



# News of Books

## An Individualized Approach To Defeating Depression

(NAPS)—There's a new book out that offers a different theory on depression. Called *Depression-Free for Life: A Physician's All-Natural, 5 Step Plan* (William Morrow, \$23.00), by Gabriel



**Dr. Gabriel Cousens**

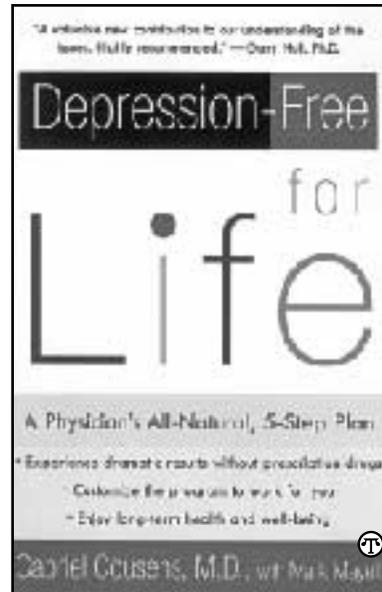
Cousens, M.D. with Mark Mayell. It's been touted as "the definitive guide for the natural healing of depression."

The book has been called compulsively readable for everyone who wants to experience more peace, joy and love in their lives.

Dr. Cousens has based his groundbreaking program on the idea that all depressions are not alike and they do not always have the same physical or mental causes although over fifty million people in the U.S. suffer from depression.

For example, the doctor says one person's depression may be the result of low levels of serotonin or dopamine which are the primary activators of pleasure centers of the brain. Another person's depression may be caused by a deficiency of glutamine, an amino acid that helps the brain perform at its peak level, and boosts mood and alertness.

Dr. Cousens also believes that in order to find effective treatment, we must understand what he calls "the biologically altered brain." This occurs when the brain suffers an emotional or physiological imbalance and is unable to restore its own biochemistry. This situation is a major contributor to depression, anxiety, adult attention deficit disorder, substance abuse and an assortment of other addictions.



**A new book discusses a unique "holistic" program for healing depression.**

Dr. Cousens says people can heal depression safely at the biochemical level, rebalancing what he calls "the natural drugs of the brain" through a highly effective five-step program of mood-boosting substances: combinations of amino acid therapy, vitamin and mineral supplementation, diet and lifestyle changes.

Unlike drug therapy which only soothes symptoms Dr. Cousens says his methods actually repair depression restoring control and joy in life.

A seven-day menu plan with thirty savory but simple recipes can give readers a jump start on eating right to feel great.

*Depression-Free for Life* can be found at local bookstores.