



The Ultimate Prescription: Harnessing the Mind-Body Connection to Relieve Depression

John Winters, Maxine Barish-Wreden MD, Jason Warburg

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What if there was an amazingly effective treatment for one of the biggest health issues in America today -- and it didn't cost a penny?

Here's the kicker: there is.

In any given year, more than one in 10 adults in America suffers from depression, and lost productivity and medical treatment related to depression costs American businesses, insurers and taxpayers over \$40 billion annually. What's largely missing from this picture is something athletes have known for years, and more recently, scientific researchers have confirmed: exercise triggers natural endorphins that elevate the mood and alleviate depression.

The Ultimate Prescription aims to focus attention on the mind-body connection at the root of this major societal problem, and to inspire a fundamental reconsideration of the strategies our health care system typically relies on to treat depression.

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