

TJ Nelson: Hey guys, it's TJ. Welcome to the course. In this course, you are going to solve the root causes of your depression with the use of nutrition, vitamins and minerals and amino acids and on top of that, then you build the foundation of using exercise, relaxation techniques, such as meditation and mastering your sleep to bring your depression under control and this is going to last you for the rest of your life.

Now the specific takeaways you're going to get from this is which vitamins and minerals are the basics, the ones that you want to start taking now that are the most studied for depression and are going to bring your body back into balance. The amino acids, which are most likely to be effective for whatever type of depression you have that are going to bring the serotonin, the dopamine, norepinephrine back into your brain and then I'm going to show you exercise, meditation and how to master your sleep. With those things in place, you will have mastered your depression, you may feel sad at times but you will not return to that dark, I want to kill myself, I can't get out of bed depression that we all know all too well.

The reason I'm making this course is because I had depression for 11 years and during those 11 years, it was the most painful experience ever. I was just so alone, I wanted to kill myself all the time and people couldn't quite understand me because people want to say, "Aww, you're just sad, just snap out of it." Things like that. Change of thoughts, think positive and the whole time I was so depressed, I tried everything. I tried running a marathon, I tried even meditating two hours a day, I tried positive thinking experiment, I sat there and for 30 days all I did was I just wrote down all my negative thoughts and I tried changing them into a positive thought. It never worked, it was the most frustrating thing and I felt worse as a human being as failing all these cognitive experiments.

First thing that happened to me was when I started getting into about the 5th or 6th grade, I started having depressive, suicidal thoughts. I remember when I was in 6th grade, I tied a belt around my neck and I started tightening it and suffocating myself and that's not normal for a little kid. Then throughout junior high, I just kind of wore black all the time, I felt really depressed, I never felt like people liked me. I couldn't relate to people, I also had severe anxiety around everybody.

In High school, family kind of split up, my brother died of cancer and after that I started using illegal drugs. I was like, "Look, I'm sick of being depressed, I shouldn't feel this way all the time. I'm a crappy person, I can't do all this other stuff" because I thought it was a moral issue within myself. I started using illegal drugs, a lot of marijuana, a lot of other things that lead down to a whole other dark path. That didn't work either.

Then I go into college, not really using any drugs but I just feel like crap the whole time. I'm not going to parties, anxiety all the time. Everything I did was just painful, I couldn't relate to people, still the same thing so I tried positive thinking. I keep trying all of this stuff, I started riding a Yamaha R6 bullet bike, I would go over 100 miles an hour every time I drove it, started doing riskier and riskier things. I thought skydiving was going to solve my issues, so I started training to be certified in skydiving so I could do solo jumps. My fourth jump, I go up, I fly up in the plane, I'm not feeling much of anything, I jump out, pull my chute, land on the ground, everyone rushes up to me and I'm just like, "Whatever. Okay."

I was depressed the whole ride home that is when I realized, "Look depression is more real than just thinking positive or trying to change certain behaviors. Something's going on deep within me where I can't feel pleasure from anything." After that, I realized, "Look, I've got depression." I started looking more into it, started trying more things, just all the research all over the place and then my best friend of 17 years died. After he died, I was so sick of just relapsing into depression over and over and over and over again, so after he died, I wrote a letter to myself. I said, "In one year from February 12 or whatever that date was, I was going to kill myself if I did not cure my depression." So that freed me of all my beliefs about depression, all my ideas about, "Look it's in your head or it's your fault, I'm a bad person, I've got to change something in me to feel better." Changed all of that, and I said, "Look, I'm going to kill myself in one year, I'm going to try everything."

The solution to solving your depression is not all willpower, it's not a moral issue, it's not all this crap that we hear like, "You've got to snap out of it, you've got to think this way, you've got to think positive, you've got to go be active." All that stuff doesn't matter if you don't have the root cause solved that means you can't just think positive and feel good if you have a Vitamin B-12 deficiency. You still have a Vitamin B-12 deficiency. You can't be deficient in Vitamin D and go running and still feel 100%. How I like to describe it is to me when people say that sort of stuff like, "Snap out of it or you just need to think positive." They don't get it because depression is a state of mind.

Depression is a state that your mind and your body are in that you can't get out of because something is going wrong. Something is off balance, something is not right. I like to explain it like if you took someone who was drunk and you gave them tons of liquor, right in the middle of being drunk you just looked at him and said, "Hey, think sober thoughts. Snap out of it, be sober right now." They can't do anything, they are in a state of mind, they're drunk, nothing is going happen until the alcohol comes out of their body. They can't be sober until then. Same thing with depression.

If you're severely deficient in Magnesium, you are going to have anxiety. You're not going to sleep and you're going to feel depressed because you need Magnesium. You physically need Magnesium. I went sky diving because I thought it was going to cure my depression. I jumped out of a plane, pulled my own chute because I was getting trained, and I thought sky diving was going to cure everything, landed on the ground, everyone came up, rushed up to me, "Yay, awesome." I didn't feel a thing. That was before I learned combining all of these building blocks together.

Now compare that to now, I went bungee jumping about three weeks ago, I was so nervous, so excited to jump off that little platform, not nearly as high as the plane that I jumped out of and afterwards when I was walking around I realized I felt every aspect of that bungee jump.

Another situation was before I always had social anxiety and felt so nervous around people, I felt like crap so I didn't like talking to people. I felt as if I was just sucking the life out people, I felt like I couldn't add value to the situation because I was so unhappy and I tried to use all these different things, I thought maybe was messed up socially so I've got to approach people more or do all these social things to get myself out of my shell versus now, where I naturally feel good. I wake up with energy, I want to meet people and I'm excited and I'm not nervous.

Another thing was before, I'm going to mention this a lot because it drives me crazy, I thought I could change everything by just thinking positive. I took a journal for 30 days, where every day the only thing I did was try to change every thought that came up, every negative thought that came into my mind, I tried to change that to a positive one. It failed and it was extremely frustrating, it didn't work. Now I wake up, I feel good, I'm eating healthy food, I've got all the vitamins in my body, a few amino acids that help replenish the serotonin, dopamine in my brain. I feel good and so naturally I just think positive. It just comes naturally.

Obviously, thinking positive is good, I'm not saying think whatever you want because you don't want to think incorrect or false thoughts about reality but before I was trying so hard to think positive and it never worked and now I feel good and I just think positive naturally. It just happens.

The common mistakes people make with trying to do this is they think it's going to be instant which sometimes with some of the supplements it can be instant. It can give you instant relief but it's going to take a little while to start replenishing and restoring your body back into balance.

Another mistake a lot of people make is they don't want to change the foods they eat. The thing with this is when you cut out the sugar, you cut out the crap and you start eating healthy your taste buds will change. I crave healthy food, I love spinach, I love that stuff. Your taste buds will change and those things will start tasting really good.

This course, this is going to take you first through the vitamins, minerals, it's going to get that back into your body, show you which amino acids you can use to restore the neurotransmitters in your brain naturally and then you're going to combine that with the exercise, the meditation of bringing stress under control and making sure that you sleep good every night and that is what's going to solve your depression. You don't have to take all of these crazy drugs and you're going to be able to enjoy life, go after what you want and this is the foundation that's going to last you for the rest of your life. You're not going need to do anything else.

I hope you guys enjoy this course. I'm making this course because I was depressed for so long, I want to do something about I'm passionate about, I want to ... see if I can help people go through the same path that I did, help people see other alternatives to what they are used to in solving their depression if they haven't cured their depression yet.

First thing we're going to do, we're going to talk about vitamins and minerals, amino acids. Hope you guys enjoy the course. E-mail me, let me know if you have any questions at all.