



**Depression: The Integrative Mental Health
Solution: Safe, effective and affordable non-
medication treatments of depressed mood (Your
Mental Health Care: The Integrative Solution
Book 2)**

James Lake MD

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This book is offered as a practical resource on safe, effective and affordable treatments of depressed mood from the perspective of integrative mental healthcare.

Integrative mental healthcare:

- is a person-centered approach to mental health care
- takes into account the needs and preferences of each unique person
- focuses on maintaining optimal health and treating symptoms not disorders
- uses both conventional mainstream approaches like medications and psychotherapy, and alternative therapies like herbal medicines and acupuncture
- is based on the best available medical evidence

If you are currently struggling with depression and taking a medication that isn't helping, experiencing adverse effects, or you simply can't afford to continue taking a medication that is working this book provides valuable information about non-medication alternatives that will help you feel and function better such as herbals, vitamins and other natural supplements, whole body approaches, meditation and mind-body practices, and energy therapies.

This book is written to give you the maximum amount of information in the least amount of time. From the contents you can instantly navigate to sections that will help you:

- Understand depression better
- Take inventory of your symptoms
- Identify treatments that make sense for you based on the evidence
- Learn about a range of specific non-medication and integrative approaches for treating depression or preventing it from returning
- Develop a customized treatment plan that is right for you
- Re-evaluate your treatment plan and make changes if your initial plan doesn't work

If you're not depressed now but you've struggled with depression in the past this book will help you create a wellness plan that fits your lifestyle and your budget. Most important this book will help you think about your mental health care in a more holistic way.

If you are a mental health professional this book provides concise, jargon-free summaries of scientifically validated non-medication treatments you can use when advising clients about safe, effective approaches for treating depressed mood or developing a wellness plan.

An appendix with links to valuable internet resources is included to help you find quality brands of natural

supplements and important safety information.

This book is part of a series on non-medication treatments of mental health problems. Other books in the series cover:

- Your Mental Healthcare: The Integrative Solution (Free)
- Anxiety
- Attention-deficit hyperactivity disorder (ADHD)
- Bipolar disorder
- Dementia and mild cognitive impairment
- Insomnia
- Post-traumatic stress disorder (PTSD)
- Psychosis
- Substance abuse

The series has a companion website <http://www.theintegrativementalhealthsolution.com/> where you can sign up for a free monthly e-newsletter, read the author's blogs on integrative mental healthcare, and find links to valuable internet resources on a variety of non-medication and integrative approaches for treating many common mental health problems.

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Tatum Martin:

Here thing why that Depression:The Integrative Mental Health Solution: Safe, effective and affordable non-medication treatments of depressed mood (Your Mental Health Care: The Integrative Solution Book 2) are different and trustworthy to be yours. First of all studying a book is good nevertheless it depends in the content from it which is the content is as scrumptious as food or not. Depression:The Integrative Mental Health Solution: Safe, effective and affordable non-medication treatments of depressed mood (Your Mental Health Care: The Integrative Solution Book 2) giving you information deeper as different ways, you can find any guide out there but there is no reserve that similar with Depression:The Integrative Mental Health Solution: Safe, effective and affordable non-medication treatments of depressed mood (Your Mental Health Care: The Integrative Solution Book 2). It gives you thrill studying journey, its open up your own eyes about the thing which happened in the world which is probably can be happened around you. You can bring everywhere like in park your car, café, or even in your approach home by train. For anyone who is having difficulties in bringing the printed book maybe the form of Depression:The Integrative Mental Health Solution: Safe, effective and affordable non-medication treatments of depressed mood (Your Mental Health Care: The Integrative Solution Book 2) in e-book can be your substitute.

Martin Song:

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Belinda Hamilton:

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