

Bioresonance Therapy and Depression

Description

Introduction

Unhappy depressed teenager with face in hands sitting outdoor

The human race has made giant leaps and bounds throughout the centuries to established itself as the most dominant living species on Earth. This is largely due to the extensive use of scientific discoveries that paved the way for modernisation of the world. The global population has moved away from ancient traditions of manual hard labor to automated devices that are user-friendly.

While human beings continue to explore possibilities to enhance the normal way of life, there is bound to be collateral damage along the way. In the grand scheme of things, one urgent is the amount of pollution that is threatening wildlife. On a more personal level, there has been an exponential increase in health diseases and disorders that are being identified as potential threats to human beings. For instance, recent statistics provided by the [Depression and Bipolar Support Alliance](#) highlight the prevalence of depression amongst adults.

Health analysts estimated that approximately 15 million adults are affected by major depressive disorder on a yearly basis, accounting for close to 7% of the adult population. It was also discovered that women are more susceptible to depression as compared to men. Unfortunately, the onset of depression is often accompanied by other health conditions. There has been extensive scientific research that associates illnesses such as cancer, stroke, heart attack, Parkinsonâ€™s disease, and diabetes with depression. Recently, the Boston University Schools of Public Health and Medicine also published a breakthrough article that explained how depression can decrease a womanâ€™s chances of getting pregnant.

Causes of Depression

Ever since its discovery, experts from the health sector have conducted thorough investigative studies into the [possible causes](#) of depression. This mental disorder is well-known for its complexity, a constant source of frustration for health experts as they are unable to fully explore its origin and potential effects. Nonetheless, years of case study have shed new light on the illness, with several elements known to increase the risk of depression such as:

- Genetics

Individuals with a family history of depression have an increased risk of suffering the same fate. However, this complex disorder is not caused by a single gene but rather, a multitude of different genes that combine to contribute to the onset of the mental disorder.

- History of Abuse

Experiencing physical, sexual, or emotional abuse at any stage of life increases the chances of suffering from depression in the future. This highlights the importance of seeking adequate psychological treatment for these patients.

- Death or Loss of Close Relations

Excessive sadness or grief and the inability to come to terms with the loss of a loved one has been shown to cause depression.

- Medications

Unfortunately, certain medications can contribute to the onset of depression. For instance, Accutane that is prescribed for acne problems has been shown increase an individual's vulnerability towards depression.

- Traumatic Events

Going through traumatic life events can ultimately lead to depression. People who have lost their jobs or went through a divorce are known to be more susceptible to depression. In some cases, individuals getting used to retirement can also develop depression due to the drastic lifestyle change.

- Substance Abuse

Last but not least, individuals with a history of substance abuse not only expose themselves to a series of health issues but up to 30% of them will be clinically diagnosed with depression as well.

Treatment Options

The type of [treatment options](#) available to each patient varies according to their diagnosis and the severity of the condition. Some health professionals might recommend psychotherapy, electroconvulsive therapy, vagus nerve stimulation, or transcranial magnetic stimulation. However, a majority of people struggle to admit that they have an existing mental condition, let alone subject themselves to professional therapy. Due to this, depressive patients are more likely to accept treatment in other forms such as medications or exercise. Scientists have shown that engaging in regular physical activities can be beneficial towards managing depression.

On the other hand, the use of depression drugs is greatly popular amongst existing patients due to their availability and ease of application. Widely known as antidepressants, these medicines aim to lift an individual's mood and eliminate all feelings of hopelessness and sadness. Nonetheless, it should be pointed out that there are several known side-effects that could potential surface as well.

Bioresonance Therapy

An unconventional treatment option that has generated much buzz within the healthy community is the use of Bioresonance therapy. Although the use of this therapy treatment is not widely known, some existing health experts have reported being successful in [treating depression](#). They further elaborate that the use of Bioresonance therapy for depression treatment largely depend on the techniques and devices used. In addition, the patient in question also plays a vital role in determining the success rate of the treatment.

While the implementation of Bioresonance therapy has been largely used to treat physical health conditions, it is generally believed that there are cognitive health benefits derived this treatment as well. First and foremost, health professionals recommend using Bioresonance therapy to eliminate e-smog, toxins, parasites, metals, and other unhealthy elements in the body. The therapy treatment can then move on to address the depressive symptoms.

Utilizing the principles of electromagnetic therapy, short and regulated magnetic pulses are transmitted to the brain's limbic system. This core area includes the hippocampus and amygdala region, where an individual's mood and emotions are controlled. When these magnetic pulses are transmitted, it activates neurons in the brain. This creates a neurochemical reaction that promotes the release of neurotransmitters such as dopamine, norepinephrine, and serotonin. Each of these neurotransmitters helps to enhance an individual's mood and pulls them further away from feelings of depression.

Conclusion

The prevalence of depression is an issue that many people can relate to. The onset of such a mental disorder does not only disrupt the life of the patient, but also involves the family, close friends, and loved ones. The complexity of this condition means that adequate treatment should be implemented immediately to effectively manage its potential impact. While standard treatment alternatives include psychotherapy and the use of antidepressants, a revolutionary treatment has surfaced in the form of Bioresonance therapy. Some health experts have also expressed its efficiency in treating depression and more professionals are expected to continue recommending it as an option to treat depression.

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