



What is Low mood?

We all have our 'ups and downs', moments or days when **we feel low** and not our usual contented selves.

Low mood can arise for a number of reasons, such as:

Premenstrual syndrome (PMS), hormonal fluctuations during pregnancy, emotional turmoil, certain mood disorders (bipolar disorder) or depression, lack of sleep (insomnia) exercise and bad eating habits. Bouts of **Low mood** can also **affect children** who are naturally 'melancholic', shy or introverted. For most individuals **Low mood periods** can **negatively impact on their lives**, affecting not only the sufferer – but also their relationships with friends and family.

What causes Low mood?

Research shows that the brain chemical serotonin is involved in low mood. It has been observed that people with fewer serotonin receptors throughout the brain (particularly in the hippocampus) tend to **suffer with bouts of Low mood** or depression.

Conventional treatment for low mood and depression include selective serotonin reuptake inhibitors (SSRIs) such as Prozac (fluoxetine) and Zoloft (sertraline) which **increase serotonin levels** in the brain, however these are strong drugs that are routinely associated with side effects, and long term effects are not fully understood.

Help for Low mood

Natural ingredients have long been used in herbal and homeopathic remedies to support good mood and harmony in the brain. St John's Wort (often called 'Nature's Prozac') is a well-used herb that works to **prevent the body from using too much serotonin**. Passiflora is a calming herb that reduces anxiety and soothes frayed nerves.

Homeopathic ingredients can also be used to help stabilize mood such as Ignatia amara - suited to those who **find themselves sighing frequently and crying** while at the same time trying to 'keep a brave face' or 'laugh it off'. Kali. phos and Nat. sulph are two tissue salts recommended for those who have a high sense of responsibility and a very sensitive nature, while Staphisagria is best suited to those that tend to bottle up their emotions – and often find it hard to say no and feel worse with added emotional stress.

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It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

Tips to cope with the low mood

- **Keep active** – exercise has shown to increase ‘feel good’ chemicals in the brain naturally, and help stave off [depression](#). A simple walk with the dog or a quick swim in the pool can make the world of difference when you are feeling ‘blue’. Regular exercise can help to maintain good mood.
- **Eat well** – The right foods can help support your mind and keep your body functioning well. Certain foods, such as sugary sweets and carbohydrates can cause slumps in the metabolism and end up making you feel low and depressed. Fresh fruits and leafy vegetables are the best way to support good mood.
- **Sleep well** – sleep routine is a key factor when it comes to mood. Your brain regulates your emotions and therefore it makes sense that your brain needs adequate time to recharge. Eight hours of sleep per night is recommended – don’t sleep too much, as this can also upset the balance!
- **Drink sensibly** - alcohol is a mood altering substance, and while drinking in moderation is generally accepted, it is best to try to avoid alcohol if you suffer with [low moods](#). Eight glasses of water a day is recommended instead, to keep your brain hydrated!
- **Write it down** – don’t keep feelings bottled up, if you feel miserable, and don’t feel comfortable talking to someone, keep a journal to let it out.
- **Keep the bond** – it is very important not to isolate yourself from friends and family. Although you may feel like shutting yourself away in your room, try to keep a connection to the outside world – snuggle with a pet if people are getting you down or listen to the radio. If you are really lucky, chances are you have family who will understand your mood and support you needing ‘quiet time’.
- **Know your stuff** – being educated about your mood, means being proactive and more likely to overcome it. Read up on [low mood](#) and the brain so you can better understand how the chemicals in your body regulate your mood. There are also many self-help books out there and biographies of celebrities or showbiz personalities that have struggled with mood disorders and overcome them!
- **Look beyond drug therapies** – drugs are not always the answer. While natural remedies can help tremendously, it is a good idea to also look at holistic treatments such as meditation, yoga, massage and aromatherapy.
- **Mix it up** – change your surroundings. If you always watch the same movie when you feel down, listen to the same song or stay in your pajamas all day – don’t! The brain can easily form repetitive patterns, making it harder for you to change your emotions. Try a new behavior when you feel low – and surprise yourself and others!
- **Watch it** – be sure to monitor your personal stress levels. If things get really bad, or you feel increasingly low, be sure to consult your health care professional. If at any time you feel you are overwhelmed or can’t cope – seek appropriate medical advice and **ask for help**. There are many therapists and counselors out there that **can** help you!

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also



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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable

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procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

Melancholy Lift: Homeopathic remedy temporarily relieves feelings of melancholy, sadness, grief and weepiness

Melancholy Lift is a safe, non-addictive, FDA-registered natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieve feelings of melancholy, sadness, grief and weepiness.**

Melancholy Lift should be taken at the first signs of melancholy such as sadness, weepiness and feelings of fragility to **reduce feelings of grief.** It can also be used provide short-term improvement for somber moods or those with sensitive dispositions – all without side effects.

Melancholy Lift is taken internally and works quickly to **improve emotional balance and stable mood.** Presented in small dissolvable tablets, Melancholy Lift is easy to ingest and hassle-free with **no artificial colors or preservatives.**

[Learn more about Melancholy Lift](#)

MindSoothe: Promote balanced mood and feelings of wellbeing.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in



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MindSoothe can be used to safely maintain emotional health, balanced mood, [emotional wellness](#) and systemic harmony in the brain and nervous system, without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, [emotional](#) balance and overall wellbeing.

[Learn more about MindSoothe](#)

MindSoothe Jr.: Promotes emotional and psychological health and balanced mood in children.

MindSoothe Jr. is a 100% safe, non-addictive, natural herbal remedy, especially formulated by a Clinical Psychologist for children.

MindSoothe Jr. supports the brain's **natural ability to regulate emotion and mood** – maintaining production of essential brain hormones and chemicals related to nervous system health and emotional well-being, thereby helping to maintain balanced mood and optimum performance. MindSoothe Jr. can be used to safely promote well being and naturally support health and systemic balance in the brain and nervous system - **without any harmful side effects** or risk of addiction.

Instead of the capsules used in the adult formula, MindSoothe Jr. comes in convenient and easy to administer drop form – making it simple to adjust dosage for different age groups.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about MindSoothe Jr.](#)

Triple Complex Mood Tonic: Facilitate a calmed mood and soothed nerves

Triple Complex Mood Tonic is a safe, non-addictive, natural remedy containing *100% homeopathic ingredients* especially selected to temporarily **relieves irritability and sadness, and helps restore a balanced mood.**

Triple Complex Mood Tonic is a *combination of three biochemic cellular-supporting tissue salts* and may be taken at the first signs of **irritation and moodiness** for effective, temporary help.

Triple Complex Mood Tonic is taken internally to **support normal serotonin levels.** Presented in small tablet form, Triple Complex Mood Tonic is easy to ingest and hassle-free with **no artificial colors or preservatives.**

Due to its unique homeopathic formula, Triple Complex Mood Tonic is *safe for all ages, as well as during pregnancy and nursing.*

herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee.](#)

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