

## Combating Depression

**GUNJAN** is my personal trainer for a year and a half. I can vouch that she is the most befitting person to write on **DEPRESSION** as I am a testimony to her efforts of curing people (I would refrain using the word **patient** as it is called in clinical psychology)

Depression got an under the carpet treatment always. But Gunjan has not only thought of addressing it but explicitly suggested measures to cure it for all those who can be benefited or will be benefited at large.

I was in Depression for almost three years when I happened to meet Gunjan through a very good friend of mine. I was taking medicines to cure the state of depression for those many years and my dosage was increasing with time as per my circumstances or requirements.

I went to follow an exercise regime with Gunjan and thought not to share much on personal front with her as she was going to be my fitness trainer only. But she like a homeopathic doctor took my emotional quotient test and asked me a lot of questions about my mental/ emotional health apart from my food habits. She is actually a wellness coach and not a physical trainer that I realised in days to come. We started as a team and I was as Gunjan says now, not that an easy project to work on but the challenge was taken by her. I needed hand holding which she gave, a shoulder to cry, a silent listener who is non-judgemental, Gunjan was there for me through thick and thin.

Apart from exercises she dedicated one day to my counselling and all the days she used to give me various kinds of massages to calm down my emotional body pains. I was introduced to salads, a variety of them, to three fruits in a day, macadamia nuts, almonds, walnuts, cinnamon water, chia seeds and many more seeds which were reinforced on daily basis. Once I got into the habit of consuming them all, Gunjan introduced me to Magnesium citrate (800 mg in a day) and Algae Omega3 (2 capsules in a day).

1) **Magnesium Citrate**: Taking Magnesium as a supplement shifted the plane for me. Frequency of headaches and their severity lessened, it eased out the muscle movement in my body, moods swing improved, emotional fatigue evaporated in thin air after taking it for 3 months course of magnesium, I stopped my depression medicine all together though it was a risk but we took it, we were successful with the experiment all together. I used to faint or was

prone to unbalancing and falling down too often. so, these were the changes I felt but now it's been more than a year and I am off my medicines.

2) **Algae Omega 3**: It helped in reducing my state of depression. My eyesight got stabilised, I had knee pain, pain in my soles, fatigue, fogginess and inflammation, got relief from all pains. My brain health was boosted by taking supplements of Omega 3. I had a tendency of low blood pressure but this helped me get normalised BP and my haemoglobin levels raised for the good.

3) **Coconut cold pressed Oil**: Gunjan recommended 2 tablespoons of cold pressed coconut oil. It helped me burn fats from my body, reduced hunger pranks, controlled my appetite, my body's metabolism increased, the anxiety and panic attacks got reduced to once in a while kind of a thing and the bonus was my skin texture became much better. I had been facing issues of fatty liver off and on, that condition also got normalised after taking coconut oil in black coffee for 3 months or so.

4) **Molasses**: It is a superfood and Gunjan introduced me to it, one table spoon in my black coffee. It helped me remain so-so energetic and full of life throughout the day.

5) **Black Coffee**: Again, it was a boon. It enhanced my psychic abilities and creative instincts. Since I am sharing my very personal experience, black coffee enhanced visualisations during meditations. I used to feel foggy, claustrophobic and restless during meditations but the breath work suggested by Gunjan and black coffee made my experience of inner journey, so pure and divine.

Now what I am going to share are the most important and unique things that Gunjan introduced to me only when I was ready to take that plunge.

6) **Saffron**: Gunjan suggested that I should soak 5-6 strands of saffron daily to be consumed early morning. After having it for fifteen days ,I thought that my skin colour was lighter and it was glowing with a good texture but in later days I started noticing that the fogginess of my mind started diffusing, it gave me clarity of my circumstances, reduces anxiety and stress. It gave alignment to my brain, to my thoughts and my feelings. The most important thing that we probably do not know about Saffron is that it cures Depression. It helped in curing mine.

7) **Iodine drops:** Lately, I am taking Iodine drops; Gunjan started giving one drop which has increased to 20 drops along with one table spoon of Apple Cider Vinegar in one cup water. It has given me high energy boost, high frequency thoughts, will to go through challenges, improved my sleep pattern, illuminated the darkness I used to feel while distinguishing between right and wrong. I get settled in my mind more easily in a situation that triggers than I used to before. Iodine drops have shown much faster and evident changes in me. My energy level and focus has improved and it has helped me plan my day much effectively. I can distinguish and prioritise. I remain active for long durations plus I now come back to my happy state much easily with the help of only and only Iodine.

8) **Giloy:** This is an immunity booster. This has helped me a lot in designing my emotional immunity.

9) **Triphla Powder:** It gave me relief from the constipation problem that I had since birth. I got some relief though not completely with my bowel problem. Little relief from constipation has helped in clearing my thought pattern and giving me good happy thoughts.

10) **Aswagandha Powder:** I take half a spoon of it in water to keep my blood sugar levels intact. It has helped me reduce stress, anxiety, depression, increased my muscle mass, strength, improved my memory and brain function. I take it along two teaspoons of roasted black gram powder and salt to taste. This becomes an energy drink full of proteins for me to have.

I can count on ten more such things that Gunjan has introduced me to help me take constant steps towards wellness.

But for now, the golden key which has helped to unlock Depression for me was my 100 percent faith and trust in Gunjan as I was sure I have nothing to lose. And the results of that trust have borne fruits which are much evident in what I shared above for your reference.

Friends, depression is not a monster but before it swallows you, identify it and find your Genie, for me, my Genie was very own Gunjan, who is there for you always and heal you completely. Let's stay connected to kick out this monster out of our lives forever as I have done.

Quoting my mentor, Gunjan, "Universe seeks YOU when it knows you are ready."

