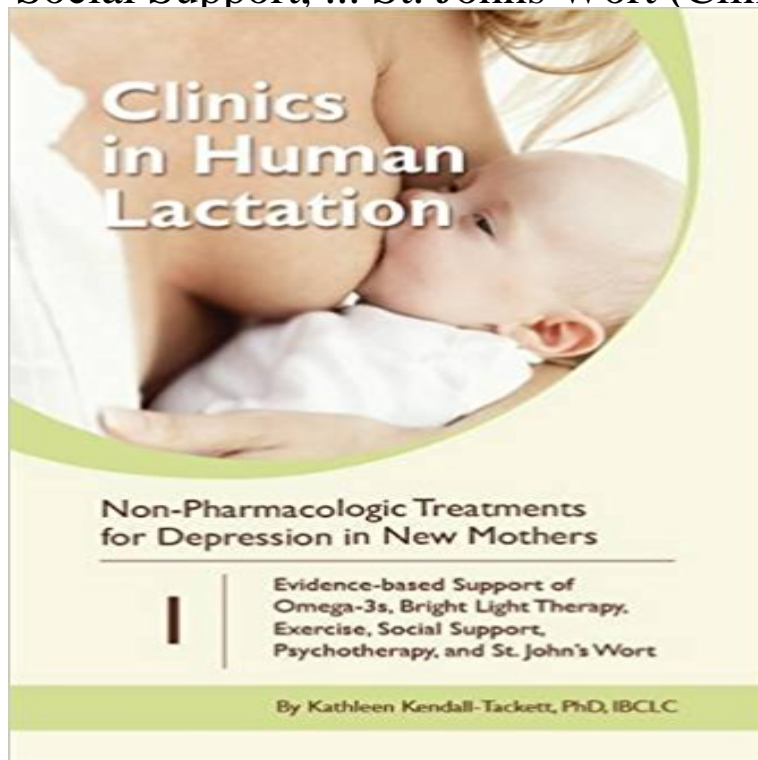


Non-Pharmacologic Treatments for Depression in New Mothers: Evidence-based Support of Omega-3s, Bright Light Therapy, Exercise, Social Support, ... St. Johns Wort (Clinics in Human Lactation)



Pregnant and postpartum women are at increased risk for depression, and the health effects of depression for both mother and baby are too serious to ignore. As important as it is, however, to promptly treat depression, some are voicing concern over whether the risks of antidepressant medications outweigh the benefits. Fortunately, there are more treatment choices than ever before. In this monograph, Kathleen Kendall-Tackett describes the various non-drug treatment modalities being used to treat even major depression. In most cases, the non-drug treatments are as effective as medications with far fewer side effects. Dr. Kendall-Tackett summarizes current research and provides an evidence base for each treatment modality and how it impacts breastfeeding. Drawing on research from the field of psychoneuroimmunology, she describes why these treatments alleviate depression, and the specific clinical applications for each approach. These modalities are breastfeeding-friendly and offer mothers viable treatment alternatives that preserve the breastfeeding relationship.

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