



Natural Medicine Guide to Bipolar Disorder, The: New Revised Edition

Stephanie Marohn

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More than three million people in the United States suffer from bipolar disorder, a mental illness that is now classified as one of the ten leading causes of disability in the US and the world. While psychiatric drugs may control bipolar disorder, they do not offer any lasting cure and carry the risk of lasting side effects. *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.

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