



Banish the Blues Now

Catherine Carrigan

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Banish the Blues NOW addresses HEALING DEPRESSION WITHOUT DRUGS using NATURAL HEALING remedies. Did you know that the Centers for Disease Control and Prevention reports that 11 percent of all Americans over the age of 12 take antidepressants?

Women are more likely than men to take these drugs at every level of severity of depression.

Non-Hispanic white persons are more likely to take antidepressants than are non-Hispanic black and Mexican-American persons.

Of those taking antidepressants, 60 percent have taken them for more than 2 years, and 14 percent have taken the drugs for more than 10 years. About 8 percent of persons aged 12 and over with no current depressive symptoms took antidepressant medication.

Despite the widespread acceptance of natural healing methods, from 1988-1994 through 2005-2008, the rate of antidepressant use in the United States among all ages increased nearly 400 percent.

It is my prayer that my new book will be of service in teaching you how to heal depression without drugs, banishing your blues FOR GOOD!

FOREWARD By Abram Hoffer, M.D., Ph.D., FRCP(C) Editor, The Journal of Orthomolecular Medicine

Banish the Blues Now Details

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From Reader Review Banish the Blues Now for online ebook

Lynn Dixon says

Catherine Carrigan has done it again! In her latest book Banish the Blues NOW, she discusses how the stresses of life can break down the body and the mind and cause us to experience bouts of depression. She walks the reader through the mishaps only to build us up again by giving a list of helpful vitamins. She tells us what each one does for certain parts of the body as they strengthen or rebuild. She gives a detailed recipe to a healthy recovery by reminding us of the basics such as good nutrition, rest, walking and exercise, calm, meditation and a host of other wonderful antidotes. Get this helpful guide and the extended list of books in the back can assist those who really serious about getting back to their pristine states.

Aurelia McNeil says

Banish the Blues NOW is a fast and easy-to-read overview on overcoming depression without medication. The book's author, Catherine Carrigan, has been freed from psychiatric medication for twenty-two years. In addition, to explaining her own story of a nervous breakdown and hospitalization, she has researched and compiled key elements on natural alternatives for healing depression.

Catherine's book doubles as a reflective journal in which the reader exams food and drink consumption, thought patterns, emotions, energy levels, thyroid disorders, drug side effects, amino acids, food allergies, cortisol levels, flower essences, and more. Most of all Catherine makes the connection between happiness and having a purpose in life.

I recommend Banish the Blues NOW for anyone who wants to find wholesome ways to drive away depression.

My favorite quote: "One of the simplest ways to banish your own bad mood is to create a better life for somebody else." –Catherine Carrigan

Patty says

This is a quick read on the natural healing of depression. The book is very easy to understand instead of being too clinical. Very understandable for the average person. I'm going to keep this book handy as I figure my way through situational depression from the loss of my husband and my mother just 10 months apart.

Jatana says

I received this book in a Goodreads giveaway. This book by Catherine Carrigan is a very easy, fast read on how she overcame depression without medication. It can kinda be used as a self-help book on how things around you affect your mood and causes depression. I commend any one who has had this battle with depression and have reached out for help. I can remember as a young mother feeling stressed and overwhelmed by things in my life and reaching out for help. I also learned that you have to cut out some of

the stress factors in your life, just like Catherine done. With her short chapters that are straight to the point and you applying her advice to your life....you'll find happiness and your purpose.

Shana says

I won this book in a Goodreads giveaway. I love to read self-help books and anything that will promote living a happier life. This book was a tad different then ones I am used to reading. I found the book to be very informative for someone suffering from depression or anxiety. I do not suffer from depression, so some of the information is lost to me. The short chapters were a little hard to get used to, but it's because everything is to the point and its not bogged down with several examples and repetitiveness which I ended up liking a lot.

George Sellers says

Banish the Blues NOW is for anyone who is suffering short or long-term depression or who has a loved one who is fighting this battle. The author herself has suffered depression in the past and now, as a medical intuitive healer, is especially concerned with providing “whole person” healing of this widespread disease for each individual case. With clear and engaging descriptions and explanations, the author provides understanding for those undergoing depression and valuable insight for those who care for them. Incorporating and documenting a wealth of research, she provides physical, mental, emotional, and spiritual guidance for permanently healing—not just managing—depression. Her advice is practical, compassionate and workable, through pro-active goal setting and small steps.

The best part of this author’s approach is her sincere desire to find the solution for each one who suffers from depression. Viewing this condition as a whole body experience, she investigates and presents a variety of possible causes, and she helps each reader discover what works best on an individual basis. She encourages those who suffer to control their own destiny as they work with doctors, therapists, and care givers to affirm themselves and attain their potential. Specifics on the care and treatment of depression promote understanding and confidence. Most important, all who suffer from this insidious state of mind will experience the author’s heartfelt empathy and feel that they have gained a true friend and supporter on their path to recovery.

Review by Murray Sellers

Shelley Wilson says

I am the first to congratulate anyone who can turn their health and wellbeing around using natural healing, so I was excited to read Banish the Blues, by an author who has lived through depression and been clear of medication for 22 years.

The author knows her subject matter and has taken great care and attention to detail when collating the information and advice for this book.

Banish the Blues, is set out as five ‘books’ divided into short chapters. In the introduction, Carrigan explains her personal story and the journey to recovery that she began many years ago. It is written from the heart,

and anyone who has been touched by depression will be able to resonate with her words.

The advice from the author is straight forward and clearly laid out. I did like the section about flower essences and will look into this more for my own health and wellbeing. There is a lengthy (23 pages) bibliography at the back of the book as an abundant resource for further reading.

Unfortunately, it felt more like a directory than a self-help book, and I would have liked the author to have gone much deeper into each area. She began with her personal journey, and I was hoping for more of an explanation of her specific experience and how she transferred her lessons to real-life events. The endless pages of symptom lists became slightly monotonous for me. Although there is plenty of useful information for the reader to take away from this title, it didn't quite deliver what I had hoped for.

I gave Banish the Blues a rating of 3 out of 5 stars.

I received a copy of this book in exchange for an honest review via Rosie's Book Review Team #RBRT
