

# Fight depression—

# naturally



Popular vitamin and nutritional columnist Mike Ventresca reveals the secret to achieving positive emotional health with St. John's Wort—but not just any brand will do.

By Mike Ventresca



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Depression is one of the most common types of mental disorders, affecting about 340 million people worldwide. While depression is considered a very treatable disorder, the truth is the actual cause of depression is unknown. Doctors still don't fully understand why people suffer from depression and thus the treatment can often result in what amounts to a game of prescription trial and error.

Unfortunately, many of the commonly prescribed depression medications produce a host of problematic side effects including: blurred vision, constipation, sleep disruption, weight gain, nausea, diarrhea and sexual dysfunction. To make matters worse, some medications can make the depression more severe and have been shown in some cases to increase thoughts of suicide.

I guess it's not surprising, then, that I'm asked so often about natural options to combat symptoms of depression. In fact, a very close friend recently asked me this question. For years, he has suffered with common symptoms of mild to moderate depression including: a sullen mood, feelings of hopelessness, anxiety and a loss of interest in things that used to be pleasurable. He has been on several medications but was never happy with the results and found the side effects to be highly frustrating.

With the help of his doctor, he successfully transitioned off the medication and decided to look into natural options.

*Vital Choice* offers a 60-day purchase guarantee on all purchases, even if the bottle is open.

When asked for my thoughts, I asked if he had ever considered St. John's Wort. For years, an herb called St. John's Wort (SJW) has long been used in Europe as a treatment for depression. In fact, according to the American Academy of Family Physicians, extracts of St. John's Wort have been shown to be as effective as the popular drug Prozac in the treatment of mild to moderate cases. Perhaps the most exciting result was in learning how SJW works. It appears SJW works by modulating, or regulating, serotonin and other brain chemicals. Unlike many prescription drugs, SJW will not need to be increased over time and does not appear to produce negative side effects. However, it may increase sensitivity to sunlight, so excess exposure is not recommended when taking SJW.

While there are many great St. John's Wort products on the market, not all are created equal. Studies have shown SJW extracts produced by a carbon dioxide (also called *supercritical*) process deliver greater and more consistent results than other conventional herbal extracts.

In fact, supercritically extracted herbs offer the most comprehensive, full spectrum extracts available without using harsh chemicals. The only product I'm aware of that offers a supercritical extraction of SJW is **Mood Take Care™** by New Chapter. That is why I highly recommend it to anyone looking for a natural product to support positive emotional health.

While Mood Take Care is not a cure-all, I believe it offers the best preparation of St. John's Wort available. Although it can take 8 weeks to experience full benefits, I'm happy to say that after only 3 weeks on Mood Take Care my friend reports a greater sense of balance in his life and a more positive outlook in general. He still experiences highs and lows (which he missed while on the medication) but says his lows are less intense and not as frequent. Perhaps best of all, he is experiencing no side effects.

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If you'd like to try Mood Take Care please stop in to Vital Choice Health Store. We offer a 60-day purchase guarantee on all purchases, even if the bottle is open. Please note - if you are currently taking medication for depression please consult your doctor before taking Mood Take Care or before discontinuing medication. You should not take any SJW product if you are pregnant,

nursing or taking certain prescription medications. Please stop in to Vital Choice for more information.

*Mike Ventresca is co-owner of Vital Choice, a health food and nutrition store located at 9243 Sprague Road in North Royalton's Timber Ridge Plaza. The phone number is 440-885-9505. Open Monday thru Friday 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; and Sunday noon to 5 p.m.*

This information is intended for informational purposes only and is not intended to diagnose or provide treatment for any condition. If you have any concerns about your own health, you should always consult with a healthcare professional.



**Unlike prescription drugs, St. John's Wort does not appear to produce negative side effects.**



**Learn. Shop...be healthy!**

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