



# Depression



Depression is a serious mental health issue with several causes. Many brain imaging and EEG studies have shown that most depressed individuals suffer from underactivation of the left frontal lobe of the prefrontal cortex of the brain. Depression is associated with symptoms ranging from an inability to enjoy life to crippling disability and suicide.

Antidepressant drugs such as Paxil and Effexor can help treat the symptoms of depression by increasing the amount of certain neurotransmitters, such as serotonin and norepinephrine, available to neurons. Unfortunately, all such drugs (called SSRIs or SNRIs) have side effects (some reported ones are reduced sexual drive, weight gain, and insomnia) and become less effective over time (if they work at all).

ABF uses several medication-free techniques to treat depression, with results that have been shown to be equally or more effective. These include EEG brain training, mild stimulation of the brain, and other non-invasive techniques. All it takes to begin overcoming depression is a phone call to ABF for an initial evaluation. A life free of depression can be the greatest gift you can give yourself, a family member or other loved one. Make it happen today!

**CALL TOLL-FREE TODAY!**  
**(877) 332-4698**

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