

## **Depression**

### **Testimonial # 70:**

I have suffered from depression and anxiety for many years. I never told anyone about what I was going through. However, the people closest to me were aware of my mood swings and how I acted during certain stressful times in my life. In 2001 I went to my family Doctor to get some help with severe anxiety and depression. Of course, the only thing they can do is prescribe various popular medications that carry all sorts of other symptoms and side effects for which more medications are prescribed, thereby compounding the problems. I have never been one to take medications, I usually always try other ways to fix any health problems. I have learned over the years that I my physiology is extremely sensitive to medications, so I don't like taking anything that makes me feel like I'm in a fog. Unfortunately a lot of antidepressants do exactly that. This is one of the many reasons I tend to favor alternative approaches to maintaining my health. So from 2001 to 2003 I went through many trial and errors of trying to correct these issues. Then a friend came by one evening for dinner, and introduced me to some products from Immunotec (HMS 90 and Xtra-sharp ) After taking one package a day of HMS 90 and 60mls of sharp each day I noticed that I felt better. I had more energy, and most importantly I didn't feel the effects of the depression. I felt 100% better in a matter of days and it only took a short time to STOP all medical prescriptions. Of course, I kept my personal physician completely informed of what I was doing throughout this period. I have heard that discontinuing antidepressant medication carries with it certain withdrawal stages, but I experienced none of that, thanks to Immunotec!

**Melina Coates Didsbury, AB**