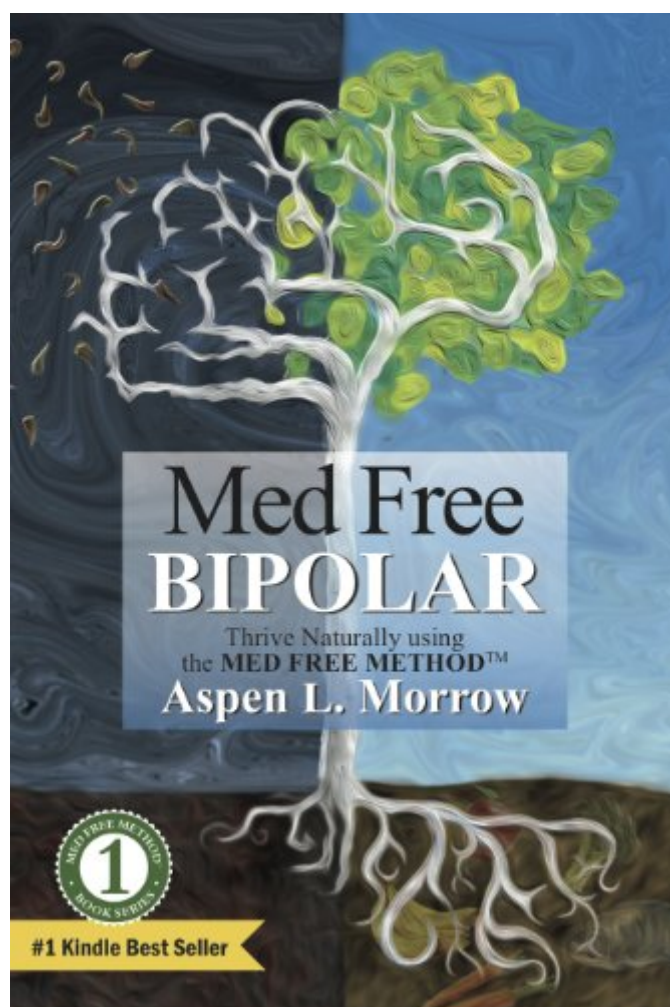


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# Med Free Bipolar: Thrive Naturally With The Med Free Method™ (The Ultimate Survival Guide To Fast Natural Cures Book 1)



## Synopsis

Aspen's young career as an international investigative journalist ended abruptly in a hospitalization to padded cell with a drain in the floor. Told she should apply for disability and not have children due to her mental illness, at age 22, Aspen had given up hope life would ever be normal again. Speaking out now for the first time, she shares how she beat the odds and recovered fully. From food stamps to business woman of the year, Aspen has spent the past ten years putting her investigative skills to use to bring to light the latest and greatest natural remedies in mental health care. Learn how thousands have recovered, step by step, in her first book in the Med Free Method™, Book Series: Med Free Bipolar. In Med Free Bipolar you will Learn: Natural alternatives that are as effective as prescriptions What you need to know before quitting meds and how to get your doctor and family on board What types of doctors can actually heal you (some who even take insurance/medicaid!) What tests to ask for to rule out physical causes that look psychiatric Natural supplements that can effectively END: rage, anger issues, anxiety, insomnia, racing thoughts, night terrors and "surround sound" noise sensitivity How to shut your brain off when you want What kind of diet is the best for bipolar What to feed to your brain when it's manic, depressed, racing, and having mixed episodes Natural cures for lost libido and medication weight gain Easy, lazy lifestyle changes that can make a huge difference in your mental health The primary goal of Med Free Bipolar is to show that treating bipolar effectively through natural means is not only possible, but highly likely. The Med Free Method™ is designed as a fourth treatment option over being medicated, "unmedicated", or "self-medicated", written by a peer who has been through it and backed by scientifically-proven, field-tested methods.

## Book Information

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## Customer Reviews

This book has a wealth of information, much of which I believe would apply to people without a bipolar diagnosis. The author's personal story is certainly compelling and draws the reader right in. I found the information on supplementation, dietary adjustments, and removing toxins from one's environment to be the most useful parts of the book. I personally take the micronutrient supplement recommended (Q 96's EMpower Plus) as well as probiotics, vitamin D and fish oils and I have changed my salt, as she recommends. As a yoga teacher and mental health counselor with a bipolar II diagnosis who has found the practice of yoga to be the most stabilizing factor in my own med-free journey over the years, I do strongly disagree with her views on yoga, meditation and mindfulness practices. (Yoga is not owned by Hinduism, even though it has been heavily intertwined with it, yoga predates the Hindu religion and has been practiced in other parts of East Asia and tied into Buddhist practices for nearly as long as it has been tied to Hindu practices. While there may be some Hindus who feel affronted by how we in the west have embraced yoga, most of the major yoga gurus will say you do not have to be Hindu in order to practice yoga, viewing spirituality and religion as not one in the same). The research that has been going on over the last few years on the effects of yoga and meditation on the brain and mental health in general is growing. Granted, there isn't much if any- research going on regarding yoga and bipolar per se but there is regarding yoga and depression, anxiety disorders, and PTSD to name a few. (Much of this research is going on in Massachusetts- where I live- so perhaps that is another reason why I would be more aware of this fact than others.

Having worked in the health care field for my entire professional life, I have recognized its numerous deficiencies, while celebrating its brilliant successes. And the latter will increase with a serious focus on what the profession dubs the "Morbidity and Mortality Report," or for the non-professional, the

failures. There is a subgenre of books, written by nonprofessionals of the medical field, which document their travails with the medical establishment concerning their treatment of a specific disease. To date I've read *A Twist of Lyme: Battling a Disease That "Doesn't Exist"* and *Living on a Tightrope: Coping with Diabetes* which concern Lyme Disease and Diabetes, respectively. Diabetes is relatively easy to define, clinically, although there are different types. Lyme disease is much harder to diagnosis, and it is even more difficult to find an efficacious regime of treatment. Aspen L. Morrow's book addresses medical conditions (with an emphasis on the plural) that are grouped under a fairly recently (over the past 20-30 years) invented medical term, "Bipolar," and was previously known as "manic-depressive." She uses an apt metaphor for emphasizing the plurality and uniqueness of these mental disorders: the snowflake. Each is unique. She also rebukes those who stigmatize the individuals who have these disorders with: "Bipolar and its accompanying symptoms and behavior presentations are a medical condition, not a moral or character flaw!"

Aspen Morrow has written one of the most comprehensive and well documented books on the subject of mental and physical wellness I have read in my forty-one plus years as a health fanatic. It takes a LOT to impress me and offer me new knowledge in the healthcare realm. This book does it all. Thankfully I never knew the fears, terror and debilitating experiences the author shares. On the other hand, as a psychotherapist I did work with people diagnosed with and suffering the symptoms of the condition. As a metaphysical minister and healthcare practitioner I agree that taking care of the body as well as the mind and spirit is paramount. You cannot separate any one from the others. I especially want to point out the author's views on alternative, energy healing and quantum physics since that has long been my world and area of expertise. Though I do not share all of the author's beliefs, her caution about knowing what you are getting into when working with alternatives - and, in my opinion mainstream medical too - practitioners is worth noting. In my own thirty years of experience in the metaphysical and energy realm I found far too many energy workers have no clue how to become clear themselves - or even recognize the need to do so before working with others. I have seen energy healers unknowingly moving their own issues into the client while working (in their minds) to heal the client. In fact the client's issues often cannot surface when that happens. A really good and accurate energy healer can tell if and when his or her own stuff is showing up, clears the situation then works on the client on the client's issues. The details and substitutes listed on how to take care of your body and detox your home environment is priceless information.

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