

If you are bipolar or depressed it is crucial that you read this

I am someone who has personally defeated

bipolar and depression. I was in the moderate to severe category of suffering for years. I've lived it and I have beaten it. I'm not rehashing someone else's theories or experiences. Because of that I want you to pay strict attention to what I share next.

Your nutritional needs are far beyond and above what a so called "normal" person's are. Eating right is critical but nowhere near enough on its own.

If you or someone you care about is suffering from bipolar or depression then you need (more than you could possibly know right now) to get over to www.truehope.com

I learned of this company through an article in Discover magazine. The science presented in the multi page article convinced me to look deeper. Not a sales ad. The science in the article. I hope you get the importance of that.

[Truehope](http://www.truehope.com) makes a nutritional supplement that specifically addresses the issues [bipolar](#) and depressed people face. The founders built the company to save their own family's lives. They are a non-profit and I make no money sending you to them.

But come in tight one more time as you read the following. They saved my life! Totally! They are the first step in my program entitled "Survival H2O". They are the ones who gave me my foundation back. Once I got leveled off I was able to learn the rest of the picture that I share in my book "It Takes Guts to Be Me: How an ex Marine Beat Bipolar".

People - if your nutrition is off, you have no hope in Hell of regaining your sanity. No chance for peace. No chance for happiness.

No counseling, no medicine, no therapy is going to hold you for long if your nutritional base is lacking. You're attempting to operate at a deficit should you try. If I was in front of you right now I'd be screaming this into your face! You must understand this one simple fact to have any hope of a sustainable healthy future.

Not just any supplement will do this either. No one vitamin, no one herb, no one nutrient is enough. As a matter of fact, you could be needing as an example, 20 items for good mental health. If you are taking optimum amounts of 19 but lacking the 20th, you're still screwed! All 20 must be present in enough quantities and working in concert with each other for you to get well. Lack in one and the rest are as good as sand to your recovery.

It is also critical that your body can absorb these nutrients. Many supplement pills and capsules pass right through you without being absorbed. They can also be processed inefficiently or rendered useless during manufacturing. None of this helps you in any way. You could eat shovels full of product and gain nothing. It's crucial that you know this and buy from a company that addresses these issues.

I could carry on in multiple directions on this one topic alone. There is so much ground to cover. And from there, the rest of your life has yet to be dealt with. The nutrition is a big huge step, but just one step. The first step, actually. I have much more to share with you from there.

But go to www.truehope.com and either join for free on the site so that the counselors can better assist you or call their help desk and ask to speak with a counselor for free. These people want nothing but for you to be healthy and happy in this life. Please tell them that I sent you. I get no reward for this but it helps them to know how you found them.

Start there, please! You'll be amazed at the results. Then [come back to me](#) and see where the path leads next. Stability is just the beginning. I am about so much more than just steady thinking. But start there.

About the Author

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[www.](http://www.ittakesgutstobeme.com)

ittakesgutstobeme.com where you can join his

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He shares much more info at myspace.com/ittakesgutstobeme">[www.myspace.com/](http://www.myspace.com/ittakesgutstobeme)

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