

Alternatie Medicines' Views on Depression: Why You May Be Suffering.: Part 1 of 3 Series

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Depression is considered the most dreaded condition of mankind. What makes depression so awful? Well.. it is the one disease devoid of hope in the minds of many who suffer with this global epidemic.

Unlike debilitating diseases like arthritis, which shows it's ugly face by causing pain, depression is a silent enemy afflicting millions every year.

The pharmaceutical industry offers "patch up" treatment at best via anti-depressants. What in the world is going on? I have yet to see one television drug commercial selling Zoloft or any of the other anti-depressants offering the public the "real" causes behind this mind altering disease. matter of fact, the causes of depression are so well documented that I have a hard time believing why people are being left in the dark.

My goal in this report and the reports to follow, is to prepare and educate you on all your options. Mind you, these are not original thoughts on the subject of depression or the many disease articles to follow, but are in fact documented peer-reviewed research proving the existence of a world of information kept under "lock and key" contributing to a sea of suffering and mental anguish.

You will discover information that will change your life and the life of your family and friends. You will be delighted to know that there is hope and your hope will be found by your pursuit for the truth. I promise to provide information that you can take to the bank as the "gospel" truth. No stone has been left un-turned. I invite you to research my research.

It is only fair to say that my reports are subject to criticism by the pharmaceutical establishment or anybody unwilling to review my "solid" references. Do you really think that a multi-billion business is going to provide all your options? Well, you will be waiting for a long.. long time if you really think you will be fed the absolute truth on a silver platter.

Now, I realize I may be stepping on a few toes by being so forthright and bold..but the truth is the truth. My 38 years in private practice has afforded me the opportunity to see thousands of people led astray only to come crashing down in a sea of mis-information resulting in a life of misery and suffering. Before I begin, I want to say this..

World.. Wake Up!

There is more information on how to get well than meets the eye and you have simply

been fed a bag of lies and deception.. Stop believing these billion drug ads and wake up to the truth..

Get ready to be inspired!

Depression is a national and global epidemic. Just in the United States alone there are over 12 million people who suffer with depression and that number is rising at an alarming rate. The costs to the American public are enormous.

You need to be an informed consumer and most important you need a physician who will work with as you as you systematically uncover the causes of your health challenges and for the sake of this report... your depression. Simply masking your sickness with medication is not the solution. You must seek out a physician who will take the time to read the information you bring them. Do not fall for the line that they are too busy to read. This is your physician's business. Your health is their bread and butter. If your physician is too busy to grow and learn in their chosen field, you can do a lot better elsewhere. Your physician owes it to you to know as much as possible about your disease or health condition. It is your physician's duty to keep learning. If your physician refuses to read the information in this report or any of my past or future articles then they are saying that they are as smart as they ever will be. In other words... your physician already knows it all.. They are never going to grow any further. They are closed to learning.

Don't ever let anyone intimidate you to stop looking for the causes of your illness. Life is much too short and it is time to take the reins by the hand and get cracking.

The following is one of a few common causes of depression. If you want to get better and bring happiness and joy back into your life, then you owe it to yourself to be absolutely certain that you have each of the following causes thoroughly checked.

The bottom line is... unless your physician has ruled out all the potential causes which I will soon present, then you have not been thoroughly evaluated.

Here is the first area you need to have checked:

Depression and Thyroid Function

Approximately 10%-15% of patients with depression have a thyroid hormone deficiency. Now I must emphasize to you that the testing of your thyroid is CRUCIAL!

It is well documented that the evaluation of only TSH is inadequate as a means of testing your thyroid. If you have been told by your physician that your thyroid is fine based on a limited number of lab tests performed, then think again.. your physician DOES NOT have all the facts. Unless your physician is attempting to diagnosis you with a crystal ball, then demand that she order the most comprehensive thyroid panel.

Obtaining a comprehensive thyroid panel is essential to rule thyroid as a possible cause of depression. The medical literature has discovered a link between low T3 and long-

standing depression. In fact the common treatment of hypothyroidism with Synthroid (a T4-only thyroid medication) may be contributing to an increase in depressive symptoms due to it's inability to address a deficient T3.

A comprehensive thyroid panel will also test the possibility of you suffering from a thyroid auto-immune/depression syndrome. The medical literature has found women with high levels of anti-thyroid peroxidase (anti-TPO) antibodies to be more vulnerable to depression. A recent German study concluded that "in cases of repeated depressive episodes, it seems necessary not only to get lab testing for TSH, T3, and T4 but also to assess the autoimmune status of the thyroid gland (autoantibodies)."

As you have read, it is CRITICAL that you ask your physician to do a comprehensive thyroid panel. DO NOT settle for a TSH test alone. The cause of your depression just may be found with a thyroid problem.

Remember, my goal is to provide you with all your options. I am committed to helping you become an informed and well-educated consumer of health care issues. The more you know and more important, the more you understand, about your condition, the greater potential of you getting better and gaining a new lease on life.

Dr. Badanek has been and currently is 38 years into active/private practice in the Ocala/Marion County, Florida region. Dr. Badanek practices Natural/Holistic Medicine through the use of Functional/Integrative Models for diagnostic and treatment protocols for the health challenged. Find him online at Dr.Badanek.com and www.alternativewholistic.com, and see what the facility has to offer the sick and health challenged. To schedule an appointment call 352-622-1151