Mindluster Platform

About the course Depression Causes and symptoms

Depression Causes course, in this course we will explore the multifaceted factors contributing to depression. From genetic predispositions to environmental triggers, delve into the complexities of depression etiology. Gain insights into the interplay of biological, psychological, and social factors, and understand how life events, trauma, and chronic stress can influence mental health. By understanding the root causes of depression, we aim to foster awareness and provide strategies for prevention and intervention.

Medical Category's Courses

Course Lesson(12)

Lesson 1 : **The Root Cause of Depression is NOT a Chemical Imbalance with Serotonin**

Lesson 2 : **The Real Causes of Depression â€“ Dr Berg**

Lesson 3 : **The 5 Nutrient Deficiencies Behind Depression**

Lesson 4 : **The Secret to Getting Rid of Anxiety and Depression**

Lesson 5 : **7 Things that Can Pull You Out of Depression**

Lesson 6 : **Hidden Cause of Depression and Anxiety â€“ Brain and Gut Connection â€“ Dr Berg**

Lesson 7 : **The Number One Best Exercise for Depression**

Lesson 8 : **Melancholy â€“ The Real Cause of Melancholic Depression â€“ Dr Berg**

Lesson 9 : **The 6 Main Common Causes of Depression â€“ Dr Berg**

Lesson 10 : **Is Depression Genetic Dr Berg Explains 11 Causes of Depression**

Lesson 11 : **Curcumin vs Prozac for Depression What Does the Data Show**

Lesson 12 : **Ketones and Emotions Depression Anxiety Irritability**

Related courses

Infection Control

Male Reproductive

Anatomy

Pharynx

Endocrine

General Embryology

business@mindluster.com