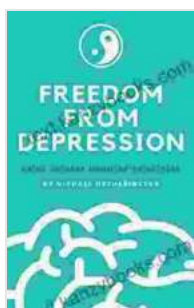


Embrace Freedom from Depression: Uncover the Healing Wisdom of Chinese Medicine

Depression, a debilitating condition that affects millions worldwide, can rob individuals of joy, motivation, and the ability to lead fulfilling lives. While conventional Western treatments often rely on prescription drugs and therapy, these approaches may come with limitations and side effects. In *Freedom from Depression Using Chinese Medicine Principles*, renowned acupuncturist and herbalist Dr. Jane Lyttleton unveils a transformative path to recovery rooted in the ancient wisdom of Chinese medicine.

The Roots of Depression: A Holistic Perspective

Chinese medicine recognizes depression as a complex imbalance in the body, mind, and spirit. Dr. Lyttleton delves into the underlying causes of depression, including:



Freedom From Depression: Using Chinese Medicine Principles by Michael Hetherington

★★★★☆ 4 out of 5

Language	: English
File size	: 1306 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 116 pages
Lending	: Enabled

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- Energy stagnation (Qi stagnation)
- Blood deficiency
- Liver Qi stagnation
- Emotional trauma and stress

Rebalancing and Restoration: The Chinese Medicine Approach

Based on these principles, Dr. Lyttleton presents a comprehensive approach to healing depression that addresses both physical and emotional symptoms. Through a personalized treatment plan tailored to each individual's unique needs, she utilizes:

- **Acupuncture:** Targets specific points on the body to stimulate energy flow, reduce stress, and uplift the mood.
- **Chinese Herbal Medicine:** Prescribes customized herbal formulas that nourish the body, regulate emotions, and promote balance.
- **Lifestyle Modifications:** Offers practical advice on diet, sleep, exercise, and stress management to support overall well-being.

Case Studies: Triumphant over Depression

Dr. Lyttleton shares inspiring case studies of individuals who have successfully overcome depression using Chinese medicine principles. These accounts showcase the transformative power of acupuncture, herbal therapy, and lifestyle adjustments in alleviating symptoms and restoring hope.

The Importance of Patient Engagement

Freedom from Depression Using Chinese Medicine Principles empowers readers to actively participate in their healing journey. Dr. Lyttleton provides clear instructions and self-care tips to help individuals:

- Identify their unique symptoms and underlying imbalances.
- Collaborate with their healthcare practitioner to develop a personalized treatment plan.
- Take an active role in their recovery by adopting healthy lifestyle habits.

A Holistic Guide to Healing

This comprehensive guide offers a holistic approach to depression that addresses not only the symptoms but also the root causes. Dr. Lyttleton's compassionate and evidence-based approach provides a path to lasting freedom from depression and a newfound sense of vitality.

Testimonials

"Dr. Lyttleton's book is a lifesaver. After struggling with depression for years, acupuncture and Chinese herbs have given me hope and a way out of the darkness." - Sarah J.

"This book is essential reading for anyone looking to heal depression naturally. Dr. Lyttleton's insights and practical guidance have empowered me to take control of my mental health." - John D.

Call to Action

If you are struggling with depression, *Freedom from Depression Using Chinese Medicine Principles* is the book for you. Free Download your copy

today and embark on a transformative journey towards recovery and well-being.

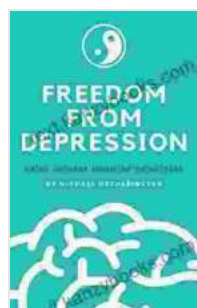
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About the Author

Dr. Jane Lyttleton is a licensed acupuncturist, herbalist, and author with over 20 years of experience in Chinese medicine. She is a sought-after practitioner and educator, dedicated to helping individuals overcome depression and achieve optimal health.

Herbs: PCOS with weight gain
1 MOBILIZING DAMP AND PHELEM PRIMARILY
2 GONG YU DEO TAN TANG (Atractylodes and Cyperus Guide out Phlegm decoction) with BIL SHEN HUI TAN TANG (Decoction for Reinforcing the Kidney and Removing Phlegm) modified

- Tong Bu 12g
- Bu Ling 15g
- Fa Ban Xia 9g
- Shu Shen 6g
- Fe Shou 3 II
- Chen Pi 9g
- Dan Nan Xing 6g
- Zhe Bei Mu 6g
- Zuo Yi 9g
- Shi Tan Yao 9g
- Shu Di 6g
- Bu Gu Zhi 9g
- Yin Yang Huo 9g
- Ai Xun Teng 12g
- [Redacted]



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