

Alternative Health Resources

The purpose of this document is to provide some information as to what alternative health resources are out there, as many people want to know if there is anything they can do to help themselves through Seroxat withdrawal. It must be noted that no alternative health method has been proven to help with withdrawal.

Before embarking on any alternative health regime you must consult with your doctor, as some methods do not combine well with certain medications and conditions.

Nutritional Books and Resources

The Optimum Nutrition Bible

Optimum Nutrition For The Mind

Natural Highs

Natural Highs – Chill – 25 ways to Relaxation

Natural Highs – Energy – 25 ways to Energy

All these books are by Patrick Holford and contain many nutritional strategies to health. Patrick also has websites www.mentalhealthproject.com and www.patrickholford.com

Other useful books are:

Fats that Heal; Fats that Kill by Udo Erasmus

The Omega 3 Connection by Dr Andrew Stoll

Relaxation

A good form for relaxation has been shown by many studies to support overall general health. It may well be worth finding a yoga or tai chi class, learning to meditate, or learning self hypnosis. If possible, engage in some form of relaxation for 20 minutes twice a day.

One method of meditation, that uses tapes with a special frequency, called a binaural beat, is particularly effective and effort free. All you have to do is listen with headphones. An explanation and tapes to purchase can be found at www.brainsync.com.

Exercise

Providing you are medically fit, exercise will have good effects on your mood and well-being. Check with your GP that physical activity is ok for you. If it is then just pick a form that appeals to you and do this 3 times a week. Remember that brisk walking for 30mins has proven health benefits – you don't have to go for the burn!

Counselling and Therapy

The decision whether to go down this route is a very personal one. Many people find that talking can be helpful and, even insightful. However it must also be remembered that the support of a good friend or family member can be equally beneficial, if not more so.

There are many different forms of “therapy”, some of them very “new age” and esoteric. More practical methods for addressing problems are therapies like: Cognitive Behavioural Therapy, Solution Focused Therapy, Neuro Linguistic Programming, and Ericksonian Hypnosis.

It is beyond the scope of this document to analyse them here. Research the area, talk it over with your doctor and go for the option you feel best suited too.

Other Alternative Therapies

Many people find the following helpful: Acupuncture, Reiki, Homeopathy, Herbalism, Healing etc.

Religion and a strong sense of community all have their place too.

Closing comments

As already stated, none of these treatments have been shown to help in Seroxat withdrawal. It is important to work closely with your doctor through all this.

Finally, remember that whatever is happening, many people have trod the path before you, and succeeded in withdrawing.

Disclaimer: This document is intended to provide general information only, and is not a substitute for medical or psychiatric evaluation and treatment. The author and the committee are not engaged in providing professional services or medical advice to the individual reader. Each individual's health is unique. All matters regarding health or a particular health situation should be supervised by a health care professional. The author and the committee shall not be held responsible or liable for any harm or loss allegedly arising, directly or indirectly, from any information in this document.