

DEPRESSION & ANXIETY

Forgetfulness
Stress
Grief
Medication induced depression
Drug abuse/withdrawal
Post traumatic stress disorder
Post natal depression
Excessive anxiety and worry
Phobias
Panic attacks

Antidepressants are now the most commonly prescribed drug in Australia. At Menla Clinic we believe that medications should be left for use as a *last resort* because they create dependence and long term use can actually *cause* depression and withdrawal symptoms.

Anxiety or sadness and grief are normal human emotions and most people will experience them to some degree as an appropriate response to stress or loss. These emotions only become pathological when they:

- repeatedly interfere with daily life
- are prolonged excessively
- are out of proportion with the trigger

We all have different strengths and weaknesses, so we will be affected differently by circumstances. Traditional Chinese Medicine (TCM) takes these differences into account when deciding on how best to treat you.

Because there can be many disharmonies at the root of depression and anxiety, there are many methods of treatment: Acupuncture, Chinese herbs, meditation, diet, tai qi and exercise.

TCM can't replace the support of a counselor and a good friend, but by correcting the underlying cause you will recover much more quickly and without the side effects of antidepressant medication.

**Just as a person can fight physical disease better with
a strong mental attitude, so is it easier
to recover from mental illness with a strong healthy body.**

**MENLA CLINIC
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