Depression May Potentially Wreak Havoc on Memories of the Past

Melissa Scott July 03, 2018

Divine Bounty Magnesium Citrate contains citric acid, which naturally enhances magnesium absorption inside the body. Intake of this formula significantly enhances magnesium levels inside the body.

(Newswire.net -- July 3, 2018) Orlando, FL -- Today, there are many people who suffer from depression. While this brain disorder can potentially affect one’s future, it appears that it also has something to do with past events.

Depression may potentially wreak havoc on memories of the past. According to some experts, this condition tends to trigger depressed individuals to have a bleak recollection of past events. They generally have a bleak outlook on past events regardless of the occurrence of good old days.

It has long been known that depressed individuals perceive their present and future life in grief. However, this study revealed that it has negative effects in one’s memory of the past.

Dr. Hartmut Blank from the University of Portsmouth in England reveals that depression is not only linked with a negative view of the world, future, and self, but also of the past.

There are many ways to fight depression, and one is to use certain pharmaceutical drugs. There are medications that have been found helpful for this type of brain disorder. However, it is important to understand that these medications could potentially lead to undesirable health consequences.

The good news is that there are side-effect-free alternatives, such as magnesium. This macro-mineral could play a critical role in brain function and mood. It has further been found to be associated with an increased risk of depression.

An analysis involving more than 8,800 individuals found that those below 65 years old with the lowest magnesium intake were at a greater risk of depression by 22 percent. Some experts state that low magnesium content in modern food may be a major contributory factor of the high depression rate as well as mental illness.

While more research studies are still underway to validate the effects of magnesium against depression, its intake has been suggested for depression symptom reduction. There have been cases when the effects of magnesium have been dramatic.

In a randomized controlled trial of depressed older adults, it was found that intake of 450 mg of magnesium led to improved mood as effectively as an anti-depressant drug.

One of the best ways to experience the therapeutic benefits of magnesium is to use Divine Bounty Magnesium Citrate. This amazing formula is packed with the therapeutic goodness of the mineral, and is even backed with a 100 percent customer satisfaction guarantee.

Divine Bounty Magnesium Citrate contains citric acid, which naturally enhances magnesium absorption inside the body. This means that intake of this formula could significantly enhance magnesium levels inside the body.


About Divine Bounty

Divine Bounty is a family-owned brand that manufactures high-quality turmeric curcumin supplements. Passionate about the potential health benefits of turmeric, the team behind Divine Bounty have carefully researched and sourced only the best ingredients to create the ideal blend of turmeric curcumin. More details are available at http://www.DivineBounty.com.