



THE 12 STEPS

To Reversing Depression, Emotional
Pain And Chronic Fatigue

Checklist: Which Areas are Keeping YOU from
Everlasting Health and a Positive, Happy Life?

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

Over the years of helping hundreds of people suffering from depression and chronic fatigue get well again, I discovered that we need to address mental health **in a holistic way**.

WHAT'S THE PROBLEM WITH THE CURRENT APPROACH?

We all are beings consisting of our body, mind and spirit. And one influences the other directly. If you are fatigued, depressed, or not happy - then one or all of these parts maybe the cause of your pain.



I call this “**The Depression Triangle**”.

The usual approach to helping depression is by giving medication (which may make things worse) and maybe counseling (which addresses the mental part).

The **physical part, the body and physical brain, needs to be fixed FIRST** for the other parts to have a lasting effect.

Compare it with a radio:

If the transistors (the physical part) are broken, no channel you try to tune in will play beautiful music that makes you happy. Without the physical parts being fixed (biochemistry, neurotransmitters, nutrition, toxins, inflammation... and more), all the counseling or seeking spirituality will only have a partial effect or not last for long.

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

So if you are just addressing one or two of these areas, you will not succeed in your quest for a better life.

Maybe you worked with a fitness trainer, a nutritionist, a psychiatrist, a therapist or counselor, a spiritual or energy healer; and that is great. But if you consult them separately and you don't bring them all together, you will only see short-term results.

When you are just trying to isolate and fix one area and neglect the other parts, you are missing out on lasting change and your ideal lifestyle.

It gets overwhelming, costly and time-consuming.

You feel better for a while, and then you drop right back down in the darkness of depression, maybe even lower than before.



You have done some work and you are questioning yourself, doubting yourself and get frustrated. You spent all this time and money on getting better, and it didn't work long-term.

All the issues need to be addressed in a holistic way and in the right sequence to achieve lasting results.

You will never see lasting results until you address all 3 parts of the depression triangle together. Along with their contributing causes to restore harmony of body, mind and spirit.

I'm going to share with you what over 15 years of research and experience have taught me and how hundreds of lives have been changed with my discovery.

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

In my 12 step-system, I teach you exactly how to reverse depression, by focusing on each area in a holistic way to achieve lasting results.

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE



THE CHECKLIST:

Where Do YOU Land On The Depression Spectrum?

The first step is understanding where you fall on the depression spectrum, so you know which areas need to be fixed and how bad it really is.

I will take you through each of the steps I use to assess - and reverse - depression, chronic fatigue and emotional pain.

At each step there are three questions that I want you to answer honestly, without too much thinking. Just check each question as a “Yes” or “No”.

Then at the end we will add them up and then you can see where you are on the depression spectrum - and what your next steps need to be to feel better fast and for the rest of your life.

Without

having to make drastic changes to your lifestyle and

With or Without medications.

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

Please check the “Yes” or “No” box for each question below:

1. HOW BAD IS IT REALLY?

You need to understand the level of depression, anxiety, fatigue and stress you are dealing with. Then you can start taking the right first steps on your road to recovery.

- | | | |
|-----|----|--|
| Yes | No | Do you feel like black clouds are hanging over you that will never give way? |
| Yes | No | Do you toss and turn at nights worrying? |
| Yes | No | Do you have trouble dragging yourself out of bed in the mornings? |

2. HOW TO GET TO THE ROOT ISSUES

Most of the things you have done are like band-aids, are only temporary fixes. They don't help with the root issues. Root issues can be varied, from food allergies, infections, inflammation and toxin exposure to stress, medications, or nutrient deficiencies.

If you don't address all of the root causes, you may feel great for a month, you may feel good for 6 months, a year or even 2 years - but eventually the same thing creeps back up and you are left even more frustrated. This is because you need to find the root causes and then heal those so the symptoms don't return.

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

- Yes No Do you feel that the exact root causes for your specific illness have been neglected so far?
- Yes No Do you find that when you try something, it works for a while, but then the symptoms come back?
- Yes No Are you tired of band-aids and temporary fixes?

3. WHAT'S YOUR PURPOSE?

One of the things that I've discovered is: When people are really lost and confused about where they fit in this world and what their path is, they tend to not be able to sustain happiness. They tend to shift from one emotion to the other like a rudderless vessel in the vast ocean of life. Without clarity about your purpose in this life you won't have the motivation to get well.

- Yes No Do you feel like getting up every morning and having a shower is a futile exercise?
- Yes No Do you feel stuck and unable to be creative and express yourself?
- Yes No Do you feel unhappy and lost feeling like your life is going nowhere?

4. STRESS AND ANXIETY BUSTERS

Stress and anxiety as well as constant worries can really overwhelm you. Although we need some positive stress in our life, constant, overbearing dis-stress can cause many problems. These are not only psychological issues, but also physical issues like a disturbed gut flora, systemic inflammation and more. All this leads not only to chronic fatigue and burnout, but eventually contributes to long-lasting and treatment-resistant depression.

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

Yes No Is too much stress and anxiety weighing you down?

Yes No Are you worrying about “everything”?

Yes No Do you feel overwhelmed a lot?

5. GENERATE MORE ENERGY

Our body - and especially the heart and brain - need a constant supply of energy to be able to function. There are several forms of energy; physical, mental and spiritual. If your energy centres are out of balance, we feel tired, sluggish and out of steam.

Yes No Do you feel tired and sluggish all day?

Yes No Do you get the mid-afternoon slump - and need coffee or a candy bar to get you over it?

Yes No Do you need your coffee-fix every day?

6. ELIMINATE INFLAMMATION

Science recognizes more and more the importance of inflammation as a contributor to many diseases. It can lead not only to depression and chronic fatigue, but also to diabetes, heart disease, allergies, autoimmune diseases and more. Inflammation can have many causes, from a diet too high in processed foods to food allergies and more. Inflammation is commonly involved in fatigue and depression.

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

- Yes No Do you feel that Inflammation may be ravaging your body?
- Yes No Are you suffering from any chronic illness?
- Yes No Are you - or someone in your family - suffering from an allergy,
sensitivity or an autoimmune disease?

7. HEAL YOUR GUT

Your gut is your second Brain. We have ten times more bacteria in our gut than body cells. These “aliens inside us” produce large amounts of nutrients, toxins, hormone precursors, neurotransmitters and other signaling molecules. If those bacteria are out of balance, your brain, hormones, feelings and thoughts will be negatively affected!

- Yes No Do you feel bloated a lot?
- Yes No Do you often have heartburn or upset stomach?
- Yes No Do you suffer from diarrhea and/or constipation?

8. OPTIMIZE YOUR BRAIN

Your brain is the control centre of your body. if it doesn't work at full capacity, your whole mind, body and spirit cannot function. Toxins in our environment or even in our own body, chronic infections, inflammation, nutrient deficiencies, hormonal imbalances and more, can make it impossible for your brain to work properly.

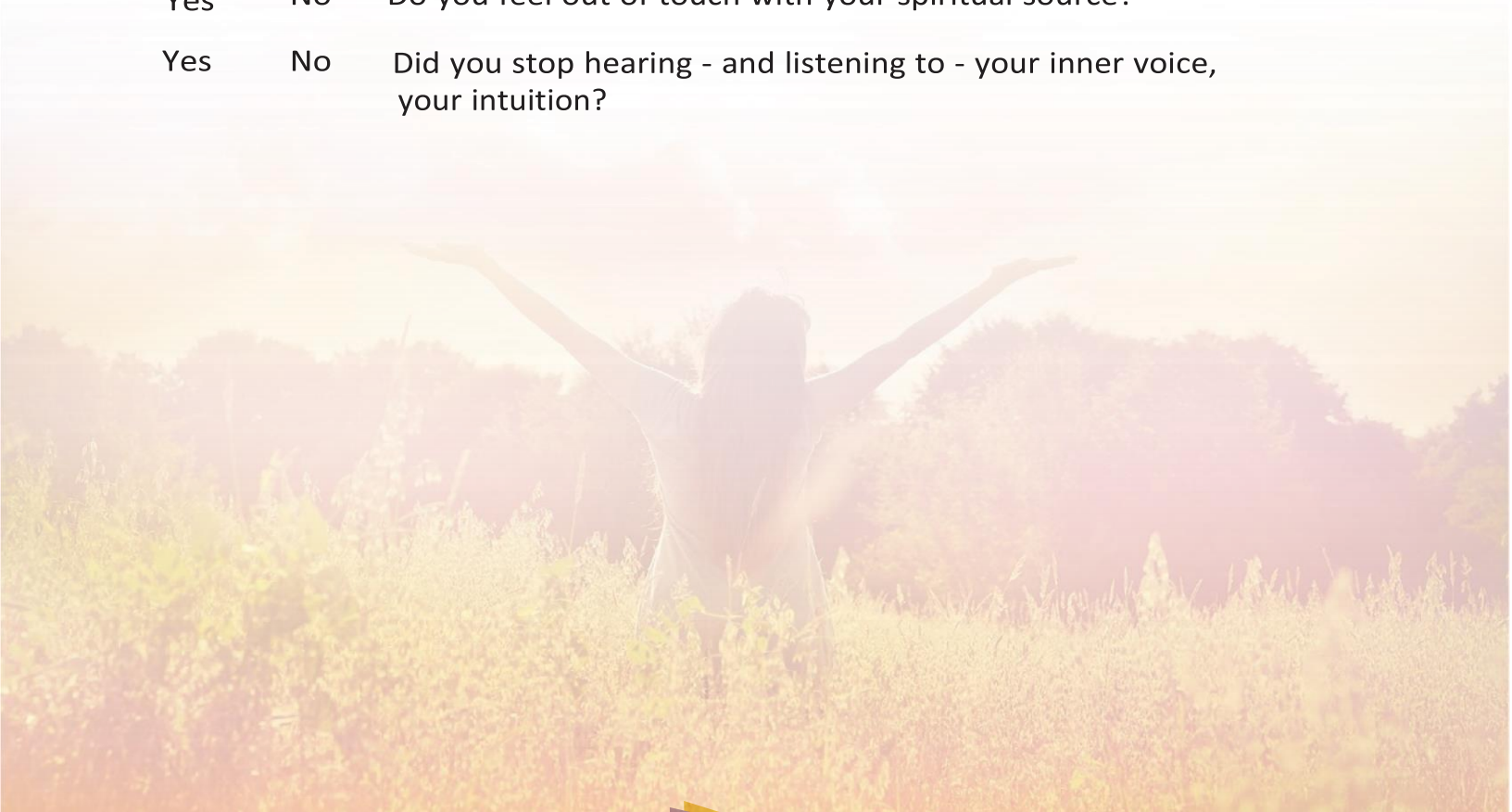
THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

- Yes No Do you have problems concentrating and paying attention?
- Yes No Did you notice that you sometimes can't find the right words?
- Yes No Do you feel irritable and easily upset?

9. LET YOUR SPIRIT SHINE

Your spiritual side influences your mood. If you don't have focus and purpose as well as a connection to a higher power and your own intuition is not accessible to you, it will set you up for a roller-coaster of depression and chronic fatigue.

- Yes No Do you feel life lost its excitement and purpose?
- Yes No Do you feel out of touch with your spiritual source?
- Yes No Did you stop hearing - and listening to - your inner voice,
your intuition?



THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

10. EXERCISE WITH FUN

Movement is necessary for our well-being. Science tells us that if you are used to exercising regularly your risk for depression is much lower. But what if you hate exercise (like I did)? Although a very depressed person can't be bothered to start exercising, this can contribute to your "black cloud" not leaving you.

Yes No Do you hate exercise and avoid it as much as possible?

Yes No Do you hate the thought of spending hours in the Gym?

Yes No Do you feel just too tired to get started with exercise?

11. REVERSE NEGATIVE THOUGHTS

Negative thoughts can weigh you down and make you feel miserable, even if you are not aware of it. If you keep listening to them and don't recognize the danger they put you in, you will not feel better about yourself, your body, your friends, family and your environment.

Yes No Are your thoughts getting you down?

Yes No Do you tell yourself "I should... (feel better than I do)" or "I must... (start losing weight)"?

Yes No Are you a "people-pleaser" and often put others' needs before your own?

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

12. CUSTOM MAINTENANCE PLAN

Nobody is perfect! Everyones body and mind works differently. We all have different experiences, hopes, wants and likes Our lifestyles and energy patterns are different and we function in different ways. That's why creating a custom plan and strategy is crucial for lasting success.

Yes No Do you feel often hopeless about your future?

Yes No Did you "fall off the bandwagon" over and over?

Yes No Do you have no clear plan to follow to reach your happiness and goals?



Now Add Up The Total Number of "YES" boxes you checked.

You will get a good idea of how severely you are affected by your chronic fatigue, depression and emotional pain and which areas are the ones most severely affected that really need to be addressed.

So please, if you haven't done so, tally up all your "Yes" answers for each area and then add all of them up.

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

HERE IS WHAT YOUR SCORE MEANS

If you scored:

0-6 “Yes” answers:

You are feeling quite good already! Overall you have a positive outlook, but still a few bad days every now and then. You may want to talk to me about how to optimize and maintain your wellness! Maybe just one or two of the areas need addressing? We can customize our process specifically for the areas where you have still difficulties and guide you to the lifestyle you truly desire.

6-12 “Yes” answers:

A medium score. You are somewhat depressed, stressed or close to feeling burnt out. But you still function and may even put on that “Happy Face” that makes everyone think you’re perfectly okay and happy. You are going to work each day, but maybe have to resort to ever-increasing amounts of coffee and/or energy drinks to keep you going. You know that this is not the way you want to feel but don’t know where to start and how to change things. So you just drag on day by day and maybe even think that you will be like this forever.

Yet you are already on the downhill slide. If you don’t take action now, you will eventually feel worse and worse.

But you don’t have to feel this way! By fixing the root causes that causes your individual issues we can heal these symptoms and you will feel amazing again!

Let me help you stop the downwards spiral and get you back to vibrant energy and life!

[Apply for your consult below!](#)

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

12-24 “Yes” answers:

A high score. You are well into the slippery slope to clinical depression. We should be looking at booking your free consult to look at where you answered “Yes” and which areas are your biggest stressors. You are close to being clinically depressed or are depressed already. You may even have already been prescribed medications by your physician.

And you probably feel discouraged by your co-workers or family telling you “It’s all in your head”, “Just snap out of it” “Think happy thoughts” or some other advice that makes you feel even worse, misunderstood and like a failure because you just can’t do what they tell you to do. Although you know they mean well, that alone doesn’t help.

You probably feel guilty about neglecting your work, your family and are worried about losing your spouse, job or even your children...

But don’t give up! There is a light at the end of the tunnel for you, too!

By exploring all areas of your illness and getting to your individual root causes we can help you to start feeling better fast and help you to avoid the roller-coaster and downward spiral of fatigue, major depression and all the downsides like job loss and disability.

You deserve feeling great and amazing again and having the life you always dreamt about!

[Apply for your consult TODAY](#)

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

24-36 “Yes” answers:

It's urgent. You are already “stuck in the rut” with dark clouds hanging over you. You may have already been diagnosed with clinical depression, taking medication or had counseling, all without lasting results.

I understand. I have been there myself, and it's no fun. The emotional pain is worse than physical pain, but no-one around you seems to understand...

Please don't go this alone. And don't give up! I have helped many people in your situation see the light at the end of the tunnel and guide them out of the dark to a new life of passion and purpose. We need to eliminate all the root causes that keep you down in the dumps.

You, too, like many others will start to feel better fast and then - by following my 12step system - regain your ideal life and happiness.

Don't wait until you have to take long-term-sick leave, lose your job or family or even consider suicide.

I am here to talk with you and help you get off the downhill slide and get back to your dream life. Back to feeling good about yourself, loving yourself, having a clear purpose and plan, giving back to your family, friends and community.

This is not the same thing as counseling or medication. This is the comprehensive approach addressing ALL areas that contribute to your depression. If your roof has 36 holes, it wouldn't stop leaking by just plugging one or two of the holes. You need to fix the whole roof; I am doing the same thing for my clients.

So, please, don't wait any longer. It's easy to reach out. I am waiting to help you to start feeling better fast!

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

You will get the caring team and practical help that you have been craving for way too long. We don't judge and truly listen to your needs. And we know how difficult it is to ask for help. Our meetings will be 100% private and confidential. The private information you share with us will never be shared with anyone outside your direct team without your written consent.

And we don't leave you hanging. If we don't hear from our client after a mutually agreed-for time, we reach out to see what's going on. You don't need to go it alone anymore. We always have your back and your best interest at heart.

APPLY FOR YOUR FREE CONSULT RIGHT NOW!

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

All these areas are part of my 12 Step-system to reversing depression, emotional pain and chronic fatigue.

My team and I will address all areas deeply and fix the root causes that are keeping you stuck.

Our proven system consists of the effective combination of

- detailed and comprehensive assessments
- customizing the system for each individual client
- the latest science of brain repair
- effective psychological techniques
- our own life experiences
- our deep caring attitude
- the best of health coaching
- the best of life coaching
- specialized lab tests
- targeted nutrition
- supplementation
- gentle lifestyle amendments
- practical help
- meal planning and recipes to support you
- accountability
- 24/7 email support

We will pick you up from where you are now and gently guide you in the right direction while challenging you to achieve your goals.

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

True health and life coaching is like gardening. We are specializing in preparing and amending the fertile soil for you to grow from a tender, delicate seedling of physical, mental and spiritual health to a mature, beautifully blossoming plant that has healthy roots and will withstand all future storms of life.

APPLY FOR YOUR FREE HEALTH CONSULTATION TODAY!



THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

About Dr. Christine

I have struggled with mental and physical illness myself. I KNOW first-hand what you are going through. But there are a few other things you may want to know about me...

Born and raised in Germany, I married a budding family physician and had 2 sons. I became a conventional (family doctor, dermatologist, allergist) as well as a naturopathic physician and practised for many years in my ex-husband's and later also my own successful practice.

After the (suicide) death of my ex-husband, I immigrated to Canada 20 years ago with my two - then teenage - sons to start a new life.

Through my own struggles with physical as well as mental illness I gained a deep insight in - and appreciation for - not only for own, but also other people's struggles. After recovering from both mental as well as physical illness (by using the system I described above) I feel now humbled and grateful to be able to lead other individuals struggling with similar issues to their own success and a new life of purpose, health, energy, zest and fulfilment.

Whether you are depressed, anxious or "just" feel stressed-out, burnt-out and tired... You are in the right place!

APPLY FOR YOUR FREE CONSULT RIGHT NOW!

THE 12 STEPS TO REVERSING DEPRESSION, EMOTIONAL PAIN AND CHRONIC FATIGUE

WARNING:

This is NOT for people who are content to stay unwell, who are content with their current situation and who are not ready to embark on the road to feeling better fast.

This is also NOT for people who want a “quick-fix” bandage and waste money on more approaches that won’t work for the long term.

This is only for people who are ready to change their lives for the better, invest in themselves and in the LAST process they will need to finally feel well again and stay well!

If this is you, I am here to help!

[CLICK HERE AND APPLY FOR YOUR FREE CONSULT NOW!](#)

[Disclaimer](#)