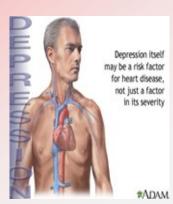
# **Early Depression Symptoms**

**Depression** can strike anyone. Often a case of the "blues" can lead to depression. There are various types of depression, elderly depression, post partum depression, situation depression, and depression caused by chemical imbalances in the brain. Researchers from the Mayo Clinic found that apathy and depression are strongly linked to a person's risk of progressing from mild cognitive impairment to dementia, including Alzheimer's disease.

#### **DEPRESSION SYMPTOMS:**

The symptoms of depression include new sleeping habits, new eating habits, a sense of hopelessness, disillusionment, pessimism, worthlessness, changes in behavior, changes in mood patterns, or a sullen and withdrawn attitude. The

patient needs to express 5 or more of these symptoms for at least two weeks to be considered to have major depressive disorder, but having any two symptoms for a week or more may be a sign of mild to moderate depression. Severe depression can lead to irrational thoughts and behavior, including thoughts of hurting oneself or suicide.



#### **DEPRESSION COMPLICATIONS:**

Untreated depression can lead to serious consequences, such as the loss of a job, illness, the loss of family, and in some cases self inflicted death. Even treated depression can lead to self inflicted wounds and in the worst case scenario, death. Depression is serious and needs to be remedied as early as possible. Post partum depression can lead to the mother harming herself or her baby.



# **ENZOlife Cognitive Serum.**

Our brains need care. It now appears that most adults need about 4,000 IU's of vitamin D3 a day in order to get their serum levels above 40 ng/ml, which is the lowest they should be. Ideally your serum levels should be between 50-70 ng/ml. It's likely that vitamin D fights depression via several pathways, not only directly in your brain but also via inflammation. Vitamin D receptors have been identified throughout the human body, and that includes in your brain. Researchers have located metabolic pathways for vitamin D in the hippocampus and cerebellum of the brain, areas that are involved in planning, processing of information, and the formation of new memories.

#### Making Our Brain Formula Work:

Magnesium is an essential mineral for healthy nervous system function.

Magnesium threonate is unique in that it can cross the blood-brain barrier to improve synaptic density and quality.

Deficiency has long been known to negatively affect brain function.

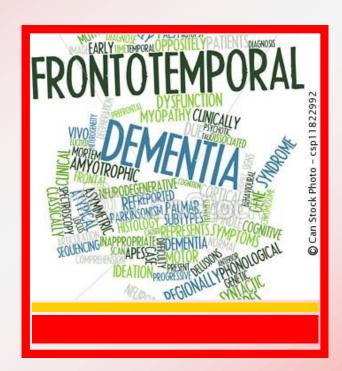


## Magnesium Threonate Improves Nerve Cell Connections

The brain consists of about 100 billion neurons. On average, each neuron is connected to other neurons through about 10,000 synapses. The theory is pretty straight forward: The more connections you have, the better your memory, the faster your brain processes information, and the better your attention and focus will be. Neurologists refer to the deterioration of the connections as *synaptic decay*. It's basically a decrease in density and number of synaptic "connections."

## ENZO Professional is a powerful nutritional supplement!

Health benefits are due to the broad spectrum of flavonoid compounds present in the Enzogenol pine bark extract. These plant compounds have multiple physiological effects in our body. They work as antioxidants, and as natural anti-inflammatory agents, and they contribute to detoxification through their strong metal-chelating action. For these reasons, you should really give it a try by adding it to your regimen.





# ENZOLIFE COGNITIVE SERUM

DEMENTIA, ANTI-DEPRESSION & COGNITIVE THERAPIES

## **WE UNDERSTAND**

I want to make it abundantly clear before you read this, we are trying to help. We know first hand that depression is devastating. It takes a toll on the healthiest of families and can destroy lifelong friendships. Few things are harder in life than watching someone you love lose their sense of joy, hope, and purpose in life, and wonder if they will ever find it again. And to not have anything within your power that can change things for them. You wonder if you will ever have your loved one "back" again.

It's impossible to impart the will to live to somebody who no longer possesses it. No amount of logic, reasoning, or reminders about all they have to live for will put a smile back on the face of a loved one masked by the black cloud of depression.

There are times when a prescription drug may help restore balance to your body. But it's unclear whether it is the drug providing benefits, or the unbelievable power of your mind that is convinced it is going to work. If you have been personally affected by depression, my heart goes out to you.



A broken body can be easier to fix than a broken mind.
Depression is real. It is my hope that you don't feel judged here, but that you are encouraged and inspired by those who have been there.

#### New natural compound for anxiety relief.

Do you feel anxious and on edge? Do you shy away from meeting new people? Are these feelings of avoidance causing you to hide from the world? You're not alone. Over 40 million Americans report feelings of anxiety; that's over 18% of the adult population.

However, recent studies have reached some surprising conclusions about what causes anxiety in the first place.

Previously, there had been a great debate over nature vs. nurture. Is it the bills piling up and the overbearing boss, or are you just a naturally "highstrung" person? Everyone is born with a natural hard-wired response to stress and anxiety. But like any other mechanism, it has its flaws. If one moving part goes wrong, the entire system can spin out of control. In prehistoric times, we needed this heightened level of awareness and caution with danger lurking around every corner. But in modern times, this same survival mechanism that is meant to protect you can make you feel nervous and anxious for no reason. How many times have you said to yourself, "There is nothing to be nervous about," but the anxiety is still there and you can't help feeling this way?

Researchers agree that it is not your fault. Their findings have pinpointed the cause of anxiety to a shortage of GABA and serotonin compounds in your body. GABA and serotonin are nature's natural anxiety and stress relievers.

But there is an even greater problem.

So many of these 40 million Americans who are plagued by anxiety turn to prescription medication, SSRIs. They are trying to solve a natural problem with chemicals. This new research says that you don't have to change your body's chemistry and open yourself up to harmful side effects or even addiction. You can treat this problem in an easy and inexpensive way that



does not involve uncomfortable doctor visits or awkward therapy sessions.

We at **DocsD3** have been perfecting how the safest and most potent ingredients to fight anxiety can be combined into one natural compound.

It's called **ENZOlife** and here's

how it works.
These natural ingredients in the

**ENZOlife** formula work together to aid your body's natural defense against anxiety levels in the human body. The result? You're more relaxed. Worries don't seem as big. Anxiety disappears. And over time, ENZOlife helps to calm your body's natural response to anxiety so you can feel like yourself again.

How good is prescription medication if the side effects are worse than your original problem?

#### Well-Documented Side Effects

The interactions of antidepressants with your brain, liver, digestive system and other systems are still not fully understood, but we do know that the side effects are numerous. Besides the standard laundry list of nausea, dry mouth and loss of libido, more serious side effects of commonly prescribed antidepressants include:

Suicidal thoughts and feelings and violent behavior: The main and primary one that you should be concerned about is that they could actually INCREASE your risk of suicide. Your risk for suicide may be twice as high if you take SSRIs. Seven out of 12 school shootings were also perpetrated by children who were either on antidepressants or withdrawing from them.

**Diabetes:** Your risk for type 2 diabetes is two to three times higher if you take antidepressants, according to one study. All types of antidepressants, including tricyclic and SSRIs, increases type 2 diabetes risk

Problems with your immune system: SSRIs cause serotonin to remain in your nerve junctions longer, interfering with immune cell signaling and T cell growth.

**Stillbirths:** A Canadian study of almost 5,000 mothers found that women on SSRIs were twice as likely to have a stillbirth, and almost twice as likely to have a premature or low birth weight baby; another study showed a 40 percent increased risk for birth defects, such as cleft palate.

Brittle bones: One study showed women on antidepressants have a 30 percent higher risk of spinal fracture and a 20 percent high risk for all other fractures. This is because serotonin is also involved in the physiology of bone. If you alter serotonin levels with a drug, it can result in low bone density, boosting fracture risk.

**Stroke:** Your risk for stroke may be 45 percent higher if you are on anti-depressants, possibly related to how the drugs affect blood clotting.

Heart disease and Sudden cardiac death: Brand new research reported at a New Orleans meeting of the American College of Cardiology found that antidepressants increase your risk of heart disease by causing your artery walls to thicken. The exact biological mechanism is still unknown. A literature review of studies from 2000 - 2007, published in Expert Opinion on Drug Safety in 2008, found that "Antipsychotics can increase cardiac risk even at low doses, whereas antidepressants do it generally at high doses or in the setting of drug combinations." Another study published in January 2009 in the New England Journal of Medicine also found that antipsychotic drugs doubled the risk of sudden cardiac death. Mortality was found to be dose-dependent, so those taking higher doses were at increased risk of a lethal cardiac event.

**Death:** Overall death rates have been found to be 32 percent higher in women on antidepressants.



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