

## Natural Home Remedies for Depression

Depression is very dangerous illness; you should try to deal it as soon as possible. In depression, patients feel that no one could possibly understand or help them. Weight loss or gain, hopelessness, sadness, insomnia, over sleeping, thoughts of death or suicidal intentions, and less concentration are the symptoms of depression. Depression is more common in women because of many hormonal factors such as menstrual cycle, pregnancy, miscarriage, premenstrual syndrome and menopause.

Most people do not take medical help in depression, even though the majority will respond to treatment. Treating depression is very important because it affects you as well your family and your career. Depression is a curable illness. It can cure through home remedies, natural remedies, drugs, doctor consultation, etc.

Depression treatment includes a combination of counseling from doctor, drug therapy, family support, love, appreciation, normal communication and home remedies. There are home remedies for depression that you can use. A lot of people prefer home remedies over conventional treatments because it is safe and no side effects.

St. John's Wort is a natural herb. It is very effective home remedies for depression. You can find this herb at any pharmacy or nutritional store. It has been used for centuries as a mood stabilizer and is used by many people on a regular basis to fight against depression or bouts of anxiety.

Take candida diet to get rid of depression. Depression is caused by the candida. This diet will help you to cure the depression illness. Candida diet includes high fiber and low starch vegetables such as broccoli, radish, celery, and asparagus.

Take sun bath. Sun light has a necessary ingredient for stabilizing our moods. Interact with your friends, family members, play games and do things you like to do.

One of the best home remedies to treat depression is exercise and yoga. Exercise and yoga helps in physical movement, especially repetitive movement. Physical movement has been associated with stimulation of the production and release of mood improving chemicals including the neurotransmitter serotonin that has been shown to have beneficial effects in depression. Exercise and yoga also helps to elevate serotonin levels naturally.

Disclaimer: This article is not meant to provide health advice and is for general information only. Always seek the insights of a qualified health professional before embarking on any health program.

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### About the Author

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