



#575 End The Cycle of Depression: Addressing Trauma, Mindset, and Gut Health for True Healing

Silvia Covelli

Dr. Wendy Myers

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about everything related to heavy metal and chemical detoxification, health issues caused by toxins, how to detox, and also my other loves, which are anti-aging, bioenergetics, and other advanced health topics as well. We don't really do the basics here. We do more advanced topics on health. Today on the show we're going to be having Silvia Covelli. She's going to be talking about how to start healing from depression. Are you dealing with depression? It's estimated that up to eight-plus percent of the population in the U S experiences a balance of depression and some even chronic depression that's resistant to treatment.

We're going to be talking about why medications don't always work, why gut health is so important, circadian rhythm management, blood sugar control diet, and working on emotional trauma. I'll tell my own personal story about dealing with depression and what I feel contributed to that and a lot of tips and tricks that you can do to start overcoming depression, why exercise has been shown in the research to work better than SSRI medication, and many other tips and things to help you start thinking about if you or a loved one has been dealing with depression.

Our guest today, Silvia Covelli, is the founder of the healing depression project. She's an honors graduate from Boston College and a former social science researcher at

Harvard University. She pursued graduate studies in finance and business law and dedicated her career to entrepreneurship and becoming a skilled businesswoman as well. In parallel with her thriving career, Silvia faced relentless and chronic depression, exploring over 60 different treatments without finding sustained relief. Her personal struggle, combined with her extensive background in human transformation and mind-body connection, led her to develop a program that remarkably eradicated 25 years of depression symptoms, leaving her depression free ever since. This breakthrough later inspired her to foster the creation of the Healing Depression Project and help others break free from depression, and that became her life mission. You can learn more about Silvia's work and more about her inpatient program@healingdepressionproject.com. Silvia, thank you so much for joining the show.

Silvia Covelli

Sure, Wendy, thank you so much for having me. I'm excited to be here.

Dr. Wendy Myers

Yeah, so we're going to talk about depression today. Why don't we just define depression for anyone who wants to make it super clear?

Silvia Covelli

Well, depression from a clinical perspective, if we're going to talk about a major depression, there's like nine different symptoms. Out of those symptoms, in order for the doctor to make the diagnosis, five of them have to be present. They're persistent sadness and apathy, that is, not feeling engaged or passionate about or interested in mostly anything in your life. There are a lot of physical symptoms in there that include your appetite, sleep, and fatigue. People experience extreme fatigue, lack of physical energy and others that have to do also with psychomotor skills. You feel lethargic or at a slow pace or sometimes it presents itself as the opposite. You're very hyper and more than normal activity. So, those are some of the symptoms that psychiatrists will use in order to decide if it is depression or not.

Dr. Wendy Myers

What is the prevalence of depression today? It seems like with increased social media use and lots of other factors like diet, lifestyle, et cetera, depression is very prevalent. But what are the statistics?

Silvia Covelli

Well, a few years ago, some statistics that came out say that 8.4% of the adult population have experienced a major depression episode in their lives. We believe that they are under-reported. Some of the studies show that about 30 percent of the population is struggling with depression. If you know four friends, one of them is depressed. So, we're talking about 25 per cent, but it depends on where you look at. About 8.4 is some of the official statistics on depression.

Dr. Wendy Myers

Okay, great. In some, depression is very chronic and treatment-resistant, so to speak. Can you talk a little bit about that? There are a lot of people out there using SSRIs and trying to heal. I've had one friend of mine. She was on all kinds of antipsychotics and all kinds of things and nothing was really working. So, what's going on with treatment-resistant depression?

Silvia Covelli

Well, before I say what I think about medication, I want to say that medication could be life-saving. If the person is going to an acute stage, for example, suicide is on the table, then that could be very helpful to take the person to a safe place and then move from there. But that being said, medication has been shown over and over in research just simply not to be effective. There's a study from 1990 to 1989 that followed 431 people for 12 years. Every week they checked their depression symptoms. And as it happens, only 10 percent of that group really achieved full remission, that is true recovery. 90 percent of the people continued to experience depression symptoms. Another statistic that is important is from 1990 to 2010, the use of antidepressants in America rose by 50%. And still, the numbers of depression remain the same. So that only means one thing, more medication without results.

There's a lot of research debunking the theory of a chemical imbalance in the brain. That goes to the serotonin theory that's all out there, but still, doctors keep

prescribing and prescribing medication because that's exactly what's happening with the current psychiatric model. They don't have any more tools. All they learn in school is about medication, or 90%.

Some doctors and psychiatrists say that they saw, for example, 25 minutes of nutrition during their career, and one of them was even making a joke about it because it was an optional class. So, not even those 25 minutes you had to be there. That started to change a little bit, but not enough. Right now, the tools of psychiatry, if you go to a psychiatrist, he will medicate you. The thing that they do is that if you're not showing the results that you're supposed to be showing, they change the medication, they change the doses, they add something else. At the end, you ended up with a cocktail of things and still experiencing symptoms. That is something that needs to change and the Healing Depression Project wants to contribute to that conversation and offer more tools because there are more effective ways of treating depression than that.

Ads 00:08:50

For anyone listening who really wants to detox their body, go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com

Dr. Wendy Myers

I'm gonna talk about that and I love that you do this holistic approach. It's a very non-conventional, 30-minute functional medicine approach essentially as I have a lot of compassion for people dealing with depression because I felt like I dealt with depression most of my 20s and tried all kinds of different things and I realized now it was due to my mercury fillings being removed improperly, being on the birth control pill, lack of circadian rhythm, poor sleep, getting too much light in my room at bedtime when interrupting sleep and my diet sugar. A lot of different things contributed to my depression in addition to emotional trauma for which talk therapy did not address interestingly enough. So, what are some of the underlying root causes of depression from a functional medicine perspective?

Silvia Covelli

One of the problems is, like psychiatrists say, a complete disconnection between the mind and the body. We've been told as patients over and over again that depression is in your mind. But then again, when you look into the research, that is not the case. It is not only in your mind and sometimes it is mostly in your body. One of the things is that chronic inflammation is a big one. It's a gut health issue. A lot of people don't know that 90 percent of the serotonin is actually produced in your gut. That's a really big one. Nutrition is fundamental because depending on what you're eating, actually you might be feeding your depression because depending on the food that you're consuming, you're creating metabolic disorders in your brain that are not allowing your brain to function the way that it is supposed to be functioning. But then again, it's not only in the body. Depression has a big complexity because if you think about it, it's something that has permeated everything in your being, especially if we're talking about depression for a few years or several years. Because it is in your body, you have this lack of energy. So, the pressure permeates everything in your being and it is in your body because you are feeling a lot of physical effects, like extreme fatigue, for example.

It is also in your mind, your thoughts and your mindset. It is in your emotions, because there is a trauma that maybe you have not processed or that has been stored and that you need to process. It is even in your spirit because it affects the very connection of how connected you feel to life, how engaged you are, and what life purpose you see in it. Depression is very complex in that sense. Therefore, one of the things that I realized in my story after dealing with it for 25 years and not being able to recover after trying more than 60 different treatments, approaches, programs, and retreats, one of the things was that a lot of the programs out there, they work only on one or maybe two of the human aspects, but depression actually needs to a very comprehensive approach where all the aspects in the human being get addressed and therefore you can get, true healing.

If you start just healing your body, which is very important, and actually that's the way to start. You need to start with the body, and going back to your question about functional medicine, what functional medicine does is to really look at the root

causes in the body. If it's like mine, it's in your mind and emotions, but what's causing it is in the body. So that's the first step, but that's that by itself, it's not enough. You also need to address if you have really strong limiting beliefs, one of them, for example, being that you cannot recover from depression. That is a very common feeling and thought that people that have been dealing with depression for a long time have, and it is actually introduced by doctors themselves. The countless times I was told by doctors, this is a lifelong condition. This is something that you have to learn to live with, and this is part of who you are. Basically, this is your destiny. Try to make the best out of it. That's a message that even conventional psychiatry is still delivered.

Dr. Wendy Myers

That just angers me so much because of the power of words to completely change someone's outcome. It can even end their life if they believe they're never going to feel better or get out of this. It's certainly myself knowing from dealing with depression, it is very hard to see the light at the end of the tunnel when you're in that dark state. When you're in bed and you don't even have enough energy to go to the bathroom or to go get food. You just don't care about anything. It's very difficult to change your mindset and the biology of belief. But certainly, when you have someone in a position of authority, your medical doctor telling you things aren't gonna change, you know, that's very traumatic and wrong.

Silvia Covelli

Yeah, you believe it. And that's why a lot of people are also in there for several years and then the lack of effective treatments reinforces what the doctor is telling you. So, we know it makes sense. The doctor says this, listen, I've tried all these things and nothing works. Even the description itself of treatment resistant depression, the only thing that it means is that the person has failed to achieve significant improvement after trying two rounds of medication. That doesn't mean anything else. But then they tell you that you have treatment resistant depression. That sounds terrible. That sounds like, oh my God, my kind of depression is way more difficult than any other type of depression. But it's not true. The definition of treatment resistant depression is the one that I just gave, and if we go back to that definition, it's actually very upsetting, because it is a failure to achieve.

I was on a podcast with a doctor and a psychiatrist, and I asked her, who's failing to achieve? And then she said, according to the definition, the patient is failing to achieve. And I'm like, well, that is not true. What's failing to provide relief? It's the medication. And then she was like, yeah, no, I agree. So that's also something that is out there, and it's in the mind of everybody. You're failing to get better.

Dr. Wendy Myers

So, you created a project called the Healing Depression Project. I love this because you're going so far above and beyond just looking at just medications as solutions, which is what most people are only offered. Can you tell us about that and your approach to dealing with depression?

Silvia Covelli

So, the project is inspiring my own story after trying for two and a half decades to get better and not being able to do this project. What we are doing is offering a program that can provide effective treatment to people that have been struggling with depression for a long time. The program is a 45-day program that has a 30-day retreat and a 15-day follow up at home. So, in a way, we go back with you to your home to help you integrate everything that you learned during the retreat and all the gains that you did, because that's one of the problems with residential care. When you go back home, you really don't know what to do because they were doing it for you. You don't have all the knowledge, the awareness, the skills, and even the tools to implement these in your life. So that's the structure.

The other reason for making it residential is because we understand that in order to make changes in your life, you need to have things that depression actually takes away from you. Think about it. You need physical energy to change if you're going to change your nutrition or if you're going to start a new exercise routine.

Again, let's go back to hope. You need hope because who's going to start something if you've been told that nothing is going to help you. And then you're trying to do all these changes in isolation. That's why with depression, it's even more difficult to make these lifestyle changes. So, our program concentrates on a lifestyle training transformation. We help the person using the science of habit formation, which is

really nice just to learn that there's a reason why we as humans do or do not do something and what is the easier way to get into these new habits. We help the person to break free from habits that are definitely affecting their recovery and then help them to cultivate these new habits.

We teach them how to make them sustainable and how to integrate them in their day-to-day life. So that's another reason why it's also residential, that is a retreat, so that you can just focus on getting that well-being. Basically, your job is to recover and you focus all your energy into getting well and acquiring all these habits. This is from the lifestyle habits perspective, but from the medical perspective, we do offer two of the most hopeful treatments in psychiatry to really address depression from all angles. One of them is what we were talking about before functional medicine psychiatry, which is looking at what else is happening in your body. Is it a dysfunction or imbalance? What is happening in your body that needs to be addressed because it is contributing to your depression symptoms. Those things need to be dealt with first because if there's something wrong and unbalanced or dysfunction in your body, it doesn't matter how much you work on your mindset or emotions. If your body needs that help and is not being taken care of, the body will derail the process of recovery.

So, with functional medicine, we provide extensive lab testing to check things that most of the doctors don't check, especially if we go back to psychiatry. In psychiatry, you're lucky if you get two or three lab tests if you insist, or if the doctor has some bigger awareness than the others. But you don't get large testing and they don't really start finding out, okay, let's see you as a whole person. We do that. We do functional medicine. And then we do metabolic psychiatry. Metabolic psychiatry is one of the most cutting-edge treatments in psychiatry. It's been going on for about 100 years, but in the last 30 years, there's been solid research showing the link between metabolic dysfunctions and mental health disorders. What we do is through nutritional interventions to reset the metabolic dysfunctions of the cells and therefore reset the health of the brain from the cognition or from functioning from all these issues so that your brain is functioning in a way that will help you with your thoughts, your emotions, and your physical health and that all together.

As I was saying before, depression is very complex. We also do a lot of trauma work, especially psychodrama group therapy that has been shown to be very effective in helping you achieve results way more than talk therapy. Because of talk therapy, so many of us have been there. You go and you go and then, it might bring some awareness and give some light to some of the things that you didn't know, but it doesn't really go the step forward there into, okay, what do I do with this? How do I really improve my life? How do I work through it? The type of therapy that we're going to be doing is to help you work through that trauma or start the process of elaborating that trauma so that you can leave it as part of your past, but not hanging over you on a constant daily basis. We work a lot on the mindset through amazing meditations that help you rewire your brain for thoughts and emotions of health and well-being and access the subconscious because from a biological perspective, 95 percent of the brain is the subconscious mind. So, unless you work on that, it's really hard to create a lasting change. It's extremely comprehensive. What we want to do is just basically attack depression from all angles so that the person can achieve this lasting relief that they've been looking for for so long.

Ads 00:24:20

This episode is brought to you by Chef's Foundry. They've got a fantastic line of cookware called P600. It's totally non-toxic. I think people don't realize that when they're cooking, most people's cookware is adding toxins to their healthy food. People spend so much money on healthy organic food and then cook it in toxic cookware. That includes cast iron, which I do not recommend. It adds way too much iron in a form that we can't absorb. People use aluminum cookware, which is very inexpensive and it's used at most restaurants, giving us tons of aluminum. People are also using ceramic cookware, which can leach toxins into your food, not to mention the nonstick cookware just has so many PFAS or P F A S that is so toxic. That's one of the forever chemicals. So, you really have to pay attention to what you're cooking in. That's why I recommend the P600 line by Chef's Foundry, so that you can have peace of mind when you're cooking and you're not getting any nasty chemicals like lead or cadmium or nickel or PFAS in your healthy food. You can get a special discount for my listeners by going to bit.ly/myersdetox. So that's B I T dot L Y forward slash Myers detox, to get an exclusive discount just for my listeners. I want you to be thankful

while thinking about what you're cooking your food in and I highly recommend the P600 line by Chef's Foundry.

Dr. Wendy Myers

I know exercise is so fundamental to improving depression outcomes and there's even research that shows that exercise actually works better than SSRIs. Not in every case, obviously, but it's difficult. It's a catch 22 because you need exercise to relieve depression. But when you're depressed, it's very difficult to get out of bed. You have this inertia where it's very difficult to get that motivation to get outside and go exercise or doing something physical that could help you get out of it. So, it's kind of a catch 22 there.

Silvia Covelli

Yeah, completely.

Dr. Wendy Myers

What advice would you give anyone right now that's struggling with depression and is on that merry go round of trying different medications or doing the polypharma, they're taking two, three or four more medications, psychiatric medications, what's your advice for those people?

Silvia Covelli

Well, I think it's just an honest look and just realizing that there's no a magic solution. There's not a magic deal that will like really take care of what depression really is and what it really means for you and that there's not either an overnight treatment, something that you will just lay down and close your eyes and it will be given to you and you next day, all you can feel off is happiness and health. That is the myth that we've been sold and we have taken to believe that there's this magic pill or magic solution and we want the immediate reward and say, I just want to do this and then feel better. But then the honest rule with depression is that you have to put in the work because depression is real, but you need to change what you're doing. What are your lifestyle choices? What are you eating? Nutrition is fundamental. I will invite people to really take a look at nutrition because if they're having a diet that has sugars on it or that is high on carbs or high on inflammatory food ingredients, there's

all those things that are really preventing you from recovering. Going through a nutritionist can help you to change that, that would be ideal. But then it's going back to the basics.

If you think about it, that's the invitation that sometimes we're trying to look at, and I was there for many, many years trying to look for something very advanced. Where's the solution? What? And then the actual invitation is actually in the basics. You have to go back to the fundamentals, those aspects of your life that create the basics of health. As I was saying, it's nutrition. The other one that is extremely important is sleep. Nowadays we do this, sleep becomes this thing that we do when we're done doing everything else and it's almost like on the side of activity. We need to go back and prioritize sleep above everything else, because that is really affecting everything in your body, the capacity to restore, to heal your nervous system, absolutely everything. So just the restoration of the sleep cycle is helpful. And for that, one of the most powerful things that people can do is to have an early morning walk to sleep outside without wearing sunglasses or a hat, just allowing natural light to enter in a natural way through your eyes and get into the brain. That will help you with the sleep cycle and with depression because that light does wonders in the brain to help you with your mood.

I would say nutrition and sleep are two huge ones. And then when you were talking about exercise, and if exercise sounds too difficult, let's just call it movement. If we were talking about natural light, just that walk, or just open the door. I know it's difficult. Again, I was there, but just if even if it's a 10 minute walk, start with something simple and then you can build from that. But there's going to be movement because that's one of the things that is really keeping not only the body in poor health, but also all your emotions are being stored. If you spend a lot of time still rumination in your head and the overactive mind also takes over, you need things to do in order to reduce that activity in your mind because that will transcribe

Dr. Wendy Myers

Yeah, it will eat you alive. Yeah, you have to be distracted. You can't be at home in bed just thinking about all your problems. They are just gonna continue to grow and grow. I also think that people need to get out in the sunlight. You need to charge up

your bio battery. That helps you in so many different ways. A lot of times when people are depressed, they're indoors, in bed, not going outside and things like that. Additionally, mindset is super important because I think a lot of people have the expectation that they're supposed to be happy all the time. And if they're not, there's something wrong with them. I certainly had this for many years. You get depressed about being depressed, and especially on social media, you see all these people living this amazing life, and of course it's all phony, but you think you're supposed to be happy all the time. No, and I think there's a certain thing where you have to accept the fact that you're just part of life. You're bored a lot or you're frustrated a lot or you're not, life's not always super exciting. I think people have to learn to accept that and that can also go a long way to not feeling bad if you don't feel happy and satisfied all the time.

I also think of social media and that people are constantly draining their dopamine. These little short rats on the cocaine bar, constantly hitting that cocaine bar, checking their email, going to social media, and then going to this and watching little, two second videos, they don't realize how that's contributing to depression. Dr. Andrew Huberman talks about this. When you increase your dopamine, you're depleting your dopamine. You have to balance that out with a period of not feeling very well. So, that constant social media use is also contributing to depression.

Silvia Covelli

Yeah, completely. It's very powerful that when you wake up, you do not get your phone. That's what people do every morning, and that just sets you up. That's going to just set up the entire rest of the day. The recommendation is if you need it for the alarm, have a secondary alarm or something, but when you wake up, you have at least 10 minutes. If it's not meditation, maybe just 10 minutes in silence or listening to something that you enjoy or something very calming and then go out for that walk and only after that walk do you get into your phone. If you need the phone for a walk, because for example, what I use for my walk, I have this program that I listened to for gratitude. I love that every morning. If you need your phone, then before you go to sleep, just deactivate all notifications and have the willpower in the morning that when you get it done, don't click on it.

Don't go immediately into social media or into your email or WhatsApp or text messages because if it's a mess, if you find a message there, for example, something that you weren't expecting, or your boss is saying something that you find upsetting, or something that you wanted to happen didn't happen, or any other thing, or if you see someone having, as you were saying, this amazing life, and you're like, oh, I'm here, I am stuck here in my house, if that's the first thing that you give to your brain, then the entire day is going to be set up by that that you fed the brain at the beginning of the day. So, take the power back and decide how your day is going to go on your own terms. Do other things before, that will be the least that you can do regarding your phone

Dr. Wendy Myers

Yeah, it's tough. You have to be disciplined. You're an adult. You can discipline yourself to limit your phone use, limit your social media use, and you have to because it will just suck you in and it's very addictive. Let's talk about gut health as well because you mentioned that the majority of your serotonin is made in your gut. So, if you have poor gut health, because so many of us do, due to heavy metals, a lot of heavy antibiotic use, I've read that after taking antibiotics, people have a much higher likelihood of having anxiety or depressive episodes following that and people are out. There are a lot of things in our environment that destroy our gut microbiome. A lot of things people wouldn't think of like taking pain medications over the counter and all the chlorine and our shower water. There are a lot of things working against our gut microbiome. In addition to smoking, poor diets, and over consumption of sugar. It's just a wonder that our guts are somewhat intact. Can you talk about gut health and depression?

Silvia Covelli

Yeah, we're lucky to have in the program amazing professionals. The doctor that is going to be leading all this functional medicine psychiatry is Dr. Achim Stein. In her work, one of the main things that she looks at first through the lab testing and then the medical assessment is to assess the health of the gut. And then, based on that, she implements treatments to improve it because as we're talking, the relationship is huge with your mental and your emotional health. So, that's something that's going to be done in the program and done by the doctors.

Dr. Wendy Myers

Great. Fantastic. Well, thank you so much for coming on the show. Why don't you tell us a little bit more about the healing depression project? I know you're located in Austin and that's where people would go to do their inpatient the first 30 days. Can you tell us some more about that and what site we can go to to get more information?

Silvia Covelli

Our website is healingdepressionproject.com, and this program is specifically designed for people who have been dealing with depression for years and have not found sustained relief. So, if you have tried different things that haven't worked and you really are ready for that next step of getting to a point just like I did to be free of depression. I've been symptom-free for about five years now. So, the main message is a message of hope, that there's hope, that you can do it, that it can be done. If you have been suffering from depression, this program is great because you stop your daily life activity and your daily life chaos and responsibilities and give the attention that your mental health deserves. You concentrate for 45 days on healing from it with the support of a large team that is going to be there for you. The first 30 days are in a beautiful retreat, a ranch outside of Austin, Texas, and that's where the functional medicine piece and the metabolic psychiatry, all the food and all the training, where everything will happen to help you get back to a state of well-being.

The 15 days after the program ends, it's going back home, and we'll help you to implement the things that you learned and maintain the gains that you made and also deal with the struggles of going back, the barriers, the problems that you will be facing. So that's what the program is. This is only very small. We're only running the program two times in 2025, each time with 15 people. So, we're looking for people who have been suffering from depression, but they're also committed to a life change that also got to the point of saying, enough is enough. I really want to address this and give the attention that it requires. That's what we're doing. 15 people. That's another beautiful thing is that it is a cohort program, meaning that everybody begins on the same day and everybody graduates. There's a graduation day. You're leaving with 14 other people that have your same struggles and that will serve as a

synergy and a motivation. It's like having 14 friends in the morning knocking on your door. Basically, come on, let's go out for that walk. And, of course, all the professional support. So that's also really nice because that helps with building new networks of support and friendships that will last beyond the experience. It's something really nice. If you feel that you can benefit from it, go to our website, healingdepressionproject.com and schedule a call to answer all your questions and to see if this program is a good fit for you.

And finally, I just want to say that we managed to get a lot of funds. We have incredible scholarships that can cover up to 80 percent of the investment. So, this is the time if you wanted to do residential care at some point, but you found that the cost of it was something extremely high, which in this country it is, that's the case for residential care. But in our case, we have these scholarships that we're granting. If this is an opportunity for you, then please reach out for March. We still have spots available and we still have some scholarships. So this is the perfect time to reach out and find out if this is what you've been looking for.

Ads 00:42:30

I want to introduce you to one of my favorite podcasts. It's from Dr. Jockers and he hosts the Dr. Jockers Functional Nutrition Podcast. It's such a wealth of knowledge, and I just love how thorough he is with every podcast and blog post that he produces. His Instagram has amazing infographics that make learning about health so clear and easy. I just love his content, and I know that you are going to also. He's got over 400 podcast episodes where he shares practical tips around topics like fasting, disease prevention, brain health, and so much more. He's so thorough. Dr. Jockers has hundreds of five-star reviews for his podcast. So, if you're looking to continue to grow on your health journey, just search for Dr. Jockers on whatever podcast platform you're listening to. You won't regret it. I highly recommend his show.

Dr. Wendy Myers

I love the work that you're doing, and I'm so happy you came on the show because there are so many people out there needlessly suffering and not really getting the direction, advice, and tools that they need to come out of depression. It can take a long time to learn all these tools, discover them and implement them. It's not always

an easy road, but it's a worthwhile road. I don't have depression anymore, but it did take quite a bit of time to address this stuff and embed it. I love that you have all this in one place and one setting where people can learn all the tools and then have the support system to implement them. And just on another note, on a bigger picture, I think in overcoming depression, a really big part of that can be finding your life purpose and also developing a relationship with God. I think it's also really important. For me, that has helped tremendously, and that's easier said than done again. Both of those things take a lot of work and dedication and you have to send that message out to the universe that you desire to find your life purpose. You desire to have a relationship with God, but those things can go a long way as well to overcoming depression.

Silvia Covelli

I just want to add that if you are listening to this and wondering, where do I start? There are so many things to do. Based on 25 years of trying to get over this, I wrote a guide that is called Why Am I Still Depressed? Top 4 Mistakes You're Making. It's a guide to where to start and how to start your recovery from now. That one is available to download for free, and you can find it on the home page of our website, or you can also go to healingdepressionproject.com/gift. If you go there, you find that guide and that's definitely a good place to start your journey of healing.

Dr. Wendy Myers

Fantastic. Well, thank you so much for coming on the show and everyone. I'm Dr. Wendy Myers. Thanks for tuning in every week to the Myers Detox Podcast, where I'm so passionate about bringing you people who can really help you put those pieces of the puzzle together, looking at your physical health, looking at your mental health, your spiritual health, and looking at how you can use bioenergetics and detoxification to address so many different physical and emotional health issues as well. So, thanks for tuning in. I'll see you next week

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