

~ A Healthier You ~

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When I surrender, the Universe moves.  
[grannyearth@grannyearth.com](mailto:grannyearth@grannyearth.com)



## Healing Depression Naturally - Gotu Kola

### **The cycle of emotions:**

*Pain in the present is experienced as hurt. Pain in the past is remembered as anger.*

*Pain in the future is perceived as anxiety.*

*Unexpressed anger, redirected against yourself and held within is called guilt.*

*The depletion of energy that occurs when anger is redirected inward creates depression.*

~ David Viscott, Psychiatrist

Dr. Viscott says that by learning to live in the moment, doing deep breathing exercise and practicing the art of forgiveness and acceptance, one's depression will subside. While these things will surely serve to make positive changes in a depressed person's life, a good herbal supplement can help take to make the above changes possible.

We've all heard of the term, "chemical imbalance" in relationship to depression. Our bodies are made up of many 'chemicals', which can become imbalanced due to the foods we eat or do not eat, illness and stress. This delicate imbalance can wreak havoc on one's emotional and mental well-being. Below are just a few herbs that can add to the body's innate wisdom and aid it in balancing some of these delicate chemicals.

St. John's Wort  
Linden tree flowers  
Damiana  
Gotu Kola