

Naturopathic Medicine Can Successfully Treat and Reverse Depression

Dr. Lena Kian, ND, a California Licensed Naturopathic Doctor, explains in a popular four-minute video how she uses Naturopathic Medicine to successfully treat and reverse depression.

Online PR News – 04-March-2010 In a four-minute video produced by [natural living expert Larry Cook](#), Dr. Lena Kian, ND shares how she uses [Naturopathic Medicine to successfully reverse depression](#) (video: <http://www.thenaturalguide.com/nd/lk-depression.html>).

Depression is a type of mood disorder characterized by feelings of sadness, irritability, helplessness and hopelessness. Other symptoms of depression include weight loss or weight gain, too much or too little sleep, lack of interest in day-to-day activities as well as loss of libido or thoughts of death or suicide.

Sometimes I also test for urinary neurotransmitters and heavy metal toxicity. I use lab results, their symptom profile and lifestyle factors to prescribe dietary changes, nutritional supplementation, botanical medicine, homeopathic remedies and appropriate lifestyle modifications to help my patient regain physiological balance. When a patient follows my protocol, he or she will notice a significant reduction in depression symptoms within three to six months.

Psychological issues such as a negative life situation, feelings of being overwhelmed or having a negative self-esteem can cause clinical depression. Physiological issues such as neurotransmitter imbalances, hormone imbalance or nutritional deficiencies can also cause clinical depression.

Dr. Kian says, "When someone with depression comes to see me, I want to find out when their depression first started, what their stressors are, what their diet is, and to have them fully explain their depression to me. I will order a blood test to check for blood sugar levels, iron levels and B-12 levels and to check for thyroid function. I will order a salivary test for hormones and cortisol levels." "Sometimes I also test for urinary neurotransmitters and heavy metal toxicity. I use lab results, their symptom profile and lifestyle factors to prescribe dietary changes, nutritional supplementation, botanical medicine, homeopathic remedies and appropriate lifestyle modifications to help my patient regain physiological balance. When a patient follows my protocol, he or she will notice a significant reduction in depression symptoms within three to six months."

Naturopathic Medicine is a [natural medicine](#) model that emphasizes the identification and treatment of the root cause of disease in order to restore health. Conventional and alternative diagnostic testing is used to evaluate the root cause of disease symptoms and then diet and lifestyle modifications are prescribed along with appropriate nutrients, botanical medicine, homeopathic remedies and other natural therapies to enable healing of the affected areas of the body.

Mr. Cook says, "Natural living and Naturopathic Medicine work because the body will heal itself when given the right conditions. When people take responsibility for their food choices and lifestyle choices that affect overall health and also decide to work with a qualified natural medicine professional such as a Naturopathic

Doctor, symptoms like clinical depression will completely disappear.” To watch the video of Dr. Kian, ND share in detail how she diagnoses and treats clinical depression, visit

<http://www.thenaturalguide.com/nd/lk-depression.html> . To learn more about the natural living lifestyle, visit <http://www.thenaturalguide.com> .

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Image Gallery



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