







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
 [Patient](#)


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
 [Article](#)




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Patient Name	Submission-date	Start-date	status	Duration	Price	Action
Belal Mahmoud	1/12/2022	15/12/2022	Done	30	\$20	 
Ma 	5/12/2022	15/12/2022	Done	45	\$20	 
Ahmed	12/12/2022	20/12/2022	Done	60	\$25	 
Mo 	20/12/2022	25/12/2022	Wating	30	\$30	 
Patient Name	Submission-date	Start-date	status	Duration	Price	Action




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
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Create S

Day

Sunday

Sunday

Friday

Monday

Day

Enter Details for Your Artical



Enter Day

Day..

start Time

--:-- --



Duration

Close

Create

price

20\$

25\$

20\$

40\$

price


Action




Action




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
 [Patient](#)


 [Session](#)


 [Article](#)















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
#	Patient Name	Submission-date	allowChat	Action
1	Mahmoud	22/12/2022	<input type="checkbox"/>	 
2	Mahmoud	22/12/2022	<input checked="" type="checkbox"/>	 
3	Mahmoud	22/12/2022	<input type="checkbox"/>	 
4	Mahmoud	22/12/2022	<input checked="" type="checkbox"/>	 
5	Mahmoud	22/12/2022	<input type="checkbox"/>	 
6	Mahmoud	22/12/2022	<input checked="" type="checkbox"/>	 
7	Mahmoud	22/12/2022	<input type="checkbox"/>	 
#	Patient Name	Submission-date	allowChat	Action





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
 [Article](#)

 [notification](#)





 [chat](#)

 [Questions](#)

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Create Session

Day	start-Time	Duration	price	Action
Sunday	12:30	30	20\$	
Sunday	20:30	30	25\$	
Friday	9:30	30	20\$	
Monday	11:30	60	40\$	
Day	start-Time	Duration	price	Action



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Create Artical

Title	type	Submission-date	img	Action
Ways to prevent depression	depression	2022/12/15	img	
Ways to prevent depression	depression	2022/12/15	img	
Ways to prevent depression	depression	2022/12/15	img	
Ways to prevent depression	depression	2022/12/15	img	
Ways to prevent depression	depression	2022/12/15	img	
Title	type	Submission-date	img	Action



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[Log Out](#)

APPOINTMENTS
100



TODAY APPOINTMENT
20



PATIENT
45



ARTICAL
12



Today Appointments



Moha

06:00 PM22 Dec 2022

cancel



Moha

06:00 PM22 Dec 2022

cancel



Moha

06:00 PM22 Dec 2022

cancel



Moha

06:00 PM22 Dec 2022

cancel




Moha

06:00 PM22 Dec 2022

cancel




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
 [Article](#)

 [notification](#)

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Create

Title

Ways to prevent dep

Ways to prevent dep

Ways to prevent dep

Ways to prevent dep

Ways to prevent dep

Title

Enter Details for Your Artical



Upload Image

Choose File

No file chosen

Upload img

Title

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Close

Create

on-date

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Action

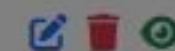
/15

img



/15

img



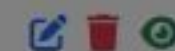
/15

img



/15

img



/15

img



on-date

img

Action

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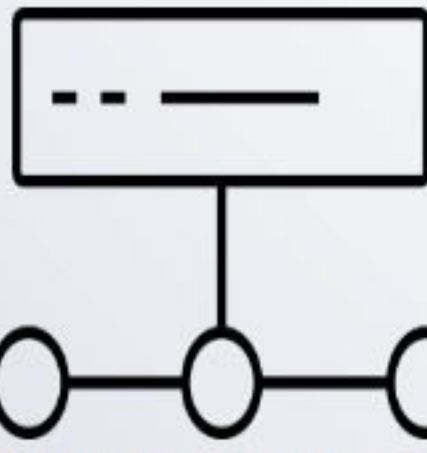
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Full confidentiality



Personalized answers



Multiple payment options



24/7 Support



Follow-ups

Your confidentiality and anonymity are fully guaranteed



How Baymax works

01

Choose Field



02

Choose expert



03

Select preferred method of communication (Video/chatting)



04

Payment options



05

Start session



Our fields



Marriage & Relationships



Parenting



Nutrition & Fitness



Mental Health and Relationships



Career Coach & Self-Development



Pediatrics and New Born



Medical Consultations



Adolescence disorders



Addiction



Sexual disorders



Anxiety & Depression disorders



Aging Issues



Child disorders



Ear, Nose and Throat



Internal Medicine



Dermatology & Genital



Gynecology and Infertility



General Surgery



Orthopedics



Diabetes and Endocrinology



General Practice



Family Medicine



Geriatrics (Old People Health)



Urology



Cardiac



Ophthalmology



Dentistry



Hepatology & Gastroenterology



Neurology



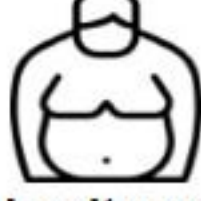
Nephrology



Oncology (Tumor)



Plastic Surgery



Obesity and Laparoscopic Surgery



Chest and Respiratory



Borderline personality disorder



Obsessive-compulsive disorder



Ways to get rid of depression




Published by: Moha
© 2022-12-21T17:54:38.000000Z

How to beat depression forever: 6 changes Out of all these changes, the most important thing that you can do to eliminate depression for good is to change your thinking. Specifically, replace negative thoughts that depress you with more positive thoughts that keep you happier and depression-free. After all, while there are a variety of factors that can contribute to depression, what ultimately causes depression is your thinking. So make it a priority to always think in ways that keep you out of depression, if you want to never struggle with depression again.

1. Change your thinking As the placebo effect proves, the most important factor for eliminating depression is to improve your thinking. So be sure to replace negative thinking that depresses you with more positive thinking that makes you feel better. You can use the Negative Thinking Buster to help you do this.
2. Get a good amount of Omega 3 in your diet Omega 3 is brain food that helps create a happier brain. In "The Depression Cure", Dr. Stephen Ilardi recommends daily taking omega 3 supplements that are molecularly distilled, combine EPA and DHA in a 2:1 ratio, and that provide enough EPA and DHA so that you can get at least 1,000 mg of EPA and 500 mg of DHA daily. Of course, it's a good idea to be smart and consult with your doctor before taking any supplements or significantly altering your diet.
3. Go outside & get sunlight Sunlight sets off chemical processes that naturally help you feel better, healthier, happier, and stronger. Even just 5 minutes of sunlight each day will help you a lot. Just be smart and wear sunscreen to take care of your skin.
4. Exercise regularly Exercise helps you elevate your mood fast, and also makes you healthier, happier, stronger, and more energetic overall. Even just a 5 or 10 minute walk will help you feel better. So strive to get at least some exercise every day, no matter how much it is.
5. Enjoy social interactions Enjoying connecting with others naturally makes your life more meaningful, worthwhile, and enjoyable. A social interaction can be as simple as a quick 5 minute call to a friend, or simply saying hello to the person taking your money at the grocery store. So every day, strive to enjoy connecting with another human being at least once, even if it's very brief.
6. Get plenty of restful sleep each night Restful sleep makes you feel more calm, relaxed, clear-headed, energetic, and better, overall, which makes it very important for eliminating depression and staying depression-free. The amount of recommended sleep varies according to who you ask. While 8 hours of sleep is a common recommendation, you might require more or less. Ideally, aim for at least 7 hours of sleep every night.

Comments

 mohamedhgjghj123123456bnmn fghgfhgfhgfhgfhgfhgfhgfhg	2022-12-21T17:56:50.000000Z
 Moha nmvnbvbnvbnvbnvbnvn	2022-12-21T17:57:24.000000Z
 Moha gggggggggggggggggggg	2022-12-21T17:32:21.000000Z
 Moha bbbbbbbbbbbbbbbbbb	2022-12-21T17:33:21.000000Z


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Our psychiatrists are available now:



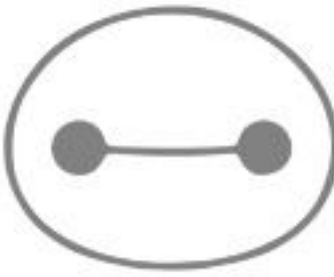
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text

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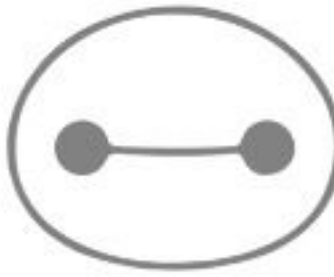


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text

- 10 Years Experiance
- 45 Appointment
- 10 Patient

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Moha

text

- 10 Years Experiance
- 45 Appointment
- 10 Patient

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Done Create Appointment and Send massage to your email for more details

**QUESTION**

Your have New Replay in your Question



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Chats



Mohamed



Moha



Mohamed



5:07 AM

Mohamed
nnnnnnnn

mohamedhgjghj123123456bnmn
gdfgdfg



3:04 AM

mohamedhgjghj123123456bnmn
jkjkjkkj



4:45 PM

mohamedhgjghj123123456bnmn
kjkjkjkjk



4:45 PM

mohamedhgjghj123123456bnmn
kjkjkjkjkjkjkjkjk



4:45 PM

Type your message

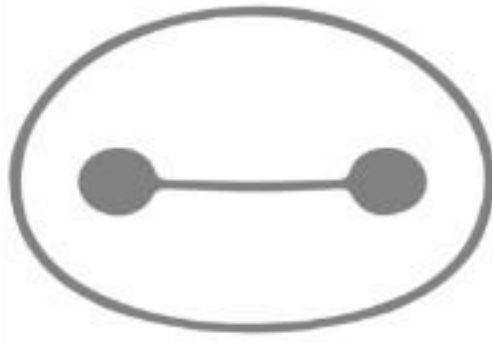
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Moha

Pediatric Consultant

Appointments

Day	Time	Price	duration
Mon	12:30:00	60 \$	30 min

Select Appointment :

month/day/year hour:minute AM



Book Appointment

About the expert

Certificates: - Holds a Bachelor's degree in Medicine and Surgery from Alexandria University. - Holds a master's degree in pediatrics and neonatology, from Alexandria University. - She is certified by the Saudi Commission for

Reviews



maria
TEXT

5/5/2022



maria
TEXT

5/5/2022



maria
TEXT

5/5/2022



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Moha

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Birth date



Gender

Gender

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Ways to prevent depression



Mohamed 2022-12-22T01:26:51.000000Z



Ways to prevent depression Answer

Mohamed 2022-12-21T22:59:31.000000Z



Ways to prevent depression22222



Ways to prevent depression3333



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