

The Natural Cure to Depression & Seasonal Affective Disorder

“Awakening System”



***Experience the Joy You Were Born With
& Awaken Your Potential!***

By

Jason Thomas Shields

Depression is often grouped into a category called "slow-wave" disorders. Clinically Depressed individuals tend to have an overabundance of slow wave activity, such as Theta waves, particularly those with Seasonal Affective Disorder and Depression. "Awakening" attempts to correct this by speeding up your brainwaves, reducing slow wave activity and increasing blood flow in the brain. In this eBook, I have included several studies, ranging from brainwave entrainment to nutrition to exercises that have been proven to reduce and even eliminate depression and SAD altogether.

My name is Jason Shields and I am ecstatic that you are reading this informative book. I have developed this "Awakening" eBook as a result of suffering from Seasonal Affective Disorder for over fifteen years. It started when I was only eight years old. My parents noticed a huge drop in my attitude and energy when the cold winter months set in. Living on a farm, I was accustomed to being outdoors in the bright, warm sunshine during the spring, summer and fall months. Every year like clockwork, when November rolled around, my entire state of mind/body took a slump. The doctors did not have a clue as to how to treat me other than strong anti-depressants which dulled my senses even more.

Throughout the years of intense studies and trial and error, I have developed a simple system that I have used for two years now that has affected hundreds of lives of my clients for the better: the **Awakening System**. It is my hope that after reading this eBook, you will realize that you *can* do something about your depression. I have broken down this system into three easy parts: Brainwave Entrainment Therapy, Nutrition, & Exercise.

Depression and Seasonal Affective Disorder affects 1 in 20 people. Seasonal Affective Disorder (SAD) is a specific type of depression that occurs generally during the dark winter months. Caused by a lack of natural light, SAD is most prevalent during the October to February period in countries such as the US and the UK where there is far fewer hours of daylight and a heavy reliance upon artificial lighting (i.e. those that live the furthest away from the equator). Little did I know, nutritional deficiencies and slow brain waves were the primary attributes to depressive disorders. For the past two years, my own depression and SAD symptoms have decreased by 75% and I have managed to cut my anti-depressant medication in half and am still decreasing the amounts!

Experts believe that lack of sunlight is overwhelmingly the primary cause of SAD as the amount of sunlight that hits our eyes directly affects the levels of certain chemicals and hormones in our brain. Brainwave entrainment has over 70 years of research behind it. During this time, a variety of brainwave patterns have been associated with specific mental states, disorders and even bodily functions. As a result, sessions can serve a huge variety of purposes, from Relaxation, Hypnosis and Meditation all the way up to enhancing cognition and helping with mood disorders.

SYMPTOMS OF SAD & DEPRESSION

Sleep problems

Lethargy

Overeating

Depression

Social problems

Anxiety and lowered tolerance to stress

Loss of libido

Mood changes

PART I OF THE AWAKENING SYSTEM – BRAINWAVE ENTRAINMENT THERAPY

Depression is a so-called “Slow-wave” disorder, meaning those with depression tend to exhibit lower Beta and SMR levels than do normal people. Depression also has to do with left hemisphere asymmetry, where the right frontal cortex tends to be more active than the left.

However, high Cortisol (stress) levels, low energy, high anxiety or insomnia can also cause depression. For those individual, alpha/theta training has been shown to be very effective. By simply listening to my specially formulated Alpha/Theta “Awakening” CD/MP3, for only 15 minutes a day, you can start noticing improvements in your quality of life immediately! Read on for more Research!

BRAINWAVE ENTRAINMENT RESEARCH

Depression is commonly linked to inadequate levels of Serotonin. While brainwave stimulation has been shown to increase levels of Serotonin, that is not the main purpose of the depression reduction sessions with the "Awakening" CD.

J.B. Henriques, R.J. Davidson and others have found a very distinct brainwave pattern associated with depression: too much activity in the right (emotional) hemisphere and too little activity in the left (logical) hemisphere, leading to irrational, overly emotional reactions to otherwise trivial situations. Correcting this hemispheric imbalance is simple and the benefits are rapid. Often, the correction of this brainwave "asymmetry" is enough to bring Serotonin levels back to where they should be. So, in that sense, the *root cause* of depression could be said to be this hemispheric asymmetry and a general lack of Beta brainwave activity (under-arousal), though the original cause of the depression could be deeper still (genetic makeup, childhood experiences, etc.).

Dr. Siegfried Othmer noted that depressed individuals tend to exhibit lower brainwave amplitudes over all and particularly in the beta range. In other words, depressed individuals exist largely in the Alpha and Theta brainwave patterns, resulting in persistent fatigue or feeling like a "sleep walker".

Dr. Norman Shealy, Dr. Ray Smith, Saul Rosenthal, Norman Wulfsohn, Sual Liss and many other researchers have found that depression can be reduced with brainwave stimulation. Shealy studied Serotonin levels in particular, and found that a mere 2 weeks of treatment was enough to lift 60% of subjects out of depression. Subjects showed a subsequent increase not only in levels of Serotonin, but also norepinephrine, dopamine and beta-endorphins.

In a study on Seasonal Affective Disorder, conducted by Kathy Berg and David Siever, 84% of the subjects became clinically non-depressed after treatment, and 100% of those treated experienced a significant reduction in depression. Results also showed decreases in Anxiety, over-eating while energy and motivation levels increased! Twelve of the participants actually lost weight (average of 9.5 pounds) during the trial!

PART II - NUTRITION AND DEPRESSION

What we feed our bodies can also either increase or decrease the effects of depression and SAD. By giving your body fresh, nutrient dense foods you are arming it with all of the tools it needs to work as effectively and efficiently as possible. Diet has been inextricably linked to mood, sleep, anxiety and depression so it is wise not to further compound any symptoms that may be showing. Of particular importance are **omega oils**, so if you do not eat fish, flax seeds or other sources of omega 3 such as cod liver oil will work equally well. Below are the list of the **Top 10 Super Foods** which fend off Depression!

Bananas are the #1 super food for fighting depression and SAD! Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber - a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.



Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, a natural mood enhancer known to make you relax, improve your mood and generally make you feel happier.

Avocados



One avocado contains approximately 300 calories and is packed full of super nutrients. Roughly 90% fat, the avocado contains mostly omega-9 fatty acids and monounsaturated fats. Avocados are a great source of B vitamins (except B-12), and antioxidant vitamins A, C, and E. They are also rich in potassium, magnesium, iron, and manganese.

Spirulina



This is a true powerhouse! Spirulina is a type of blue-green algae that has been commonly found amongst other locations, in Oregon's Klamath Lake. It has a very rich nutrient profile and is commonly used as a high protein nutrient because it contains all of the 22 amino acids the body requires. Per 100 grams, it contains 60 grams of protein! Because it is dark green in color, it is a very good source of chlorophyll, is considered a rejuvenator of the body, and helpful in building healthy alkaline blood.

Coconuts (and their water and oil/butter)



The water found inside fresh young coconuts is a natural sport drink and is high in vitamin C, B vitamins, proteins and electrolytes which supply the brain and the body with the proper fuel to produce

serotonin! People who drink coconut water report the beautifying powers that range from restoring chapped lips to combating the appearance of freckles, sunspots, and even skin caners!

Parsley



Parsley contains two types of unusual components that provide unique health benefits. The first type is volatile oil components – including myristicin, limonene, eugenol, and alpha-thujene. Myristicin, specifically, has been shown to inhibit tumor growth and helps to activate the body’s most powerful antioxidant, glutathione. The second type of health promoting component in parsley is flavonoids – including apiin, apigenin, crisoeriol, and luteolin, all of which are powerful antioxidants.

Parsley is extremely high in vitamin C and vitamin A (beta-carotene). It is also the greatest source of iron of any green vegetable! Another great feature of parsley is that it’s a good source of folic acid, a crucial B vitamin which helps prevent heart disease by converting the “heart-dangerous” homocysteine molecule into its benign state. Folic acid is essential for many mothers-to-be, preventing spinal column-related birth defects in their newborns.

Cacao



Cacao (aka. Raw Chocolate) is the seed of an Amazonian fruit tree brought to entral America during or befor the tiemr of the Olmecs, and ancient Mexican tribe. It is the main ingredient in chocolate. Cacao beans contain no sugar and between 12% and 50% fat depending on variety and growth conditions. Bu rest assured there is no evidence that implicates cacao bean consumption with obesity! Remember that fat in its raw state contains lipase, the enzyme that metabolizes fat.

One of cacao's greatest features is that it is remarkably rich in magnesium. Cacao seems to be the #1 source of magnesium of any food. Because magnesium is a natural relaxant it could explain why women crave chocolate during their menstrual periods. Magnesium balances brain chemistry, builds strong bones, and is associated with more happiness. Magnesium is the most deficient major mineral in the Standard American Diet; over 80% of Americans are chronically deficient in Magnesium!

Sesame Seeds



A double-blind, placebo-controlled study that enrolled 20 U.S. Marines suggests that tyrosine can improve mental alertness during periods of sleep deprivation. In this study, the participants were deprived of sleep for a night and then tested frequently for their alertness throughout the day as they worked. Compared to placebo, 10 to 15 grams of tyrosine given twice daily seemed to provide a "pick-up" for about two hours.*

L-tyrosine deficiencies affect memory, ability to handle stress, can cause **depression** and **Seasonal Affective Disorders (SAD)** by disrupting the serotonin-dopamine neurotransmitters of the brain.

It always amazes me when we see a shift in nutrition on a continental scale. What causes this? Why is there such a deficiency? Is it a new additive binding up the amino acid? Or is some type of effective advertising causing a decrease in the consumptions of particular foods that are rich in these nutrients?

Each practitioner picks these things up in different ways, but we do pick it up. Even though we may come to different conclusions, society gets alerted to the deficiency and finds ways to correct it. I've noticed this L-tyrosine deficiency in my own practice for several years. It manifests as depression and Seasonal Affective Disorder and there is an easy, cheap, natural and effective way to manage these challenges. It doesn't work for everyone—only most people. And it does a great job of doing it.

The food which acts most effective to replace tyrosine deficiencies is sesame seeds (except for Blood Type B people who should not eat sesame products according to www.dadamo.com) Sesame seeds can be taken in the

form of raw seeds and tahini, or as halvah. The normal dose is about 2 tablespoons of the raw sesame seeds, or one tablespoon of tahini or halvah. It does have to be taken every day to be affective and it takes a couple of weeks to repair the tyrosine deficiency in your body. People ask my why they can't just take the pill form called L-Tyrosine, but it seems like this form is just too strong and is less effective in repairing the deficiency.

Sesame seeds are one of the most underrated and poorly understood foods. These seeds are small yet pack a powerful punch full of beneficial nutrients. Most notably, sesame seeds are very high in copper, magnesium, and calcium (#1 food source).

Kale



Kale is a leafy green vegetable that belongs to the Brassica family, a group of cruciferous vegetables that include cabbage, collards, and Brussels sprouts. Kale contains 1300%, 192%, and 88% of the daily value for vitamins K, A, and C, respectively. Vitamin A is a powerful antioxidant well known for lowering the risk of developing cataracts and supporting healthy lung function by protecting the mucous lining of the airways.

Kale is also an important source of iron which helps in the prevention of anemia and the building of strong healthy red blood cells. Numerous studies have shown that diets rich in cruciferous vegetables are associated with lower incidence of a variety of cancers including lung, breast, colon, ovarian, and bladder.

Flax (seed and oil)



Flaxseeds are included in this list of super foods for 3 main reasons. First, they are a great source of omega-3 essential fatty acids (more prominent in flaxseed oil). Second, flaxseeds are an incredible source of fiber. Fiber is important because it adds bulk to the stool, lowers cholesterol and the risk of cardiovascular disease, and moderates blood sugar – just to name a few benefits. Third, flax is the highest plant source of lignans – compounds that are

increasingly being studied for their potential benefits to both men's and women's health. Flax lignans are being hailed as one of the emerging new health ingredients.

The other thing you can do to help depression and SAD is to **increase the amounts of raw fruits and vegetables in your diet**. The usual dose is between 1 ½ cups to 2 cups EACH of raw fruits and raw vegetables every day. The addition of these foods makes everything you are taking (supplements, vitamins and even “real drugs”) work better.

HOW TO FIGHT DEPRESSION AND ANXIETY – THE INNER DYNAMICS

Most people with major depression also suffer an anxiety disorder.

What's the best way to deal with depression and anxiety? Quickly and definitively. Whatever kicks them off, depression and anxiety both are maintained by styles of thinking that magnify the initial insult and alter the workings of the brain in such a way that the longer an episode exists, the less it takes to set off future episodes.

Anxiety and depression are probably two faces of the same coin. Surveys have long shown that 60 to 70 percent of people with major depression also have an anxiety disorder, while half of those suffering anxiety also have symptoms of clinical depression.

The stress response system is overactive in both disorders. Excess activity of the stress response system sends emotional centers of the brain into overdrive so that negative events make a disproportionate impact and hijack rational response systems. You literally can't think straight. You ruminate over and over about the difficulties and disappointments you encounter until that's all you can focus on.

Researchers believe that some people react with anxiety to stressful life events, seeing danger lurking ahead everywhere—in applying for a job, asking for a favor, asking for a date. And some go beyond anxiety to become depressed, a kind of shutdown in response to anticipated danger.

People who have either condition typically overestimate the risk in a situation and underestimate their own resources for coping. Sufferers avoid what they fear instead of developing the skills to handle the

kinds of situations that make them uncomfortable. Often enough, a lack of social skills is at the root. Some types of anxiety—obsessive-compulsive disorder, panic disorder, and social phobia—are particularly associated with depression.

PART III – EXERCISE!

Exercise is an important adjunct to any therapy. Exercise directly alters levels of neurohormones involved in circuits of emotion. It calms the hyperactivity of the nervous system and improves function of the brain's emotion-sensing network. It also improves the ability of the body to tolerate stress. What's more, it changes people's perception of themselves, providing a sense of personal mastery and positive self-regard. It also reduces negative thinking.

However, just telling a distressed person to exercise is futile, as depression destroys initiative. The best thing a loved one can do is to simply announce: "Let's go for a walk." Then accompany the person out the door.

As a personal trainer, I recommend my clients get a good 20-30 minute cardiovascular workout once a day, five days out of the week. Your physiology is directly connected to your neurology! When you get moving, the blood starts pumping and those neurons start firing whence, more Serotonin is released from the brain.

PETS ALSO BENEFIT FROM LISTENING TO AWAKENING!

That's right, studies show that our four-legged angels (and two-legged birds) benefit greatly from listening to brainwave entrainment therapies such as Awakening. Remember to play it in the background while you are away.

HOW TO USE AWAKENING

To use the Awakening CD/MP3 session, find a quiet place, free of distraction. Make sure you are comfortable, in a chair or lying down. After starting the session, close your eyes and try to relax (your eyes should be closed). Headphones are advised for this session. Awakening may also be played in the background while performing other household activities.

It is important that you adjust all settings (such as volume on your mp3 player or cd player) until you are 100% comfortable with the session before starting. You may want to drink a glass of water before each session, particularly if you are using light goggles. Entrainment increases blood flow and metabolism, which can make you thirsty mid-session.

For more information on this and other sessions, visit Jason's Product Page on www.jasonshields.org