

80. FEELING DEPRESSED AND BLUE? Help Yourself Feel Better with Acugenics!

One of the nastiest health disorders we can suffer is *depression* -- that is, "feeling blue" ... but for days on end, with little or no relief. Fortunately, a new system of healing called "Acugenics" can help!

Acugenics combines a variety of simple, all-natural methods to holistically treat nearly any common health disorder -- not just depression. Acugenics incorporates techniques which are both "physical" and "mental" to help restore good health and happiness safely, yet effectively. Many of these methods have long (even ancient) histories of success -- often from the Orient -- and each of them is easy to apply but powerful in its results.

First, let's understand a bit about this very complex and potentially dangerous disorder. What makes depression so insidious is that, when we are feeling despondent and gloomy, it's hard enough just to get out of bed, let alone make the necessary efforts to "reverse" (heal) the problem.

It's easy to see that someone feeling suicidal is probably deeply depressed. But depression can have many less-obvious symptoms, such as sleeping disorders, low libido, appetite disturbances and more.

Most depressed people make the mistake of believing "it's all in the mind." Or they blame it on their circumstances -- not enough money ... problems with their love life, fading attractiveness or perhaps trouble with their children or other family members ...

In fact, in recent years many health-care professionals have come to believe that depression -- like most other health problems -- has both a physical as well as an emotional basis. We are not body and mind -- we are "bodymind" ... what affects the body also affects the mind, and vice-versa.

While life's circumstances can surely play a role in how we feel, true, chronic depression is much more an internal condition, one that has very little to do with the situations happening around or to us. The proof: As depression leaves, the world looks brighter and its problems seem less serious ... even if nothing about them has changed.

There are actually *two* forms of depression: *Clinical* (that which is, or should be treated professionally); and *sub-clinical* -- that which we can try treating ourselves. But beware: Even sub-clinical depression can quickly become a major problem.

So it is always good to check with your doctor or health-care professional if you believe you, or a loved one, may be suffering from that malady. This should be done if for no other reason than the fact that certain organic diseases or disorders may include depression as one of the symptoms.

In "energy medicine," which is the basis of acupressure, reflexology and homeopathy -- each an important component of the Acugenics way of healing -- it is believed that at least one, and often several organs or glands lie at the root of every health problem, whether "physical" or "mental." In the case of depression, it is said that the *liver* is the primary organ involved in causing or healing depression.

Every organ and gland produces a wide variety of vital biochemicals while helping to regulate the electric-like flow of energy, known as *ki* or *ch'i*. That energy is the basis of life, itself. When our electro-chemistry is "out of balance," illness and suffering arises. When we restore balance to the affected organ(s), the ailment disappears. We are healed.

That is energy medicine in a nutshell.

Food is very important to the liver. And it is vital in treating depression! The liver is essential to the digestion process; and when we are eating poorly, it is the first organ to suffer.

Another of the liver's more than 500 functions is to cleanse and purify the blood. So when we are using intoxicants, such as *alcohol*, "*recreational*" *drugs* or *tobacco*, the liver becomes distressed. Depression often follows.

Surprisingly to many people, one of the worst of all abuses to the liver is *sugar and sugary foods* ... especially in the quantities most people consume them. In the early 1900's, the per capita consumption of sugar in America was less than 40 lbs., annually. Today, the average American devours over 200 pounds of this dangerous "drug" each year! And without drastically reducing or eliminating the intake of such substances and intoxicants, successful treatment of depression is unlikely.

In energy medicine, each organ is also "in charge of" a variety of bodily parts and functions. In the case of the liver, one of its most important "children" is the muscular system. This also offers us a clue in how to easily and successfully treat many liver-related problems, especially depression: *Exercise!*

In short, when a person stays physically active and does regular exercise, feeling blue or depressed is nearly impossible. This occurs because, when we exercise, depression-fighting biochemicals (such as adrenalin) are released into our system.

This is important: We don't need to do harsh exercise -- such as heavy calisthenics -- or even do a lot of exercise; but it *must* be done on a regular basis, especially when self-treating depression. One of the best of all exercises is *walking* ... taking a gentle, after-dinner stroll every night or two is one of nature's best first-aid techniques when you're feeling despondent.

Those, two practices, alone -- avoiding food and substance abuses plus doing moderate, regular exercise -- are usually enough to heal and prevent serious depression in most people. Sadly, though, many people would rather suffer or even die than to change their diet or lifestyle. And that inertia is what keeps countless sufferers chained to doctors' offices and prescription drugs.

However, since you are reading this magazine, you are probably a person looking to help yourself and are willing to make some changes. Fortunately, once you add a bit of exercise to your life, then try to avoid sugar and other obvious abuses, there are many simple steps you can take to erase occasional bouts of depression.

One of the easiest and most effective of these additional Acugenics techniques is *prayer*. Repeatedly praying in the right way can bring profound benefits ... and very quickly, in many cases! The "right" way to pray is to *focus upon the positive and avoid the negative*.

In other words, don't pray to "beat" or "kill" depression. Instead, pray for Divine Help in moving toward the Light, toward peace, health and happiness. *Pray for the goal that you want to attain*; avoid any mention of the darkness you want to escape. Visualize that goal as clearly as

you can. Don't try to dictate how this should happen -- just let God help you in whatever way God wills.

And there are other supportive methods, too -- techniques such as *G-Jo Acupressure*, *Bach Flower Essences* and many more. These methods, and a great deal of other information, are found in our publication, *Relieve Depression with Acugenics* -- a special "Self-Health Report" from The G-Jo Institute website: www.g-jo.com

With just the knowledge in this unique report, you and your loved ones can feel better and happier than many people believe to be possible. You already possess the awesome power of healing -- it lies within you ... now all you need to do is unleash it!