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# Depression

How to help yourself through it



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Kaye Bewley





The author, Kaye Bewley, has studied Human Givens psychotherapy which focuses on individual emotional needs. Her approach is holistic and practical while also having a thorough grounding in scientific research.

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# Depression

How to help yourself through it

# Kaye Bewley

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This book is a self-help manual, but does not replace the advice of your doctor. Should you be concerned about any aspect of your mental condition, please do consult a medical professional's advice.

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Kaye Bewley asserts the moral right to be identified as the author of this work.

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For my mum and sister

## **IMPORTANT NOTE TO ALL READERS**

Always consult your doctor before undertaking any of the advice, exercise plans, or supplements suggested in this book.

While every attempt has been made to ensure the medical information in this book is entirely safe and correct and up to date at the time of publication, the Publishers accept no responsibility for consequences of the advice given herein.

If in any doubt as to the nature of your condition, consult a qualified medical practitioner.

Negative emotions will remain as long as they are  
useful to you. *Anon*



# Acknowledgements

My grateful thanks go to Joe Griffin and Ivan Tyrrell, Founders of the Human Givens Institute, for their commitment to change the way people think about and treat depression - it is awe inspiring. And, while I am always willing to bring any tool to the table that helps the client back to the healthy life they wish to live, I would also like to thank Gary Craig, the founder of EFT. He has a wonderfully friendly attitude which encourages people to live a better life.

I also want to offer a special thank you to my mother and my sister, without whom the writing of this book would not have been possible.



# Contents

<i>What this book is about</i> .....	1
<i>What you are is who you are</i> .....	9
Dr William Tiller .....	10
A breath of fresh air.....	13
Blood & Guts.....	15
What's at the core of your matter?.....	15
Why is fluid so important?.....	16
Rice Jar Experiment .....	17
A cell is a cell is a cell is a cell.....	18
From hole to hole .....	20
Dehydration alert.....	21
We are nothing, yet everything.....	24
What's the value of energy?.....	24
Where's the significance in pain and pleasure? .....	25
<i>Why You Think That Way</i> .....	27
Wasted on our young .....	27
Best years of our lives.....	28
Wisdom with age .....	28

Return to innocence .....	30
Is it all worth it? .....	31
1. Like/Dislike.....	32
Who says you're too old to cry? .....	33
Lifestyle envy? What's that?.....	35
Right and Wrong.....	37
Life and Death.....	38
Like mist in the morning .....	40
Past + Present = Future.....	41
To forgive others, is to forgive yourself.....	42
Feelings we'd rather not have? .....	45
Why does learning prove to be so vital? .....	45
Bad timing = tension.....	46
How do emotions get such a grip? .....	47
<i>What it ain't</i> .....	50
Changes to levels of neurochemicals .....	51
Hormonal imbalances.....	52
<i>What it is</i> .....	54
The low down on Depression .....	55
<i>Why is Depression Linked to Addiction?</i> .....	58
Happy New Year! .....	58
Can you put a price on value? .....	60
Oh! The futility of it all! .....	60
A worthless commodity? .....	61
Empty cans?.....	62
Attachments .....	63

Yearn for an object you can't have? .....	64
Strength from weakness? .....	66
When will it all end? .....	66
Wishing on a star? .....	67
Not having your needs met .....	68
<i>Why communication is complicated</i> .....	69
Slow = stupid. Quick = intelligent. Right? .....	69
The Ultimate Compliment .....	70
The seven year itch? .....	72
Menstruation, period = spoiled child (female)? .....	73
Spoiled child, period? (male) .....	74
Another language .....	75
Magic Formula? .....	76
Keep it simple – stupid! .....	77
What You Can Do .....	78
<i>What Food &amp; Fluids Do To Your Brain &amp; Body</i> .....	81
Water – stress & depression .....	81
Insignificance and Importance .....	85
Indicative plant oils .....	86
See where I'm coming from? .....	88
Coffee anyone? .....	90
But that's okay, because it's a fluid. ....	91
<i>What You Can Eat</i> .....	92
A couple of extra important pointers .....	93
Quick Tips .....	95
Last thing at night – First thing in the morning .....	96

Take time .....	97
Build better bones .....	98
Briefly, the underlying message here is that: .....	100
Ways to Get Great Mood Foods Inside You .....	104
Keep Energy Levels Balanced with Fruit .....	105
Vegetable Dishes .....	106
Stress Buster 2-Course Meal.....	108
<i>How to Accept</i> .....	109
What are the laws of cause and effect? .....	110
The capacity to understand .....	111
Who hinders or prevents your efforts? .....	112
Why do we feel our plans are dashed? .....	113
Angry?.....	114
Remorse.....	115
<i>Ways to Unwind</i> .....	116
Actively relax.....	116
Breathing exercise .....	116
Muscle exercise .....	117
The breath of life .....	117
Other ways to relax.....	118
Quit Worrying .....	119
Don't berate yourself.....	120
Be Curious.....	120
Learn about loss.....	121
Grieve healthily.....	121

Memories to cherish.....	122
Give yourself some time .....	123
<i>What Help You Can Get</i> .....	124
What Other People Say .....	126
5 Steps to Better Sleep .....	127
High-jacked by your emotions? .....	128
<i>What to Read</i> .....	133
<i>Exercise</i> .....	135
<i>Useful Addresses</i> .....	136



## What this book is about

About 20% of people in the UK is said to suffer with depression at any one point, and over ten million people in the USA have it too. That's a lot of people.

If you are one of those suffering with the 'black dog' of depression, then you will probably want to only read the summaries that get straight to the cause of it in order to relieve what you are feeling, immediately. So, take a hike and get there now. You'll find them towards the middle and end of the book. But if you like to relax back with a good read with some interesting info, then please do take a stroll through it all. You might learn something new or that you weren't aware of and, hopefully, feel pleasantly surprised to get something off your mind, so to speak.

Anyhow, before I begin to take you with me on the slow stroll, I need to say that scattered through this book there are many quick references to films. I offer no apologies as I'm a 'storyteller' fan, so that's the way I relate to things, by putting visual images into perspective. The first reference: relates to Star Wars – ever seen it? (Have I bored you already? Stick with it). Even though I hated the thought of it, my brother was an avid fan at the time (he even covered his bedroom wall with Star Wars wallpaper) and although I didn't want to watch it I did keep

## Kaye Bewley

wondering why the world was going so crazy over what was, in effect, merely a silly space romp of basically a cowboy film set in space – i.e. men shooting at each other.

When I finally got to see it (all six in one go!), I could understand what all the commotion was about and instantly fell in love with it. For my part, I could see that there was a wonderful link to the bestselling book of all time in there (the Bible), so much of a link that's the reason, I believe, this series of films has proved so successful.

If you've ever watched it I'd like to ask who your favourite character is or was? Mine's Yoda - the little green man whose wisdom and energy knows no bounds. I pause here to ask another question: what has Yoda got to do with the subject of depression?

Personal experience has led me understand what depression is, how it feels and what's involved. To me, and a great many others, it feels like you've got nothing left in your life to live for, you feel drained of all the God-given energy this planet has to offer, you toss and turn at night getting no satisfactory sleep - and when you eventually do nod off the alarm shakes you into a world you don't want to face and you open your itchy eyes feeling as though you don't want to go out and face the ungrateful world that awaits. You even start thinking it's a horrible planet to be living on. You feel frustrated and irritable with all those who dare to enter into your space or come near you with their own problems, and hate those who do break through the barrier - you get the feeling that you're not worthy of their attention so you push them away with your own bitter remarks and droll low-tone speech patterns. Then you get to the state where you think it's not worth it anymore and

## Depression – how to help yourself through it

that those around you would be better off without your presence and you contemplate ending it all.

But trust me when I say, you truly don't have to throw in the towel and wallow in the despair that depression dishes out to you.

Let me tell you a little about how I got to write this book.

While people-watching has been a hobby of mine from day one while watching, I couldn't help but notice those who have that special quality and soar easily over tremendous hurdles because of it. Then there were those who couldn't get out of the Slough of Despond (a John Bunyan term), every day wallowing in despair and abject misery. I wanted to know why, what was causing all these differences. How can two people from the same family have such widely differing emotions? How can one brother or sister excel at everything while the other fails miserably? It couldn't all be to do with nature v nurture ... there had to be something else there chipping away at the surface. So, like those knights of old, I went on a crusade. For more years than I could care to count, I have been researching this most dreadful of all emotional states. Here's a little background on how I came to these conclusions.

You know that shy kid at the back of the class? The one who always had their head in a book, the one who was reluctant to put their hand up to answer a question, revelation folks: I was that kid. And wouldn't you believe it, I did all the following:

- spoke in a whisper – because I didn't feel I had anything of worth to say

## Kaye Bewley

- broke out in ugly red blotches all over my face and neck at the merest hint of a compliment – because I didn't feel worthy of praise
- stumbled over my words when I was forced to speak in front of anyone – because I felt the conversation I offered was stupid
- felt sick to the core when, eventually, I had to demonstrate a relatively insignificant product in front of a group of total strangers – because I felt others were better than me

Now, please don't think I'm griping here, I only mention these experiences because those who have gone through it themselves will know exactly what I'm talking about.

Perhaps you can relate to me when I say that anything I ever had or wanted was taken away from me or, worse, rejected me. As a child, I blamed my parents for my predicament because I firmly believed they didn't have the backbone to stand up for me. I could go into more detail, but I won't (I'll save that for the autobiography!). Hence, the only place I found solace was underneath my bed covers where I wailed myself to sleep over the unfairness of it all – from the innocent age of four to the ripe old age of 42. When I look back over those 42 years, I remember so many things that were traumatic in my life, some of them were not 'my fault', they were just part of life and living within the framework that I understood. I could take a little page or two up here to explain it all, but it would seem like griping and in all honesty, I don't think somehow it would help you understand depression all that much, so I'll just hope that you understand I've 'been through the mill'

## Depression – how to help yourself through it

without having to go over the problems I've faced, here and now.

The traumas I hold clearly in my mind are mainly emotional issues, although there are a lot of material losses and failures too, but I came to terms with those long before I was able to heal my heart and soul. All the while these insidious experiences were being hurdled, that infamous glass ceiling I kept pounding away at (which I believed was aimed specifically at women), definitely proved to be shatterproof. But while I pounded, a kernel of understanding began to form in my mind that the situations I put myself into were forcing me to question the reasons why. Why did other, far less talented people excel when I continuously failed to make even a slight dent. Why did I continue to fall into relationships that offered so much promise at the beginning and yet ended up so pessimistically? Why couldn't I connect with my family? Why did I get myself into so much debt? Why? Why? Why?

That one three-letter word began to sound like a wretched drowning cat meowing helplessly while being ignored by all. Yet, still no valid answer arrived at my doormat.

Of course I began to believe I was cursed. I seriously considered putting an end to the useless carbon-matter life I happened to be existing within and finally flung my arms up into the air stating to God (actually taunting God to be there), "That's it. I've had enough of everything the world has stabbed my heart with – if you've got nothing more for me, then I'm giving up now."

## Kaye Bewley

I had every intention of ending it all and explored the best ways to accomplish the task without having to experience too much pain (a true coward at heart). But something kept niggling at me, some semblance of self-doubt deep down inside urged me to give life another shot.

Then I finally got to watch Star Wars. It was a tremendous experience and I'll take *Yoda's* message with me to my grave:

*"There is no try. Do, or do not."  
Yoda, Star Wars V*

After hearing these words, I heard the sense in them and decided to battle on, realising that ending this life wasn't going to solve the problems, it was only going to create more for those who I loved. Besides, 'Purgatory' might have found some way of making the cruelty last!

Certainly people told me (and that included a psychologist while I voluntarily put myself through lengthy therapy), that "you can't settle with a job/home/man/life that holds any meaning because your life has been so unsettling." Or, more frequently, they (and I) blamed the person I had chosen to share my intimate life with. While they did provide some tangible answers they were not answers that satisfied me. Inside, I knew there was an answer out there, so I kept up the search.

Fair enough, it took me a while to learn how to get it all right before things started to alter for the better, and I'm still learning and will continue to do so. I firmly

## Depression – how to help yourself through it

believe we never stop learning – and more to the point, those who do stop are missing out on a whole lot of life.

But now I know, I feel a burning need to let the secret out! The words you find here are the result of many years spent in the school of hard knocks. Through a series of several trials and errors, I have fallen flat on my face, dusted myself off and gotten on to battle with life until I reached a point where I realised I don't have to 'battle' with it at all.

Perhaps this little paraphrase could put it into perspective:

*“If nature didn't have great wind storms, we would miss out on the beautiful rock carvings they create” Dr Elisabeth Kublar-Ross*

In light of this, this book could be called “Weather The Storm”, and all the storms that have been gathered from my personal life – the ones that have shaped me tremendously and I hope have carved some beautiful rock formations – could be used to help you get through yours. But, just as there are many different cloud formations in the sky, there are a multitude of lives being lived. Plus, this book is not about me, it's about helping you through the depression that has resulted from your life traumas. Though some answers are offered here for you during a much milder weather front and, if applied consistently (not necessarily correctly), they will save you from the same pain I've experienced.

The pointers you'll find within these pages offer you guidance in brief note format – I've made it easy and tried to steer clear of psycho-babble. Many of them have

## Kaye Bewley

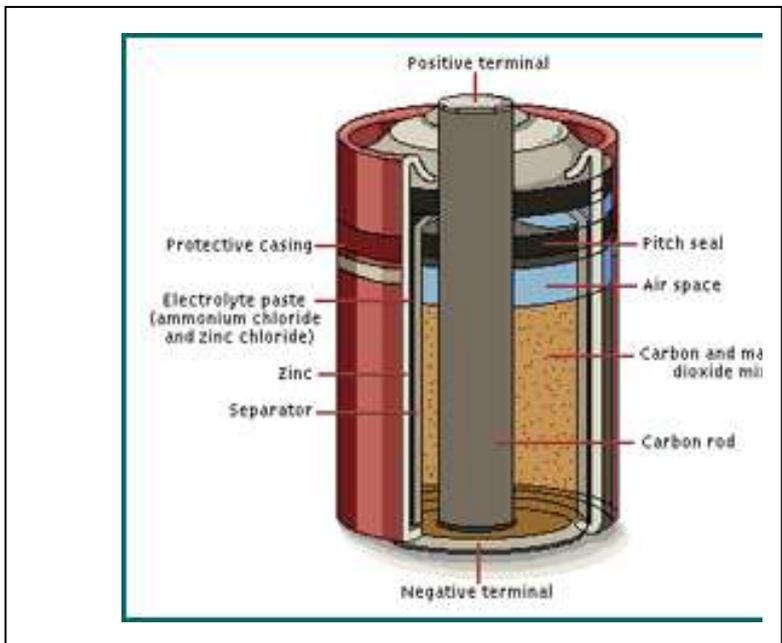
been gathered from my own years of personal experience in dealing with those who were depressed and have asked me for help – and by agonising with it myself. I've attended many courses, read tons of self-help books and subscribed to millions of magazines that have one goal in mind – to help us get through that most horrid of all emotions: depression.

My only hope is that these few gathered thoughts help you too – cheaply, quickly and painlessly.

Read on and find out how.

Depression – how to help yourself through it

## What you are is who you are



## Kaye Bewley

Gosh, we're in trouble if this is what we are! When I first watched the Matrix, I thought that. It is that film that brings these two pictures to you.

The underlying message of the Matrix story was, again, a modern rehash of that best seller (The Bible). But, it was attempting to impart the message that basically we are units of energy (like batteries), sending signals out to one another (via our antennas). In a nutshell, that film said this is what our bodies and minds consist of. Sad fact of life? Hmm. Quite an ingenious link me thinks.

Note that when someone is depressed they tend to either imply that their batteries are 'flat' or they have their thoughts the wrong way round ... i.e. their batteries are in 'backwards' ... Seriously though, batteries are inanimate objects unless of course they are 'live'. We, on the other hand are alive and designed to move and create and interact with others – half the time we don't know what this is all about or how to do it while half of our brain still remains a mystery even to the most eminent of neurological scientists.

Consider, if you will, your emotions. They are connected to your physical brain and body. All three are wrapped up in a casing similar to a battery and we emit an energy that, for the most part, is currently untapped. I've come across one scientist, however, that explains a possibly believable theory very well:

### **Dr William Tiller**

Dr William Tiller, in his speculation of our lives as energy beings, compares Einstein's Theory of Relativity ( $E=mc^2$ ) with a new theory of 'Psychoenergetic' science. He uses the following equation:

## Depression – how to help yourself through it

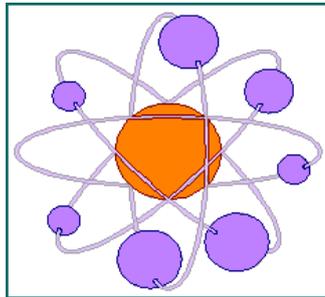
Mass = Energy = Consciousness – flowing both ways

With this, he quite simply explores options that other scientists won't even look at.

Scientists normally only measure the material world around them and don't even attempt to quantify the spiritual realm – of course, that wouldn't be science would it. It is the domain of Religion and theologians. Dr Tiller, though, is a Professor of Engineering at Stanford University, USA, and thankfully, he has been able to combine the two realms of possibility.

His physically materialistic experiments explored how 'spiritual intention' could alter the outcome of research – and they also revealed that it could significantly influence physical reality.

From this innovative research, he discovered that the human Endocrine System (lymph glands) within the physical body are linked to the 'Chakra' Meridian system that the Chinese constantly refer to with their acupuncture and acupressure points. Dr Tiller also found that while the physical endocrine system operates at this 'spiritual intent' level, the physical body connects all it's functioning at the cellular/atom level.



## Kaye Bewley

When you think of the silly little sayings that keep cropping up over and over again, i.e. “lilly livered”, “gut feeling”, “yellow belly”, “no backbone” etc. this puts everything into perspective. From these, and Dr Tiller’s explanation, you can probably understand better the link between your body and your emotions.

Each major organ relates to an emotional energy. Upset the emotion, or cause a ‘buzz brake’ in the electrical wiring network of your body, and you’ll form an ailment. For instance, if you think sad, depressing thoughts your body will feel that way too and react in the only way it knows how – by isolating that problem area and causing itself some harm.

On the other hand, think good thoughts and you’ll be encouraging a better life and happier emotions. (That good old best seller keeps cropping up – I promise there will be more - so here is another rendition from it)

*“As a man thinks, in his heart so is he.”  
The Bible*

If you’d like to know more about Dr Tiller’s experiments, at the back of this book there are some links you can explore.

Anyway, back to your body and how it really works. Do you find it an odd coincidence that while your body is made up of approximately 70% water, the planet itself has about the same percentage water too? Without the plants on the planet, you wouldn’t have water as they produce the carbon dioxide that encourages the gasses to

## Depression – how to help yourself through it

create the clouds that form the rain and dampness you feel at your feet.

Water can be taken by you from the earth but it is inevitable that you always have to give it back. Everyone in the world has to do the same too. But, stop a moment and consider this: we're not just taking the fresh water that's just rained down from the skies above - we're also absorbing into our bodies the water that's been inside someone or something else as well. "Urgh!" you may say, but if we're all made up of the same stuff, then that shouldn't bother you. It also gives a good indication as to how dis-ease, like depression, might be able to hang around too.

Have you seen the dew in the morning sunshine? Part of that was once inside you and inside your mother and father and brother and sister and neighbour, even your neighbour's dog and cat and the blackbird in the garden and even the worm under your foot. Everything that you see has had an atom of that drop of water inside it at one time or another. Now it is in you. It's inevitable that it is going to go out of you and into someone or something else when you've finished with it.

So, from this you can see that when we put harmful things in the water, we really are harming ourselves.

## **A breath of fresh air**

This thing that we're talking about that's been in everything and everyone, is called an Argon. It's in the air that you breathe and it's a member of the Atom family. In every single breath you take, there are absolutely billions of them. What is incredibly unbelievable about them is that

## Kaye Bewley

they never ever, ever die. This means that an Argon that you've got inside you has a distinct probability of having been inside such wonderful people as Abraham Lincoln, Florence Nightingale and even Jesus Christ or Mohammed! Oh yes, sorry to say this, but it even means the Argons you're breathing in have been inside people like Idi Amin, Pol Pot and Adolf Hitler.

But don't let that make you want to give up! We can explain it all, so please read on.

So what can we take from this? That we are all made of the same stuff. That we are all one person? Not quite. When you consider your life, from birth to death, you use up the natural resources of the planet we live on and that's what they and we are here for. In the wider sense, the planet is our home, it's our 'mother' in that we have a symbiotic relationship - it needs us and we need it. And while we've been on it, we've built and created warmer and better environments to live within. I'm not going to go into the global warming topic as it's too big for this book, nor am I going to delve into the 'cave man' story as most of us are aware of it and the information can be found elsewhere - but it's obvious we prefer to be warm when it's cold outside and we prefer to be cool when it's hot, so we build our homes and make our clothes to reflect those needs.

Food, too, plays an important part in how we interact with our environment and how that in turn affects us and *how* we interact with it. Of course, we all prefer a salad in hot weather and a steak pie in the cold of winter, it just wouldn't be sensible to eat the other way round. Try it and you'll soon see how you feel. This means that the food nature provides for you is suited to the environment you

## Depression – how to help yourself through it

live in. It's on the dining table where the bulk of our problems with the dis-ease of depression begins and end, however, we shall discuss the body first and go onto what food does to it in a later chapter. Briefly, here's how it operates.

### **Blood & Guts**

I'm going to be very simplistic if only to make it easier to follow, so let's roll up our sleeves and get down to the basics and find out what's underneath your skin without having to get too squeamish.

*Your body is a Hydro-Electric System Water that ... propels the energy pumps (your organs) to produce electricity to stimulate your heart to keep your brain functioning*

### **What's at the core of your matter?**

Nestled warmly, thumping quietly and wrapped securely beneath your skin, protected by a cage of bone, is your heart. Regularly and reliably it pushes and pulls life-giving blood around your body. This instrument is a phenomenal piece of natural machinery. It offers the comforting throb of reassurance that's at the core of music - and also provides the most used word in our love songs too. It's the mini battery that keeps the big battery (you) going.



## **Why is fluid so important?**

Seventy per cent of your body is water. Unbelievable? Your squishy blood, gooey guts and sticky membranes that make up the other 30% of you is designed to propel your whole system forward and the sole aim of your body is to protect your head – or to be more precise your brain. If your body gets low on water, it makes a conscious decision to make itself suffer in order to serve that most important part. You have no conscious choice in the matter.

Dr. F Batmanghelidj puts a very interesting case forward in his book ‘Your Body’s Many Cries for Water’. Read it – particularly Chapter 10 - it will astound you.

Water holds a memory. Were you aware of that? How can that be? What purpose does it serve? Think on it in the physical sense – when you think of a food that you really enjoy what do your taste buds do? The saliva juices start flowing. When you catch an aroma that is pleasant, it brings a picture back in your mind. In both instances, they

## Depression – how to help yourself through it

are memories. But what triggers that memory? Remember, your body is made up of 70% water ...

If you find this hard to believe, so did some German students who wanted to put the theory of emotions to a physical test. A group of them got together and did an experiment to find out how to alter water's structure at the atomic level by, of all things, playing music to it. After doing this they found that the water turned into crystals (on a microscopic level of course)!

### **Rice Jar Experiment**

You can try this one for yourself. This was an experiment conducted on three glass jars containing water and rice (bear in mind Dr William Tiller's theory of 'intention and intuition' mentioned above when you read the following).

The students decided to be 'nice' to one jar (we'll call it jar 1) – by giving loving thoughts and kind words. Jar 2 they hurled abuse at it and thought nasty things. While to Jar 3 they did nothing. They put each of the jars away in a cupboard for ten days. After that length of time you'd think that they'd all be covered in gey gunge and not at all nice to eat. But low and behold, each one had altered its water structure. Of course, Jar 3 was the gey gunge you'd expect it to be – just as most food products in our larders when they are left alone to fester (have you seen inside a student flat?). However, what was interesting was that the abused Jar 2 was hard and dry and yet Jar 1 was so sweet they could eat it!

Think on this for a moment.

If this can happen to an inanimate glass jar filled with rice, what can these words and intentions do to your body, mind and emotions?

Your body doesn't know how to work against you. If you become dehydrated, it goes on an alert to produce cholesterol. Cholesterol is widely thought of as the bad stuff that we really don't want in our veins. But we do, only not so much of it that it clogs those valuable veins up so much. We only need a little so that it can protect those veins that blood flows along and also to keep the fluid inside your cells – so that you don't dehydrate and die.

## **A cell is a cell is a cell is a cell**

Which came first, the cell or the sperm or the person? Despite the popular theory, you never come in to this world alone nor shall you go out of it alone either. People still cannot understand this concept.

When you go right down to the sub-cellular level there is nothing there but atoms and probably some things that we don't even know exist because they're too small for our present microscopes to find. You might see the following suggestion as a little odd, but give it a go anyway. To get an idea of what is deep inside you look up at the midnight sky. Millions of miles away, there are millions upon millions of stars that offer friendly winks of shining light. They all appear so close together that they're almost touching. Yet we know without doubt that they aren't. The humble telescope, as well as the wonderful ability to travel into space, has allowed us to know this. Between each star there is a distance equal to that of the planet we live on and our own sun or moon.

## Depression – how to help yourself through it

This might give you a hint as to what it's like within your body.

At the sub-cellular level, there are millions upon millions of cells. By using a trusty microscope they can easily be seen. They appear like massive blobs squashed together fighting for space. However, get a more powerful microscope to look at them in detail and you'll see that each cell is as far from another cell as the stars in our solar system.

So, what am I getting at?

What we perceive to be complicated, in fact is really very simple.

Just as you know your own daily job inside out, our cells know their job too. DNA helps them to understand what they are supposed to be doing during their lifespan. Picture each cell like a workman in a hard hat on a building site. He reads the diagrams and drawings he's been given so that putting the steel and wooden frame together is easier to accomplish. Except it's relatively quicker now to put a house together than it is to build a baby!

If, in the period of nine months, a whole person can be formed from a tiny microscopic sperm to a fully functional baby, then we really have got our sense of equilibrium all wrong. The question is not which came first, the chicken or the egg, but which came first the sperm or the cell?

The sperm and the egg have been created by cells, they each separated and divided and then were brought together again with one goal in mind, to create you. It's amazing to think that we all went through that process, from being a sperm and an egg and then a blob and then a

Kaye Bewley

baby with all the senses allocated to us in specific order. If we can see a baby at that level, and the sperm in the form of cells that were created, how do we know how those cells are constructed by other cells and they in turn by others. In other words ...

*“How deep does the rabbit hole really go?”  
Morpheus, The Matrix*

This is precisely why we should keep open minds on these matters. We should never allow one person to see something and prove it as fact. If there's one more lesson to learn in life, it's that there's never a final lesson. History is constantly changing, so science and religion should (ideally) continue to change too.

## **From hole to hole**

Your gut looks rather complicated and it will probably be even more so when I tell you that it has a mind of its own. But it is a very simplistic structure. At its heart, the job of the digestive system is to extract water to keep your brain comfy. Here's a very brief explanation:

Food goes in one hole, through your gut, then out to the other hole (in other words, mouth to anus). While it does this, each organ's job is to break the food down into pulp in order that the nutrients are separated from the unwanted bacteria. Bacteria and viruses are pushed out through the anus and lungs. Nutrients are processed over and over again, going deeper and deeper into your body through your blood flow system until they get so

## Depression – how to help yourself through it

microscopically tiny they are simple water globules. This water is offered up to your brain to keep it happy.

What is particularly interesting is that science is now finding that the same neurons and electrical pulses that are found in your brain are also situated all along your digestive tract. This means that your digestive system is really running the show. It knows what it needs and wants, when it doesn't get it, there's no way on earth it can operate properly.

### **Dehydration alert**

With the amount of water that's inside your body, there's bound to be an impressive tidal effect just like powerful oceans we see on our shores. It goes without saying that the sun has most influence being the stronger planet while the moon gently touches your body with its magnetism.

At cellular level within your body, this is wonderfully illustrated where the content of each cell is different during the day to that at night. Minerals and vitamins were never meant to provide a huge chunk of this book, so we'll introduce only four to you now as they do a job rather like we do and they really are related to how depression is caused. The four minerals that work with your cells are:

*Potassium & Sodium  
Calcium & Magnesium*

## Kaye Bewley

When one pair of minerals is inside your cells, the other pair is kicked out. This is only because the Law of Physics states that they are never supposed to be in the same place at the same time – otherwise problems begin.

So, when you leave your home and go out to work during the day, potassium and magnesium do the same - from your cells. However, while they're away for the day sodium and calcium sneak inside your cells, rather like thieves in your own home! On the way in, sodium brings with it an acidic chemical substance (call this his Swag Bag, if you like!), a hydrogen iron.

As the day naturally wears on, the sodium (the little sod!), holds on to its hydrogen iron for dear life and it is this that has a tendency to make you feel tired.

As soon as the gentle moon begins to return, calcium and sodium with their swag bag of hydrogen iron know they have to sneak out again before potassium and magnesium return home.

To stay in perfect health, these minerals need to do this every day. And it's all fine if you drink enough water. If you don't it's like the house alarm going off. When it does, your body is really telling you that it is protecting what fluid it has by making cholesterol (the iron bars intended to protect your jewels). Cholesterol acts as a coat for the membrane for each of the cells in your body.

If you don't drink enough water, the sun (being more powerful), is strong enough to keep the bars open for potassium and magnesium to return, but when it comes to the weaker moon's turn to do its job of allowing sodium and calcium out, it becomes a bit difficult.

## Depression – how to help yourself through it

Remember what the Swag Bag (hydrogen iron) does? That's right, it makes you tired. When the sodium and calcium are not pulled out by the moon - that little hydrogen iron stays with them and that's what starts to create the acidity in your body. When the acidity in your cells increases, the pH balance begins to shift and when that starts to happen, cholesterol feels it has to protect the cells by covering them completely.

This would be fine if your cells didn't communicate with each other through light.

Light allows colour to pass through your body – colour is like the electrical impulse a battery needs - in order to help it do the job properly – or keep 'live'. When your cells are coated with cholesterol they can't see the light, hence, they find it harder to communicate with other cells.

Cells are not just in your blood. Cells make up every tiny piece of your body – each organ, each millimetre of skin and even the faintest of hair follicles is made up of millions upon millions of cells (just like the stars in the sky). So you can probably start to see how important it is for them to be allowed to communicate with each other.

When cells can't communicate, the dis-ease process of depression begins.

In the Chapter discussing food and fluids, the subject of water, and its job within your body, is explored in greater detail.

## **We are nothing, yet everything**

If we get right down to the nitty-gritty and look at it from a molecular point of view, you'll see your cells are made up of things scientifically labelled 'atoms'. And what is everything else made up of? You got it: atoms. So what does that make you? Nothing and everything at the same time!

'Life Before Birth' was a fantastically revealing programme shown by Channel Four in April 2005. If you missed it, do yourself a favour and write and ask C4 to repeat it or send for the DVD (if they have made one!). It's well worth the viewing.

It slowly reveals how the human form comes from nothing into something. What fascinated most people about that programme was at the very beginning. All the cells divided and then something miraculous happened, the electrical pulses in the brain started to pulse. Electricity is what keeps your heart beating, it keeps your lungs moving and it keeps your brain alert. It even lines your intestines (the brain in your belly) to keep your food moving through.

Where does that electrical pulse come from? Water and electricity surely don't mix?

## **What's the value of energy?**

Your body works by producing electrical energy and it gets this from food and water. So that your body can do a proper job it needs the proper fuel. As we've witnessed from Jamie Oliver's commendable tv series on School Dinners, what you put inside you – especially (but not only), when you're a kid - determines how your body is

## Depression – how to help yourself through it

going to serve you. Eat and drink crazy things and your body will act in a crazy manner (if you have to have a chocolate fix, like I do, you will know what I'm talking about)! Get the right foods inside you and your body will serve you well.

Energy, we all know, is a valuable commodity. Your body needs, not wants, but needs fuel in order to move forward, onwards and upwards so that it can improve its situation and station in life. This means it needs to advance within the rules of the world it lives and in order to do that, it learns to survive by protecting itself. Unfortunately for most of us, it learns by experiencing pain.

### **Where's the significance in pain and pleasure?**

Pain hosts a whole ecosystem of a nerve network which is firmly embedded within your blood and guts. The intricate network that makes up the nervous system helps to warn your body, through a series of uncomfortable sensations, of anything that has or is going to hurt it or cause it discomfort in any manner or form.

Pain provides a warning signal to tell you everything is not right. Pleasure, on the other hand, is something that we welcome. We need both in order to compare what is wrong and will harm us and what is right and will help us. When all is considered in the wider sense, neither pain nor pleasure are important.

Your body acts upon the feeling of pain that it's given in order to make it feel a special and unique individual. Of course, putting your hand on a burning gas

## Kaye Bewley

ring is not going to make you feel that special. But it is going to cause a reaction that protects your skin from being burned.

Physical pain, therefore, serves only as a warning signal. Emotional pain does the same too. Trouble is, while most of us know how to deal with the physical pain – nearly all of us hide from emotional pain, and because of this, we don't know how to deal with it when it hits us in the face.

Half the trouble comes from conditioning ourselves through our thought patterns.

## Why You Think That Way

### **Wasted on our young**

From youth, springs our hopes, dreams and aspirations. Youth has been a buzzword for lots of things in this new millennium, yet, the innocence and inexperience that comes with it obviously cannot be ignored.

When young people shout and scream about what they want in their lives, they do so with gusto. They go from one extreme to the other and they either feel they can conquer the world or else they'll sink in despair.

A little known fact is that up until the age of 25 our frontal lobes are still being formed in our heads.

What happens in our young years also affects how we act later in life. It's a kind of imprinting, or putting our footprint in concrete, we figure it will be there forever. We forget, however, that road works are a continuous part of our lives and that the 'powers that be' are continually churning up our environment. We are constantly battling against them or yearning for them – and with the churning up, the footprint inevitably disappears.

It's the same with our experiences. Nothing in our youth is designed to stay there forever. We can decide to

learn from the experience and grow from it and become better people because of it. Or we can hold it to ourselves and allow it to burn us from within.

## **Best years of our lives**

Good looks + good brain = good life. Or so we are led to believe. Confidence and money are believed by many to provide the key to the summer of our lives. Especially confidence as it demonstrates itself more profoundly as we approach life.

Failing to find confidence appears to lead to despair and despondency and a tendency to question where you went wrong. Questions build up until your heart finds some semblance of an answer. But when the answer takes it's time in arriving or, indeed, never comes, that's when fear sets in – and when our true selves begin to shine through.

## **Wisdom with age**

Aging gracefully was a term that my grandmother always used to use when she saw a once youthfully beautiful actress look even better in her senior years. With age, comes the responsibility of holding the power and wisdom to guide the young onto paths that are meaningful and helpful to them.

It is only after years of turmoil and strife that people begin to mellow and to witness a different type of want or need to that of their younger years. Experience is the result of going through life and valuing it, or not. It is the time of

## Depression – how to help yourself through it

life where we often have the opportunity to contemplate our life and watch how others operate their life story.

*Life is simply a story you choose to write every day of your existence.*

At this stage, the autumn of our life, we should have most of the knowledge we need. Life should have offered a wonderful training opportunity to learn new skills and use them for the benefit of either our own life or others. With this training should come a maturity and wisdom.

How people age is really to do with their attitudes and beliefs. Attitudes define not only how we age but when we age. Nearly all people believe that the aging process is inevitable and that with aging comes illness, but this isn't necessarily so. The norm in mother nature's eyes is that we should have good health throughout our entire life span and decline rapidly as the time draws close to our ending. That old adage rings true here: 'If you don't use it, you lose it.' That goes for your brain as well as your body. To personally confirm this, I've known many older people (some of them pushing 90!) who have not only put themselves forward for learning how that fascinating of all new commodities (the internet) works, but also signing up for Degrees and even training for marathons.

People only have to take on different thought behaviours for life to become improved for themselves and society at large. To achieve this does require a silent inner strength - which can only be brought about through the experience gained from the onset of years. There are many people who have peaked later in life and there is no need to subscribe to the dictum that 'if you're not a millionaire by

the time you're 30, you've failed' – only a 30 year old could ever say that. Besides, how many millionaires do you know under that age?

Acceptance is truly a key to have in your pocket when you think about aging gracefully. With it, you are able to get on with living your life instead of worrying about what you have not done with it or the time you've already had.

## **Return to innocence**

Until we do learn that the 'aging illness' can be staved off with a healthy attitude and outlook, the end of our life will bring with it a kind of innocence, or a dependency on others. Our body will naturally begin to fail and sometimes our mind will wander off to a place that we haven't really fathomed yet. It is during this time that our own children need to be called in to help us through our own inadequacy and infantile ability.

Those who have not done anything with their life have a tendency to look back and think of 'what might have been', 'if only' and 'what if' and regrets are borne out of a false hope that has arrived too late.

It's the one reason you need to continually take chances, for who really cares if you fail in anyway? Absolutely no one is going to remember. People forget. It becomes a small part of yesteryear and insignificant in comparison to their own big life. That's why you should get up and get out and give it a go.

## Depression – how to help yourself through it

### **Is it all worth it?**

Is life really hopeless? What if there is nothing to live for, nothing to say, see or do? What if life is really not worth living? Then ask yourself why did your parents have you? Where were their dreams when you were conceived? Even accidents are secretly conceived through a ‘want’ or a basic human ‘need’.

*“Funny, I always thought we made the life we wanted”*

*Jodie Foster, Contact*

Everything can become pointless and empty if that’s what you want it to become. If you want to fill it with adventures, with love and with kind deeds, then you can. You have a choice and no one can take that away from you – but you.

What is your thought process all about?

Many people have asked the question, if we are all one big family connected through spirit then why is it so hard to love one another? Why is there fighting between nations, cultures, races, sexes? Why can we not see the love and peace we truly want for one another? Why is there room for such hatred?

So many questions with no apparent answer - but there are one or two that can satisfy the core of this issue. The number one reason for this dislike of others to the extent that we would want to end another’s way of living their life is that we really hate ourselves.

There is only one way you can deal with another's faults - and that is to know and deal with your own. If you want to explore this further, try this little test ...

## 1. Like/Dislike

Fill in the table below with three people that you like and your reasons for liking them and find three people that you dislike and your reasons for disliking them (they can be absolutely anybody – family, friend or famous personality - but preferably pick two in each group that you know).

<i>I like these people (name)</i>	<i>My reason for liking them</i>	<i>I dislike these people (name)</i>	<i>My reasons for disliking them</i>

*Once you have found these people and given your explanations, go to the end of this book and find out what this is all about.*

We all have similar values, wants and needs. Basic human needs are depicted strongly in the well-known Maslow's hierarchy of needs and there's also the Human Givens needs to be taken into account (read chapter 'What It Is...' for a fuller explanation on this). When a need is not

## Depression – how to help yourself through it

met, we either hide from it or constantly seek it from another source.

We are all searching for something and that something can only turn out to be fulfilment of the soul self.

### **Who says you're too old to cry?**

Damaged kids tend to suffer throughout the whole of their lives. They've buried their wounds so deep that sometimes even they can't even find the answers to why they feel pain and anguish.

Sometimes, occasions arise that make you think about what happened in your past and you link it to what's happening today. Maybe today you're jealous because you have to go off to work while your partner stays at home. You can't understand why you feel this way and it doesn't occur to you that at one time when you were five, your kid sister teased you by saying what fun she was having at home with mum while you had to go off to the school you hated.

Odd, isn't it? You reason that you're an adult now so you should be able to cope with it. Not necessarily so.

There's a Human Givens approach that Elizabeth Green highlighted in 'Learning Curve' (Human Givens Journal Vol 11, No 4. 2004). She confirmed that your brain remembers things from way back and keeps that thought process in mind when it's thinking of other things. One interesting experiment was conducted on an unmoving escalator.

## Kaye Bewley

*When you step onto an escalator that's not moving, you feel a slight loss of balance. And here's why: Because your brain has learned that escalators are supposed to be moving and send out the appropriate signal to help us compensate for that, as we step on.*

Your mind believes the moving escalator to be the 'norm' so tells your body to expect this.

Taking this simple experiment into consideration, it is only natural that the hurts you experienced as a child will haunt you as an adult. Your brain has learned a certain action to bring about a certain response. It follows, therefore, that you need to unlearn these thoughts so you can learn new ones – they will then give you a greater sense of freedom.

Habits and thoughts help your brain to function in the world that you want to live within.

But how can we 'unlearn' these habits? Why is it so difficult? Why, when you keep on *trying* to do something different, something better that you know will improve your life, that same old horrid feeling continues to return and haunt you? You appear to have no control over it, in fact, when you're depressed it seems to be controlling you.

It's that Yoda principle again and the 'buzz break' combined that stop you from getting on with changing things.

Why has negative thinking got such a handle on our society?

When you think negatively about others, you are assessing them by our own values or our own set of rules.

## Depression – how to help yourself through it

When you think negatively about a situation you experience, you criticise yourself for thinking it. Only you have been capable of making the choices that put you in the position that makes you think the way you do.

Thinking badly about something else only makes you feel bad or upset about yourself.

When you get into the trap of thinking negatively, your world begins to tumble down around you. Everything you think is doomed *is* doomed. Every time you think something won't come to you - because you dearly want it to – it won't. It seems like you're hurtling down a helter-skelter unable to control your speed.

Rest assured, there are ways to control those thoughts and there are ways to pull yourself out of the mire you've gotten yourself into.

Remember those electrical pulses we discussed earlier - the ones that keep your body in perfect working order? The interference with those pulses are the cause of the negativity - or rather the 'buzz break' linked to an unpleasant memory. It's those 'buzzes' that you need to alter before you can even begin to think straight and get some semblance of normality into your life.

### **Lifestyle envy? What's that?**

The buzz word for today's modern person is lifestyle envy. Apparently the feeling can be captured simply by walking into a kitchen owned by a friend who has what you don't have and want. Capture the image if you will:

## Kaye Bewley

You're invited by a friend for a cup of tea into her newly decorated home. You arrive, flowers in hand, only to step inside a world that looks remarkably like those in the magazines: Spartan flooring, fresh walls, clean workable units, comfy seating all topped off with the perfect accent of colour to boot. It smells great and feels welcoming but it's all ruined by the horrid niggly feeling welling in your gut; you're envious.

If truth be told, you're busy memorising the layout, style and feel merely so you can imitate it yourself.

Obsessing about what you can't have is one of those irritating little spots that simply won't vanish overnight. Once bitten by it, the ugly thing grows until it pops and makes a horrid mess.

That's what your emotions are like too. Things always get worse before they get better – unless you can handle it in a way that makes you feel comfortable the key is to recognise it before it gets out of hand and deal with it in a manner that's acceptable.

Lifestyle envy has flourished as a result of the 80s 'buy your own house' boom. Prior to that, everyone had the same and were oddly satisfied with what they had. Even though people may place the blame on Britain's first woman PM (Margaret Thatcher) for the greed that abounds in the UK today, the simple fact of life is that no one is to blame for the way you feel except you.

Briefly, take a moment to be alone and look inside at yourself. Carefully, listen to your thoughts. Is anyone influencing them? People may be in them, but they're not saying anything. You are. You stand alone, apart from the world of mankind and yet your thoughts are still with you.

## Depression – how to help yourself through it

What you carry around with you, is your business alone. No-one else's. So, from that point of view, it's up to you to change your mind if you want to have a life worth living.

### **Right and Wrong**

If you continue to focus on what you believe to be right or wrong, then you will miss the point of your life in its entirety. Of course taking someone's life away from them or torturing an animal for the fun of it is not right, in fact, it's inherently wrong. The reason it's wrong is because it is causing harm to someone or something else.

But to live your life expecting others to know what you believe to be the *right* way of living is quite an impossible – if not wrong - theory to live by.

On this earth that we live, there are billions of people who all have different thought processes. What is right for them may not necessarily be right for you. For instance, you may not like loud rock music, but your neighbour truly gets a kick out of it. The same goes for you and say, classical music. Your neighbour though hates it. Does that make either one of you right? Does that make either one of you wrong? No. It's simply a difference of opinion.

The phases that we go through in life necessitate the words 'never say never'. We can always find ourselves bending to the thought patterns of others when we open up our minds to accept the fact that others have the right to view life differently, to live by their set of values and to learn to accept yours too. Besides, to focus on what's right and wrong is not necessarily looking at life in a positive light. It tends to be called 'black and white' thinking which

is the way a toddlers brain operates - before it learns the rules of values and morals. It is also the way a depressed person thinks.

The true essence of life is to look at what makes you happy and what makes you suffer. Simply broaden that outlook a little and you'll begin to see what makes others happy and what makes them suffer too.

To suffer a loss is indeed a great burden to bear, but to look at the true nature of that loss is to unearth a hidden truth about yourself. Granted, one that you would probably prefer not to look at and not to face up to, because to do so would mean realising that to cry over the death of a friendship or loss of a life, is really about what you want and what you are not getting.

Again, it's a need that's not being met that's causing the electrical pulse ('buzz break') inside you to be unbalanced.

## **Life and Death**

Everything on this planet is designed to begin, change and then to end. These experiences are gifts for us to learn from, for us to grow with and for us to understand what the purpose of our lives are. From each lesson we learn we are taught to grow.

There's an odd theory being flung around that we come into this life with nothing and we go out of it with nothing. Where did this thought process originate? Although we come into this world with no clothes and no possessions, when we are born there is not nothing around us – think back to the Channel 4 programme, 'Life Before

## Depression – how to help yourself through it

Birth’. Like the ‘Notting Hill’ film, ‘love is all around, it’s everywhere you go’.

When we die our bodies are surrounded by love. It might not be a physical love from someone we know, but it is a kind of spiritual love. Those who have died briefly and returned have told that they felt such sensations that made them feel as though they were ‘going home’.

Whether we choose to accept this knowledge or not, someone or something somewhere has loved us for what we have said or done at some point in our lives.

For the onlooker, death itself is always a tremendously tragic event to have to face. The horrendously immense sadness that arises from the loss of a person, an animal or anything treasured is sorrow in its entirety and it’s one that needs to be faced up to and dealt with. The way we deal with the act of death determines how our thoughts affect the rest of the life we live.

However, this sense of loss, if held onto for a long while, can be thought of as quite selfish. Because, after the initial shock of losing someone that you love, all you are crying over is for the replacement of that person or thing in *your* life. Of course, it’s only natural that you don’t want to be without them. And, eventually, your own death will bring about that sense of intense loss and grief for someone or something else.

Again, if you dwell constantly on what has been lost, it is only yourself you will end up harming. The loss you feel will wound you deeply if you are unable to let it go.

## **Like mist in the morning**

When your body leaves this material world, it will be given back to the earth in order to give back to the future generations that will inhabit it. If you've ever been on an archaeological dig you will have seen this process in action because the earth is divided into quite obvious segments of different soil colours.

At a simplistic level, each layer of colour represents a decade or two of mankind's history. You'll see massive chunks belonging to previous centuries (perhaps back to the dawn of time) and absolutely huge chunks of it relating to the 20<sup>th</sup> Century. Then when you get to this millennium, you'll see very thin layers each representing a year. All of these layers represent the waste material buried during those years – that includes our bodies.

Therefore, it follows all the soil beneath your feet represents someone, somewhere at sometime or another. Not only did they give you your future through bringing you into the world, but they are giving you support for your present too. And you and your body will do the same for future generations.

In that sense alone, it is perfectly clear how we can give back to the children of tomorrow, simply by being. In that sense, you will never be alone.

Your spirit is like the mist in the morning, it hangs around to be sensed by someone else at some point when they cross your path.

## **Past + Present = Future**

A truly loving heart that is pure in thought can never dwell on what has gone before. It sees what happened yesterday as a lesson that it must learn from. Big contrast here, I know, but let's align that thought to a piece of rotting meat or a vegetable that's gone good in the fridge.

What rots in your fridge once started off its life as a seed (or one of those cells we discussed earlier). It was filled with the vibrancy of life-giving force of time itself, only good thoughts were inside of it. It had potential, it had a future and it was expectant of growing into something beautiful and something that was needed and wanted.

The opposite side of the coin is what a bad thought is like. When a bad thought festers in your mind it rots and, like a bad apple in a dish it will infect other apples around it. When you dwell on the bad things that have happened in the past those thoughts fester inside you and literally rot your guts.

By looking back at what might have been, or constantly holding onto and nurturing regrets in the present, your future will always be tainted in some way. By dwelling on the past, or brooding on the future, peace within will never be yours.

Take a look at the birth of a child. When it is born, all manner of love and wishes are hoped for its future, no one knows what that child will go through, what he or she will experience or what they will do or say to or for others or even what they will become. People can only hope that its life will be a good one and they do all they can to make that journey as pleasant an experience as possible. In order to do that, they focus on the present with the future in mind.

Kaye Bewley

To make your future a good one you must set your sights on *intending* to make it a good one by doing special deeds and making special thoughts - today (recall the 'intention' experiments by Dr William Tiller in Chapter 1 'What You Are Is Who You Are' and the Rice Jar experiments by research students in the 'Blood and Guts' section of the same chapter).

Doing and saying good things now will make your future a better one - even if you did or said bad things yesterday you can change those around with the click of a finger.

*What goes around, comes around*  
Anon

## **To forgive others, is to forgive yourself**

The true nature of forgiveness happens when you forgive yourself. By forgiving another person for a deed they have wounded you with, you are releasing yourself of having to think about it all the time and hence, not living with the regret of what someone else has done or said. The act of forgiveness is, in reality, 'letting go'.

How does the act of choosing make you feel anxious?

You have the choice. Why then do you feel you are trapped in a world you dislike so much? There is nothing stopping you from doing anything you truly want to do.

Whatever you put out always has a habit of returning to you in some form or another. Put a good

## Depression – how to help yourself through it

thought out, or an intention that you want to do something, then allow your subconscious to get it for you.

You could even put yourself into situations that are legal or not – Leonardo Di Caprio, for instance, and his portrayal of a man who could turn his hand to anything in ‘Catch Me If You Can’ was a prime example of this. In the film he demonstrates a man’s abilities to pass himself off as anything he wants. The most interesting point about this is that this man is now working for the FBI, helping the department deal with fraud.

Of course the old Hollywood system has come into play with the dramatisation of it, but if a single man can do that, think what the rest of us can do if we put our minds to it. From this one example, we can see that what you want to achieve in life is only a state of mind. If you allow yourself to believe in yourself, then you will be able to achieve anything. It’s really all up to you as an individual.

You have the choice to either stay in your life and complain about everything that is happening to it, or take it by the horns and do something with it. You have been given an opportunity to demonstrate the power of choosing. That is your power – the choice to do something or not. No one can force you into doing something you don’t want to do – even those who’ve been tortured have found some semblance of power while in captivity, even if it was simply to ‘choose’ when they would scream out in pain.

If a person shouts at you and berates you and you do nothing in return, if you simply get on with what you were doing until they’ve calmed down, then you have the power. Not them. Jo Frost (Super Nanny) demonstrated this brilliantly with a woman and her five year old son. If you

## Kaye Bewley

allow a child to take control, they will push all the buttons until they find your boundary line. If you set the boundary line at an acceptable level, and stand firm with that decision, then no one (from five months to seventy five years of age) will step over it.

Those who complain about you are the ones who are ill at ease with themselves, they are the ones who have lost control of themselves and their own choices. Once you realise this power of choice, you see the alternatives available and the possibilities of your actions. Whatever situation you find yourself in was chosen by you. You made that choice. If you believe you deserve to live on the breadline with debt and threats surrounding you at every turn, then that is what you'll get.

It takes a special effort or sacrifice, to put yourself out there and stake your claim over a situation or problem that arises, the rewards, however, are insurmountable.

It's a simple fact of life that those who feel inside that they truly don't deserve wealth or a good life in whatever form, they won't get it. Even though they dream of winning the big one on the lottery, something inside stops them from getting any good fortune on their side. They think about what they will do with the money, but they don't stop to think about themselves actually being wealthy. How many lottery winners do you know who've managed to keep their winnings? Most have either squandered it or given it away or, worse, not even claimed it.

As soon as people begin to realise they have this power within them, the world will be changed. The majority of people on the planet are good – and it's only the

## Depression – how to help yourself through it

minority that cause the cuffuffel - it's just that we don't realise it yet.

So, what is it that makes you feel you don't have a choice?

### **Feelings we'd rather not have?**

Fear, anxiety and loathing are feelings that we'd rather not experience thank you very much. Yet people who are not confident, feel it every day of their lives in some form or another.

You might not know it now, but those feelings intensify as you get older and because feelings are a solid substance (as in the Rice Jar experiment), they must be placed somewhere. That somewhere is in your gut.

These feelings (or 'buzz breaks') are your body's way of way of knocking you into shape (or like the storms carving beautiful shapes in rock formations). By producing its own acid-like substance your body feels it when you fail to act upon a sensation it offers you. Ignore that sensation and it will simply mean it will eat away at you – literally.

### **Why does learning prove to be so vital?**

Your body and brain function in a certain way in order to improve the 'whole' situation and to provide it with the advancement that it needs to get what it wants from life.

If you are a parent, you know how a child can cry to get what it wants something (a sweet or a need to be met). If you give in to its pleas the child will learn that that

emotion worked last time, so it will cry some more and get it again. However, if the cry doesn't produce the response it wants, the child learns to get what it wants in another way.

Through this method of trial and error, your body and mind learn to co-originate their efforts. That equation works throughout the whole of your life.

## **Bad timing = tension**

Brain strain is the result of tension build-up when needs are not met and time is usually a big problem here. When you are rigid in your use of time or don't handle it positively, apprehension usually sets in. Oddly enough, this is when you waste most of it. Digging your heels in and refusing to go with the flow is part of the pattern that encourages tension in your life.

However, it's not what you do with time or how you choose to use it, it's the way that you use it that becomes important. You don't need to attend an expensive time-management course to learn how to use the time available to you (although some of them are helpful!). You only need to set yourself limits that you can work within. Here's a few good ones:

Set an alarm clock and act on it when it prompts you that 'time's up'

Write a list of jobs and cross them off as you do - very helpful!

Be firm, but loving, with yourself

## Depression – how to help yourself through it

Be clear in your aims and specific in your goals (if you can't, you'll find yourself lurching onwards in a never-ending spiral with only in a tense, nervous headache to show for it)

Stepping onto a roller coaster for the first time can fill you with fear. Be assured life is filled with worries and anxieties, but how you tackle these bumps in the tracks determines the quality of your life.

Boldness is a brilliant attitude to take on board and it's not just for confident people either. Being bold means having the courage of your convictions and going right on and doing it. In this respect, courage is similar because you are acknowledging you have a fear of something and choose to continue with it anyway. Courage only comes when you are firm with yourself and are persistent in your actions – even in the face of adversity.

## **How do emotions get such a grip?**

Travelling is stressful, flying and driving are stressful, electromagnetic circuitry and overhead cables, electric blankets, alarm clocks, drink, prescription drugs, vaccines - all these things challenge the body's electrical circuitry – in a similar way to a cordless phone with a bad reception.

Dehydration is caused by stress. Stress itself is caused by not getting your needs met which causes a 'buzz break' in your body and emotions. This, in turn, can be the start of irregular breathing, inability to expel waste matter and being unable to allow your skin to perspire in the proper manner. The system within slows down - all your active organs that inhale and expel water (lungs, belly,

bowel and skin) begin to lose when stress crawls in (Stress is explored more, later).

If we want to take a closer look at how all of this is linked, we could do no better than looking at those old Chinese Masters. Many people are aware that the Chinese philosophy works on the principle of the Five Elements. Without getting too in-depth about that subject in this book, we can explore one of them: the Metal element. The metal element relates to the organs we mentioned above (colon, skin, lungs and mind). When the 'metal' element is not working properly, i.e. no water in or out - it tells the body and emotions that it senses being 'cut off'. And in the Chinese system, water is responsible for the emotion of fear.

Remember the Rice Jar experiment? Did you do the experiment yourself? If not, try it out for the next ten days and see what happens (*answers on a postcard please!*).

From the experiment, those students found that water reacts to emotions. The structure of water (at the cellular level) changes when it is subjected to different emotions. So the feeling of being 'cut off' is all to do with your reaction to what your thoughts consist of. How you react when you feel 'cut off'? That's right: frightened or fearful.

Fear inside you can be the start of irregular breathing, inability to expel waste matter and being unable to allow your skin to perspire in the proper manner (either excessive or not enough). The mind-body link works on this assumption:

## Depression – how to help yourself through it

*irregular breathing – I'm not worth the air I breathe  
unable to expel waste – I'm unable to let go  
inability to allow skin to breathe – I want to hide*

If you should decide to alter your way of thinking on any given situation – recall the sensations you experience if someone scrapes your car, or if you're simply waiting in a boring queue that's irritating you beyond belief - you simply need to change your approach or alter your thoughts about your situation.

It's really your choice to think the way you do. It's your choice to feel the way you do. It's nothing whatsoever to do with anyone else. And the good news is that there are things you can do to alter these feelings and thoughts.

## What it ain't ...

The myth: Depression is a chemical imbalance in the brain.

How many ailments do you know that affect so many individuals of varying ages with vastly different personalities with such a huge impact so quickly?

Pardon me for questioning, but is the human body that speedy at producing something so vast and complicated as depression appears to be? We think not. So, how do we recognise this fact? Let's take a look at that chemical stuff some are saying is out of balance.

# Depression – how to help yourself through it

## *Chemicals in the Head*

*Serotonin – high levels of it in our brain give us good feelings, keep us positive and help us to stay active. Low levels of it make us feel bad – we lose pleasure in life, we don't sleep and our energy becomes drained. It is made in the central nervous system and in the digestive tract. In the central nervous system, serotonin is believed to play an important role in the regulation of mood, sleep and sickness or vomiting, sexuality and appetite. Serotonin has been thought to play a part in many disorders, notably as part of the biochemistry of depression, migraine, bipolar disorder and anxiety. Recent research suggests that serotonin also plays an important role in liver regeneration and acts as a cell divider throughout the body.*

*Dopamine – a stimulant that raises the body's temperature and increases metabolic (energy burning) rate. A chemical naturally produced in the body, it functions in the brain as a neurotransmitter. It can be supplied as a medication that acts on the sympathetic nervous system, producing effects such as increased heart rate and blood pressure.*

*Cortisol – increases blood pressure and blood sugar levels, suppresses the immune system and desensitises you from the pleasure principle to help you cope with the 'flight and fight' system inherent in you. It increases when we drink too much coffee.*

The following information is a page taken from a web site: [www.clinical-depression.co.uk](http://www.clinical-depression.co.uk)

## **Changes to levels of neurochemicals**

Clinical Depression is often said to be caused by a chemical imbalance in the brain, and this is what most drug

treatments are based on. Certainly in many cases, there is a reduction in the amount of certain neurotransmitters found (monoamines such as serotonin and norepinephrine) in depressed people. However, low serotonin levels are simply another symptom of depression, *not a cause*. The more negative introspection you carry out, and the fewer pleasure-giving activities you participate in, the lower your serotonin levels become.

Drug therapies that work on this imbalance lift depression completely in a third of those who take them and partially in another third. For a third of people, antidepressants don't work at all, and many who do get positive results stop taking them because the side effects are worse than the depression symptoms they are supposed to be treating.

Antidepressants are also much worse at preventing relapse than appropriate psychotherapy (which is obvious, when you consider they are treating a symptom, not the cause of depression.) Depression *can* lead to chemical changes in the brain, which return to normal once your depression lifts. Also, we are fully aware that clinical depression is far more than a prolonged sadness, or period of grieving. Yet these chemical imbalances can be found on occasion in all of these situations. *This is why depression is not caused by chemical imbalance in the vast majority of cases.*

## **Hormonal imbalances**

One 'medical' cause of depression often given is the overproduction of stress hormones. The hormonal imbalances related to depression are to do with our natural

## Depression – how to help yourself through it

reactions to stress, and stress and depression are certainly linked. But does this hormonal imbalance actually cause depression?

It is true that depressed people often have increased levels of stress hormones in their bloodstream, but again, this is a *symptom*, not a cause.

When you ruminate, or introspect in a negative way, you create emotional arousal that causes the release of stress hormones. At night, in REM (dream sleep), you become emotionally aroused again as dreaming 'flushes out' the emotional arousal from your brain.

That is why depressed people have higher levels of stress hormones, and also why you can wake up feeling exhausted.

## What it is ...

What we have learned is that depression is a result of something more tangible than a chemical imbalance in the brain.

We expect people to love us totally and ideally – not humanly. We all love each other in different ways on different levels.

You can't see the wood for the trees ... the forest of emotions gets really dense at times.

Depression, more often than not, originates as a result of one event or *emotional need* that's not being met. If that's not being acknowledged (and dealt with) it can escalate into a multitude of other events, feelings and emotions that make the sufferer feel as though they are spiralling down a chute they can't control.

So what are the basic needs that every human has to have to lead a fulfilling life free of depression? The Human Givens Institute wraps it up in a nut-shell for you:

## Depression – how to help yourself through it

### *Basic Human Needs*

*Apart from food, air, warmth and water we need to have:*

*a sense of security – be free of fear  
a certain amount of control over our own decisions  
a place of value within the group in which we choose to be part of  
a sense of achievement to improve our self-esteem  
a meaning and purpose to life  
attention – be able to give and receive it  
emotional attachment – with friends, relations, neighbours, colleagues*

## **The low down on Depression**

Many people who have depression can't sleep, or if they do, they constantly feel tired all the time. One of the reasons, as stated by the clinical depression web site mentioned above, is that the brain is overworking while in the dream state. This means that during the day we can experience emotions that aren't 'resolved' and need to find a solution. If they aren't, then the job of our dreams is to kick-in and finish it off for us.

An obvious example of this would be when a cat chases a mouse – or when a dog chases a cat. Just at the moment it's going to pounce, the smaller animal gets away. So what does the cat or dog do? It doesn't skulk away and leave the smaller animal to get on with its life, no, it sits there as if frozen in time - anticipating the teaser will appear again.

This is basically what your brain does throughout the whole day. If you experience a lot of emotional upsets – either responding to loud unexpected bangs, watching a tv programme or film that's highly charged (that gets you knotted up with excitement), have an argument that your

partner walks away from, or expect something to happen that doesn't, your brain is left waiting for the 'pay off'. It has to experience the end of the story in order to relax from the fear of whatever it was that generated the fear response.

There are a lot of dream books on the market and most of them state there are two fundamental phases in sleep.

Phase 1 is where your whole body works towards charging the batteries in anticipation of giving the 'projector' (your brain) energy to 'play the film' (your dream) of your day (or the emotional expectations you've experienced). This is natural in nature – all animals do it, including us. We have to. It is part of our survival technique. It has been known that those who don't or can't dream (soldiers, for instance, experience this when they don't sleep for a couple of days at a time), find their dreams invading the day light hours.

Phase 2 is REM sleep – Rapid Eye Movement. While in this phase, your body is paralysed so as to prevent you moving off into the 'dream' and becoming 'part of it' (and perhaps getting physically damaged by it – so how the heck did I manage to sleep walk so often? – that's another story for another book!). This is where your dream is finally played out so your emotions can be resolved and conflicts can be sorted out. Your body, emotions and spirit/energy can finally relax – psychologically your brain doesn't fear anything anymore.

In a depressed person, who constantly experiences emotional arousal throughout the day (either through worry or constant stress whether real or imagined), the brain will have to keep going through this Phase 1 and Phase 2 sleep

## Depression – how to help yourself through it

in order to process all the images until they are all resolved. So, when the morning dawns, the body's batteries are completely flat. This is why most people who are depressed feel tired throughout the following day.

### *Some Statistics*

*Nearly seventeen million Americans are cited to experience depression.*

*28 million take antidepressants or anxiety related drugs*

*Depression is often experienced by those who eventually suffer with cancer, diabetes, heart, liver and thyroid dis-eases*

*Sugar and caffeine have been proved to increase it*

*Insufficient Omega 3 oils is linked to it*

*Cognitive therapy is just as effective as antidepressant drugs*

*Depression is often linked to sleep disturbance*

# Why is Depression Linked to Addiction?

## **Happy New Year!**

Don't you think the world is a great place at the beginning of each year? While some relish in the frivolities of the season, some people (like me) don't like this little episode in their life and some think it is a horrid place to be, all they want to do is hide away under a bushel and not speak to a soul. It is fine to like your festivities on the quiet side, but it is easy to understand why people get raucously involved in celebrating a new phase in the calendar.

I don't believe there's one person on the planet that has gone through their whole life without making some kind of resolution to 'improve' their lot, their way of living or their view of life at this time of the year and many people are addicted to this process. This is obvious when you go to the New Year Sales to create that new image, lose some weight and profess a new resolution, or even start writing on that first crisp clean page of a new diary. People set about the New Year in a frame of mind that is intent on improving their lot in life.

## Depression – how to help yourself through it

However, just two or three months down the line and the resolutions are forgotten and apathy sets in. The diary has many blank pages and eventually hidden away under the bed or in the bottom drawer while the new clothes that we bought with the intention of getting slim still don't fit.

So what went wrong? What made the fresh intentions die a slow death?

Most people think addictions are habits, but when you take into consideration a habit is something that you do on a daily basis without thinking about it (like putting socks on in a certain way, or driving in a particular manner, or having a certain order to your day, these are habits. Habits can be broken and remade without too much stress involved.

Addictions on the other hand are driven by anxiety or a need that isn't being met. If you take a habit away from someone, it's only missed for a while – but take an addiction away from them and they'll get very anxious and irritable.

Today's society loves to give us the uncomfortable situation of anxiety and while it's really easy to get rid of one addiction, you feel you have to gain another to mask the unpleasant feeling of being without the former one. For instance, an alcoholic may give up drink but they'll probably replace it with cigarettes and coffee. A smoker, meanwhile, will generally take up eating extra food when they don't have a cigarette to put in their mouth.

Addiction is an uncomfortable feeling that you really want to be rid of. It is classed as a disruption in your energy system – a 'buzz break' if you like.

## **Can you put a price on value?**

What do you value? Or is there anything that you want badly enough? When you think about it, the object of your affection soon loses its appeal once you've got it. Say you wanted a brand new DVD player for a while or a new television or even a carpet for the living room floor. The need for it becomes so important to you, that you hunger for it without thought for anything else. You want it so badly, so that you can make your life valid with it.

The cost of the product is so insignificant to you, that you'll put it on the credit card and 'pay for it later'. And once you have it, it immediately loses its significance. Its expense soon hangs around your conscience – particularly when you have to pay the extortionate interest rates every month!

But what is the true value of wanting something that you can't really afford? Where does your pleasure come from? Agreed, it is good to watch a programme in better quality vision, but what about the outside world while you're in your living room watching the television through your DVD surround sound system while sitting on your new carpet. The pleasure is real, but it cannot last.

## **Oh! The futility of it all!**

There is emptiness when your yearnings are focussed on gaining hard physical goods. That hollow feeling inside you remains and once you have it, the object of your affection becomes a pointless exercise, for instance you may have noticed the novelty wears off pretty quickly. So where does the answer lie?

## Depression – how to help yourself through it

Cast your mind back to when you were at school – to when you baked cakes or banged a few nails in a piece of wood to create a magazine rack - how did that make you feel? A sense of achievement, or pride in your own ability, was the answer I was looking for.

There's also a sense of camaraderie when you join a group of likeminded people – like in a motorbike or a Land Rover club, or even if you get in with an old Morris Minor crowd. Have you noticed the way they nod in greeting to each other? There is a sort of understanding amongst them that makes them feel 'together'. There is a little niche in life that we all need to feel a bond with, this feeling extends to your neighbour, your family, your few chosen friends, and to an extent to the people within your own county, or the patriotic flag that you live under.

So what are we getting at here? Where's the link between depression and addiction?

### **A worthless commodity?**

There's something to be said about 'pride'. Even though many say that it always comes before a fall, when you've made something with your own hands or you have a bond with someone who has a likeminded thought process as you, then you feel 'at one' with it. The accomplishment gained through making the effort gives you a feeling of belonging that encourages a sense of pride within your heart. But what if you fail to get that sense, then what?

Constantly searching for something to fill your life with is, quite literally, a pointless exercise. You may have read in books and magazines that what you really want is right here inside you. However, many people don't quite

understand what is deemed meaningless so they continually fill their life with things that can be seen, touched, worn and smelt. Be it a dress, a perfume, a sofa, a car, a house, a horse or a pair of shoes, they turn to 'things' in order to fulfil the dreams they have, not really realising that when they get them, they still feel empty. This is why the whole concept of chasing a dream is classed as a trivial exercise.

Making everything easy for yourself is not quite what life is all about. If it weren't for the errors that you make or the troubles that you experience, you wouldn't have become the person you are today. You can either take comfort from that or start berating the system. But in reality, you are the one to blame for you own circumstances. You are the one who deems yourself unable to get out of a situation and unable to change the things that you have in your life. You are the one who says all these negative things to yourself, so therefore you are the only one who can change it.

## **Empty cans?**

There's an odd feel to desolation. It can't be good for you to feel it all the time. Simply being alone doesn't give that feeling, though loneliness does. Why do we fear being alone? Your own company is probably the best you'll ever get. You don't have to argue with yourself, you are able to accept your own failings and admit to anything that you feel reasonable enough. There's no point in disliking yourself as you're the one who's created your own character.

So why do we fear being alone? Because we feel that we'll be considered unlike-able by everyone else? The

## Depression – how to help yourself through it

majority of self-help books give you advice on striving for someone to like you, to approve of you, to say nice things about you. But what is it that we are truly looking for - that oneness again? If so, then who with? Should the answer be in our mother's love or our father's sense of pride?

Whatever it is that you look for, there is one thing that you'll never be able to get the hang of - and that's what other people really think about you. They have their opinions on everything, just the way you do. Everyone is entitled to what they think in their own mind. In reality, it doesn't really matter what anyone thinks about us, as it's their failing to see the good spirit within you. Not yours!

When you have that empty void in the pit of your stomach, you feel that you need to fill it with something. But eating or buying stuff doesn't necessarily do it for everyone. Simply munching on yet another delicious chocolate bar or seeing the new coat draped across the back of the sofa won't give you that satisfied feeling of comfort. When it boils down to it, it's just a taste, or the look of a piece of material.

The only way you'll truly find peace within you is to accept your aloneness and live with yourself as you are.

## **Attachments**

To have great attachment to and affection for something, say a house or someone, be they a lover, friend or a relative – gives one a sense of peace. It also gives you a sense of knowing that you have someone to go home to as well as something that will offer you comfort in times of distress and perhaps someone that will put their arms around you when you feel down. But just as everything in

this life, any kind of attachment is not permanent. The very laws of nature say that it has to remain changeable, as that's the way the universe is made. There would be no point if the sky was blue and serene all the time, we wouldn't have any rain for the grass or trees to grow!

Astute awareness and clever use of attachments will make you feel more at ease with the world and everything in it. Moving around, instead of staying put, changing jobs instead of keeping to one career throughout the whole of your life, and knowing that you cannot hold on to anyone – be they your child, sibling, parent or partner – will offer you a sense of freedom that only comes along when you understand this small fact of life.

Staying attached to something in your life only brings about a great grief when it eventually goes. There is no sense in holding onto something that isn't solid. It is like gluing yourself to a rigid pole on a ship that's rocking around in the stormy sea or building a bridge that is unable to sway in the breeze. Something has got to give at some point otherwise you won't be able to survive. You'll go down with the boat or break in the storm.

Just as fashions come and go, you should attempt to gain from the new and the fresh – or at least one thing every day - so you can get used to the changes that happen in your life. And life is a beautiful experience that we are all blessed with. From birth to death, the wonderful things that can happen throughout your life are countless.

## **Yearn for an object you can't have?**

When we yearn for things that are outside of our mind, heart and body, we want things that are solid and

## Depression – how to help yourself through it

practical, things that provide us with enjoyment and pleasure for our five senses. But what attracts us to those things initially? What makes us want things that we cannot have?

It can be as small as creating a new look for your home or as big as breaking someone's heart in order to satisfy your own. In the end though, unless you make the inner you happy those other things really aren't worth a damn.

Making changes to what you are attracted to doesn't have to involve moving mountains in thought. Feelings of fondness or regards towards a person or object can be taken in hand and allowed to be freed simply by allowing it to be what it is. Knowing how to let go though is something you need to learn. You can't simply be expected to do it overnight – though once you've mastered the art of it, it can be done in a tick!

Wanting is so much different from needing. Needing something means your body really cannot do without it – if we tried to live without food, water, shelter we would die. If you want something, however, this only means that you are yearning for something that you cannot have but feel it would improve your life. Whoever came up with the idea for the wheel (bless their soul) was the most fantastic want that grew to be an indispensable tool for mankind to progress. But before it was around, we could live without it. Today, the wheel is still a want, because although it makes our lives a whole lot easier we could still do without it.

## **Strength from weakness?**

When you act with remorse over a given situation, nothing but grief and disappointment can return to you. Remorse only comes from weakness. However, although strength gives you the ultimate edge over any given situation, it is not the ultimate goal to attain.

If we are to take a message from this, think of your life as a bag. The soft supple leather can be used in many more situations than a photographer's hard silver case. It will last just as long and be just as durable, it also fits in with the surroundings rather than standing out like a sore thumb!

From this, you could learn that being strong requires a little softness of character. Take a look at the many character's that Arnold Schwarzenegger plays in his film roles. He has the strength of character, not only to laugh at himself, but to show that weakness is a strength.

## **When will it all end?**

Why do you want for difficulties in your life to end? You could learn to see these obstacles as teaching tools that will burnish you into a better shape. Take a walk along any rock hewn beach and look at the beautiful shapes and shades. Think of how they got to be that way ... through stormy weather.

'Be Cool' is a film starring John Travolta. In it, he plays a man whose character is unfazed by those around him. He's the king of cool – which means that he's in control without appearing to be. When Danny DeVito tries to impress with his speedy car, that he gets him from place

## Depression – how to help yourself through it

to place at the snap of his fingers, John Travolta's character hid his own embarrassment of his own car with a retort "If you're important, people will wait."

Being 'cool' also means keeping a straight face when those around you are under stress. By far and away the best way to avoid conflict is to keep your cool.

So, how can you keep clashes with others at a minimum as we all know, avoiding any kind of conflict with others inevitably begins a process within you where you start to bottle things up inside, until a time when you will have to let it out – probably at the wrong person at the wrong time and in the wrong place.

The only way to accomplish this easily is to 'be cool' about it. Let go and let live. Only you allow it to upset you. You have standards, of course, but no one knows them – think of the song that Kenny Rodgers sang 'Coward of the County' and you'll probably understand where I'm coming from.

### **Wishing on a star?**

Get away with the fact if you can, but when the chips are down, we all crave for something we can't have. But why is craving seen as wrong? And why, if the world is filled with abundance, do your wishes have to clash with someone else's? Whims are for daydreamers so we've been led to believe. But if they are what this world is built upon, then putting in a bid for something we dearly want isn't that big a deal, surely? Obviously not if they come true.

Your real trouble begins when they don't come true and you start to yearn for something that simply isn't going to be yours. Your mind begins to wander and there's absolutely nothing you can do to make yourself concentrate on the here and now.

It's a known documented fact that just prior to any mental activity, your brain requires you to think about it. To shut down any activity other than the one that it needs to explore. The brain is in a preparation phase when daydreaming or 'wishing' about something. It's allowing the subconscious free-rein to explore the possibilities of how to obtain the goal.

Therefore, daydreaming serves a purpose and everyone – including school kids - should be allowed time to do it.

## **Not having your needs met**

So, in a nutshell, an addiction could be linked to depression because it's basically 'not having a need met'. The addiction is a substitute or a replacement for experiencing that 'high' or the pleasure principle, although it has taken over the life of the person who feels they are 'missing out' on what they are missing out on.

Addictions are a 'replacement' pleasure, if you like. They take the place of the actual thing that is needed. Depression is a combination of a whole host of needs not being met – and then spiralling this out of control with negative inner communication patterns.

## Why communication is complicated

### **Slow = stupid. Quick = intelligent. Right?**

Triumphing over being ‘brainless’ is easy to do. You just need to concentrate a little more.

Did you know that Abraham Lincoln, America’s finest and most intelligent President was always slow to answer? He deliberated carefully over his thoughts before he said anything to anyone. If President Bush or the Brit PM, Blair, responded in similar manner they’d be thought of as idiots and simpletons.

This is truly is a shame as we’ve really shot ourselves in the foot by accepting these standards. But as we’re on the subject of being quick, let’s take a brief overview of the situation.

Being dumb is really not the expected condition of anyone’s life in any age, particularly this one. Speed, however, is. Because of speed we’re able to travel faster and further than we’d ever have thought possible, even a hundred years ago. We’re able to get food and water to where it is needed most at a particular time and we’re able to freeze that food and keep it for longer as a result of

speed. Speed, it must be said, is cost-effective. Except, that is, when it comes to thinking.

In today's fast-paced world, everything is wanted snappily and pronto. We want everything to go faster and we also want everything to live longer too. But these two wants don't sit well on each others' shoulders. Living longer doesn't necessarily mean having better health - living at a faster pace gives you more health problems and deeper wrinkles to boot! Living in the fast lane means you have to keep up, because mistakes are not tolerated.

When someone talks fast, it's difficult to recognise a word they are saying, it's the same with body language too. The subtle messages that we give to people, vanish in seconds and if we haven't grasped what is being said to us, then we don't have a second chance at understanding the underlying theme or tone of the conversation at hand.

## **The Ultimate Compliment**

When I asked my partner for three words that described marriage this is what he came up with:

“Hell, suffering agony, oh and cement (as in: put a pair of cement shoes on and throw yourself in the river).”

He was joking of course (?). But it got me thinking.

If men are apt to think of the downside of marriage why is it they who want it all the time? The majority of men are the first to do the asking out, falling in love and getting down on one knee and making the proposal. While scientific researchers have all too often come up with the explanation that women are twice as likely to survive a partner's betrayal or even death, than men are. It is also a

## Depression – how to help yourself through it

well-known fact that men in relationships live longer and better lives than men on their own, while women do better in an opposite situation.

However, men and women need companionship. From a marriage (in getting together with another person), they each get a deal in that they have stability and security from being with each other. They have put their trust in one publicly – i.e. declared their bond of friendship through the vow of marriage, this confirms that they have stated that they feel able to rely on that one person. Marriage is, in effect, the highest compliment you could ever offer to anyone. To honour yourself in a lifetime commitment to someone else, is a remarkable feat of achievement that people are unable to do without.

In days of old, marriages were arranged for convenience, or for money or to keep 'one's estate' within the family. While these arrangements still exist in Asian and Arabic societies, Western ones have taken on a more flexible attitude towards people pairing up.

The ability to trust and to work together towards a goal is of paramount importance - and love is a big issue within anyone's relationship. When love is non-existent, the relationship more often than not, fails.

However, there is the problem that one partner may want more than the other and so differences occur. The situation between Charles and Camilla is one that people will be arguing over for centuries, as they will over the situation between Brad Pitt and his two loves, Jennifer and Angelina. But who's to say who's right or wrong in any given situation. Simply because one wants or needs something that the other is not capable of providing or

offering, doesn't mean that either party is errant in their decision to go it alone – or off with someone else who proves to be more amenable. Though it does leave the onlooker with a tinge of sadness touching the heart to think that, yet again, a glimmer of a promise of this romantic vision we all subscribe to has failed.

When you really look out at the wider and much bigger picture, there are so many people available for everyone today - to promise yourself for life to one other person is a huge commitment. However, relaxed thinking on this subject – like the Bruce Willis one (he may have got it right in his idea of a 'five year marriage contract' deal that should take place - Westerners who are not that committed to one another can either renew afresh every five years – or opt out without any blame attached) may lead the way for future generations.

## **The seven year itch?**

People, knowingly or not, live their lives by a recurring cycle. Most through a seven year cycle. Some great person once said, 'give me a child until he's seven years old, and I'll give you the man.' Meaning that during those formative years, a personality can be formed and moulded into the type of person it's going to be when they grow into adulthood.

While there is some semblance of truth in this statement, there is also generally a lot of error. While imprints are made in the mind through memories of events that excite or scar an individual, throughout life new lessons can be learned and also old ones can be unlearned, thereby altering the basic character.

## **Menstruation, period = spoiled child (female)?**

If you really need to understand a woman you need to learn the five stages to a woman's cycle.

During the first five days, pre-ovulation is going on. That means that her oestrogen levels are at their lowest which brings about positive feelings, creativeness and agility in the mind. The next ten days, (days 5-14) brings about the ovulation period. This encourages a woman's drive to increase, her confidence to excel and her desire for life to substantially rise with day 14 being her peak point. It's best to use these few days to your advantage!

The next 12 days of a woman's monthly cycle brings about pre-menstrual symptoms – those ones that men like to complain about (frustration, cravings and energy or mood swings). It's only the oestrogen levels that are falling as uterus wall begins to thicken. The reason for this is that the cycle hasn't been able to get the egg fertilised and it's feeling 'desperate' that it will fail.

The last six days (days 22 – 28) are when the egg has not been fertilised so the lining of the womb is not needed and a sense of calm falls upon her nature. She is more quiet and relaxed about things (apart from having to deal with the actual inconvenience of her period of course!).

Many women go through their whole adult life not understanding this cycle and are the worse for it because they don't understand what's going on with their own body and are, inevitably controlled by it.

## **Spoiled child, period? (male)**

On the other hand it is often banded about that men have lost their way. Today's society offers them no direction and has no sympathy. You've only to look at the 'Father's for Justice' organisation to understand this. The Law has gone in the complete opposite direction. Instead of men having the upper hand, it appears women are able to take advantage of the system that was set up initially to protect them – and have taken too much of an advantage of it.

Where's all the fairness gone? Who's really to blame? If people are at fault, they are encouraged not to admit it because of the gains they'll make if proved otherwise. There appears to be only injustice in the justice system with the law becoming all about the law instead of the fairness it was supposed to represent. And that's quite strange when you think it was set up to help individuals to a fair deal in the first place.

Isn't it time we all stood up and made our voice known? It's been proved that we really don't want a society that a greedy one. We only want what's fair. To help achieve this, you've only got to agree to disagree and state what's fair and unfair for everyone concerned, not simply your own self. If you stand your ground and understand that everyone needs to have their own life fairly treated, then respect and justice will come if you.

## Another language

It seems if men and women want to get on together, then the woman needs to understand her own cycle and how to communicate with the man in her life.

Unfair? Perhaps, but someone has to have the upper hand in order for life to get better – and quite simply, men were never designed to negotiate. Their whole metabolism is designed to ‘hunt for the kill’, to ‘get the best mate’ and to procreate as much as possible with as many different females as possible.

You can probably tell that I was never a feminist, and I can understand that these few sentences are probably making feminists crawl with hate for me right now. But if you want to get on and make this a fair world, this is what you have to learn to do.

As you read above, women are governed by their hormonal cycles so that they can create a baby and further the cause of their own species. In similar manner, men are designed the same way – this is why the confusion has arisen. Women want so much out of men, that the men have to fight their own natural instincts in order to satisfy what women want (have you seen that film too? with Mel Gibson being able to ‘read women’s minds’ – brilliantly done).

*Why people cheat*

*To get out of the relationship*

*Because needs (physical & emotional) are not being met*

*Constant conflict & bickering*

*Unbalanced emotions*

*One domineers the other*

## Magic Formula?

There is none. We all want someone to love us and someone to care for us and, for good measure, we all need to be able to give some love back. But if you've been searching for 'the one', or your 'soul mate', you're going to be searching for a much longer time than you anticipated, because to be honest – ALL RELATIONSHIPS ARE HARD WORK.

Those that stay together, generally accept the highs as well as the lows. They hold a silent respect for each other and understand that not everyone can be on their best behaviour all the time (look at the Moods and Foods section). The people that stay together tend to be able to give each other space without holding on to them fearing they will wander and they also understand that things don't always work out the way they want them too.

After the first flush of romantic love (usually about six months), there never will be another 'perfectly magical moment'. It's all in your mind and how you perceive life in general.

### *Body Language*

*Negative traits: Limp handshake, nervousness, getting too close, soft voice, looking down, folded arms and legs, coughing or clearing throat, saying 'um' or 'er', leaning back, shaking head constantly, lack of eye contact – or eye contact too intense*

*Positive traits: Strong handshake, upright posture, nodding, eye contact, clear and even pitch/tone of voice, mirroring (subconsciously adopting the same stance as the person you're communicating with)*

## Depression – how to help yourself through it

### **Keep it simple – stupid!**

We've often heard that phrase ... it's a title of a film (isn't it?).

Even Einstein, the great scientist himself wrote that “This is an interesting example of the fact that even scholars of audacious spirit and fine instinct can be obstructed in the interpretation of facts by philosophical prejudices.”

What we're referring to here is that a woman tends to want millions of answers to hundreds of thousands of questions that are buzzing in and around her head all at the same time. A man, on the other hand, tends to look at a situation and accept it as is. No ifs or buts, no queries or groans about why the thing isn't a particular way.

The thing is people who communicate easier with others don't tend to have any hang ups, because they never have let those 'failures' of the past infect the present. It's not that they don't have any fears, but it's just that they don't allow those fears to interfere with what is going on now.

It's always a good thing to keep your interests – but it's never a good thing to force those interests on someone else. Serious issues are good topics for intellectuals to explore – those who are involved in working projects that could bring about 'life or death' situations of others. However, to keep anyone interested in your conversation, you need to inject it with a little light banter and frivolity. And that includes talking with the opposite sex.

'Keep it simple' is a well-worn phrase that has hung about since the 14<sup>th</sup> Century. Back then, a Franciscan monk

(William of Occam, Surrey, UK), coined the current phrase with his lengthier language by stating: “Entities should not be multiplied unnecessarily.” This little phrase is now called ‘Occam’s Razor’ – perhaps indicating his sharp wit – or the fact that we use razors to cut away at concepts until we understand them?? Regardless, present day scientists use his phrase in their own teachings by saying: “When you have two competing theories which make exactly the same predictions, the one that is simpler is the better.”

Even Stephen Hawking has used it: “It seems better to employ the principle known as Occam’s Razor and cut out all the features of the theory that cannot be observed. To quote Occam again:

“If you have two equally likely solutions to a problem, pick the simplest.”

So, fear, neediness and your own insecurities provoke you into explaining and complaining too much. Your anxieties will always repel those who you want to attract because somehow, without knowing why themselves, they sense these traits in you. The best way to learn how to communicate is to unlearn these traits that can only hope to multiply the depressed state that you are digging yourself into.

To help you get out of the spiral, there’s a Bonus Chapter at the end of the book.

## **What You Can Do**

Everybody is different. Just as test tubes in a scientific laboratory, we all end up with a different amount of chemicals inside of us, so while one method of therapy

## Depression – how to help yourself through it

may be great for one person, it may not be suitable for another. The best way to find out is to try everything!

When we understand what we need, emotionally, we are able to get more out of life. I firmly believe that the fundamental core of all ailments arise from an imbalance of emotional needs that are not being met. From the suggestions offered in this book you'll be able to choose a method that is suitable for you or at least be able to start on a path towards another healing method you feel happier with.

If you think food is the option for you, then go for it. Tune into nature and be guided by what you instinctively know to be right or wrong – the brain in your belly will always tell you. Remember, not every likes all the same food, it's just about finding out what's right for your metabolism and emotions.

If you think that logical steps towards a particular goal would help, then try this too. Some people only have a sense of completion when they've written it down and it is 'concrete' in front of their eyes.

If you think that learning to actively relax would be a good way forward for you then we've got some little gems here for you.

Whatever way you try, you've taken the first step by picking up this book.

## Kaye Bewley

### *Combat this scenario*

*get good food inside you - so your batteries can recharge on quality  
'oil'*

*learn to accept that worrying doesn't solve anything*

*adopt a planner approach - set a couple of very small goals*

*get pleasure back into your life – life is to be lived, constantly mulling  
or thinking over something and worrying is never ever, ever going to  
alter the situation, though DOING something will*

*remember that the power of the mind is an awesome tool – think of  
something and you'll get it. It might take a little while, but whatever  
you think about will come to you*

*recent research has found that the cells in our body communicate via  
light – that's the reason we need the good oils (Omega 3 and 6) and  
plenty of pure clean water inside us, to keep it all fluid and moving, so  
as not to stagnate*

## What Food & Fluids Do To Your Brain & Body

When you consider that the industrial revolution and resulting speedy transportation has made it easier to get food quickly from one place on the planet to the other. Greenhouses and glass sheds have made it possible to grow plants in colder climates than they are normally used to. For instance, we can move bananas from Africa to Greenland in a matter of days or even grow them in artificially heated glass-houses and eat ‘foreign’ food in a matter of minutes from picking it. This is a remarkable feat of engineering, but unfortunately it’s not what our bodies were made to accept.

### **Water – stress & depression**

There is one fact of life you simply cannot escape: Water is important. It doesn’t matter if you don’t like it or have never liked it or feel you ‘can get by without it’. When it comes to depression (and a whole host of other aches, pains and emotional upsets) water is important.

No other fluid is ‘just as good’ as water - no matter who tells you that. Water is the gift of life itself.

## Kaye Bewley

Of all the drinks available, coffee produces a diuretic action within your body – that is, it depletes your water supply and raises cortisol levels which encourages hypertension to increase.

In one cup of coffee there are 85 milligrams of caffeine. In one cup of tea, there are 50 milligrams of caffeine. Fizzy drinks and squashes are about the same.

Caffeine works at getting the energy release hormones out of your cells. When you constantly drink other fluids in place of water, your body is deprived of its full abilities for producing energy – as it's using it up all the time. This encourages a shorter attention span in young kids and chronic fatigue in the older generation.

When you keep stimulating your body through using up its energy resources, the little battery inside you (your heart) needs to keep pumping. Eventually, it runs out of gas and becomes exhausted.

You can talk about emotional issues until you're blue in the face, as we have done here, but if you don't get enough water inside of you then your body won't be able to give itself the messages it needs to perform its daily duty.

According to accepted reports, depression exists only in the brain. It's called the 'brain drain' where each negative trait becomes labeled as that all encompassing disease affecting your entire life. Emotional problems and the 'buzz breaks' you face when avoiding confrontational issues, or coming to terms with a loss of some kind, begin the process towards it.

Let's go back to that 'buzz break' we discussed in Chapter 2 and the fact that your body is a battery. Batteries run on electricity. That electricity is generated through a

## Depression – how to help yourself through it

series of organs (energy-generating pumps) in your body urged on by water. Therefore, it follows, that when you don't drink enough water your organs won't get enough energy in order to move the blood and oxygen around the body. Thus the 'comfort' messages to the brain won't be delivered. Without water, the brain begins to shrink, that's when the stress and fear sets in.

When stressed, your body triggers the alarm bells and it prepares itself for 'fight or flight'.

This is the body's natural response – like a boxer ready for that first punch, or an athlete on a track waiting for that starter pistol, or you preparing to run from or into an argument with someone. Here's how it gains momentum in your body and what it's for:

*heart beat increases – so that it can pump extra blood round your body*

*breathing shortens and increases – to get more oxygen into your body*

*blood vessels dilate – to move this extra oxygen and blood round your  
body*

*spleen shoots out more sticky blood platelets – so that the blood can  
clot easier if you're injured*

*liver releases more glucose (sugar) – to give it more energy*

*pupils widen – to help you see the enemy better*

*digestion slows or stops – to divert the energy needed to the muscles  
and brain*

## Kaye Bewley

As you can see, all this is preparation for your body to fight or run. If you don't use that energy, it will build up inside you and increase all the ailments under the sun.

This means, that if you eat when you're stressed, your body won't make energy from the food – as the digestive system has shut down - it will store it as fat, waiting for a time when you're not stressed. So, if you have your lunch break at your desk while working, your blood pressure and heart rate will be on a high and your digestive system will shut down – therefore you won't be able to digest properly.

When you're stressed, your body lets go of all the minerals so that it can get moving. Cholesterol levels increase under stress.

It's the same when you produce too much cortisol. Cortisol signals your body to store weight as fat and not build muscle. It decreases your gut flora, the growth and thyroid hormones (the hormone responsible for revving up the metabolic rate in your body) and it increases inflammation, premature aging and osteoporosis.

Here's a lovely story someone told me which tells the obvious difference between the French and American societies way of looking at food.

*An American archaeologist won a contract to set up a dig in France. She was given only a few short months to come up with results. As she wanted the best people for the job who knew the area, she employed a French team.*

*A few months later, the American lady was getting stressed because the French team were behind schedule. So she asked them if they could put in more time. They didn't know how they could, but when she suggested that*

## Depression – how to help yourself through it

*they work through their lunch break they normally took in town – many miles away from the site - they were a little perplexed as to how they could manage this. To them, lunch was quite an important event. So when she suggested they bring their lunch with them, they agreed.*

*The following day, the French team did as the American lady asked. She was pleased that they said they had bought their lunch with them and she continued with her work. However, as lunch time approached, she was baffled when they all disappeared only to bring back with them onto the site two long tables, some beautiful linen to cover it, the best cutlery, crockery and glassware then promptly sat down to eat in a resplendent manner with wine and the best cuts of meat and vegetables.*

*They still took the same amount of time eating, but they didn't waste any time traveling.*

The moral of this tale is that they took their time, they enjoyed their meal and they stayed awake at their plates.

*Your body is a hydroelectric system  
Water propels the energy pumps (your organs) to  
produce electricity to  
stimulate the heart to  
keep the brain functioning*

## **Insignificance and Importance**

It is often said that nature is a cruel beast, but in reality, ruthless would be a kinder word. There is absolutely nothing on this planet that is not needed by nature. Bold statement, but it's the truth. To get to the

bottom of this wildly profound fact of life, take a brief look at the natural food chain.

Even a bug is needed to sustain a spider; a spider keeps the birds nourished which, in turn, help pollination of flowers while natural plant growth keeps the germ-spreading bug population under control.

The plants and planets give life to everything. They give oxygen to us and help keep the carbon atmosphere under control. Without the plants and trees we would simply die.

## **Indicative plant oils**

To quickly learn why we are chiefly governed by our emotions, we need look no further than the foods and fluids we're putting inside us. Thanks to those famous gurus of the cookery and nutrition world (Jamie Oliver and Gillian McKeith, et. al.), more people today are knowledgeable about the foods and fluids they need to get inside them to get the best out of their bodies. However, because of convenience stores and packaged products led by the marketing industry, this has become much harder to understand. Not only are we unknowingly putting poisons into our own precious bodies but we are also *fully aware* that we are doing it.

But first, if we want to look at this closer, we need to look at the effect cooking oil has on our bodies. Cooking oil has become a very confusing subject to wander into. To clarify a little bit of it, we can look at the varieties available in the oil producing plants and what they do for the local

## Depression – how to help yourself through it

population - and for the extended family it is now available to.

Cooking oils are abundant and are grown all over the world, but to get the best out of them, they can only be grown in their own climate. Let's slice the world into segments shall we.

Taking it from the top, with the North Pole, you'll find that this is the coldest and darkest place on the planet. It receives hardly any good natural sunlight and ice and snow abound. Thick winter coats are a must and you'd be hard pushed to see a bikini in this climate!

What's apparent is that there are hardly any plants growing, so what do the local people eat? Fish and their oils.

If we go a little further south, we find that Linseed and Flaxseed Oils, rich in Omega 3 grow abundantly.

A little further south again and we find plants such as sunflower and hemp are grown and they are rich in Omega 6.

Travel down to the Mediterranean and you'll find those Olive Oil plants growing widely - rich in Omega 9.

Take a trip further south and you get to the Tropics where Red Palm Oil is the only oil that will grow, because of the intense heat it's subjected to.

These are the oils that you need to eat in line with the temperature your body is living in. Oils are designed to metabolise in your body at a certain rate, when you get these oils wrong, they start to harden and thicken and your body finds it hard to get the messages across from one

organ to the other – hence ailments begin to take on huge implications.

## **See where I'm coming from?**

I heard this story from a tutor of mine. She told us that there was an elderly gentleman in the Gambia who stood out because of his fantastic energy and immensely impressive productivity. That man would never eat heated fat and each day he went to the Red Palm tree and ate its seeds. From this story, we see that nature has it sussed – as that Gambian man had too.

From our supermarkets and corner stores and internet, we're able to order any kind of oil that we want in the form of cooking oil, butter and margarine. This is such a wonderful way of being able to buy such variety that you should never have to complain! However, we're certainly not doing the digestive system any good – can you see a picture beginning to form as to why this is?

Let's take a moment to go right back down to that cell structure again. In order to do your body any good, the cells in your body need to communicate with each other. They intermingle and move around doing the job that makes your living on this planet possible. To do this, they need light. Light waves are everywhere and they pass through everything, including your body.

Now, take some oil grown locally. The oil will stay fluid and will help your cell structure move around by giving it the nutrition and energy it needs.

Take oil from another part of the world and the oil begins to harden and coat your cells. What happens when

## Depression – how to help yourself through it

put a coat on something? You begin to block out the light. And isn't that exactly what cells need to communicate?

The oils available to us are all mixed up, simply because the people producing it are not taking any notice of the light available and temperature they are living in.

Antioxidants (those things that keep you healthy), are all to do with colour and, as in the section '*A cell is a cell is a cell*', cells needs to communicate with light and colour!

It's a funny old thing to take note of here, but in a hot country you can grow as much Flax Seed Oil as you like, but there will be no Omega 3 in it as nature doesn't need Omega 3 in a hot climate - it's only used in a cold one. Your body understands this too.

Your cells need the light and the wrong oils inside you won't allow your cells to see that light. It becomes clouded and unable to function and that's when all host of ailments (including depression) begins.

From these seemingly simple facts, you can see how you are cut off and separated from the naturalness of yourself. Everything you do is interconnected with everything else.

Somehow, somewhere down the line, human intellect has lost the message because we are not living in tune with nature any more. We rely on what we have built around us and made available via our external communications and ability to move things quickly round the planet.

## Coffee anyone?

I used to love the smell of a pot of coffee early in the morning and I used to drink it by the gallon because it had such a delightful taste and it kept me awake when I needed to pay attention to a particular task.

You can probably understand that when you drink a coffee, the immediate adrenalin rush is wonderful. It has the ability to get your senses going, your brain functioning immediately and your body pulsating with alertness. But soon after, you're back where you started, only this time, you feel much lower. Much less able to operate or function at the high level you were just a few moments after drinking the coffee. You believe its tiredness setting in again and so go for yet another coffee. Or at least, that's how I used to operate. I got through about 15 small cups a day at this rate, before I lost count. But not anymore. Apart from the odd small cup once a week, I've given it up (rather easily in fact).

My dad, on the other hand, is a great tea drinker. He lives on it, drinking in excess of 20 big mugs a day. That appears to be the only form of fluid sustenance he's getting in any one day – and the doctors and nurses tell him it's okay to drink tea because it's a fluid and *any fluid counts*.

Kids are great juice drinkers as they haven't gotten the 'acquired' taste of tea or coffee just yet (what is that? acquired taste, I've never understood why people have to acquire a taste for something - you either like it or you don't). So they drink fizzy coke and cola from cans and concentrated orange or blackberry juice by the gallon.

Depression – how to help yourself through it

## **But that's okay, because it's a fluid.**

Or is it?

The reason I don't drink any more coffee is because I don't want to hamper the delicate balance of cortisol levels in my brain. Coffee has a tendency to do that – or rather the caffeine levels interfere with the messages that your body produces naturally. Cortisol levels are increased and insulin is increased too – now cortisol and insulin track each other, so when they both get hooked up they both tell the body to store weight as fat.

Tea is the same, juice and fizzy drinks are the same too. So, by this reckoning, all fluids are not equal.

Nothing can beat the gift of life: pure still natural spring water. Because, after all, that's what our bodies are made up of.

*Avoid like the plague!*

*Alcohol – lowers levels of the feel good hormone serotonin and diminishes B-vitamins needed for energy*

*Refined sugar – keeps blood sugar levels fluctuating and your moods follow*

*Processed and fatty foods – as well as caffeine – worsens depression as they deplete B and C vitamins and rob the body of the good oils (Omega 3 and 6) which are very much needed*

*Aspartame (in sweeteners and fruit drinks and sweets) has bad side effects and acts negatively with antidepressants*

## What You Can Eat

Dr Gillian McKeith is half way right when she uses the strap line “you are what you eat”. The other half belongs to the brain in your belly - and that’s a cert when it comes to depression. If you have a tendency to wallow in self-pity, worry, guilt, fear of what’s to come, you won’t want to spend time on cherishing your guts. They will be the last thing on your mind.

Your body needs sustenance if it’s to keep your mind and mood in balance. Food (of all types) is basically energy and information for your body and emotions to work with. Only if you eat too much of one type will it be classed as junk, waste or poison. Is that good news? Well, there are certain foods and fluids that don’t do us any good at all.

Stress is inextricably linked to depression in many ways, but the fundamental core of stress relates to what you eat and eventually, what you think which brings about emotions you have to learn to deal with.

Stress through food is easy to handle when you know the answers. When you are stressed, your body doesn’t charge itself properly with the fuel that you give it.

## Depression – how to help yourself through it

It can't get enough energy because there's less oxygen around to help it move the blood. Here's a basic guideline:

### **A couple of extra important pointers**

No good restaurant will ever, ever serve you fruit AFTER your meal. Know why? It is designed to whiz fast through your system – unlike plodding old veggies. If you eat fruit after vegetables and meat, they'll only sit on top and ferment (which is how gas – wind - is formed). So rule of thumb:

*Eat fruit BEFORE or WITH your veggies.*

Ever felt energised in the morning, but got that tired old feeling at night? That's natural and a good natural guidance tool for you to follow. Therefore, eat in tune with the sun. Or at least remember that old adage that grandmother's used to tell us ...

*“Breakfast like a Prince, Lunch like a King and Dine like a pauper”*

### *Supplements*

*Supplements are simply to supplement your food*

*Not all supplements are the same*

*Some are 100% natural, some are not*

*Most have artificial ingredients/additives*

*You get what you pay for*

## Kaye Bewley

It's true. Your body uses up more energy in the earlier part of the day and so needs the fuel to keep it sustained ... if you eat a large meal at night you'll be asking it to work the 'night shift' and then expect it to get up fresh as a daisy the next morning and the body can't work like that.

*Lap them up!*

*EFA's – fish, linseeds/flax seeds, Olive Oil, Food Doctor Oil - all provide Omega 3*

*Walnuts, pecans, brazil nuts and hazelnuts, pumpkin and sunflower seeds – all rich in Omega 6*

*Organic Unrefined Extra Virgin Olive Oil for cooking – it hasn't gone rancid in the preparation process and it's in a dark bottle for a reason – light deteriorates oil*

*Fresh locally grown vegetables and fruits (there's a required mix that your body cries out for 60% veg/40% fruit), whole grains and brown rice – they all give the colon a good message which helps your brain and mood patterns*

*Fish, avocados, cottage cheese, turkey, bananas – all a good source of tryptophan which raises serotonin levels naturally*

*Low-fat meats (chicken), fish, eggs, oat flakes, nuts, avocados, bananas - foods that contain the amino acids phenylalanine and tyrosine help to raise mood and boost motivation*

*Cayenne pepper - produces endorphins that help raise your mood  
Water - removes all the bad toxins, so drink as much as you can (even our Governments recommend 2ltrs a day!)*

## Depression – how to help yourself through it

### **Quick Tips**

Eat less of the white stuff – white bread, white sugar, white flour, white rice

Eat as many locally grown foods that have not been fertilized or sprayed with chemicals – as your body (particularly your liver – the toxin filter) has to work harder, hence making you feel tired

Water, brown rice and linseeds (get the linseeds from the organic aisle in supermarkets) – you need to make your colon feel happy if you want your brain feel that way too. These foods hold water and give your colon the message ‘don’t panic’. If you don’t get enough water, your brain starts to shrink and this is probably where the panic (anxiety/depression) starts

If you’re in doubt about what meat to eat, give a thought to what they (the animals) might be eating. A pig (pork) has a short digestive system, so only the rubbish is kept (hence why it’s fat and salty!). A cow (beef) on the other hand, has more than one stomach and everything is properly broken down. Wild game eat only wild foodstuffs. Shellfish eat only other fish droppings – so that’s what you’ll be eating, whereas fish with fins eat the nutrients/plankton and plants in the water)

Cook with Olive Oil – this is the only oil that can be heated and not damaged

Flax Seed Oil – take a whole tablespoon during the course of a whole day, sprinkling a teaspoon over various dishes – particularly fruit and veggie smoothies

You don't need to calorie count, just let the brain in your belly tell you how much you want. Be aware of what you eat.

## **Last thing at night – First thing in the morning**

Make sure the following are the last thing that your digestive system has to work on at night and the first thing it has to look forward to in the morning. They are soothing and reassuring for your colon – and give the message to your brain that ‘everything’s going to be alright’

Morianda Citrifolia – or Noni for short - is the ‘almost perfect’ food source. It’s a natural fruit rich in all those antiviral, antibacterial properties as well as holding vitamins (C, B1 and B2), together these help ease stress, lift depression and balance moods. It also helps migraines, hypertension, diabetes, constipation and bone and joint repair. *You can get it from [BESTherapies3.com](http://BESTherapies3.com)*

Linseeds (soak them in water overnight) - take a teaspoon before you go to sleep and a teaspoon in the morning with breakfast

Aloe Vera - take a tablet or teaspoon before sleep and one in the morning before breakfast

## Depression – how to help yourself through it

### *9 Herbs that Help Vitality & Mood*

*Passion Flower (tea)*

*Guarana (tea)*

*Red Clover (tea)*

*Evening Primrose (oil)*

*Feverfew (leaf)*

*Kava kava (root)*

*St John's Wort (drops/tablets)*

*Milk Thistle (capsules)*

## **Take time**

Have you remembered that you're a battery? Batteries get warm when switched on, and that's what we do too. We eat and drink to get ourselves switched on. Food and fluids are the fuel that keep this battery going and air plays a big part in creating that heat.

Stay Awake At Your Plate – Just as the Frenchmen on the archaeology site, sit down to eat. When you're there, look at your food, touch it, savour it, love it. Just be there for your food. Don't use your plate to escape, but spend some time with your meal and notice and taste what you are putting in your mouth. When you stay present with your food, something magical starts to happen in your body

Take a break and a breath of oxygen. Before you take one bit or sip of your food or fluid, savour the moment.

Take ten deep breaths and slow down. You'll quickly get to realise what food and fluids your body wants or needs.

## **Build better bones**

There's a little known fact that osteoporosis is caused by stress. Stress is one of the causes of depression. Perhaps that's why many depressed people have osteoporosis and why I feel it's important to focus on this point here in this book.

To help you understand a little better, here's a metaphorical story that might help you remember how stress and depression can cause osteoporosis.

*On the top of a well-fortified hill on the edge of a battlefield, Major Magnum calmly looked after his faithful hardworking men, keeping the teamwork balanced and potentially fraught emotions stable, while also making sure that all the vehicles and weapons were kept in good structural order.*

*Sadly, as happens in all war time situations, Major Magnum got shot. This left Captain Carl in charge. Now, while Carl respected the Major, he often wondered why the brave man kept such strict order as he didn't believe anyone would be foolish enough to attack the hill they were on. In addition, he could see that as well as being mortified about their Major's death, the men in the camp were war weary and tired. So Carl decided to slacken the rules allowing the men more smoke and brew breaks. He also relaxed the vehicle maintenance schedule a bit too – as long as they kept their weapons in tip top condition, which he knew they would, he could see no need for constantly oiling, what was in his mind, a simple truck.*

## Depression – how to help yourself through it

*The men thought he was very obliging and thanked him for his generosity and understanding. Inevitably though, things slowly started to fall apart. Men didn't wake up when the duty roster called, the vehicle didn't start and the men lost respect for Carl. He couldn't understand why, because he thought he was being good to his men by letting them have what they wanted and being on friendly first name terms with them all.*

*Then when an unexpected attack came, Captain Carl called his men to order to stop the enemy gaining a stronghold. But, he was soon dismayed to find that their weapons hadn't been kept in good working order, and when the vehicles wouldn't start and they couldn't get a message out to anyone, the men soon lost the will to fight.*

*This happened time after time with the enemy gaining more ground, getting nearer and nearer every day, until one of the low ranking Signalmen, Stuart, said quietly to his Captain that he could turn the situation around. Captain Carl, was desperate and all too eagerly thanked him for his offer. The only condition that Stuart requested was he would need to have control over the men for a while, after that he would put Carl back in charge.*

*Carl gave it some thought, then readily agreed. What else could he lose?*

*Stuart immediately began to put rules into place: informing the men of their duties and telling them of methods to fortify the ground around them. Even though at first there was some reluctance from the men taking orders from a lowly Signalmen, they soon obeyed when they realised Carl was backing him – they still respected the rank, if not the man himself! Eventually, balance was*

Kaye Bewley

*restored, stability maintained and the structure was fortified and, of course, the attacks from the enemy grew less and less when they realised the futility of fighting such a strong unified force.*

*Signalman Stuart was true to his word and handed back control to Captain Carl who was astute enough to promote Stuart. From this exercise, Carl learned the value of trust and the need for teamwork.*

**Briefly, the underlying message here is that:**

some kind of order needs to be followed so that stability can be kept within the body (a variety of minerals is needed, not just one)

teamwork is a must if situations are to be worked through (minerals always work together)

balance can be restored if structure is reinforced (good strong bones rely in continuous reliable input of nourishing foods and fluids)

And if you're still stuck on how the stress/bad bones link works, then remember this caption:

***“BALANCE BONES AT THE SSRB CAMgP!”***

What this hints at is that there are six minerals needed in your camp site (your body). These are the minerals that specifically influence the density and structure of your bones – the ones that stress depletes. Of the six, the first three minerals that work in your *Ssrb Camgp*, are:

## Depression – how to help yourself through it

### *SSRB Camp*

*Sulphur (S) – supplies amino acids for hair and skin*

*Strontium (Sr) – ensures reliability of bones*

*Boron (B) – figures out the structure of bones*

*Calcium (Ca) and Magnesium (Mg) – together they keep bones and teeth strong*

*Phosphorus (P) ensures the metabolic electrolyte system (you, the hydro-electric battery) is balanced*

In the metaphorical story here, you might notice that the initials C M and S (for Calcium, Magnesium and Sulphur) are used to reinforce the mineral message. It is as well to remember that if one of these minerals gets weak (i.e. Captain Carl/Calcium in this instance) or not present at all (Major Magnum/Magnesium), this can lead to other minerals becoming either complacent and failing (Sr, B, P) – or even taking over completely (Signalman Stuart/Sulphur). Hence, an unbalanced camp site and in reality it will cause problems (in osteoporosis this could indicate bone density loss).

From this one little demonstration, it is easy to see why no mineral acts alone and why they need to work as a team in creating a harmonious relationship within the camp (your body). Minerals show us that they have a variety of functions to perform, the most important of which are at the cellular level where they:

- (a) maintain the balance in the body
- (b) ensure the stability of fluid

(c) influence the structure and function of proteins.

At the visible physical level, minerals have control of the sensitivities in nerves and muscles too. Not wishing to get too complicated, you might want to know how minerals fare in your digestive tract – the intestines.

Quality permitting, minerals can be abundant in the water we drink and the food we digest, but casting outside influences aside for a moment, it is in the digestive tract where that quality is determined and where they are absorbed and used by the body. From here, it is the small intestine that absorbs minerals and where the rate of that absorption is established.

Food sources for our *Ssrb Camgp* include:

*Sulphur* = fish, eggs, onions, garlic, turnips, cabbage and broccoli  
(mostly white foods)

*Strontium* = found in low amounts in sea water and most vegetables

*Boron* = apples, pears, grapes, leafy greens (green foods)

*Calcium* = cheese, milk, sunflower/sesame seeds (yellow foods) +  
parsley and broccoli

*Magnesium* = nuts, seeds, whole grains, brown rice and hard water  
(brown foods)

*Potassium* = fish, chicken, turkey, milk, cheese, eggs, seeds and nuts  
(white foods)

An obvious area that nutritionists always ask you to avoid is the *type* of food that increases mucus production (whose job it is to coat and protect the digestive tract from harmful substances). When mucus is abundant, minerals have a hard job. So, to help our minerals have an easier time of it we need to be aware of the foods that produce mucous and those that do not.

Mucous forming foods are *red meat, refined foods, carbohydrates, wheat and dairy products*.

## Depression – how to help yourself through it

If we eat in excess of these types, with the addition of *mineral deficient (packaged and processed)* foods together with *alcohol and caffeine* - then the body will have no choice but to produce an abundance of mucous to protect itself and, ultimately, create problems for the minerals trying to get through.

An important note to remember is that taking any one mineral (Calcium – Captain Carl - for instance), in excess, can create just as many problems as a deficiency in all of them.

Learn to use time effectively. Perhaps this is a strange analogy, but osteoporosis can be caused by stress and stress can come about as a result of not having enough time to deal with a situation. When you're stressed you excrete the minerals needed for building bones (and remember that's not just calcium – there's sulphur, strontium, boron, magnesium and potassium in there too).

Excess intake of sugar, caffeine and alcohol – deplete the minerals needed for better bones.

Therefore, slow down and build better bones – as well improving a huge amount of other things too (including depression)

## Kaye Bewley

### *10 steps to better emotional health*

*be a friend to your liver – help it to detox and take Milkthistle as it regenerates liver cells*

*eat less, eat often, eat simple – local naturally grown food*

*go blackberry picking – when you get the chance, eat all foods that are grown in the big outdoors*

*go with the flow – vary your meals and eat more in the morning*

*all liquids are NOT the same – water is a totally different quality to juice, tea or coffee. Also, you might not need 2ltrs of water a day, you might need more or you might need less - be aware of what you need*

*pick and choose – don't take or do anything that you don't want to (supplements, exercise or otherwise)*

*love the skin you're in – it absorbs everything that you put on it - into your digestive tract*

*dance like there's no tomorrow – don't punish yourself, just enjoy the spirit of movement – walk, swim, cycle, climb, dance, yoga ...*

*sweat the small stuff – your skin is the biggest organ of your body, the more you allow yourself to perspire, the better your metabolism will be*

*cultivate an attitude of gratitude – be happy with what you have*

## **Ways to Get Great Mood Foods Inside You**

Here are some menus, dips and sauces ... nice things to look forward to, tasty tips and avoiding all those 'aduki beans, tofu and humus' that many don't like the taste (let alone the look) of.

## Depression – how to help yourself through it

Juices and smoothies are brilliant ways to play with wonderful tastes and the Innocent bunch are doing a grand job at creating some wonderfully refreshing recipes that can only do you a lot of good.

The first task is to try a couple out, then start to be creative yourself. There are a few basic recipes that just do wonders to get you out of depression and these are listed here. They have been collected from the books that are mentioned in the listing at the end of this eBook, so try them then buy the books – you won't be sorry!

### **Keep Energy Levels Balanced with Fruit**

Depression drains your energy, so to perk you up you need to get something through your intestines that will be longer lasting and more controllable than sugar or a chocolate bar.

A great juice that helps your liver perk itself up is this one thrown in the blender.

*1 Pink Grapefruit, 1 orange. 1 lemon. A teaspoon of Linseed oil.  
Your liver will become your best pal if you get this inside you. It's  
great with your breakfast and it is wonderful prior to a main meal as it  
wakes your taste buds up.*

*Remember to allow your body to rest between drinking this and eating  
your meal.*

*Also, allow at least 20 to 30 minutes for the vitamins to be given a  
chance to get through your digestive tract before you put any caffeine  
in there (as the caffeine cancels out the Vitamin C!).*

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*1 tsp linseed oil, 1 banana, a couple of physallis fruits (the more you have the sweeter it will be), half tsp honey, water to make to the fluid consistency you prefer*

*Blend together and drink immediately – if you leave it a little while, it thickens and doesn't taste as good!*

~ ~ ~

*1 apple, 1 banana, 4 strawberries, tsp linseed oil, half tsp honey and water to make to the fluid consistency you prefer*

*blend together and drink – you can add ice to this one*

*Very good way of getting vitamin C in you. This one is full of antioxidants that help to combat those free-radicals (those things that damage your cells) Strawberries help to keep you young and stop you rusting on the inside. Apples and bananas are a great source of fibre, which is what your bowel needs to help your brain function properly.*

~ ~ ~

*An orange, half a mango, half a peach, tsp linseed oil, half tsp honey, squeeze half lemon in there too*

*blend together, helps you fight infection and keeps your mood levels balanced.*

~ ~ ~

*half a papaya, handful of blueberries, four strawberries, handful cranberries, tsp linseed oil, half tsp honey*

*blend together, will recharge your batteries and give you all the vitamins your body and emotions need. This drink will help build cartilage, joints, skin and blood vessels – help your immune system fight infections and improve memory.*

## Vegetable Dishes ...

*2 beetroots (not in vinegar – get the vacuum packed), squeeze a lime or an orange, tablespoon ginger, tablespoon parsley, teaspoon honey, teaspoon linseed oil*

*blend together. Beetroots help your gallbladder, they provide fibre and enzymes (to break down foods) and they also have potassium and magnesium (to build better bones), as well as vitamins A and C (for*

## Depression – how to help yourself through it

*eyes and immune systems). They also are a good all-rounder to help beat depression.*

~ ~ ~

*2 broccoli florets, 2 cauliflower florets, 1 large carrot, some raw shelled almonds, 4 tablespoons of mayonnaise, half teaspoon honey, teaspoon linseed oil*

*blend together. Broccoli has the same amount of Vitamin C as an orange – it also has those build better bones minerals (calcium, magnesium, potassium) as well as being abundant in vitamin A and K. All in all, broccoli is great because the enzymes within it prevent cancer causing chemicals getting a grip and also improves mood.*

~ ~ ~

*6 carrots, 2 oranges, shelled pecan nuts, some blueberries, some chopped parsley and oregano, teaspoon linseed oil, tablespoon virgin olive oil*

*grate carrots, peel and quarter oranges, mix all together Carrots are the best to help you see better – not only are they rich in vitamin A, but they also have fibre (to help your gut, and hence improve your mood), but also some great enzymes to help break down food. They have also been known to reduce the risk of cancer and heart disease too. Blueberries are ranked top of the fruits – they help the kidneys flush out toxins, build your bones, improve your eyesight, prevent heart dis-ease and helps your immune system fight.*

~ ~ ~

*A handful of fresh baby spinach leaves, an orange, a beetroot, some pine nuts, some linseeds, teaspoon of linseed oil*  
*MY FAVOURITE SALAD! peel and cut the orange, dice the beetroot and mix all food together then delight in this tasty salad. Spinach should be classed as a superfood. It's rich in everything you need – protein, iron, magnesium, potassium, zinc, fiber and those all-important enzymes as well as nearly all the vitamins (A, B, C, E and K). Great for the eyes, helps prevent cancer and is so tasty, it'll elevate your mood immediately.*

Kaye Bewley

## **Stress Buster 2-Course Meal**

*Starter: Strawberry, blueberry and kiwi fruit in a bowl*

*Main Meal: Smoked mackerel with spinach salad and sunflower seeds*

*Drink: fresh mineral still water (Volvic is best – no I'm not on commission!)*

## How to Accept

What is Acceptance all about?

The ultimate accolade of acceptance is peace within you. When peace resides in your heart, in your mind and in your whole body, you have the answers to how to live your life without anxiety, worry and the stress that results. Unfortunately, peace has become a sad word flung around war torn places in desperate need of it. Even though we don't know it, peace will only ever come to us on the outside if we have it in the inside. And we will only be able to find it when we accept ourselves as we are, in the present moment.

Having peace within you brings composure and poise. It is a change that cannot help but come naturally to your physical body. Pause a moment and think about those who you believe are not only 'peaceful people', but who give the message that they have 'peace within them'. Once you recognise it, you'll notice that those who have peace within them have graceful movements, they hold themselves well, their bodies hold no ills, aches or pains and their face is creaseless.

Kaye Bewley

*Try it  
Say goodbye to the old you right now.  
How this makes you feel?*

## **What are the laws of cause and effect?**

The simplest way to explain it is by reciting this passage:

“Every cause has its Effect; every Effect has its Cause; everything happens according to Law; Chance is but a name for Law not recognised; there are many planes of causation, but nothing escapes the Law.”

Come again? The paragraph above is recited in that mystical of all books, The Kybalion. I capture it here, because when we talk about cause and effect, this appears to have the biggest meaning by far.

Science can explain it all away with their Big Bang Theory and Einstein’s Theory of Relativity and the Selfish Gene Theory – all these theories literally confirm what The Kybalion states: “Nothing ever merely happens. There is no such thing as chance ...”

The majority of life on the planet (and that includes the birds and the beasts as well as us mere humans), move along with events as they happen. They, and we, don’t really question anything about our surroundings and our lives as they happen (unless something comes along to shake it up of course, there are always going to be those who can’t help but jolt it into action!). This is all part of the game of life, there will always be movers and shakers, makers and breakers - each defines life in their own way within the environment in which they live.

## Depression – how to help yourself through it

So, by that reckoning, there is no such thing as chance. If there was, where would it be within all of this? It stands to reason if there is a cause then there will be an effect – and chance can't really fit into the equation. So by this reckoning, neither can the 'selfish gene' theory.

However, chance arises from a situation that no one can see actually happening. There's no one to witness what has caused it and in order for chance to happen, there has had to have been a cause. A dice that is thrown has a cause and an effect, but it is entirely left to 'chance' the way it will fall. So, is chance, really just an effect? No. The cause is the throw while the effect is the result. There is no chance.

## **The capacity to understand**

Face it, life is complicated. If you have the ability to get through a day without understanding that you have a truly remarkable gift. Even a Sparrow has a day fraught with problems, although your life won't revolve around watching out for bugs (unless you work on a PC of course!), you will have infinitely more decisions to make before you lay your head on that pillow tonight.

To live as a human in this day and age requires a competence previously unheard of in the known history of mankind. Your life, for all its conveniences, has more choice, so in effect you have more decisions to make with regards to what is going to make that life desirable or comfortable.

As soon as you wake in the morning you'll either feel 'great, the day has started', or groan that you want to spend more time in bed than you have done. Either way, at

## Kaye Bewley

least you have that choice (even if you work, you have the choice of staying in bed or not!). It's entirely down to you, your decision. And because you have that decision handed to you on a plate, it's sometimes not that obvious.

Take a step back and look at your life. All the things that you have done up until now have led you to where you are today. If you have children, if you're a college student, if you're living with your parents, partner or a pleb, the decision to do so - particularly at a subconscious level - was yours. So, if you're not happy with your lot, your life or your load then you know you have to make some kind of decision to get you out of it.

To blame other people for the predicament you find yourself in won't do you (or them) any good. It will only serve to frustrate you (and them) more. Once you understand this small fact of life, the easier it becomes. It doesn't mean that you'll be able to up sticks and move on out of whatever situation you've got yourself into immediately, it simply means that your life will be easier to handle if you know that you can't place the blame for it on anyone else.

### **Who hinders or prevents your efforts?**

It takes energy to combat stress. Exerting yourself over whether you want to do something that someone else has told you to do, that you don't want to do, is really not a pleasant task. But hold your horses, because you really do have the power within you to decide whether you want it or not. By accepting this simple little fact of life, the anxiety immediately vanishes.

## Depression – how to help yourself through it

Whatever your personality type or take on life, whatever is the situation you face, your own inner problem solver makes it simple for you to regain the upper hand in the situation and give you the ability to move into action for some semblance of calm.

One way of doing this is to think of your own body language and voice control, you don't need to be confrontational by standing above or towering over someone. Many people nowadays know that this means you've lost your rag. In order to take back control and gain a little respect in the process think of the word 'level'. By coming down to their level and levelling your voice you take back any loss of control you felt.

*Remember*

*There is nothing anyone can do to 'make' you do something you don't want to do.*

If you tackle any situation in an 'adult' manner, rather than letting the child within you take control, there's simply nothing anyone should or could complain about.

## **Why do we feel our plans are dashed?**

When you have a desire to do or have something and you're unable to because someone else blocks your efforts, you feel crushed and unable to come to terms with the negativity that comes from them.

You may feel they are out to destroy everything you've set your heart on and feel cast aside and rejected because of it, but remember not to take it to heart. They too

have the ability to reject something if it doesn't fit in with their plans or their thoughts or even if they cannot agree with your point of view.

We all have differences of opinions, it's time to be able to learn to respect those differences and accept them.

## **Angry?**

Anger is an odd emotion. It has a tendency to take over your whole being by beginning with a swirling sensation in your stomach followed by a twinge in your heart and thousands of thoughts rushing through your head all at the same time.

When someone insults you or offends you by cursing you or by putting you down, or merely forgetting to say 'thanks', you begin to feel unappreciated or rejected. It makes you feel small and insignificant. You feel you can't reason with whatever it is or whoever it is that is making you feel you've lost control of the situation.

On the small scale, neighbours are the ones who bring out this emotion in each other more than anyone else. Neighbours who cut down beautiful trees that you have (probably) taken for granted though appreciated throughout the seasons. Neighbours who grow trees that cut out the light to your own garden or neighbours who neglect to pick up their own rubbish - until the wind blows it outside of your house and you end up having to pick it up! There are also neighbours who claim a piece of land is theirs, yet it's clearly within your boundary and you can't understand what difference it would make to the three acres they already have. There are a hundred and one reasons why

## Depression – how to help yourself through it

neighbours can annoy and irritate you, yet it is within you to either let it go or let it bother.

It is hard to accept that the feelings within you are yours alone. No one else can hope to understand what you're going through. From the outside, your problems may appear trivial to others, yet to you it's all-consuming.

How you deal with your problem, is up to you. Dwell on it, by all means, but crying and sulking or feeling bad about it is not going to alter your neighbours attitude. However much upset you feel and express is not going to make him or her relent and think about how much hurt they are causing you.

So it's really up to you. Accept their attitude, which to be frank is really not very nice, or dwell on it and make yourself feel worse, because you're certainly not going to make them feel any different about the situation.

## Remorse

Anguish or guilt normally sets in when you know you've done something wrong or caused grief for someone else. Shame and embarrassment are emotions normally felt by people who wish they could turn back the clock and rub out all that they have done or said. But clocks cannot, in truth, be turned back. Only apologies can hope to suffice or paper over the cracks.

### *A Story of Strength*

*An oak and a reed were arguing about their strength. When a strong wind came up, the reed avoided being uprooted by bending and leaning with the gusts of wind. But the oak stood firm and was torn up by the roots.*

*Aesop*

## Ways to Unwind

### **Actively relax**

How can you relax when you're feeling so wired up, anxious and so filled with sadness for yourself, your family and the world at large? The good news is that there are many ways you can achieve this.

Instead of lying in bed trying (unsuccessfully) to escape the day by sleeping through it, there are a couple of ways you can fully relax – and still be aware at the same time. These methods give you some control over your emotions and, in turn, set you on the path to freeing yourself from that big looming cloud of depression.

### **Breathing exercise**

Settle in a comfy spot

Become aware of your feet relaxing, then move your concentration up your body relaxing every muscle right through to your head

Breathe in to the count of 7 and out to the count of 11 (or if you have difficulty, breathe in to the count of 3 and out to the count of 5)

Depression – how to help yourself through it

Be aware of the lessened tension inside you

## **Muscle exercise**

Relax comfortably and make a fist of your hands – tight as you can.

Look at your fists – be aware of the whiteness of your knuckles and feel the pressure against your palms, thumbs, fingers

Close your eyes

Relax your fists and slowly unwind your hands

Feel the relaxing sensation spread up your hands, arms, brow, cheeks, jaw, shoulders, chest and throughout your body

As the relaxing sensation comes through your body, imagine the stress falling away and the calmness entering in

## **The breath of life**

Use the breathing exercise and create a special place for yourself – close your eyes and imagine a pleasant scene that makes you feel calm and relaxed (if you want a tranquil scene, imagine sitting on a beach by the sea, on a bench on top of a hill, in a cosy woodland by a stream or sat in your favourite garden – or if you want an active scene, imagine sailing, paragliding, mountain climbing etc.). To make it more real, imagine the smell of the ocean, the sound of songbirds, the feeling of grass or sand between your toes.

## **Other ways to relax**

### Scale your mood

Gary Craig, Founder of EFT, always uses the scaling method to find out how much emotional distress his clients feel. He asks them “on a scale of 1 to 10, to what extent do you experience this emotion?” You can do the same for yourself.

When you feel that you are going through a depressed phase, make a note of it and judge on a scale of 1 to 10 how intense that feeling is for you. If you want to judge how you feel over a period of a day, week or month, it might be a good idea to keep a diary note of the scales you experience.

### Put it down!

Hold the thought in your mind that this thing called depression is a ‘possession’. How much value would you put on it? How much does it weigh? Visualise it as something that you carry around with you in your handbag or rucksack - something that you can put down at any time, if and when you want to.

### **Expand your horizons**

Living in a wonderfully upbeat and friendly way like man's best friend (a dog) has a spill-over effect: it broadens your perspective on everything from problem solving to global issues. Instead of relying on habitual ways of thinking and the same circle of friends, act like your dog does when you take him/her for a walk, and sniff out those delightfully new scents the world has on offer. Take a leaf out of their book and sample new ideas, new groups of people, new ventures. Experiment with

## Depression – how to help yourself through it

ways to express your values and interests. Learn about the good in other cultures and beliefs. Keep up the momentum and travel or study to broaden your mind. Welcome challenges that extend your world.

### Quit Worrying

Hard? Not really. Think of what worrying achieves. Actually think about it, now. It achieves absolutely nothing.

Worrying doesn't move you forward one jot, all it does is anchor you to the spot or hold you back from making your dreams come true – and makes those horrid sensations of depression all that much more vividly horrible and ultimately tiring for your overall health.

If you want to worry about something, then go ahead – allocate yourself ten minutes a day to the tiresome task of worrying. For the rest of the day, get yourself something nice to do so that you have something pleasurable to concentrate on.

#### *The power of the mind*

*The knowledge of what your mind is capable of a great tool to have at your disposal. And the great thing is everyone has it – including you.*

*Test it out for yourself. Have you ever thought hard enough about something that you thought you needed or wanted, and one day, when you've completely forgotten about it – it turns up in some unusual and unexpected way? That's your unconscious mind putting it all into action for you – to meet your need.*

*But, and here's the sorry and sad fact of life: not only does it work for the better and the great and the good of and in your life, it can also work to your detriment too – i.e. think bad thoughts and that's what you'll get.*

## **Don't berate yourself**

If you find that you always put yourself down, don't! Stop it.

Every time you hear yourself saying or thinking to yourself "I can't do that", or "I'll never get there in time" or "S/he's better at it than me", or "I'll fail", or "It's my fault", or "I won't manage that", or "I'm not good enough" or "I can't cope with that"

Shout the word 'STOP' aloud.

Of course, it's much better to say it when you're on your own in your car or at home than in a crowded restaurant. You'll have to say it a few times more than you think you'll need to, at first, but you'll get there in the end.

## **Be Curious**

Curiosity may well have 'killed the cat', but it might just be humanity's saving grace. It has fuelled exploration and discovery, creation and civilization, our never-ending fascination with the big mysteries.

Expand your worldview and see where curiosity leads you. Ask questions. Take courses. Walk around and look about you. Renew your library card and browse subjects you've never even heard of. Plumb the depths of the human psyche, especially your own. An open mind leads to an open heart - our best hope to save the world!

## **Learn about loss**

Loss is something that everyone experiences in their lifetime. And because we're human, it's natural to grieve, the sadness can overwhelm you and at times you'll feel lost in the maze of life that keeps hitting you in the face. It is important, though, to separate the loss of someone, or something, and to put it into perspective. Life can be cruel, some know this more than others, but when you begin to indulge in these feelings of sadness for an extensive period of time, only bad feelings and more sadness can come from it for you.

Some people find solace in the scientific findings that it's natural to grieve after a divorce or a death for a five year period (or longer). But this has been proven unhealthy for the individual who's grieving. If you find yourself going through boxes of hankies and wallowing in despair more than three months after the loss, then you need to find some help.

## **Grieve healthily**

If you need to grieve, then do so. But you can do it in a way that will help you through and become a healthier person for doing so.

Acknowledge your feelings when they invade you

Know that memories are just that – pictures in your mind

Move your life on, by putting those cherished belongings away

## Kaye Bewley

Focus your mind on an activity that will give you a goal (small or large, it doesn't matter, as long as you know you can cope with it and you can look forward to fulfilling it)

Do something for the people who are still around you, those who still love you and still want you in their lives – even if it's just one phone call a week. Talk all about the person you've called, for the whole time you're on the phone, make them feel special and alive – you never know they might be feeling depressed too and just needed someone to care

### **Memories to cherish**

Think of what you have at your disposal. Remember all the good experiences you've had:

- the achievements you've made
- the places you've had the courage to travel to
- the people you've met

Any one of them, and many more, that you've experienced throughout your life will bring back a good memory and elevate your mood patterns.

These are a few of my favourite things

Music is the key to your soul, poets have put their words to it for centuries and it's wonderful to dance to. You only have to listen to any one of the songs from 'The Sound of Music' and you'll be cheered up immensely. Julie Andrews has such a beautiful happy singing voice that it's hard to beat her on quality. She won't mind if you sing along with her!

## **Give yourself some time**

Hug a hot water bottle at your tummy in bed. It eases that anxious feeling you may sometimes feel in the morning when you wake. If you wake in the night and get hot, just chuck it out!

When you wake in the morning, take a little time and think about your first thoughts. Make an effort to think of positive ones – even if it’s “Today is going to bring a nice surprise.” Turn off the telly (the news and EastEnders are bad ones when you’re depressed or stressed). Choose to watch pleasurable DVD or Video over something that’s going to make you get sad.

Make a point of stretching in the morning. Try to gently touch your toes, don’t strain though. Or, while on your bed, do a couple of sit ups, add one more sit up each day or week.

Make pleasure part of your life. Make a note of all the things that give you some happiness – anything that you can think of and get at least one of them in your life every day of the week. Everything that passes through your lips that can’t in some way evoke a sense of pleasure in your body – don’t eat. That doesn’t mean eat a lot of chocolate or biscuits, that means really sense what’s going through your system, think of chewing it, think of your taste buds – a good piece of fruit, a succulent piece of meat.

Change your attitude towards the food that’s being digested starting with your taste buds first.

Give yourself two weeks to strengthen these new habits then they’ll become automatic.

## What Help You Can Get

Tom Cruise may have been right about not having to resort to drugs in order to help depression, but we do have to agree (particularly with Brooke Shields who had the stamina to argue with him on that score), that some people do need them to get them through the day.

However, your doctor can help you. If you don't want anti-depressants you don't have to have them. You can always ask to talk with someone – it'll cost the service more and probably take a wee while to get organised, but you are entitled to it. If you can't get it from or through your doctor, then look in the Yellow Pages or on Yell.com under the heading 'Counselling & Advice' – you'll find plenty of organisations willing to offer you a helping hand.

If you want to talk about your past and let someone else know how much pain and regret you feel about the life you've always wanted but never had or the dire and serious experiences you're undergoing now then go to a counsellor that your doctor can recommend.

I always strive to get to the cause of the problems presenting itself and not just aim to alleviate the immediate situation – so, if you truly want to work your way through this depression that has taken hold of you, then I

## Depression – how to help yourself through it

recommend that you spend a bit of money - yes, you can afford it, just think about what you spend your money on and sacrifice one of those little pleasures in order to get a bigger and longer lasting pleasure ... some suggestions of luxuries you can do without for once might be:

- a DVD or a book
- a new dress
- dinner for two
- a weekend away or a long-hall holiday

There are always other things that we spend money on and we will find the cash if we truly want to get through the obstacles. Spend that money on a session with a Human Givens therapist (web site at the back of the book). A Human Givens therapist will listen to you, they will hear you out and they will get you through this cycle of depression by pointing you in the right direction – quickly.

Finally, try to realise that everyone experiences setbacks. We just learn to deal with it in different ways – acknowledge this fact and experiment with different methods that will help pull you out of the mire you've found yourself in.

## Kaye Bewley

### *Quotes by the good and the famous*

*If we could see that everything, even tragedy, is a gift in disguise, we would then find the best way to nourish the soul.'*

*Elisabeth Kubler-Ross MD*

*'Since we cannot get what we like, let us like what we can get.'* Spanish proverb

*'There are no conditions to which a man cannot become accustomed.'*

*Leo Tolstoy*

*'The ideal man bears the accidents of life with dignity and grace, making the best of circumstances.'* Aristotle

*'The grass must bend when the wind blows across it.'* Confucius

*'Nature, to be commanded, must be obeyed.'* Francis Bacon

*'You are a gift worth receiving. Accept the gift.'* Anon

*'The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles ... but to live in the present moment wisely and earnestly.'* Buddha

## **What Other People Say**

It's a fact: love hurts

One half hour argument is sufficient to slow healing from wounds by at least a day. And a marriage characterised by discord is likely to affect the body's immune system even more dramatically.

Professors Jan Kiecolt-Glaser and colleagues from Ohio State University gave blister wounds on two occasions to 42 healthy married couple volunteers, aged between 22 and 77. At their first visit to the hospital

## Depression – how to help yourself through it

research unit, the couples underwent a ‘structured social support session’. At their second visit, a while later, they were asked to discuss a marital disagreement. After both occasions, wound healing, and local systemic changes in pro-inflammatory cytokine production were assessed.

All blister wounds healed more slowly after the marital conflict than after the social support session. Couples who were consistently more hostile to each other in both their sessions healed at just 60% of the rate of low-hostility couples – needing two days longer to recover.

The findings provide further evidence of the sensitivity of wound healing to everyday stressful events – with significant implications for healing after serious injury or surgery. They also ‘provide a window on the pathways through which hostile or abrasive relationships affect physiological functioning and health,’ say the researchers. Sustained stress of this kind could accelerate a range of age related dis-eases, they conclude.

Kiecolt-Glaser, JK et al (2005). Hostile marital interactions, pro-inflammatory cytokine production, and wound healing. *Archives of General Psychiatry*, 62, 1377-84

## **5 Steps to Better Sleep**

If you've ever found yourself counting sheep into the wee hours, then you can take some small comfort from the fact that you're not alone.

Insomnia is plaguing more and more people each year and with the stresses of our daily lives, it's no surprise. You can improve the quality and duration of your

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sleep without resorting to sleeping pills or other artificial sleep aids. All you need to start your journey towards better sleep are these five simple steps:

Establish a routine

Create a peaceful sleeping environment

Reduce stress

Adjust your diet

Use herbs or aromatherapy

The five simple steps outlined here represent the basic framework for establishing a pattern of better sleep and provide an excellent starting point if you find yourself amongst the growing band of people suffering from insomnia. The key to achieving better sleep in the long-term doesn't, as many people believe, lie in reaching for the sleeping pills, but lies in finding a natural solution that works for you.

Donald Saunders author of a number of health related e-books including "Help Me To Sleep - A Guide To Natural Sleep Remedies" <http://help-me-to-sleep.com>

## **High-jacked by your emotions?**

Many people are at the mercy of their emotions. They tend not to do things because they feel the situation will work out to their disadvantage, or they will fail. So they set up a situation that will prevent them from even attempting to do it. This is what we, in the EFT business, call 'psychological reversal'.

## Depression – how to help yourself through it

So, what's this EFT thingie all about? EFT stands for Emotional Freedom Techniques. It's a wonderful new tool that relies very much on the 5,000 year old teachings of the Chinese meridian system of your body. At the core of the whole process is a one line message:

All negative emotions are caused by an imbalance in the energy structure.

What the heck does that mean?

Throughout this book, I have explained that your physical body is fuelled by food, and the fact that you also run on an intricate energy system, fuelled by electrical impulses that run through the body – like the battery. This energy system holds the key to many of the disturbances you experience in your daily life. When it is out of balance, your emotional life could be compared to a car that is in desperate need of a service.

Remember the 'buzz-break' you sometimes experience? Keep that in mind. When you experience something that you don't like, a sensation appears out of no where and pulls you up. It grabs your attention and you don't want to experience it any more. It's rather like an unpleasant electrical impulse that 'buzzes' through your body. Some people get it in their gut, others in their head, others elsewhere. But wherever it is felt, it all amounts to the same thing: it's the disruption in the energy system – a 'buzz-break' if you like.

This energy disruption causes an imbalance. And the imbalance has a knock-on effect that touches your emotions. Your emotions are fluid and carry memories - when you feel something bad about a situation your energy

## Kaye Bewley

is disrupted and the memory gets stuck – or associates itself with that particular event.

After a while the memory either fades – because other things happen in life that seem to be or prevents you from experiencing that bad situation again by reminding you with the ‘buzz-break’ effect.

Hence a negative emotion is an imbalance in the energy structure of your body.

So how would you go about correcting that? A good way would be to stick needles in those points where the energy lines meet ... rather like acupuncture, but more like acupressure. But there’s a far simpler and quicker method and it’s very easy to learn. It’s called EFT and it frees your emotions from the negative energy that is stopping you from attempting to get that experience again.

EFT takes on the premise of acupressure where selected energy points are pressed – or quickly tapped in a recognizable and easily learned sequence - until the emotion is freed.

This tapping procedure has been proven to work on many aspects of emotional disruptions – and a good side effect has been that any physical symptoms have been relieved because of it too, the reason for this is that many physical symptoms have been related to the negative emotional disruption.

EFT can be a strange process, many people have laughed at it because it’s totally outside of their belief system. However, the heavier your issue, the more intense it will be and the easier it is to see how EFT works. It does not mean that they are harder to get through, some people hold on to traumatic memories deep within their

## Depression – how to help yourself through it

subconscious mind, unable to remember the exact details. When EFT is put into practice, pictures or old memories pop up and can be worked at through the tapping.

The beauty of EFT is that you don't have to traipse through all your bad memories. You don't have to tell the therapist what your problems are – you can keep them private.

With remarkable consistency, EFT relieves symptoms by an unusual but scientific routine of tapping with the fingertips on specific points on the energy meridians, quickly neutralizing disruptions in your body's electrical system. This then stops the chemical chain reaction and frees you from emotional and physical discomforts.

EFT has proved to be very effective with the following problems:

Depression (which includes a whole host of diseases)

- Addictive Cravings
- Anxiety and Panic Attacks
- Anger
- Compulsions
- Concentration
- Fears and Phobias
- Guilt
- Insomnia
- Pain Management
- Physical Conditions
- Peak Performance

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We can all be likened to a battery with an antenna – as that’s basically all we are, units of hydro electrical energy with one purpose in life – to go home. Some of us just need a little more help getting there.

If you’d like to know more about this process, then please do visit the web site [www.emofree.com](http://www.emofree.com) and find out for yourself.

However, if you would like me to take you through a session or two I’m offering a 15 minute phone session for half the normal price for those who’ve had the faith in me by buying this book!

## What to Read

### **Books**

Live Right for Your Type – Dr Peter J D’Adamo

Your Body’s Many Cries for Water – Dr Batmanghelidj

Fats that Heal, Fats that Kill – Udo Erasmus

The Dream Pack, David Fontana, 1997

Human Givens – Joe Griffin and Ivan Tyrrell

Staying Healthy with Nutrition – Elson Haas MD

Nine Ways to Body Wisdom – Jennifer Harper ND PhD

Five Forces of Wellness – Mark Hyman MD

Lunch Boxes, Jennifer Joyce, 2005

Dr Joshi’s Holistic Detox – Dr Joshi (this book offers a good guide to recipes for getting your body back on track)

Encyclopaedia of Natural Medicine – Michael Murray ND

The Natural Nutrition No-Cook Book, Kymthy R Schultze, 2005

Health Boosters, Michael van Straten, 2006

### **Web sites**

[www.emofree.com](http://www.emofree.com) Craig, Gary – EFT

[www.humangivens.com](http://www.humangivens.com) Griffin, J and Tyrrell, I.

[www.psychologies.co.uk](http://www.psychologies.co.uk) – *wonderful new magazine (year old) that explores psychology in a readable and entertaining style*

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[http://www.clinical-depression.co.uk/Depression\\_Information/causes2.htm](http://www.clinical-depression.co.uk/Depression_Information/causes2.htm)  
[www.tillerfoundation.com](http://www.tillerfoundation.com) *Dr Tiller's scientific papers connecting matter to emotions*

# Exercise

## **1. Like/Dislike**

The three people that you like represent the qualities of yourself that you would like to develop personally in your own character

The three people that you dislike represent the qualities of yourself that you would like to heal and work on.

Kaye Bewley

## Useful Addresses

### **BASRT**

British Association for Sexual and Relationship Therapy

PO Box 13686

London

SW20 9ZH

Tel: 0208 543 2707

Email: [info@basrt.org.uk](mailto:info@basrt.org.uk)

Web: [www.basrt.org.uk](http://www.basrt.org.uk)

### **BPS**

The British Psychological Society

St Andrews House

48 Princess Road East

Leicester

LE1 7DR

Tel: 0116 2254 9568

Email: [mail@bps.org.uk](mailto:mail@bps.org.uk)

## Depression – how to help yourself through it

### **CORE Information Management Systems Ltd**

47 Windsor Road

Rugby

CV21 3NZ

Tel: 01788 546 019

Email: [john@coreims.co.uk](mailto:john@coreims.co.uk)

### **Human Givens College**

Chalvington

East Sussex

BN27 3TD

Tel: 01323 811 690

Email: [info@hgcollege.net](mailto:info@hgcollege.net)

Web: [www.humangivenscollege.com](http://www.humangivenscollege.com)

### **Family Planning Clinic**

2-12 Pentonville Road

London

N1 9FP

Web: [www.fpa.org.uk](http://www.fpa.org.uk)

### **EFT – Emotional Freedom Techniques**

[www.emofree.com](http://www.emofree.com)

### **Relate**

Herbert Gray College

Little Church Street

Rugby

Warwickshire

CV21 3AP

Tel: 01788 573 241

Web: [www.relate.org.uk](http://www.relate.org.uk)

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