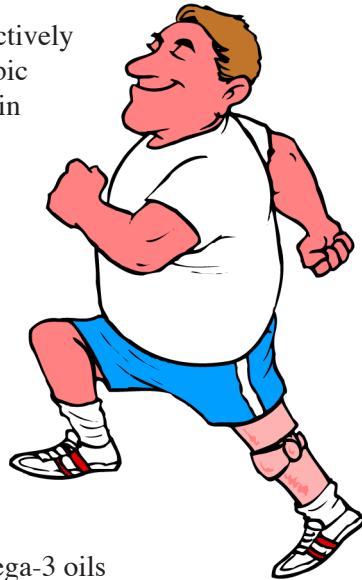


Step #1: Start a regular exercise program

Scientific evidence shows that regular exercise helps soothe deep sadness as effectively as antidepressant medicines. Regular aerobic exercise, which increases serotonin levels in the brain, can alleviate both anxiety and depression. Even exercising to exhaustion for as little as 8 minutes has been shown to have a positive effect. For best results, try 20-60 minute sessions 3 or more times a week. Not sure what to try? Take a walk in the fresh, open air.



Step #2: Get Omega-3 into your diet

Studies have shown Omega-3 deficiencies to have profound mental health implications. Diets deficient in Omega-3 oils increase the risk of depression, increase aggressive behavior in prisoners, and can even lower the IQ of a child by 9 to 10 points by adulthood. You don't have to eat fish to meet your needs for this important nutrient, as many plant sources are rich in Omega-3. Dr. Nedley lists 19 plant-based sources in his book, *Depression: The Way Out*.

Step #3: Tune in to Mozart

The idea of music as a mood improvement therapy has been around since the days of King Saul. Regardless of taste, traditional classical music is the only type that has been shown to truly improve mental health. Dr. Nedley recommends that persons struggling with depression listen intently to classical music for at least one hour every two weeks.

(Note: Statistics for above were taken from Dr. Nedley's book, "Depression: The Way Out". Exercise info was taken from page 80-81, Omega-3 page 35-36)

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Depression

Bonnie knew there was bad news the minute she walked into the psychiatrist's office.

"I hate to tell you this," the psychiatrist cleared his throat. "But we've done all we can do for you. Antidepressants, counseling, psychotherapy, nothing seems to work."

Bonnie nodded, tears filling her eyes. Despite repeated and ever-increasing rounds of drugs, her life was still plagued by depression and panic attacks.

"There is one last thing we could try," the psychiatrist offered, explaining how shock or electroconvulsive therapy might help. It was June of 2005, and he said Bonnie's need was urgent.

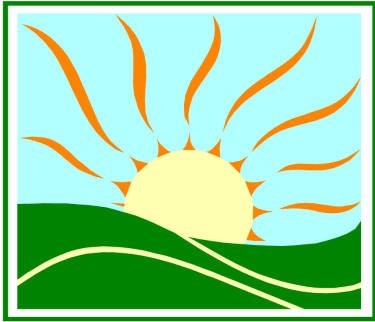
It hadn't always been this way. Bonnie was a successful woman, an assistant professor of nursing in a major medical school. When depression first reared its ugly head in her life, antidepressants had partially masked the symptoms.

But now, after an eleven-year struggle, Bonnie was a shell of her former self. She couldn't concentrate, sleep well, or keep up with the simple duties of life. Her home, once neat and clean, had become a shambles. It took all her energy just to get up and go to work. Lately she fell a lot, and couldn't walk straight if she tried to.

"I was doing the bare minimum, just to survive," Bonnie recalls. Her health continued to spiral downward, until the day came when she could no longer work. She was admitted to an outpatient psychiatric program in January of 2005—just months before the dire prediction that, without electroconvulsive therapy, she would be disabled for life.

Bonnie was afraid. She knew shock therapy had negative side effects, like permanent memory gaps.





Yet something had to be done, and fast. Bonnie's mother, who was trying to help, heard of the Nedley Depression Recovery Program. But it was June, and the next session didn't begin until August. So Bonnie's mother found a program in Brazil to tide her daughter over.

Bonnie received some help in Brazil. By the end of July, she could walk better. Yet severe depression was plaguing her still. And her psychiatrist was still recommending shock therapy.

When Bonnie arrived for the Nedley program, she cried uncontrollably, and often. She couldn't concentrate, hold a normal conversation, or even stay awake when people talked. In the depths of despair, she felt her situation truly was hopeless.

She caught a glimmer of hope during Dr. Nedley's first lecture, where he presented scientific evidence—backed by research—that even the severest cases of depression could be helped through lifestyle choices. But then doubts began to arise.

“Have lifestyle approaches ever worked for someone as severely depressed—and on as many medications--as me?” she asked Dr. Nedley.

“They certainly have!” The doctor had seen many severely depressed patients, on multiple medications, become free from depression; it's related symptoms, and prescription drugs. His words of encouragement gave Bonnie the boost she needed. She determined to give the program an honest, whole-hearted try, to listen to the lectures intently and apply whatever she learned to her life.

Bonnie's commitment to the program was rewarded with a remarkable improvement in health that everyone, including Bonnie, could see. Her mood, energy level and ability to concentrate increased dramatically. She could engage in interesting conversations again. During her short stay in Oklahoma, she was even able to taper off two drugs. She was also given a taper schedule for the remaining two medications, to follow at home as her health permitted.

When Bonnie returned home, everyone there was amazed at the change in her. Her psychiatrist was against a reduction in meds, however.

“You're going to have a huge relapse”, he warned. “You'll need these drugs for the rest of your life.”

Bonnie respected her psychiatrist, and needed his permission to go back to work. But she also determined to follow her taper schedule for

medication--as long as she did well mentally. And she did do well. The day came when she was able to go back to work, at first part, then full-time. Shedding 60 pounds, she went down 10 dress sizes and feels better now than she has for at least 11 years.

Through Bonnie's success, her psychiatrist became interested in the Nedley program, even inviting her back where she was once a patient to encourage others who were struggling with depression. One day, when scheduling her next appointment, he surprised Bonnie by musing that she didn't need to see him again! Through lifestyle changes, she had escaped being an emotional invalid in need of medication for the rest of her life.

Today, Bonnie has been medication free for 14 months. She continues to enjoy mental health, abound in energy and lose weight. There were some side effects from following the Nedley program, but they were all good. And the predicted relapse has never come.

“I realize now that I had to lose something,” says Bonnie. “Either my memory by shock treatments, or my weight by following the lifestyle program. I'm so glad it's the weight I got rid of!”

Bonnie knows that her continued success hinges on lifestyle choice. If she lets up on even part of her program, she feels the effects within 1-3 days. So she is careful to exercise daily, eat a healthy diet, and get plenty of rest. She also uses a light box in the winter and, if she feels herself slipping mentally, starts taking hot/cold contrast showers again.

Bonnie can't say enough good about Dr. Nedley's program. “It not only saved my life,” she concludes, “it got it back for me.”

This program, which utilizes DVDs and a workbook, reveals over 100 scientifically documented ways to improve mental health. It does not change or reduce medication — your doctor should only do this.

Dr. Nedley has identified 110 lifestyle-related choices that affect mental health. Here are three easy but potentially high-impact steps you can take towards health improvement—today!

