

We Discuss Natural Anti Depressants

A lot of people, tired of the pharmaceutical medicines, have begun to turn to natural supplements in order to overcome their depression. What would be the reason behind such an act? For a long time now, many natural herbs and minerals have shown abilities of healing depression. Moreover, many of the products that are in the market as solutions to depression by pharmaceutical firms have a huge list of side effects which can sometimes be worse than the depression itself. Below is a small list containing some of the herbs and natural supplements that have confirmed triumphant over the years in the area of depression relief:

St. John's Wort: Is also known as hypericum. To determine the use of St. John's Wort as an anti-depressant, a double-blind study was conducted lately. The study revealed that not only did St. John's Wort prove to be as effective as its pharmaceutical equivalent, but it also had fewer amounts of side effects. This is a breakthrough to prove that hypericum is a natural and useful supplement to be considered as an anti-depressant. Adding to this is the fact that this supplement costs only a fraction of what the other anti-depressants by drug companies cost. It has been evident that it been in use for around 2,400 years! St John's Wort is clearly one of the best natural anti-depressants available in the market.

Ginkgo Biloba: This is derived from the oldest species of tree naturally occurring on the planet. Ginkgo can assist keep your brain in its optimum operational condition. This has been used for over 5,000 years. Ginkgo is known for its facilitation in recovering memory loss and age-related circulation troubles. Studies show that ginkgo may help increase blood flow to the brain and stimulate neural activities, resulting in better short-term memory. It also controls the levels of neurotransmitters in the brain, aiding depression further. Ginkgo Biloba is probably the second in the list of the best natural anti-depressants. Saffron also has known to help overcome depression. Studies have shown that it may be of restorative benefit in the treatment of mild to moderate depression. Bottom line, Make sure you know everything about the drug, consult your doctor before kicking off to use it.

About the Author

This is a fun, interesting, and highly educational resource to learn all about Natural Disasters and the effects that they have on our planet.

Source: <http://www.productsherbal.com>