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## natural depression remedies herbal depression remedies??

Posted by Stuart Pattullo - 2008/06/30 15:00

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Homoeopathic depression treatments are more complicated than just 'take this and you'll feel better'. It's more a case of treating the type of person as well as the symptom. You'll either have to see a homoeopath or consult a guidebook. As far as I'm concerned Dr A Lockie's book is about the most comprehensive. I received treatment for depression from a homoeopath several years ago. At the time it seemed very effective, but now I'm on dothiepin - judge for yourself.  
Stuart

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