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Developing Mental Prosperity and Peace through Yoga

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Depression

Defines depression and includes the causes of depression. Allows you to ascertain if you have depression.

Depression Levels in the United States Today

Provides statistics about the percentage level of depression in men and women in the United States.

Antidepressants to Treat Depression

Defines antidepressants and discusses their use to treat depression.

Exercise to Treat Depression

Encourages the use of exercise as a mechanism to treat depression.

Yoga to Treat Depression

Discusses how Yoga can help treat depression. Provides types of Yoga best suited for depression.

Summary

Summarizes the benefits of practicing Yoga to treat and prevent depression. Provides contact and pricing information.

Introduction

The silent killer surreptitiously seeps into your consciousness, so stealthily at times it is indiscernible. 80% of its victims are unaware that this disease is upon them, attributing their lethargy, sadness, and fatigue to some type of physical ailment. Many doctors treat this illness only with medications. Although the medications work, they often have unbearable side effects, curing only the outer layer of the disease. Because the silent killer inflicts the mind, treating the body is often overlooked. Statistics show that exercise, specifically restorative and flowing Yoga, lowers the high cortisol levels associated with this illness. A consistent and safe Yoga practice challenges the silent killer, delving into the inner layers of the issue, and eventually eliminating it from the conscious.

Disclaimer

Talk to your doctor before beginning any exercise regimen. This White Paper does not suggest that you do not see a doctor or use antidepressants; instead, I encourage you to add Yoga to the aid that your doctor suggests.

Depression

Depression, the silent killer, is a life-threatening medical condition where sadness, sleep problems, fluctuating moods, sense of worthlessness, and other debilitating emotions become so overwhelming that you feel hopeless, incapacitated, and sometimes suicidal.

It is a medical condition of various degrees. There is mild depression, severe depression, and clinical depression. Experts link depression to certain physical ailments, such as back pain, heart disease, and diabetes. Depression, which attacks your mind, has a direct effect on your body.

Causes of Depression

Some causes of depression are:

- Stress
- Short and long term trauma
- Major life changes, such as divorce, marriage, and geographical relocation
- Physical Illness
- Death of a loved one or pet
- Physical, emotional, or mental abuse
- Family conflict
- Addiction
- Poverty
- Racism
- Unrealistic expectations
- Genetics
- Debt
- Sudden decrease in income

Are You Depressed

To ascertain if you are depressed, doctors often ask if you have at least five of the following nine symptoms:

- Down mood on most days and for the better part of the day
- Lack of pleasure in activities that you used to find enjoyable
- A significant increase or decrease in appetite and weight
- Problem getting to or staying asleep
- Intense feelings of agitation or easily agitated
- Lack of energy or excessive fatigue for most of the day
- Persistent feelings of guilt, worthlessness, and hopelessness
- Unable to concentrate
- Recurring thoughts of death or suicide

If you suffer from at least five of these symptoms on a daily basis, you might be depressed.

Depression Levels in the United States Today

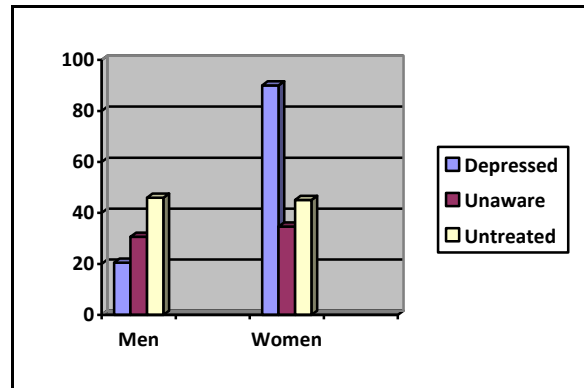


Figure 1: Percentage of depressed, unaware, and untreated men and women in the United States

Figure 1 shows the percentage of men and women in the United States who are:

- Depressed
- Not even aware that they are depressed
- Know or suspect that they are depressed but cannot afford or are too embarrassed to seek treatment

Dangers of Untreated Depression

Because you attempt to self-treat to lift your mood or deal with stress, treating your own depression can make it worse. If left untreated, depression can cause:

- Violence
- Alcoholism
- Addiction to nicotine and other mind-altering drugs
- Divorce
- Death

Antidepressants to Treat Depression

In the 80s and early 90s, if you were depressed and saw a doctor, chances are that the doctor put you on some type of anti-depressant.

Wikipedia defines antidepressants as “psychiatric medicine used to alleviate mood disorders, such as major depression, and anxiety disorders”.

Problem with Antidepressants

Some antidepressants are proven to cause abdominal bleeding and brain tumors. They can also cause adverse emotional reactions, such as violence, suicide, and psychosis.

Taking antidepressants can be helpful for depression; however, they only address a facet of the problem. Antidepressants are band-aids on an infected sore. The sore looks healed on the outside but is still infected.

After you feel better and stop taking the antidepressants, what will you do when depression returns? What will you do when stress, trauma, or life-changing events occur? How can you change yourself, your life to better handle adversity? Antidepressants do not address or cure these issues.

Exercise to Treat Depression

When the silent killer strikes you, it can dampen your desire for living, rendering you immobile and reducing your desire to move. This immobility makes you vulnerable to disease because it hinders your immune system.

Depression decreases your energy, making physical movement seem almost impossible. Exercising increases your energy level and your body level temperature, which has calming effects. Regular exercise lifts your self-esteem, reduces anxiety and stress, and strengthens your bones and muscles. It induces the endorphins in your body, boosting your mood. Endorphins trigger a positive feeling in your body.

Exercise is essential to your depression treatment. It is a natural balm to your mind and a necessary process for a healthy body. It can increase confidence and take your mind off your worries. Depression causes isolation, and exercise provides opportunities to expand social interaction.

Yoga to Treat Depression

Through breathing exercises and stimulating poses, Yoga helps us to unite, stretch, and strengthen our minds, spirits, and bodies. Yoga is a holistic path of health, self-development, and internal awareness that bolsters your mental, physical, and spiritual well-being. It is a mental discipline with physical benefits.

How Yoga Relieves Depression

Each Yoga pose in some way stimulates the respiratory and circulatory systems in the body, effectively improving blood and oxygen flow to move nutrients and oxygen through the body. When the respiratory and circulatory systems are functioning at their maximum, toxins and tension exit the body, and your mind is clearer.

The integration of the yogic breathing and poses link your body to your mind, which makes you aware of and in tune with your inner self and body.

Types of Yoga

The types of Yoga that can help your depression are:

- Meditation
- Restorative or Gentle Yoga
- Flowing Yoga

Meditative, restorative, and flowing Yoga relaxes, invigorates, and renews your mind, body, and spirit.

Meditation

Yoga helps you to slow down your thoughts and control them. During meditation, you use calm, thorough yogic breathing to bring fresh oxygen into and through your body. This fresh dose of life source energizes and empowers you.

Every Yoga practice begins with a meditation or centering phase of about five to ten minutes, where you relax your body, tune into your mind, and control, not ignore, your thoughts. You focus on your intentions for your poses and learn to appreciate yourself and your body.

There are also Yoga classes that are dedicated solely to the art of meditation. You focus and concentrate using your breath as a guide.



Meditation teaches you how to develop and harness your inner self for support and power.

Restorative Yoga

Restorative or gentle Yoga emphasizes gentle moves that simultaneously relax and stimulate your mind and body.

The Yoga moves for restorative yoga often include seated Yoga moves: warm up, backbends, twists, and forward bends.

Warm ups: These moves are meditative, calming, and relaxing. They facilitate



circulation and gently awaken the arms, spine, shoulders, and legs. These poses are mild and deliberate and

prepare you for the rest of your practice.

Backbends: The backbends are energizing. They uplift and stimulate you as they relieve back pain and help your posture. Backbends give you a sense of satisfaction and self-reliance that boosts your self-esteem and energy. The photo shows Cobra pose, a baby backbend.



Twists: Even the simplest twist can stir up sensations and thoughts that bring out your natural insight. They awaken the torso, massage internal organs, increase digestion, and help to remove toxins. The photo shows a Seated Twist, but there are also standing and supine (laying down) twists.



Forward bends: These moves turn on our sensory organs, specifically our eyes and ears, dimming external stimulation. Forward bends usually open the hips, elongate and strengthen the back, and stretch the legs.



The Forward bending poses usually come at the end of your Yoga practice.

If you think stress and anxiety trigger your depression, restorative yoga will be great for you. It relaxes and calms your minds, reduces stress, and increases your mental ability to deal with stress.

Flowing Yoga

Flowing yoga emphasizes standing poses and continuous movement. If your depression saps your energy, makes you lethargic, and causes you to loathe moving, flowing yoga is for you.

Flowing yoga consists of standing, balancing, and inversion poses.

Standing and balancing poses: These poses improve circulation, regulate the nervous system, and energize your entire body. Everything in your body is alive and working. They work your hips, legs, and arms. The continuous flow from one pose to another increases your heart rate to mirror that of a cardio exercise.



The photo shows a basic balancing pose called Tree pose.

Inversion poses: These poses require muscular and mind control. They induce blood flow and circulation to your body. They improve total body strength, improve digestion and immune functions, stimulate memory, and boost your confidence.



Practicing Yoga at Home

I encourage a home yoga practice; however, I suggest that you initially seek direction from an accredited Yoga site or teacher to ensure your safety in the poses.

Summary

With a fluctuating, unpredictable economy, unemployment and divorce rates on the rise, and other traumatic situations occurring, you want to make sure that you include an exercise regimen that gives you mental, physical, and emotional stability. Yoga gives you total prosperity.

If you suffer from depression or want to prevent this silent killer from harkening your door, don't depend solely on antidepressants.

Contact Information

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We can have a confidential and informative discussion about how Yoga can help you. I offer group lessons and private lessons that are customized to your lifestyle and condition. Don't suffer silently and alone.

For more information about Yoga and how it can help you, visit www.youryogaplace.com.

Pricing

No one is turned away for inability to pay. If you cannot meet the pricing information provided here, talk to me. We can come up with an amicable arrangement.