



Depression is NOT a Chemical Imbalance in Your Brain - Here's Proof

~ Dr. Joseph Mercola
[Article Reference](#)

Forget everything you've heard — find out where this myth came from and why according to the National Institute of Mental Health, it's a botched theory which has been proven to be incorrect. Don't let them fool you with their false science - tell them to TAKE A HIKE and **follow these 5 steps today instead...**

Exercise – If you have depression, or even if you just feel down from time to time, exercise is a MUST. The [research is overwhelmingly positive](#) in this area, with studies confirming that physical exercise is at least as good as antidepressants for helping people who are depressed. One of the primary ways it does this is by increasing the level of endorphins, the "feel good" hormones, in your brain.



Address Your Stress – Depression is a very serious condition, however it is not a "disease". Rather, it is a sign that your body and your life are out of balance.

This is so important to remember, because as soon as you start to view depression as an "illness", you think you need to take a drug to fix it. In reality, all you need to do is return balance to your life, and one of the key ways to doing this is addressing stress.



Eat a Healthy Diet -- Another factor that cannot be overlooked is your diet. Foods have an immense impact on your mood and ability to cope and be happy, and eating whole foods as described in [my nutrition plan](#) will best support your mental health. [Avoiding sugar and grains](#) will help normalize your insulin and leptin levels, which is another powerful tool in addressing depression.

Support Optimal Brain Functioning with Essential Fats -- I also strongly recommend supplementing your diet with a [high-quality, animal-based omega-3 fat](#), like krill oil. This may be [the single most important nutrient to battle depression](#).

Get Plenty of Sunshine – Making sure you're getting enough sunlight exposure to have healthy vitamin D levels is also a crucial factor in treating depression or keeping it at bay. One previous [study](#) found that people with the lowest levels of vitamin D were 11 times more prone to be depressed than those who had normal levels. Vitamin D deficiency is actually more the norm than the exception, and has previously been implicated in both psychiatric and neurological disorders.

