

How to Beat the Side Effects
and Enhance the Benefits
of Your Medication

THE

Anti-
depressant
SURVIVAL
PROGRAM

ROBERT J. HEDAYA, M.D.

Antidepressant Survival Program

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Antidepressant Survival Program:

The Antidepressant Survival Guide Robert J. Hedaya, Deborah Kotz, 2001 A leading psychopharmacologist and clinical psychiatrist shares a complete program of diet exercise stress management and hormone supplementation to lift the debilitating side effects of antidepressants and enhance the benefits of these medications for millions of Americans Charts throughout

The Anti-Depressant Survival Program Robert J. Hedaya, 2002-07-01 About 25 million Americans currently take antidepressants for a wide range of psychiatric physical disorders But these wonder drugs also have side effects such as weight gain lethargy sexual dysfunction Here Hedaya shares his comprehensive mind body program to reduce or eliminate the side effects of antidepressants Drawing on his expertise in multiple fields Hedaya has created an integrative program of nutrition exercise stress reduction hormone supplementation that corrects the imbalances created by antidepressants Best of all his program actually enhances the benefits of medication while reducing or completely eliminating its side effects

The Antidepressant Survival Guide Robert J. Hedaya, M.D., 2011-03-16 Now patients can have the best of both worlds freedom from depression and freedom from side effects Dr Robert Hedaya offers a wealth of wisdom drawn from years of clinical experience research and teaching This book is a much needed lantern in the darkness Norman Rosenthal M D author of St John s Wort The Herbal Way to Feeling Good Restore the vital vitamins minerals and hormones necessary to maintain good health Optimize your body s metabolic system Restore your ability to experience pleasure in life An estimated twenty five million Americans take antidepressants to combat depression but most continue to cope with a host of debilitating side effects that equal and sometimes outweigh the medication s obvious benefits Many doctors consider side effects such as weight gain lethargy and sexual dysfunction to be necessary evils Finally there is a doctor who refuses to trade a patient s total well being for the treatment of depression Clinical psychiatrist Robert J Hedaya M D has developed a comprehensive mind body program to restore lost vitality and sex drive and control weight A Washington Post bestseller in hardcover his book offers a proven program of nutrition exercise stress reduction and hormone supplementation that not only lessens the side effects of antidepressants but enhances their benefits as well Now everyone can benefit from the prescription that has worked wonders for his own patients

Games Therapists Play Janet Saugstad, 2005 *Games Therapists Play* is about one person s nightmare with psychotherapy and medication It is based on her experiences after being raped by her neighbor and includes comments by experts on rape and abuse by therapists She focuses on medication side effects the fracture of patient rights and the use of punitive mental health diagnoses Her account makes the case that changes need to be made in the way professional psychotherapy licensing boards function For the past thirty five years the self help industry has asserted that therapists of all backgrounds can work miracles for people suffering from all kinds of mental illnesses and stresses from difficult situations Their claims are often fantastic an acrophobic who after treatment could work on the forty fifth floor of a skyscraper out of control children who develop responsible attitudes marriages that are saved and depressions that are cured

The truth can be much different Interestingly The World Health Organization reports that the suicide rate of therapists is among the highest of all professionals

Drugs in American Society Nancy E. Marion, Willard M. Oliver, 2014-12-16
Containing more than 450 entries this easy to read encyclopedia provides concise information about the history of and recent trends in drug use and drug abuse in the United States a societal problem with an estimated cost of 559 billion a year Despite decades of effort and billions of dollars spent to combat the problem illicit drug use in the United States is still rampant and shows no sign of abating Covering illegal drugs ranging from marijuana and LSD to cocaine and crystal meth this authoritative reference work examines patterns of drug use in American history as well as drug control and interdiction efforts from the nineteenth century to the present This encyclopedia provides a multidisciplinary perspective on the various aspects of the American drug problem including the drugs themselves the actions taken in attempts to curb or stop the drug trade the efforts at intervention and treatment of those individuals affected by drug use and the cultural and economic effects of drug use in the United States More than 450 entries descriptively analyze and summarize key terms trends concepts and people that are vital to the study of drugs and drug abuse providing readers of all ages and backgrounds with invaluable information on domestic and international drug trafficking and use The set provides special coverage of shifting societal and legislative perspectives on marijuana as evidenced by Colorado and Washington legalizing marijuana with the 2012 elections

Unstuck James S. Gordon, M.D., 2009-05-26 Extraordinary Both therapist and patient will benefit hugely from reading this book Deepak Chopra Exactly what this over medicated country needs right now Christine Northrup M D author of *The Wisdom of Menopause* Despite the billions spent on prescription anti depressant drugs and psychotherapy people everywhere continue to grapple with depression James Gordon one of the nation s most respected psychiatrists now offers a practical and effective way to get unstuck Drawing on forty years of pioneering work *Unstuck* is Gordon s seven stage program for relief through food and nutritional supplements Chinese medicine movement exercise and dance psychotherapy meditation and guided imagery and spiritual practice The result is a remarkable guide that puts the power to change in the hands of those ready to say no to suffering and drugs and yes to hope and happiness

The Emotional Revolution
Norman E. Rosenthal, 2003 Feel Better Live Better Scientific discoveries are unlocking the mysteries of our emotional lives Every week brings us new information on the environmental hormonal genetic and chemical factors that affect our feelings and an ever expanding repertoire of methods to manage specific emotional conditions But how can we apply this cutting edge research to our own lives In *The Emotional Revolution* Norman E Rosenthal psychiatrist researcher and specialist in the fields of psychopharmacology and psychobiology offers a comprehensive guide to these exciting breakthroughs He explores the latest findings about the body mechanisms that create emotions and why our feelings can sometimes go out of control He also offers simple self help strategies and evaluates dozens of the newest treatments both traditional and alternative that can help with everything from depression and addiction to anxiety and excessive anger Here is fascinating up to the minute

information you won't find in any other single resource including Clues to the biological basis of monogamy A new link between depression and heart disease and what this means for the treatment of both conditions How simple patterns of eye movements can help alleviate painful memories How taking a commonly used blood pressure medication can help you cope with trauma How lying in the dark releases a hormone that can alleviate anxiety and craving The surprising health benefits of friendship and religion The deadly dangers of anger The health promoting powers of love The first book to combine scientific research with prescriptive guidelines for the general reader The Emotional Revolution is your guide to understanding the complexities of human feelings and improving your life A well researched clearly written and absorbing book Highly recommended for anyone who's ever seen a psychiatrist or who hasn't Dean Hamer Ph D author of The Science of Desire Norman E Rosenthal M D is Clinical Professor of Psychiatry at Georgetown University A practicing psychiatrist Dr Rosenthal has been listed in The Best Doctors in the U S For twenty years he was a senior researcher in psychiatry and psychobiology at the National Institute of Mental Health He has appeared on 20/20 CNN National Public Radio The Today Show CBS Morning News and Good Morning America Dr Rosenthal lives and practices in Rockville Maryland Visit his Web site at www.normanrosenthal.com **The American Journal of Psychiatry**, 2009 *Book Review Digest*, 2002 *Heart Failure* David S. Feldman, Paul Mohacsi, 2019-02-21 This textbook offers an up to date user friendly guide on the evaluation diagnosis and treatment of heart failure Each chapter is dedicated to providing comprehensive coverage of every aspect of heart failure from cardiac signs and symptoms through imaging and the genetic basis for disease to surgery interventions treatment and preventative cardiology Heart Failure provides the trainee and practising cardiologist cardiac surgeon vascular surgeon diabetologist cardiac radiologist and any physician who manages cardiac patients with a valuable resource featuring extensive guidance on the diagnosis and management of a range of conditions related to heart failure [Bibliographic Index](#), 2004 *Forthcoming Books* Rose Arny, 2001 [American Book Publishing Record](#), 2001 [Book Review Index](#), 2003 Vols 8 10 of the 1965 1984 master cumulation constitute a title index **Bottom Line Year Book**, 2006, 2005 **Subject Guide to Books in Print**, 1991 *The Publishers Weekly*, 2001 [Depression, the Mood Disease](#) Francis Mark Mondimore, 2006-11-17 Depression is a mood disorder that affects one in ten Americans in any given year At one time too stigmatized to be mentioned in polite conversation depression is now discussed frankly in the media and advertisements for drug therapy appear everywhere The third edition of this widely acclaimed book reflects changes in how mood disorders are thought about and how they are treated Dr Francis Mark Mondimore author of the best selling book Bipolar Disorder A Guide for Patients and Families here explains depression its causes and symptoms and its treatment He discusses depression in all age groups and in both sexes as well as bipolar disorder seasonal affective disorders and depression that accompanies illness This edition encompasses more than a decade of new research advances in pharmacology and changes in public perception The past ten years have seen the release of new forms of the major antidepressants as well as other promising

new avenues in pharmaceutical treatments For example atypical or second generation antidepressants such as venlafaxine and duloxetine provide different ways of manipulating the chemical systems in the brain concerned with mood And there have been significant advances in the use of MAO inhibitors now available in patch form Dr Mondimore reviews these and other pharmacological therapies as part of a comprehensive approach to treatment that includes psychotherapy family and community support and lifestyle changes Full of information compassionately presented this guide provides hope and help to patients and their families **Library Journal** ,2000 The Library Journal ,2000 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

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