

Depression Recovery Made Simple

Are You Wondering: Why Am I So Sad And Tired ?

If you feel often discontented, frustrated, stressed out, anxious, worried, sad or even depressed, and you see your doctor, most likely you got a prescription for some pills and maybe also the recommendation to see a therapist.

But more often than not after trying this approach for 6 months or so, you realize that you don't really feel much better.

And maybe you even feel worse, added brain fog, dry mouth, jitteriness and increasing fatigue and hopelessness to your symptom list.

Your doctor may shrug his or her shoulders and suggest adding more medication.

A vicious cycle that more often than not ends in disability and lost quality of life.

So, if you ask: what are the REAL reasons behind me feeling so bad?

- Why can't I get better?
- What am I doing wrong?
- Am I really a hopeless case?

You are not alone.

I was there myself, many years ago.

Doctors and therapists helped some. Helped over the first time. Kept me alive.

Once I was over the worst and out of imminent danger of committing suicide, I was left....to struggle on. No more options, it seemed.

Just keep on doing more of what didn't work in the first place.

Remember the famous quote attributed to famous scientist Albert Einstein?

“Insanity is doing the same thing over and over and expecting different results.”

Has our society gone insane?

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Sometimes I think so.

Over time, during my own recovery and doing my own meticulous research, I discovered the real reasons why many people can't snap out of chronic depression – The mistakes they are led to make by our system – the society-our culture and education and powerful corporate interests...

through NO Fault of their own.

This list may surprise you.

About Dr. Christine Sauer

Dr. Christine Sauer is a German-trained physician and naturopath, currently working as a Holistic Brain and Mental Health Professional, Coach, Educator and Consultant.

After major struggles with her own physical and mental health over 20 years ago, she made the decision for change.

She applied all she knew to herself and became healthy again.

As "The Doctor Who KNOWS How You Feel" she now helps others overcome chronic depression and "sparkle". Her clients value the deep personal connection she forms with them as well the practical strategies, vast knowledge and her sense of humor.

She is the founder of DocChristine Coaching Inc. and the "Recover Your Sparkle" System and Program, a Simple, yet sophisticated way to achieve true health around all 5 Dimensions and live a fulfilled, meaningful life full of passion and purpose.

She writes and teaches about Practical, Proven Strategies for a Better Brain, a Happier Life, and a Better Business.

As a multiple bestselling author and an engaging, inspirational and entertaining speaker and Tedx speaker, Dr. Christine has appeared on many stages, video shows and her own webinars and videos.

Main Website: <https://DocChristine.com>

Join our FREE Facebook Community:

<https://www.facebook.com/groups/sparklesformentalhealth>

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The 7 REAL Reasons Why You Feel Sad And Tired

The Surprising Truths about Depression That Most Experts Will Never Tell You!

1. Medications

Antidepressants, pills for anxiety, blood pressure pills, sleeping pills, even cholesterol pills can make you tired and contribute to **brain fog** and keep you depressed.

2. Head Injuries

Whether you fell down the stairs as a child, off a tree, flipped your bicycle, had a concussion, or a car or other accident, head injuries are often **overlooked** as the cause of long-lasting changes in brain functioning, mood, and temperament. They can change the trajectory of a person's life.

3. Unresolved Trauma

Your parents or ancestors experienced severe trauma, you had traumatic events happen to yourself in childhood (like severe accidents or illness, physical, sexual, or emotional **abuse**) that you haven't been able to resolve

4. Only One Method

Most doctors and therapists know only one or at best two ways to try to help you, and these are mostly pills (medications) and talk therapy (most often cognitive behavioral therapy)

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5. Harmful Foods

Our modern way of eating has not only affected our heart health and waistline, increased inflammatory diseases, cancer and more, but also affected our mental and brain health negatively. Add recreational drugs, like cigarettes, marihuana, alcohol, and candy, and you have a perfect storm for your brain and mental health.

6. Not Enough Stress

Most depressed people have too much emotional stress, but too little physical stress. Our body and mind need **balance**, equilibrium, homeostasis. The ups and downs of times of high stress (emotional AND physical) and recovery.

We need the right amount of mental and physical stress to live our best life.

7. You Believe Others

People tell you that depression is a chronic, life-long illness and you can't change that. Nowadays, most so-called experts subscribe to the medical model and support only the use of medication and talk therapy (mostly cognitive behavioral therapy-CBT) to try to resolve depression. But we know that antidepressants are at best useless and at worst harmful. We also know that CBT can be valuable as a piece in the puzzle. But what has been proven to work most of the time is a more **holistic approach** that looks at the whole person and their lifestyle, history, and surroundings. A custom-made, individualized life strategy, implementation, and follow-up, like that provided by us, will achieve this.

What Can You Do About It?

Talk with an expert. Dr. Christine and her team specialize in resolving chronic depression and helping you to recover the sparkle in your eyes

We want to hear your story. Talk with us Today!

[Book Your FREE call today and Tell us YOUR STORY!](https://calendly.com/docchristine/tell-me-your-story-call)

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