro These act on a chemical in the brain called serotonin. However like all anti-depressants the above five I ve listed increase suicidal thoughts and behaviors as well as increasing hostility, agitation and anxiety. They also have some horrible side effects such as: Nausea Insomnia Headaches Decreased sexual desires...



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