

Cocoon Nutrition

274 E. Hamilton Ave., Suite G
Campbell [95008] California
1-888-988-3325
www.cocoonnutrition.org

Nature's Answer to Depression

*The fastest way to Defeat Depression...
Without Drugs*

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I am guessing that you have been diagnosed with depression or you have diagnosed your self. Either way you are seeking answers and real solutions.

If you are depressed for any reason, key brain chemicals called neurotransmitters are deficient. Why is it one person can see the positive side of a situation and another person only sees the negative? This is because each of them has a different amount of neurotransmitters in the brain. Depression is not something you can just "snap out of." Depressed people many times feel like they have no energy and can't concentrate. Others feel irritable all the time for no apparent reason. Others cannot even get out of bed in the morning. The severity of the symptoms vary from person to person but one thing is certain: depression impacts people's lives in every area including the ability to support oneself financially, the ability to maintain close loving relationships and the ability to handle stressful situations.

Depression is just a name for a set or group of symptoms. When symptoms become severe enough you seek answers so let's look at what your options are.

Western Medicine and Treating the Symptoms

You might do what millions of people do every year and seek answers from Western Medicine and your doctor. What you might not know is that Western Medicine only treats symptoms. For example, you come in to see your doctor with a symptom or symptoms and you get drugs to make those symptoms go away. Actually, what's really happening is the drugs suppress your symptoms. Never mind that a new set of symptoms appear, called side effects, which are sometimes more bothersome and even dangerous than the original symptoms you had. How often have you heard a commercial for example, an allergy drug, and at the end of the commercial the announcer says something like "may cause drowsiness, high blood pressure, sexual dysfunction, heart attack or even a stroke"! A simple analogy for understanding symptom treatment would be having a leak in your roof and you notice that it's dripping in your kitchen so you put a pot under it to catch the water. With each new leak you put a new pot out to catch the water. Pretty soon you have more leaks inside the house and you put more pots to catch the water. Now the cause of your leak is not a deficiency of pots. Its obvious that the cause is holes in your roof. Wouldn't it be easier to just fix the roof?

Alternative Medicine and Treating the Cause

Alternative Medicine treats the cause of the symptoms. Wouldn't you rather make the cause go away so the symptoms that are interfering with your life go away too? Wouldn't you want to really understand the cause so if you are doing something that is contributing to the cause you can stop doing it? Alternative Medicine understands that a symptom is just your body's way of trying to correct something. The body is trying to right a wrong; it's trying to fix the cause the best way it knows how. A fever, diarrhea, high blood pressure or other symptoms are the body's own intelligence trying to correct the problem. Let me give you an example. Your body takes in something toxic say from your food or drink or from the air. It decides to send this offending toxin out the easiest way; through the bowels. It sends it to the colon to be eliminated fast. You

experience this as diarrhea. What do most people think? “Oh my God, I am sick and I have to stop this diarrhea” so you take some “diarrhea stopping medication” and interrupt (suppress) the body’s own attempt to correct the problem (right the wrong). Alternative medicine does not use toxins, which all drugs are, to suppress the symptoms. It treats the cause and when that goes away your symptoms go away.

What Causes Depression?

Now let’s get back to the subject of depression. As we get further away from our ancestral diets, which were rich in vital brain and glandular nutrients including animal proteins, fats, fat and water-soluble vitamins, minerals and amino acids, we are experiencing more brain/mood disorders like depression. We are also seeing this same trend in children whose diets are deficient in these key brain nutrients. ADD and ADHD are commonplace now. Western Medicine knows that depression has to do with brain chemistry and that the problem has something to do with the chemicals that the brain and glands produce. These brain and glandular chemicals are called neurotransmitters. The neurotransmitters mostly involved in mood and therefore depression are norepinephrine and serotonin. Most people who are depressed are deficient in these two neurotransmitters. So the vast majority of the drugs Western Medicine offers to treat depression act in some way on these two neurotransmitters.

Another reason depression is so rampant in our culture is due to Monosodium Glutamate (MSG) which is so rampant in our food supply. Just about every processed food from potato chips to ice cream has a hidden form of MSG in it. Hidden because it is rich in MSG but is called by another name, so you do not know it is MSG. The following list of food additives is a source of this strong flavor-enhancing chemical (MSG)

Label ingredients that always contain MSG	
Monosodium Glutamate Monopotassium Glutamate Hydrolyzed Protein (any and all) Yeast Food Gelatin (yes, even Jello) Yeast Nutrient	Yeast Extract Glutamic Acid Sodium Caseinate Hydrolyzed Corn Gluten Textured Protein Autolyzed Yeast

Ingredients that often contain MSG, or create it during processing	
Hydrolyzed: Carrageenan Citric Acid Bouillon and Broth Maltodextrin Soup Stocks Ultra Pasteurized Barley Malt Pectin	Soy Protein Isolate Whey Protein Concentrate Whey Protein Soy Sauce Malt Flavoring Enzyme (or Enzyme Modified) Natural Pork Flavoring Natural Beef Flavoring Natural Chicken Flavoring

“Natural Flavors” and “Seasonings” which are catchall names for MSG based food-enhancing ingredients, especially those found in condiments, spices and salt products.

Each one of these MSG rich flavor-enhancing ingredients is what makes processed foods taste so good. They are rich in glutamic acid, an amino acid used for transmitting nerve impulses. The problem is when the amount of free glutamic acid is in excess of the nerves ability to process it. It over excites the nerve and kills it. In the recent documentary film by Morgan Spurlock, called "Super Size Me", Morgan ate nothing but McDonalds food and drink for a period of 30 days. The net effect was that by the end of 30 days he had gained weight, had high liver enzymes, was feeling deathly ill and was very depressed. He said that he noticed every time he ate at McDonalds meal his depression lifted and then returned within 45 minutes or so. Why is this? Because McDonalds, as well as all fast food restaurants, have high amounts of MSG in their food. MSG is an excitotoxin that lifts mood and then kills the brain cell from over excitation. Consequently creating depression and an addiction to the food with hidden MSG in it.

The three countries with the highest consumption of MSG laden foods are Japan, Germany and the USA. Japan consumes the highest amounts and also has the highest rate of suicide. Yes, MSG induced brain cell death causes depression, Alzheimer's and a low IQ. So you must remove all hidden MSG from your diet if you want to overcome depression.

I highly recommend the book "Secret Assassins In Food". This book is outstanding as it reveals all these hidden sources of MSG in our food supply. It will wake you up to the realization that you are unknowingly being drugged and poisoned with every potato chip, frozen batter fried fish, and almost any processed food you eat.

Antidepressants Cause Brain Damage

There are 3 types of antidepressant drugs. Selective Serotonin Reuptake Inhibitors or SSRIs. They specifically affect serotonin. SSRIs stop a brain enzyme from breaking down the neurotransmitter serotonin. The serotonin now remains in the synaptic vesicle of your brain acting like a braking mechanism to help you feel calm. But because of the SSRI drug you cannot break down this calming neurotransmitter. This will kill the will kill the receptors ability to respond in the future. Now you lose one braking receptor. Multiply this by several thousand and you begin to see the danger of this. Studies done on animals show that up to 60% of the receptors for serotonin literally disappear from the brain when given Prozac.¹ This leaves more of the accelerator receptors left in the brain than inhibitory. This means you will have more of the more aggressive neurotransmitters firing than the inhibitory. This will cause you to be more likely to act before thinking. Western medicine's approach of not allowing the serotonin to be broken down so it can hang around and make you feel good sounds OK but it's causing brain damage as a side effect. Doesn't it make more sense to figure out why there isn't enough serotonin being produced in the first place and then give your brain what it needs to produce more serotonin? That way you fix the problem or the cause. Some of the other side effects of SSRIs are nausea, sweating, fatigue, sleepiness and squelching your sex drive.

The second class of antidepressants is Tricyclics or TCAs. They prevent the reuptake of both serotonin and norepinephrine, prolonging the mood inducing effects of these two neurotransmitters. Again just like with SSRIs the consequence to you is the destruction of the synaptic vesicle or brain damage. Norepinephrine is actually produced by your adrenal glands so why not look at why the adrenal glands aren't producing enough norepinephrine and give them what they need to do so. In addition to brain damage,

¹ Depression Free Naturally, by Joan Larson, PH.D.

TCA's cause blurred vision, dry mouth, constipation, weight gain, fatigue, weakness, dizziness when changing position (so just stay still), increased sweating, difficulty urinating and like SSRIs they squelch your sex drive. If you do happen to get in the mood they keep both women and men from achieving orgasm. Oh, and if you overdose they cause delirium, cardiac arrhythmias and death. Is all this risk worth it when you can focus on the cause of the depression and deal with that?

The third class is called Monoamine Oxidase Inhibitors or MAOIs. They work just like the other two in that they prevent a naturally occurring enzyme from breaking down, you guessed it, serotonin and norepinephrine. Are you beginning to sense a pattern here? Western medicine just keeps coming up with different chemicals to do the same thing: keep what little serotonin and norepinephrine your body is making hanging around so they can make you feel good but you pay a high price in damage to your brain. MAOs have the same dangerous side effects as the other two and like the other two don't address the real cause.

Is there a way to address the real cause that works fast and doesn't jeopardize your health, make you feel like a zombie or squelch your sex drive? Yes, there is and it's what Alternative Medicine does. It's what I do. I know that if you are depressed you are deficient in one or all of these neurochemicals, serotonin, norepinephrine, sugar, 2-PEA, or PGE1. I also know that you are missing key nutrients that are needed to make neurotransmitters like food based B-vitamins and minerals. I also know you are in some stage of adrenal exhaustion because you are low in norepinephrine which is produced by the adrenal glands. I know you need remedies that are going to address both brain chemistry and glandular health. I know the last thing you need are chemical toxins, like drugs, which are going to further damage your tissues (side effects) and not even address the real cause. Let me introduce you to my remedies that address more of the cause of depression.

Increasing Electron Flow In The Brain

Interdimensional Minerals has monatomic platinum minerals that increase the electron flow across the nervous system. This in turn dramatically improves brain function, lifting mood and increasing mental clarity and focus. "It has been shown that the mineral Iridium heals damaged cells. It has been shown that Ruthenium increases electron flow over the cells by up to 10,000 times."² Platinum metals, in their monatomic high-spin state, can activate the endocrinal glandular system in a way that heightens awareness, perception and aptitude to extraordinary levels. We have a 50-year old woman who was on Elavil for 20 years. She finally got off the drug and hoped for the best. It was not a pleasant ride. She was falling in and out of consciousness. She then got on the Interdimensional Minerals and immediately felt improvement and now feels she can function normally again without Elavil.

Below is proof from several clients that we have helped improved their depression. These testimonials are with only 2 of the products in the Nature's Answer to Depression package. Rose and A. Hardison improved their moods with just Interdimensional Minerals.

Rose Menalo - After taking this remarkable break-through product I can not only describe how much better I feel but also how complete I feel as well. This product if allowed could revolutionize medicine, thank you so much for making it available.

² ORMUS, DNA Repair and Health, by Barry Carter

A. Harbison - The effects on Interdimensional Minerals were immediately noticeable: much higher sustained energy level, extraordinary mental clarity, acute awareness and perception of surroundings and people, memory more acute (short term and long term-began remembering minute details from events that had occurred many years before); muscle mass, density and strength noticeably increased at about the 6th day. Then, about three weeks after beginning a truly amazing experience began. For absolutely no reason, I found myself laughing out loud; the kind of liberating healing laughter that one associates with a sense of total wellbeing. Additionally, my perceptions of the past, present and future had become uniformly and intensely positive. At certain times during the day, a sense of freedom from one's own weight is so pronounced that if I had a mind to do so it feels as though I could jump into the air and stay there for a while. Thank you for this amazing product.

Growth Hormone

Another mood enhancer is our **Cocoon GH** (Growth Hormone). Many of our customers feel the effects immediately. In fact, some take a few sprays during the day especially for that mood lift. Growth hormone has a long list of benefits including: improving mood, memory, energy, cardiovascular health, liver, kidney, joints, bone density and reproductive health to name a few. Every cell in your body has a receptor site for Growth Hormone and it triggers the cells to absorb amino acids. This causes new proteins to be made. As new water rich proteins are made the cell functions youthfully and you look and feel younger.

Growth Hormone also supports the function of your hypothalamus, pineal, thyroid, adrenal, liver, and reproductive glands. Each gland or organ mentioned produces a neurotransmitter, neurohormone or proteins required to create optimum brain chemistry. This overall support of the glands produces a balance feeling in both mind and body. Supplemental use of Growth Hormone has been referred to by physicians as producing a Lazarus effect, the resurrection of one's personality to a happier state. Lazarus was the man Jesus resurrected.

Below is proof from several clients that we have helped improved their depression. These testimonials are with only 2 of the products in the Nature's Answer to Depression package. Alice and Shannon improved their moods with just Cocoon GH.

Alice - In the two weeks since I have been using GH, the osteoarthritis in my knees has improved 98% -- to the point where I didn't even find it necessary to mention it to my medical doctor during a recent visit. In addition, my complexion has an added softness. But the most outstanding change has been in my mood and alertness, which is a mellow sharpness. I had never gotten any results whatsoever with the GH Precursors, and I had tried various brands. Keep up the extraordinary work... and I'll write again in a few months.

Shannon, 56 - I first met with Stephen approximately two months ago. I had been plagued by insomnia, awakening two to three times a night, accompanied by feelings of fatigue throughout the day. I have now been using the GH spray for two months. Sleeping, which was once so difficult, has become easy. I now sleep seven hours a night, and awake feeling refreshed. For the past three years I have been using St. John's Wart for depression. Due to the overall general feeling of well being created by Stephen's program, I have been able to stop taking St. John's wart completely. I found Stephen to be easily available for follow-up consultations, and I am now a big fan of his supplement program. I have tried many natural products, but this is by far the most superior.

Sleep

Sleeping deeply and at least 5 hours straight every night is essential to fully recharge your adrenal glands. They produce epinephrine a neuro-transmitter involved in mental focus, drive and mood elevation. So getting a good night's sleep is essential. Also serotonin and melatonin are needed to make one feel calm and peaceful. A deficiency of the amino acid Tryptophan can contribute to depression. Tryptophan is the building block for making serotonin and melatonin. Taking 500 to 2,000 milligrams of Tryptophan prior to bed can induce deep sleep and give you that sense of calm peace all day long the next day. Our **Tryptophan** is the answer. The history of Tryptophan is interesting. It was sold for years in the health food stores as the healthy alternative for sleep. Then in 1989 one company Showa Denko produced a batch that was contaminated. This batch made some people very sick. It was proven afterwards that it was a contamination problems but the FDA decided to ban it from store shelves. Even though Canada and other countries still allowed it. That same year or the year before Prozac had just come on to the market for sale. Without Tryptophan people were left with no options other than to take Prozac. The scam is obvious to see. Well Tryptophan is safe and effective and is available again today without a prescription from our office.

Strengthening The Adrenal Glands

During the day your adrenal glands have to produce a sufficient amount of norepinephrine for you to have drive, confidence and feel happy. Since most people are in one of three stages of adrenal exhaustion, it's vital to heal or nourish these glands back to higher health. This we can do very well with **Adrenal Power**. Rhodiola Rosea is the main ingredient in **Adrenal Power** and it contains plant compounds called saponins that your adrenal glands can use to create hormones. In 1931, Russian botanist and nutritionist Dr. L. Utkin discovered that "Siberian Rhodiola Rosea" increased sexual potency. In 1947, Russian scientist Prof. Lasarev reported that extracts from Siberian Rhodiola Rosea increased the body's natural resistance to different environmental stresses. Then in 1958, the prominent Soviet scientist, Dr. I. Brekhman, introduced the importance of Siberian adaptogens into everyday health.³

Diseases associated with stress may appear in the first "alarm phase", but they mainly appear in the third "exhaustion phase" when the body cannot fight stress anymore. This third phase usually develops after a period of months or years. Everything depends on the duration of the "adaptation phase". Sometimes the body may be fortunate and escape this third phase altogether, provided it could keep the stress under control. It is possible to do this by taking adaptogens; they can help you to stay in the "adaptation phase" for as long as possible. There is hope however. Nature has bestowed upon us a collection of plants that can effectively combat stress and return to us our birthright: good health. Although eradicating stress from our life seems impossible, we can respond by diminishing its effects. Agents who do this are called adaptogens, and in particular Rhodiola Rosea, which can be called nature's answer to stress.

Cortisol is a glucocorticoid that is crucial in the response to trauma, infection, exercise, anxiety, and dementia. High levels however, may cause involution of the thymus, depression of the immune response, tissue damage, fat deposition and confusion. Cortisol is also sometimes called the "stress hormone", the hormone that is quite often out of balance (especially for women). Rhodiola Rosea has been used with a

³ Rhodiola Rosea The Natural Way to Improve Your Mental & Physical Well Being by Dr. Howard Peiper & Dr. Zakir Ramazanov

tremendous amount of success to lower the cortisol production. This rebalances the hormone and keeps stress to a minimal. As the stress level is kept low, also the sugar cravings are either eliminated or also kept low.

Clinical studies on Rhodiola Rosea were performed at leading Soviet universities and medial academies. Researchers concluded that Rhodiola Rosea is much more powerful than other adaptogens including Panax ginseng, Siberian ginseng, Schizandra and Aralia. Researchers also found Rhodiola Rosea to be one of the best natural anti-depressant ever discovered. Much better than St. Johns Wort, Kava Kava and in many instances SAME. They compared patients taking these three different natural supplements with patients taking only Rhodiola Rosea and found Rhodiola Rosea to be superior overall in effects and quickness. In another study Rhodiola Rosea was demonstrated in patients with pronounced depressive states of varied origins. 128 individuals, 17 to 55 years old, were observed. After the administration of the Rhodiola preparation, a substantial decrease or complete disappearance of the clinical manifestations of depression was noted in 65% of the patients. Scientists have also found that Rhodiola Rosea enhances the level of serotonin in the brain. Evidence suggests that Rhodiola Rosea may help those, buried by feelings of depression, to climb out of their psychological hole.

Bulgarian researchers demonstrated that Rhodiola Rosea stimulates the biosynthesis of the hormone epinephrine, nor epinephrine and adrenocorticotrophic hormone. Epinephrine & nor epinephrine are essential to your sense of happiness, drive and confidence that you can get things done. ⁴

B vitamins for conversion

B-Vitamins are required for the conversion of amino acids into neurotransmitters. Most people make the mistake of thinking a B-vitamin is no different than other B-vitamin. There are two types of B-vitamins, one is from coal tar and is without life energy and the other is from a once living food source and contains life energy. They are both chemically identical but the coal tar is absent life energy called a light body. Whereas once living B-vitamins are contain this light body. Studies done by Fritz Popp showed that cells fed coal tar vitamins would work correctly but die young. Those fed food based vitamins would work correctly and live a normal length of life. Food based vitamins also contain all the unidentified compounds and cofactors that make for full nutrition. There are approximately 25 identified B- Vitamins in nature who knows how many remain to be discovered. Taking a coal tar derived B-Complex as is what is sold in Health Food Stores will only give you a fraction of the B-complex group. **Vasculin** a food based B-vitamin supplement that is recommended to be taken with your Nature's Answer to Depression Package.

Nature's Answer to Depression consists of the following combination of products: **Interdimensional Minerals, Cocoon GH, Tryptophan, Adrenal Power and Vasculin**. It is also recommended that you take our food based B-vitamin product called **Vasculin**. Taken together you will cover each of the critical areas of optimum brain chemistry and glandular health. Because nutrients and herbs (unlike drugs) work together you get a synergistic effect on these products. The combination of these four products should help you to feel like yourself again. Buy the Nature's Answer to Depression package regularly retails for \$329.94. When purchased together your price is \$212.40. That is a savings of \$117.54 and you get the book "The Secret Assassins In Food" for FREE. This

⁴ Rhodiola Rosea The Natural Way to Improve Your Mental & Physical Well-Being By Dr. Howard Peiper & Dr. Zakir Ramazanov

book will of course enlighten you about how MSG, Aspartame (NutraSweet) and Fluoride kill brains cells. You can take the best of nutrients but if you keep on killing brain cells, memory and depression will be guaranteed consequences.

At Cocoon Nutrition we overcome one of your biggest frustrations you have when trying to buy nutritional products to improve your health. Maybe you've experienced trying to wade through the monumental amount of information on health and nutrition. Much of it is contradictory too. If you do decide to call a company up and ask them for more specific guidance, what you'll get is an order taker who can send you literature on the product (that comes from the manufacturer) but you'll find out they won't be able to educate you by answering your in depth questions about your specific health issues or goals.

When you call Cocoon Nutrition you don't just get an order taker, you get a trained nutritional consultant who can educate you and answer your questions about your unique health issues and goals. This is what separates Cocoon Nutrition from other nutritional product companies. Stephen Heuer, a degreed Nutripath, has been in clinical practice for the last 15 years, and trains his staff on an ongoing basis. He is also on site to answer any questions the staff cannot. All of us at Cocoon Nutrition live the message we teach. We have individually overcome our own health challenges like chronic fatigue, kidney stones, Candida, excess weight and much more. Together we have over 75 years experience in health and nutrition. The first time you call in, take advantage of our FREE 10 minute consultation with one of our health enthusiastic staff. Call us at 888-988-3325 between the hours of 10-5 PST and let us help you achieve awesome health!

To order, Click [here](#) or Please call Cocoon Nutrition NOW at 888-988-3325

Dedicated to your awesome health,

Stephen Heuer,

Nutripath and Overseer of Cocoon Nutrition

Natures Answer to Depression Package - Suggested Dosages

Interdimensional Minerals: 7 drops in the morning held in mouth 30 seconds.

Cocoon GH: 6 sprays per day, 3 sprays upon arising and 3 sprays at bedtime, hold in mouth 90 seconds.

Tryptophan: 1 to 4 capsules at bedtime.

Adrenal Power: 5 sprays in mouth one to two times per day.

Vasculin: 3 tabs 2 times per day with meals.

Drink 1/2 your weight in ounces of purified water to hydrate yourself everyday.