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How Can We Keep Our Stone Age Brain Happy? What we eat. Let it be plenty of omega-3.
Omega-3 fatty acids are vital for the construction of brain cells and the... What we think about.
Thoughts influence the brain. A proven risk factor for depression is rumination – dwelling on... People time. Spend ...

Healing From Depression. The 6 Proven, Non-Medication Ways ...
• Eating a balanced diet with lots of greens, reducing processed sugars, and drinking lots of water is not only healthier for your body, it also nourishes the mind. In the book The Ultra Mind, author Mark Hyman correlates how “junk” food can affect our moods and diseases such as depression. • Sleeping is important, ideally eight hours. You’ll feel refreshed and a lot less prone to making poor choices.

Healing Depression by Taking Care of Your Mind, Body, and ...
Here is a step-by-step guide to using visualizations and imagery so that you can heal using the power of the subconscious mind. Choose a quiet and calm location. Relax and let go of all your thoughts so that your mind is free from all the tensions and worries of life. You can do this by concentrating on your breathing.

Use the Power of the Subconscious Mind to Heal Yourself
People with depression believe in those negative thoughts. The negative thoughts are always false to begin with, but only in believing in them are they made real and can then negatively change the brain. Thus, the first step to believing the mind can heal itself is to realize the negative thoughts are false.

Can The Mind Really Heal Itself? | Mind over Depression
Healing Depression the Mind-Body Way - ISBN: 9780470431559 - (ebook) - von Nancy Liebler, Sandra Moss, Verlag: Wiley

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They include obesity and a cluster of conditions — increased

blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels — that make up metabolic syndrome. Too much sitting overall and prolonged periods of sitting also seem to increase the risk of death from cardiovascular disease and cancer.