

**The Homeopathic
Treatment of Depression,
Anxiety, Bipolar Disorder
and other
Mental and Emotional Problems**

*Homeopathic Alternatives to
Conventional Drug Therapies*

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Authors of the best-selling *Ritalin-Free Kids*

Prozacfree Homeopathic Alternatives To Conventional Drug Therapies

Dana Ullman



Prozacfree Homeopathic Alternatives To Conventional Drug Therapies:

Prozac-free Judyth Reichenberg-Ullman, Robert Ullman, 2002 Robert Ullman offer reasons for considering the homeopathic approach as an alternative to taking conventional medications such as Prozac Zoloft Paxil and Wellbutrin The authors discuss the serious side effects of these drugs and their failure *The Natural Medicine Guide to Depression* Stephanie Marohn, 2003 This guide explores depression from the perspective that its causes lie in imbalances on the physical psychological emotional spiritual and psychic levels Once diagnosed the underlying imbalances are addressed through a natural medicine approach offering the potential for a lasting restoration of well being instead of reliance on antidepressant medications **The Natural Medicine Guide to Bipolar Disorder** Stephanie Marohn, 2003 The Natural Medicine Guide to Bipolar Disorder offers an alternative innovative natural non drug based approaches that treat the underlying imbalances and restore a healthy mind Medical journalist Stephanie Marohn identifies the key contributing factors and triggers for mood disorder and profiles a wide range of natural medicine therapies that can truly restore health biochemical therapy applied psychoneurobiology biological medicine nutritional therapy cranial osteopathy allergy elimination homeopathy amino acid nutritional therapy and more This fully revised edition offers the latest statistics research and interviews with physicians and other healing professionals who are leaders in the field Each approach is illustrated with case studies and includes resources for additional information This is an accessible approach to bipolar disorder full of helpful information and anecdotes that will be a valuable resource for those who suffer from this disorder as well as their family and friends **Rage-Free Kids** Judyth Reichenberg-Ullman, Robert Ullman, 2005-07 From the bestselling authors of Ritalin Free Kids this book offers homeopathic treatments for coping with children's rage Although anger is a normal emotion in some children it can spiral out of control In this eye opening resource for parents the authors both licensed naturopathic physicians share their homeopathic approach to freeing defiant children from aggressive behavior *Adjustment Disorders* Sherry Bonnice, 2014-09-02 We all have to deal with stress sometimes Learning to balance our many responsibilities adjust to new situations and handle multiple stresses is part of life But does this mean that you should feel stressed all the time What if you always feel overwhelmed What if you simply can't adjust to a new challenge or situation When the normal challenges of life cause such extreme emotional turmoil that a person cannot adapt and react appropriately he may be suffering from an adjustment disorder Those who suffer from adjustment disorders find it particularly difficult to adapt and function in their daily environments Perhaps they are dealing with a loss or change in life such as divorce moving a new baby or an end to a relationship Perhaps they overreact to minor stresses or have anxiety depression or conduct disorders that interrupt their normal life functions When their inability to cope becomes a mental illness people need help from medical professionals to gain control of their lives again In *Adjustment Disorders* you will learn about the antidepressants and anti anxiety drugs available to treat adjustment disorders Along the way you will read about the history of psychiatric drugs how they work and

current treatment methods You will also read valuable information about what to expect when taking psychiatric drugs as well as some of the most prevalent alternatives to drug treatment Sharing the experiences of young people as they cope with divorce disappointment moving depression and anxiety may help you understand how such changes can affect your life as well and where to turn if your reactions to these changes get out of control **Sexual Disorders** Ann Vitale,2014-09-02

Doesn't everyone you know think about talk about and worry about sexuality Sexuality is taught about in classrooms whispered about in school hallways worried about on the nightly news and made scandalous on talk shows and late night television People express their sexuality in many ways and we receive many often conflicting messages about what are appropriate and inappropriate expressions of sexuality As you grow and learn about your own and other people's sexualities many things can be exciting confusing and even frightening It can be disturbing to have sexual fantasies and urges and not know the boundary between so called normal thoughts and behaviors and those that might be considered disordered Prior to 1960 sexually deviant behaviors were poorly understood and were considered to be failures in morality or a result of poor upbringing People suffering from these conditions were often treated with electro shock talk therapy jail sentences and confinement in mental institutions all of which had little positive effect on the patients Today with advances in treatments like drug therapy there is new hope for those who have spent so long suffering in silence and shame Sexual Disorders defines different sexual disorders explains the criteria that put them over the boundary line into the realm of psychiatric illness and examines methods of treatment available to help individuals with these illnesses In this book's pages you will learn about treatments used throughout history the newest drug therapy available and alternative approaches for managing these disorders

Mood Disorders Joan Esherick,2014-09-02 Everyone experiences the blues now and then as well as times of joy and self confidence Most people even experience mood swings times when they move quickly from feelings like joy to opposite feelings like sorrow But what happens when normal moods become so extreme that a person can't think feel or act appropriately What if a person is so up he does foolish even dangerous things What if he's so down he can barely get out of bed The U.S. Surgeon General reports that at any one time between 10 and 15 percent of the adolescent population in the United States suffers from major depression That's one in ten teens According to the National Institute of Mental Health 20 to 40 percent of those will develop bipolar disorder manic depression within five years Often undiagnosed or misdiagnosed mood disorders present major challenges such as increased risk for illness higher probability of social and interpersonal problems and greater likelihood of substance abuse for those who suffer with them Mood disorders when left untreated can even be fatal seven percent of adolescents with major depressive disorder commit suicide What are mood disorders and how can they be treated Using numerous case studies and sidebars and written in language that is easy to understand Mood Disorders takes a comprehensive look at the causes and symptoms of mood disorders In its pages you will learn about the methods for diagnosis and treatment specific drugs used to treat mood disorders and alternative treatment strategies Along

the way you will discover that mood disorders though serious and challenging are treatable and help can be found

Cognitive Disorders Sherry Bonnice, 2014-09-02 Imagine what it would be like to look at the faces of your family members and friends and not know who they are How would it feel to wake up each morning and find that another piece of your mind had slipped away What would you do if you could not remember the simplest things like whether you should get out of bed in the mornings or how to brush your hair Cognitive disorders like Alzheimer's disease and other forms of dementia are devastating not only to the individuals who suffer from them but to those individuals families and friends as well These disorders have become serious topics of research and discussion Helping patients caretakers families and friends understand what can be done to ease the symptoms of cognitive disorders is a very important part of care In this book you will learn about cognitive disorders what it is like to have them and how they can be treated Along the way you will read about drugs that can help with symptoms like depression panic and hallucinations all of which can be caused by cognitive disorders In addition you will learn about some alternative treatments for cognitive disorders and the possible risks and side effects that accompany different forms of treatment Coauthored by someone who has experience first hand the early stages of Alzheimer's this book will give you an up close view of what can be done to help individuals with these often devastating forms of mental illness

Impulse-Control Disorders Autumn Libal, 2014-09-02 Have you ever known that you shouldn't do something but just couldn't stop yourself Of course you have Perhaps you couldn't resist having one more piece of birthday cake Maybe your brother or sister made you so mad that you couldn't help yelling Everyone experiences uncontrollable impulses like these sometimes But what if these impulses happened to you all the time How would you interact with your family do your work at school or make friends if you couldn't control your impulses Jeremiah for instance loved fire He loved everything about it the way it looked the way it smelled how its heat enveloped everything Even though he knew it was wrong Jeremiah lit fires and watched them incinerate eat and destroy everything in their paths Jeremiah also liked the smoke detectors in his house He loved taking them apart Sometimes after school Jeremiah would sit in his room dismantle the smoke detector piece by piece and then put it back together Once the smoke detector was reassembled Jeremiah would light a match beneath it and time how many seconds it took before the detector let out its high pitched squeal People like Jeremiah cannot control all the impulses they feel Some people may get uncontrollably angry steal light fires gamble pull their own hair or perform other impulsive actions that are harmful to themselves their families and their friends When a person has repetitive impulses like these he may be suffering from a psychiatric condition known as an impulse control disorder The stories and information in this book will tell you more about impulse control disorders how they affect people's lives and how they can be treated

Eating Disorders Shirley Brinkerhoff, 2014-09-02 A high school student allows herself to eat less than six hundred calories a day Months go by as her body withers Her friends and family are aghast at her emaciated appearance Nevertheless she still agonizes over being too fat A college student regularly downs six or seven thousand calories in a single

hour Then she makes herself throw up before her body can digest the massive amount of food Eating disorders like these affect five million people each year in America alone and many more millions in other countries Ninety percent of those who have eating disorders are females More than ten percent of the people hospitalized with anorexia nervosa will die as a result of the disease Eating Disorders tells the stories of two young women who struggle with anorexia and bulimia and how they found help Although eating disorders are among the most difficult of psychiatric illnesses to treat new advances in care are being made Many individuals with eating disorders are helped by concerned health professionals and by treatment programs that use the latest medical behavioral and pharmacological therapies In this book you will learn about eating disorders the devastating effects they can have and the treatments that can bring hope back to sufferers emaciated lives **Subject**

Guide to Books in Print ,2001 **Taking Sides** Richard P. Halgin,2007 From McGraw Hill Contemporary Learning Series formerly known as McGraw Hill Dushkin this fourth edition of TAKING SIDES ABNORMAL PSYCHOLOGY presents current controversial issues in a debate style format designed to stimulate student interest and develop critical thinking skills Each issue is thoughtfully framed with an issue summary an issue introduction and a postscript An instructor s manual with testing material is available for each volume USING TAKING SIDES IN THE CLASSROOM is also an excellent instructor resource with practical suggestions on incorporating this effective approach in the classroom Each TAKING SIDES reader features an annotated listing of selected World Wide Web sites and is supported by our student website www.mhcl.com online

Prozac-Free Pets Kim Rockshaw Dihom Bfrp,2009-06 PROZAC FREE PETS is written for pet owners who want to safely and permanently change negative emotional and behavioral patterns in their companion animals This book is designed to offer alternatives to the increasingly frequent practice of using allopathic drugs to treat emotional imbalances in pets Using two time tested holistic treatments Flower Essences and Homeopathy author Kim Rockshaw offers safe and simple solutions to seemingly complex problems Written for those new to both forms of treatment the reader is given an explanation and history of each healing modality as well as treatment instructions that insure success Through the use of these treatments solutions are suggested for minor and more complex behavioral issues Past abuse separation anxiety aggression fear jealousy grief as well as personality changes due to physical trauma A section on Behavior Modification also offers practical help for some of the most common feline and canine problems such as inappropriate elimination property destruction and dominance issues *Natural Medications for Psychiatric Disorders* David Mischoulon,Jerrold F.

Rosenbaum,2008 Updated for its Second Edition this book is the only reference to focus exclusively on natural medications in psychiatry Eminent psychiatrists from the Massachusetts General Hospital and other leading institutions examine current scientific and clinical data on the applications effectiveness and safety of natural psychotropics and acupuncture Quick reference tabular appendices list indications contraindications dosages combinations and drug drug interactions for each remedy This edition includes brand new chapters on acupuncture homeopathy and therapies for substance dependence and

weight management The chapter on polypharmacy and side effect management addresses the growing issue of drug drug interactions New introductory chapters discuss complementary and alternative medicine in society and examine research limitations and quality assurance issues **American Book Publishing Record** ,2002 *Integrative Medicine for Children* May Loo,2008-09-04 Whether you initiate alternative therapies for children or simply need to respond when asked for information or advice it s crucial to have the most current evidence based information so that you can safely and effectively integrate CAM therapies with conventional treatment This innovative and reliable reference is the ideal resource to have at hand With its focus on integrating conventional medicine with the best complementary therapies for children it familiarizes you with the scientific evidence and rationales for various CAM therapies and clearly describes how to use them in conjunction with conventional medicine You ll find the information you need to distinguish among those therapies with good evidence those that are safe but not yet proven to be effective and those contraindicated for certain conditions Covers a wide range of complementary and alternative therapies focusing on those most often utilized with children mind body approaches hypnosis mind body probiotics spirituality manual therapies chiropractic massage osteopathy psychological lifestyle approaches nutrition Qigong alternative systems homeopathy naturopathy energy medicine acupuncture aromatherapy herbal laser magnets and biological agents Chinese and Western herbs and probiotics 57 of the most common pediatric conditions are comprehensively discussed first with a focus on conventional diagnostic and treatment information then with authoritative information on the most effective and evidence based CAM therapies available for treatment of the condition Presents an integrative approach combining conventional and alternative therapies Helps you answer questions relevant to today s patients such as giving echinacea for a cold the use of acupuncture to treat ADHD and which alternative therapies may be used to avoid side effects of conventional medication The Food-Mood-Body Connection Gary Null,2001-12-04 h and Physical Well Being Health expert and best selling author Gary Null here reveals how nutritional and environmental approaches can effectively treat many health problems Exploring the effects of food allergies vitamin deficiencies and environmental toxins on mental and emotional health he also covers disorders in children and lists current articles linking nutritional factors with health concerns *Books In Print 2004-2005* Ed Bowker Staff,Staff Bowker, Ed,2004 *Forthcoming Books* Rose Arny,2002 Essential Homeopathy Dana Ullman,2002 This easy to use guide to homeopathy and its uses provides answers to frequently asked questions as well as the science and history behind the treatment

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