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Depression and other magic tricks pdf

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A lot of people experience depression, while others have only had days or simply hear themselves about themselves. It doesn't matter why they are depressed, sad or not motivated to do much of anything, one thing is certain: "It's a difficult feeling to try." Depression is isolating "How it's all only in it, and that it will never end. As a friend or partner of someone who is experiencing depression or feeling blue, what can you do to help? After all, there are many tips that tell you what not to say to a depressed person and things that most people don't want to hear when you feel down. We have collected the following list by asking our Facebook friends what they would like to hear when they feel giù, blue or depressed. Here are some of their very, very good suggestions.1. You're right, sucks. The generalization is that men solve problems and women listen. The people who are depressed do not want to solve problems, they have usually analyzed all the scenarios and solutions in their heads. They simply can't do it. Whether they look for it is simple recognition and empathy. 2. Don't go this way alone. I am here if you need me. When a person is depressed, one of the sensations that many people feel and "a trace sense of solitude that nobody can understand what is passing. They are all alone. A reminder from a friend or a loved one who, in fact, are not alone and that they are loved can be invaluable. Furthermore, they remember the reality "that people in their lives love them and are there for them if they need it.3. I believe in you ... you are fantastic! Sometimes a person has renounced the hope of being able to count on something in life. They lost all trust in themselves and feel like nothing about what they do was right or quite good. Their self-esteem is, in a word, disappeared. For this can be useful to reaffirm to believe in them. Believe in their ability to experience hope once again, to be the person you were once, or even more. Which are still a fantastic person, even if they don't feel like that right now.4. How can I help you? What can I do for you? A part of the meaning Many people experience depression is that they have little motivation to do things that must get done. Offer your support and direct assistance to get something done for them. It could be a prescription, a bit of foodstuffs from the store, or simply get mail. Offer this help only if you are willing to do what you are asked. 5. I'm here if you want to talk (walking, shopping, eat something, etc.). This is more than a direct suggestion, the choice of something you know the friend or the loved one is going to be interested in doing. Maybe they just want to talk (and need to listen Maybe they need a push to get up and change and go out and do something... anything. You can be that person to help them get get I know it's hard to see him right now, but it's just temporary. Things will change. You won't feel that way forever. Look until that day. When a person is depressed, sometimes they lose every perspective. Depression can feel like an endless black hole in which there is no way out. Saying something about these lines reminds them that all our emotions and our moods are not permanent, even if they feel like them. Previously: 10 Things you should tell someone with depression Like this on Facebook and be part of our daily conversations about mental health, relationships and psychology! A component in mushrooms showed the promise to help "reset" people from depression. However, experts say they don't start eating them as a treatment. Share on Pinterest A compound commonly found in "magic sludge" can work some magic on patients struggling with depression. A study conducted by Imperial College in London recently transmitted the benefits of psilocybin, the psychoactive compound found naturally in mushrooms. However, do not go to think that you should consume the fungus to counter depression. Psilocybin is just one of the compounds found in illegal mushrooms. In patients who did not succeed with traditional treatments, the compound was found to improve their conditions up to five weeks after treatment. Researchers of the journal published in Scientific Reports said that the psychedelic compound can affect the "reset button" on the brain circuits that contribute to depression. Researching the psychedelic compound is nothing new. Dr. George Greer, medical director of the Heffter Research Institute in New Mexico, is part of an organization that studies psilocybin to treat cancer, addiction and other disorders. He explained that this therapy includes giving pure psilocybin patients, synthesized in a facility approved by the Food and Drug Administration (FDA). "The patients are not "magic sludge" data, which contain variable amounts of psilocybin," he stressed. Greer said Healthline that the compound is the center of research at different universities. The final stage III tests are planned to begin next year. In the study of Imperial College in London, 19 patients took 2 doses of psilocybin, one week apart. Every patient had two brain scans as a result of each dose. Then, researchers looked at their brain using two imaging methods. Scientists discovered that there was a reduction in blood flow in some areas of the brain related to emotional processing, stress and fear. Scientists also reported more stability in another area of the brain associated with depression. Dr. Robin Carhart-Harris, chief author of the study and research managerAt Imperial College London, he said the compound could be a viable alternative to antidepressants, which mute emotions and have side effects that include sexual dysfunction. "They work in a different way than antidepressants and that's one of the reasons they could really be a solution for He told Healthline In addition, psilocybin should not be taken daily as antidepressants must be administered. Carhart-Harris also said it could be a first line of action for those suffering from depression. "I don't see why people should try antidepressants first, especially if psilocybin is more attractive to people, or if they don't want to take antidepressants for any reason", he explained. Brad Burge, spokesperson for the Multidisciplinary Association for Psichedelic Studies (MAPS) in California, added that psychedelics are studied for the treatment of multiple pathologies and pathologies. Stress Disorder (PTSD).MDMA is a compound that is sometimes found in drugs such as ecstasy, but it is not the same as street drugs. MAPS does not sponsor research on psilocybin, Burge noted. "We currently expect MDMA to be approved for use in combination with psychotherapy for PTSD by 2021," MDMA", Burge added. Phase III studies on the use of psilocybin as a treatment for anxiety may also happen soon, Burge said. Burge said psychedelics are widely recognized by the medical community as a potential therapeutic option for mental illness. "Those medical professionals and policy makers who do not yet recognise the potential value of psychedelic compounds in the treatment of mental illness are right to be sceptical, and we encourage them to wait for the results of the next Phase III studies," " "People should not try to self-medicate, as these treatments are not yet approved by the FDA", observed Dr. David Feifel, professor of psychiatry at the University of California, San Diego, said that psychedelic treatments are not currently an option doctors can offer unless they are enrolled in a research study. "It's like a magic drug", said the lead researcher of a group at Yale University in the United States, whose latest study suggests that ketamine, a drug normally used as an anaesthetic, could be reformulated as an antidepressant that acts in hours rather than the usual weeks and months of most drugs available. You can read how researchers discovered this effect in a study on rats published online on August 20 in the journal Science. Dr. Ronald Duman, a professor of psychiatry and pharmacology at Yale, told the media that only one dose of the drug can act quickly and last for 7 to 10 days. It's the same ketamine used as a recreational drug, called "Special K", or "K". He and his team found that the drug not only improved the depressive behaviors of rats, but also restored connections between neurons or brain cells damaged by chronic stress. They called it "synaptogenesis." results will help accelerate the development of a safe and easy to administer versionKetamine, which has already proven to be effective in severely depressed patients. About ten years ago, scientists at Connecticut Mental Health Center discovered that, at lower doses, ketamine, normally used as a general anesthetic for children, seemed to relieve patients with depression. Since then, other studies have shown that over two thirds of patients who do not respond to all other types of antidepressants improve hours after administration of ketamine, said Duman. The problem of the most widespread use of ketamine for the treatment of depression is due to the fact that it should be administered intravenously under medical control, and may also cause short-term psychotic symptoms. So Duman and colleagues decided to study the effect of ketamine on the brain to see if it could reveal targets suitable for other safer and easier to administer drugs. "The mechanisms at the base of this action of ketamine [an antagonist of the N-methyl-D-aspartate receptor of glutamate] were not identified, they wrote. Researchers found that ketamine acts on a path that controls the formation of new synaptic bonds between neurons, favoring synaptogenesis; have written that they have observed: "An increase in synaptic signaling proteins and an increase in the number and function of new spinal synapses in the prefrontal cortex of rats." mTOR enzyme, controls the production of proteins necessary to form the new synapses. Researchers concluded that: "Our results show that these effects of ketamine are opposed to synaptic deficits resulting from exposure to stress and could contribute to the rapid antidepressant action of ketamine." Duman and colleagues told the press that they could already see how to support the rapid effect of ketamine by intervening in other downstream points of the critical one. These could be additional goals for new drugs. This discovery brings new hopes not only to 40% of depressed patients who do not respond to drugs, but also to many others who experience relief only after months and sometimes years of treatment. Researchers also noted that ketamine has already shown to be effective as a quick method for treating people with suicidal thoughts, many of these patients usually respond only weeks later with traditional drugs. The National Institute of Mental Health, the Connecticut Mental Health Center and the Yale University School of Medicine have funded the study. "The formation of synapses dependent on TOR is the basis of the rapid antidepressant effects of NMDA antagonists. «Nanxin Li, Boyoung Lee, Rong-Jian Liu, Mounira Banasr, Jason M. Dwyer, Masaaki Iwata, Xiao-Yuan Li, George Aghajanian, Ronald S. Duman Science, 20 August 2010: Vol. 329. n. 5994, pp. 959-964 DOI: 10.1126/science.1190287190287

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