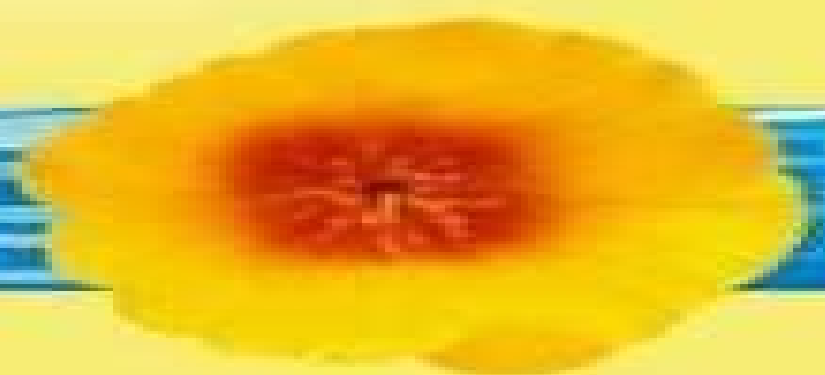


the NATURAL WAY to beat DEPRESSION

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medication In the past decade depression rates have skyrocketed and one in four Americans suffer from major depression at some point in their lives Where have we gone wrong Dr Stephen Ilardi sheds light on our current predicament and reminds us that our bodies were never designed for the sleep deprived poorly nourished frenzied pace of twenty first century life Inspired by the extraordinary resilience of aboriginal groups like the Kaluli of Papua New Guinea Dr Ilardi prescribes an easy to follow clinically proven program that harks back to what our bodies were originally made for and what they continue to need with these six components Brain Food Don t Think Do Antidepressant Exercise Let There Be Light Get Connected Habits of Healthy Sleep The Depression Cure s holistic approach has been met with great success rates helping even those who have failed to respond to traditional medications For anyone looking to supplement their treatment The Depression Cure offers hope and a practical path to wellness for anyone

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