

Depression

Dr. Abrienne Goss, ND

You may be experiencing feelings of sadness, doom, dullness, or a lack of joy in life. **You may feel completely debilitated, stuck and have no idea where to turn.** If this is you, you are not alone! According to the CDC, 1 in 10 people experience some level of depression (1). Depression is nothing to take lightly, as it can prevent you from really living your life to it's amazing fullest.

So, where do you start? Depression medications are one option, but unfortunately, this is often the only option people know of. In 2009 in the U.S., \$22.8 billion were spent on the treatment of depression, including mostly depression medications and ambulatory visits (2). Antidepressants may help symptoms temporarily, and sometimes that is all that a person needs. But often times, people end up on them for years without anyone ever addressing the underlying cause of their condition.

If most depression is caused from a lack of serotonin or dopamine, WHY then, are you deficient in serotonin or dopamine? It's one thing to put a Band-Aid on the problem, but it's another to uncover the cause of the underlying imbalance, so that you can live a powerful life!

"WHY?" is the question I have in my head constantly when I am treating patients. Many different factors can contribute to depression: poor digestion, vitamin and mineral deficiencies, toxicities, living your life in a way that is untrue to "who you really are", and many others! What is it for you?

You've probably been living with depression symptoms for longer than you ever thought you would. *It's time to take a stand for yourself and make the changes you need to live happily, and fulfilled.* It's who you really are, underneath all of those symptoms! Call to schedule your Comprehensive New Patient Exam or your Free 15-minute consultation to see if you are a good candidate for care. **I look forward to helping bring the real you to life!** 541-389-9373

1. <http://www.cdc.gov/features/dsdepression/index.html>
2. http://meps.ahrq.gov/data_files/publications/st377/stat377.pdf

Dr. Abrienne Goss

541-389-9373

www.DoctorWilesGossNd.com