



# DYNAMIC THOUGHT ---“Dynamic Care for Man As a Whole”

A publication designed to encourage and motivate your mind and spirit  
Nov-Dec 2011

## DEPRESSION TO DELIGHT

Depression is an emotion. It is an inability to construct a future. Someone once said, “Depression is a prison where you are both the suffering prisoner and the cruel jailer.” A lot of people don’t realize that depression is an illness. I don’t wish it on anyone, and most individuals do not want to experience this, but it can happen at any point and time to anyone.

Depression is disabling if you let it control you. It will keep you in the bed on a beautiful and sunny day. It will rob you of your joy and peace. It will make you do things that you do not want to do. In a majority of cases, individuals who commit suicide are depressed. I am writing this article to remind you that you don’t have live in this burden. Life is more than emotions, which fluctuate and influences our choices we make each day. We need different tonics that move us from depression to delight. One such tonic is *Good humor*.

*Good humor* is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment. On many occasions, a television show like *I Love Lucy*-which depicts a housewife, Lucy doing crazy and silly things to get her foot in show business with her husband Ricky Ricardo, can lighten our moods and get one over the hump for that day by shifting the mood from sadness to joy.

Another tonic is *Music*. Play calming and relaxing music in your workplace, at home, while driving, and even when you are sitting still. Studies show that music releases endorphins in your brain and chemical pathways that stimulate positive chemicals that strengthen your emotion and improve mood.

*Exercise* stimulates positive chemicals like serotonin and adrenocorticotrophic hormone (ACTH), catecholamines, and dopamine that improve blood circulation and enhance a positive feeling about self. Furthermore, brain scans have revealed that exercise enhances release of neurotransmitters in the brain that alleviate pain, both physical and mental.

*Spiritual and Positive Thoughts* reduce Depression. What you put into your Mind influences everything that comes out of your mind and emotion. It says in the Book of Psalms: “You are my refuge and my shield; I have put my hope in your word.”<sup>(Ps 119:114)</sup> It also says, “Thy word is a lamp to my feet and a light for my path.”<sup>(Ps 119:105)</sup> Furthermore, King David states that ‘If your law had not been my delight, I would have perished in my affliction.’<sup>(Ps 119:92)</sup> The information we acquire about ourselves and knowledge we comprehend, influences our thoughts.

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Depression is a dungeon that entraps creativity and thought. Unless, we renew our mind and refresh our thoughts, we can be easily stuck in depression. Delight is possible, when we recognize like King David, the need for a greater force than self, and that this force desires what is best for us and it is found in God and HIS WORD.

King David wrote about God in this way, “Praise the Lord, O my soul, and forget not all his benefits; who forgives all your transgressions, and heals all your diseases.”<sup>Ps 103:2-3</sup> God is a loving Force that renews your mind, restores your heart, forgives all your pitfalls, and heals all your sufferings. The great result of this understanding of God is the transformation of your soul to a Spirit of Delight.

The homeopathic pharmacology taps into this source of the Body-Mind-Spirit Plane. The science of gentle pharmacology stimulates the neurogenesis of the brain. Neurophysiology reveals that the new neurons are created in the hippocampus, the center of learning and memory in the brain; however the exact mechanism behind this neurogenesis is still being explored.

At a cellular level, the mild stress created by exercise, music, humor, and positive thoughts stimulates the influx of calcium, which activates transcription factors in existing hippocampus neurons. The transcription factors initiate the expression of the BDNF (Brain-Derived Neurotrophic Factor) gene, creating BDNF proteins that act to promote neurogenesis. Thus the generation of BDNF is a protective response to stress, and BDNF acts not only to generate new neurons, but also to protect existing neurons and to promote synaptic plasticity (the efficiency of signal transmission across the synaptic cleft between neurons, generally considered the basis of learning and memory). Once, these biochemical changes occur, your soul will be transformed and your emotion will move from depression to delight.

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