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How To Overcome Depressions By Yourself

GES Verlag

Gesundheit Erfolg Schönheit

Book

Sadness is a part of life. But depressions aren't a must. There are very different types of depressions with a variety of causes.

In this book the various kinds and causes are described in an easily understandable way. But – and that's the most important – you may additionally learn how to overcome depressions by yourself.

These tips originating from our practice may lead to success within a very short time.

The Author

The known non-medical practitioner Mrs. Sonja Schoch and her husband Mr. Rainer Schoch run a prosperous practice for naturopathy in Obersulm near Heilbronn. The couple Schoch has very thoroughly dealt with chronic diseases, autoimmune diseases, ADHD, borreliosis and neurological diseases as well as their healing. They aim at supporting concerned persons so that those will be able to help themselves. They have developed **special therapies** against borreliosis, ADHD, depressions, chronic and autoimmune diseases which they apply with outstanding success.

The author has published the following books:

**How to overcome anxiety and stress by yourself
ADS, ADHS bei Kindern und Erwachsenen**

Ein Praxishandbuch bei ADS und ADHS

**KPU - die nicht beachtete Stoffwechselstörung
Ursache für ADHS auch bei Erwachsenen?**

(Gesundheitsratgeber und Tipps)

**DMAE - die Wundersubstanz - Für Lernen,
Konzentration, ADHS, ADS, Demenz, Schönheit**

Mit Praxistipps für die Schönheit

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Note:

This guideline was issued most thoroughly upon comprehensive research work with the best of intentions. As it serves exclusively an informative purpose, it cannot substitute a medical diagnosis.

The author expressly refuses any liability or legal responsibility for any incorrect or erroneous indications as well as for any disorders which might arise from utilization of the guideline's contents.

A further remark: There are certainly further products than those mentioned in this book. But the author and editor only indicate those products which have been tried in practice and can consequently be recommended.

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1. Depressions

When soul falls ill, we often do not know what is wrong with us. We notice that we change and realize feelings and modes of behaviour which we do know from ourselves. As soon as the idea of a depression comes up, many concerned persons and their family members find themselves confronted with an unknown topic.

But it need not be a depression by all means. It is quite normal that occasionally everyone is at rock-bottom and not fine for some days. Only if you know bad days, you may enjoy happy days. There is a depression if you cannot get excited about anything for a longer period of time.

If you suffer from a depression, a lot of information essentially need being collected allowing you to get an overview of the possibilities. The situation slowly becomes more under-standable offering a clearer idea of the illness and possibilities of healing. The most important that will be recognized is the following: Depressions can be healed, and you yourself can do something to experience it!

1. Case Examples

First Example:

Description of My Aunt

On the occasion of my sister's birthday party I recognized for the first time that my aunt behaved in a different way than usually. She was silently sitting in a corner of the room leaving the impression of being somewhere else. Sitting down beside her, I asked of what she was just thinking, as she seemed to be lost in thoughts. She only replied that she was not fine, but that this would certainly improve again. One should keep her sitting there - things would get better again. As I saw her talking lively and laughing again a little later, I thought that she had only required a short time-out. She was already older at that time and I assumed that so many people, loud laughing and chattering might be too much for her. A few months later, when I paid her a visit, she told me that she sometimes felt rather strange. In her mind everything seemed to be senseless. I had the impression that my aunt was suffering from the whole world's pain. She was talking of wars which need not be made - it was the time of the Gulf War. According to her view everything was worsening. She felt sorry for the young people as it continuously became more difficult to find a job and so on and so on. She, however, could not give the reason for being so down. At that time I recommended her to consult a doctor for a careful medical check. My uncle was upset because in his view one should not always interpret something serious in such an occurrence. As she would no longer be as young as she used to be, it would be normal that something like this happened from time to time. Finally she must have gone to see her doctor, but not - as she always emphasized - because of her melancholy. In the course of the medical check depressions were by the way diagnosed on my aunt. With the prescription of medication this "matter" was settled for the time being.

Second Example:

Experience Report of a Concerned

A depression mostly becomes noticeable only very gradually. In my case I only became aware of something being wrong with me, after the symptoms had become very serious. As I had always been entirely healthy, with both feet on the ground and stressed out by my job, it was a bad experience of not knowing what was suddenly happening to my body. Looking for information in the internet, I came across the topic "depression". At first sight I believed to be buried by the enormous scope of information, because there so many types of depressions which may also accompany anxiety disorders and psychoses. Additionally the numerous causes can be very different. In my specific case I experienced several very painful experiences in the last few years - which had strongly affected me and which I obviously never got over. Furthermore it is typical of me to first always help other people by diminishing at the same time by own needs and wishes. As friends and acquaintances knew this quite well, they always bothered me with their personal problems asking for a solution. I am a very sensitive person and always try to be there to serve others. But behaving that way, you run the risk of forgetting yourself and indeed - eventually it backfired. As my job put a lot of strain on me - in addition to the fact of being a single mother - it finally became too much of a good thing. Following a physical collapse I was taken to hospital by the emergency ambulance, where a thorough medical check did not reveal anything except a few poor blood test results. A „post-traumatic stress reaction“ and a „somatised depression“ were, however, diagnosed, which I - upon my discharge - discussed in detail with my family doctor. Furthermore I collected a lot of information on these diagnoses from the internet. Especially regarding the complex topic of depressions I - as a patient - consider it very important to critically scrutinize the first diagnoses and

to be well advised of the disease. Particularly the statement “I suffer from a depression” is often ridiculed by the surroundings. Many people do not know that this disease is highly diversified and should be considered as a serious illness. Uninformed people often imagine depressive people as weak persons who cannot cope with their life and the resulting problems. But this is a false conclusion. If soul is suffering, the body will react on it by all means either at an earlier or later date. As already mentioned, the causes can be very different. Trying to analyse my life, I took notes of the energies and surroundings which affected me. In doing so, I came across my family. Only at that time I became aware of having had a big problem with my own mother for many years. It goes without saying that this put a strain on me in the long run. Which medical treatments for depressions are available? Both, ambulant and in-patient therapies are offered. As I am the mother of a fairly young child, an in-patient treatment was not suitable for me. But nevertheless I had a look at it. I would have stayed in a three-bed room in a typical hospital atmosphere - an environment that certainly sickens persons instead of restoring their health. Additionally the classes for handicraft work and sports are not the right things for me. But everyone has - of course - to take his own decision. The very strong and intense medication would, however, have been the worst for me as I usually even do not take any pain killers. Furthermore I did not want to be sedated as I am a strong personality.

I have therefore decided to undergo an ambulant psychotherapy. Due to the very long waiting-lists I have contacted a church institution where help is given more quickly, particularly in an acute crisis phase. But it is of importance to go well along with the therapist - the

“chemistry needs to be right”. Otherwise you should not be afraid of changing the therapist. The first five sessions are granted by the health insurance company. During this time it is possible to go to another therapist if there is no dealing with the previous one. I was additionally suffering from a generalised anxiety disorder. Due to my strong negative experiences which I had gathered with people who I had trusted I hardly dared to socialise. I was just glad to be in my own home. It was even difficult for me to go shopping. In my view all people would be aware of my exhaustion and would think badly about me.

My second therapist preferred performing a behaviour therapy. This type of therapy helps to better cope with the surroundings and to learn from the past. I have later stopped this therapy, as it did not help me to deal with my childhood. I experienced a happy – almost too normal – childhood.

I am now learning on my own to accept my life with mood changes which may arise suddenly at any time and to come to terms with them. Furthermore I take neither tranquilizers nor antidepressant drugs. Preparations listed in the chapter „How to Help Myself“ are always available in my home for any emergency cases. I can take them without any problems as often as needed. For the time being I am able to deal very well with my depressions as I have broken away

from negative influences and affecting people respectively reduced my contacts to them to a minimum. Life is easier for me this way, although my friendly contacts have actually reduced compared with the past. My friends recognize that I have changed. But who doesn't do so in the course of 20 years' friendship? I have learnt a lot for myself and recommend to everyone to seek appropriate help by considering the own dislikes. For this reason an in-patient treatment was inappropriate for me, while it might be very helpful for others.

Third Example:

She was sitting in a café with her friends. While all were chattering and laughing, she was sitting with them and wondered why this get-together seemed so strange to her. At first she had not recognized it and thought it would be due to her living circumstances. But after several weeks had meanwhile passed, she knew that something was wrong. She had the feeling of living in a bubble. She could see the others, could partly hear what was happening around her, but she could not get through to her environment – actually she did not want to. It was the same vice versa – although she tried, her friends and her environment did not get through to her. Too bad that the filter seemed to hold off everything beautiful. But why?

Anne worried about an additional fact: This year she had missed the spring – the season that she loved most. When nature came back to life after the wintertime with the increasingly warming sun, she was sitting at home and experienced the days in a dulled and befogged way. This had never happened to her before. With the first ray of sunshine she had always been the first who worked in the garden to weed and plant it to make it look nice. She had always loved going to the garden centre for buying flowers. But this had meanwhile changed. She postponed the shopping from day to day, from week to week. While the people around her enjoyed the lengthening days and the blossoms in spring, she missed this season. Just like that. Only in the early summer she realized that she was not as fine as the weather. Neither the blue sky nor the sunshine made her feel happy. On the contrary – when the sun was shining, it was too hot for her and anyway she did not feel good. On a rainy day her “ill-being” was due to the bad weather. For the same reason she also avoided to go outside. She did it exactly as most people do. She blamed the weather.

Anne was persuaded by her friends to jointly spend a day at the public outdoor pool. While she was sitting at the pool edge letting her legs dangle in the water, she became aware of it again: she was not glad. She was happy neither about the sun and the bright weather, the cool refreshment nor about the time spent with her friends. It seemed as if

someone had twisted her feelings. Actually, she wanted to go home. Everything was too much for her. The people were too loud and ... and ... and. Nevertheless she envied the happy people around her, but she could not get excited. And this unfortunately happened more and more often.