

Turmeric Lemonade That Treats Depression Better Than Prozac! How To Prepare This?

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Depression is a mood disorder characterized by low mood and a wide range of other possible symptoms, which will vary from person to person. [Depression](#) is common, and in its mildest form most people can lead a healthy and active life with the right treatment and support. On the more severe end, depression can be devastating and even life-threatening, so don't go through it alone.

Signs and symptoms include:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness
- Feelings of guilt
- Irritability, restlessness
- Fatigue and decreased energy
- Difficulty concentrating and making decisions
- Insomnia or excessive sleeping
- Thoughts of suicide, suicide attempts

The good thing is nature bless us with great spices turmeric which can fight most types of diseases. It can help prevent the breakdown of cells into cancerous cells. It can be beneficial if you have [Alzheimer's](#). It can fight skin cancer, and lower your LDL cholesterol levels and do much more. Turmeric has been used for stomach disorders and pains, acidity, arthritis, diarrhea, liver disorders, jaundice and much more.

It wouldn't be wrong to claim that it has magical powers

- It is loaded with antioxidants
- It has powerful anti-inflammatory benefits
- It has amazing benefits for your brain
- It helps in lowering the chances of developing heart disease
- It can help in fighting depression

How Turmeric fights depression?

There are several methods and drugs to fight depression with one of the most common drug in the market being Prozac. The sad thing is that these drugs have been known to cause severe side effects most notably: difficulty in breathing, suicidal effects and bleeding in the stomach.

Researches conducted on turmeric and its uses found that the ingredient [curcumin](#) present in it is effective against major depressive disorder in the same way as fluoxetine (Prozac). But it doesn't cause any side effects that come with the medication.

Turmeric Lemonade Recipe

Ingredients:

4 cups cold filtered or sparkling water
2 tablespoons freshly grated or powdered turmeric
4 tablespoons 100% maple syrup, or honey
Juice of 1 1/2 lemons or limes

Optional: add the juice of 1 blood orange

Directions:

Combine all ingredients into a small pitcher, stir and serve with a slice of lemon as a garnish.