

CAN MY BIRTH CONTROL PILL MAKE ME FEEL DEPRESSED?

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Ever since I started taking a contraceptive pill, I feel like I have less control over my emotions, and sometimes I feel depressed for no reason. Could this be related to my pill?



Health expert **Dr Graham Duncombe** from Skin & Body Renewal responds:

“All contraceptive pills have side-effects which can vary greatly from person to person. Feeling emotional or depressed can most certainly be one of these side-effects, but unfortunately changing your pill may not solve the problem. My suggestion to you would be to make an appointment with one of the **Health Renewal** doctors so that we can look at your **hormone balance** in more detail. Careful analysis of your **hormone levels** and general state of health is required to see the full picture. We can then assist you with a personalised supplement plan which will balance your hormones and stabilise your emotional state.”

Read more: <http://beautysouthafrica.com/healthy-living/can-my-birth-control-pill-make-me-feel-depressed>