



# HEALING BIPOLAR DISORDER

A Specialty Report

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**A SPECIALTY REPORT**

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# **WARNING!**

**IN NO WAY DO I CONDONE PROCEEDING WITH THIS REPORT WITHOUT THE ASSISTANCE OF YOUR DOCTOR.**

**IF YOU'RE THINKING ABOUT DOING SOMETHING LIKE THAT THEN CLOSE THIS DOCUMENT IMMEDIATELY.**

**YOU NEED ALL THE HELP THAT YOU CAN GET! YOU NEED THE KNOWING AND WATCHFUL EYES AND SUPPORT OF YOUR DOCTOR!**

**THIS IS NOT A GO IT ALONE SYSTEM. THIS IS A PROGRAM DEVELOPED WITH THE FULL INVOLVEMENT OF YOUR SUPPORT TEAM.**

***DON'T TRY TO BE A HERO!***

**THE INFORMATION CONTAINED IN THIS REPORT IS FOR INFORMATIONAL PURPOSES ONLY. THEY ARE IN NO WAY A SUBSTITUTE FOR CONSULTING WITH AN ACTUAL MEDICAL PROFESSIONAL.**

**THE PUBLISHER/WRITER OF THIS REPORT IS NOT RESPONSIBLE FOR ANY ADVERSE EFFECTS OR CONSEQUENCES RESULTING FROM ANY OF THE SUGGESTIONS LISTED BELOW.**

**ALL MATTERS PERTAINING TO YOUR PHYSICAL AND MENTAL HEALTH SHOULD BE SUPERVISED BY A HEALTH CARE PROFESSIONAL**

*Sometimes you may feel like you're alone but your not.*

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# HEALING BIPOLAR DISORDER

A Specialty Report

## **INTRODUCTION**

### **My Hopes**

I have two main hopes that will be achieved from writing this report. The first is that you or someone you love who has been diagnosed with Bipolar Disorder takes to heart all the wisdom collected here and finds a way to live the best life possible on medication.

My second hope is for those courageous souls who decide to take the ultimate leap and become medication free. I hope that what I've done will help you as well.

### **The Two Things**

This report will do two things:

**The first will be to help you create a new foundation for your life.** You will in essence become the best damn patient that your doctor has ever seen. So the first part of this report will be for the most part a training manual of sorts. One that is going to create for you a stable foundation. A jumping off point. A place of comfort, control, and grounding.

This report will help you get your life back. You will slowly start to forget the chaos that both you, your friends and family have just been through and you'll start to create a new future. A new you.

The second thing this report will do is give you the step by step plan that I used to

become completely medication free.

That's right I will lay it all out for you.

A complete program that will guide you to that ultimate goal of becoming medication free.

## **Let The Games Begin**

So now you know the goals. Now you know what we're going for here. Silver and gold medals at the world games of your life. And just like those Olympic athletes, you'll have to find the strength, determination and focus to achieve your dreams. You have to. There is no other way around this. You've already been signed up to participate and the sooner we get on with it the better.

What's the rush?

I'm not trying to rush you, I just want you to experience the life that I live now. An amazing and medication free life. And even if you're not ever going to go down that road this report will give you the tools needed to have a great and stable life.

You and your family deserve that.



## **HOW TO USE THIS REPORT**

To get the best and ultimate benefit from this report I would take the time and read through the whole document first. Let the complete picture sink in. This will give you the birds' eye view of the new terrain you'll be journeying through. You'll be able to know where you are and see where you're going.

Secondly I would then discuss it completely with your doctor. You may be wondering why I would suggest involving them? You have to remember that they're in essence your guardian. It's their task to guide you through this new phase of your life. So the more you can work together as a team with your doctor the better your success will be.

Thirdly I would work through the report with ease. Don't try and do everything all at once. There are some things that you'll be able to combine together and work out at the same time. But more importantly I want to make sure that you have really anchored each step into your new daily life. Because the only way you're going to succeed at this is to make sure that you do each and everything well.

Let's Get Started...



## **RESPONSIBILITY**

*"Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more."*

Anthony Robbins

Responsibility is not a duty or a task that needs to be done. Responsibility is not a burden to bear or a sacrifice that we need to make. Responsibility is not something that should be feared or avoided. Responsibility is none of these things.

When we embrace responsibility, accept it deep within our core, we begin to tap into an eternal supply of power and inspiration.

For the true essence of responsibility gives us a glimpse into our own inherent strengths.

Once we come to know and understand this wellspring of power is available to us we begin to take action for the sheer joy of it.

Accept the responsibility for your life now. Choose to embrace your own magnificent power. Awaken to the strength that dwells within you if you but take the chance to grab hold of your own brilliant life.

I know it's been hard but with this specialty report it'll get a lot easier.

But if you make the choice to not grab your life by the reigns, the illness will be more than willing to do so. It'll seek out every opportunity it can to become the ruler and king of your life. And we've seen how life is under that type dictator.

You may not believe it right now but things are going to be ok. Life will get better. Bit by bit. Day by day. You'll begin to live a "normal" life again. A grounded, peaceful and joyous life.

The key is to accept responsibility now and take action to get it done.



## **MEDICATION**

### **Taking the Red Pill**



Most of us have seen the movie the Matrix and can immediately remember the scene when Neo first meets Morpheus. It's one of those on the edge of your seat moments in movie history. Morpheus gives Neo two choices. Take the red pill and Neo will discover what the Matrix is. Take the blue pill and Neo's life will carry on like usual.

Live in ignorance or begin to explore the world of truth.

What the blue pill represents to you is making the choice of living your life with the choice of not taking your medication. You will live your life in constant fear of a relapse. You will stress out and push away from you all the people in your life that truly matter. And worst of all you will probably find yourself getting worse and worse with each and every episode you have.

Taking the red pill offers you hope. Sure things will change but we're all built for change. The red pill offers you life and stability. It gives you a chance to experience the miracle of the world once more.

### **Take Your Medication**

This principle is the foundation for the rest of this whole report. **I can't stress to you how**

**important taking your medication is.** I know that I told you that this report will help you to become medication free so why would I be so adamant about taking your medication.

**Well the only way we can get to that point and for you to get better is to take your medication consistently, without fail, each and every day until we get to that point.**

Let me say it again, **TAKE YOUR MEDICATION.**

The sooner you do the quicker you'll get better.

## **Playing the Medication Game**

You have to take your medication. There is no way around this fact. If you want your life back. If you want your friends back. If you want your family back. If you want your sanity back you have to take your medication.

## **Medication Free Future = Taking Medication Now**

Now taking medication is no easy task at first. Why? Well it'll be a new habit that you'll need to form. And the best way to do that is to establish some tools and tricks to get it done.

## **Take Your Medication Tip #1**

### **Be Mindful of Time**

Your medication needs to be taken daily at certain points in the day. We're supposed to

stop what we're doing, go get some water, grab our medication, and then take it. Life is busy nowadays. We get caught up in things. Work. Friends. Family. Busy, busy, busy. Who has time to take medication? Well you do and the first step to do this is being mindful of time.

What I did to help me be mindful of time and take my medication at the right times through the day was to buy a watch that had multiple alarm clocks on it. One that I could program once and it would do all the thinking for me.

It was awesome!

I was already wearing a watch so why not find one that I could use as a tool to help me live the best life possible while taking my medication. I could set an alarm for each time of the day that I needed to take my meds and even a reminder alarm if need be.

## **Take Your Medication Tip #2**

### **Be Prepared – Always Have Your Medication On You**

There were a couple of things in regards to my medication that I did right away when I got home from the hospital.

First I got a bunch of ziploc bags and put a days worth of medication into each and every one of them. I then took those bags and put them into every possible jacket I might wear and every single bag I might take with me. I did this because I knew how busy the day can get and I realized there'd be countless times when I'd run out of the house like a blue streak of fire and I would forget my medication in the process.

This trick ensured that I would always have enough medication on me throughout the day.

### **Take Your Medication Tip #3**

#### **Have Emergency Back Ups Everywhere**

Since I had placed extra medication in every bag and jacket I owned I knew that I would have two sets of medication on me at all times. So what I would do with the extra sets of meds is I would leave them at friends and families houses as backup.

Of course I would only do this with the people who knew about my diagnosis and who supported my full recovery through the use of medication. (We'll get into to tell or not to tell about your diagnosis later on in the report.)

### **Take Your Medication Tip #4**

#### **Transform the Process**

Taking medication is not something that I would call fun. I wouldn't call it not fun either. It really just is. Almost an automatic process sometimes. The big distinguisher is your mindset each and every time you pop those lifesaving pills into your mouth.

So what I did in order to transform the process into something special was that I bought a beautiful little pill box to carry around my daily dose of meds. Every time I pulled out that box I didn't think about the meds that I was taking. Sure that thought came in later. But my first thought would be how beautiful my pill box was.

By the end of my medication stint I had purchased about 5 very different, very beautiful pieces of artwork that I used to carry around my meds.

## **Medication and a Meaningful Life**

When you're diagnosed and given your first prescription to fill, it should come up at some point the types of side effects that are common with those drugs. Some drugs that are prescribed for the disorder have some pretty nasty side-effects. It'll be one of those moments that remind you of all those drug commercials you see on TV.

You know the ones. There's countless of them out there now. And they all follow the same type of format.

The commercial is all blue skies, and smiles and unicorns and cotton candy until the very end when they're about to cut to the next commercial when you'll hear some guy chime in. Of course this is at the point where you're in a trance and are completely mesmerized by the pretty pictures floating by on the screen, and you'll barely hear his voice, but it's there telling you all the nasty things that may happen if you take these meds.

The first time you're given your prescription for meds or during an initial conversation with your doctor in regards to which meds you'll be on you will have one of these moments. Your doctor will give you, or really should give you, pertinent information in regards to the meds you'll be on and their side-effects.

It'll be a very surreal moment.

Now I don't want you to really focus on those side-effects because in the end they will matter little. Of course you need to work with your doctor and find meds that work best

for you but in the end the pros of taking medication completely outweigh the cons.

If someone wanted me to do a pros and cons report for taking say Lithium it would look something like this:

### Medication Pros & Cons Report

<u>Cons</u>	<u>Pros</u>
Lethargy Weight Gain Loss of Focus The Shakes Feeling Hazy Nausea Sexual Dysfunction Headaches Diarrhea Loss of Balance Anxiety Blurred Vision	<b>SANITY</b>

Even with how much taking and being on medication sucks the benefits of SANITY far outweigh any of these minor inconveniences.

And really all the above mentioned disadvantages of being on medication can be alleviated or reduced by changing dosage levels, switching to a different medication type or using the multiple techniques that that you'll learn in this Report. All of these tools will practically erase the side effects of medication.

## **The Guessing Game - Medications and Dosages**

There are tons of medications out there and you can be prescribed any one of them. Or maybe more than one. In whatever case always know that this isn't an exact science. One medication may work better than another for you.

### **8 Ways To Avoid Being On The Wrong Medication and Dosages**

1. Always be sure to ask you doctor what are the options you have
2. Ask why they have chosen a certain medication for you
3. Do some reading yourself
4. Ask why they've recommended a certain dosage for you
5. Write down and keep track of any reactions you have to the medication
6. Bring these side-effects up with your doctor
7. Don't be shy-You can adjust dosage levels. Work with your doctor to achieve this
8. When adjusting dosage levels use small changes

Do some reading about the medications your going to be on yourself as well. You don't need to become an expert but you do need to know what's going on here. Remember this is your life and you need to have a vested interest in it. These doctors are extremely busy so be sure to have your questions ready for them. Don't be surprised if they have to check your report often just to remember your name.

In regards to dosages, again this is a bit of a guessing game as well. You and your doctor will just really have to tweak your levels to find an acceptable dosage. Be sure to find one that gives you enough clarity and control. Don't be shy about this either. This is a trial and error process. Don't make big jumps but do be aware of how you're feeling and what is

the quality of your life on the dosage that you're at.

You don't want to lose yourself to the medication but at the same time you definitely don't want to get lost again to the disorder.

### **Medication - Some Final Notes**

I hope that you can now see and understand that taking medication isn't such a bad thing after all. Trust me, I know. I know all the challenges that go along with the meds. I've had all the side effects listed in the cons section of the above list and none of them are any fun. Especially sexual dysfunction when you're a young and easy on the eyes.

But you know what...?

You'll get through it. You find a way. Because life is too precious to gamble away with the reckless behaviour of not taking your medication.



## **ACCEPTANCE**

I wanted to start the report off with this topic first but I realized that taking your medication diligently was such an important part toward helping me become medication free that this topic had to come second.

So acceptance. What do I mean by this?

Well I'm certain that a major portion of my overall healing is based on the fact that I didn't fight my diagnosis.

I didn't get mad or frustrated. I didn't shake my fist at God and blame him for being dealt such a crappy poker hand. I didn't have a pity party and be all woe is me and my crappy up and down life.

Nah, I didn't do any of those things. I just accepted it.

I was very impartial. Almost like I was the Buddha of Bipolar Disorder and I realized that in the end this diagnosis didn't matter that much.

All that mattered was getting out of the hospital, getting healthy, and pursuing my ultimate goal; liberation from medication completely.

My feng shui teachers first introduced me to the concept:

*Where attention goes energy flows.*

I knew intuitively that in order to survive and ultimately thrive in this life after being diagnosed I had to focus my attentions somewhere. And I figured becoming healthy in body, speech and mind was the best place that I could direct my intentions.

Now don't get me wrong, I did direct part of my attention to understanding the disease and the various medications I was on. But when I was say meditating, exercising, or eating I wasn't thinking that I was doing these activities because of my diagnosis.

That would be the wrong type of attention. Instead I focused on the activity at hand, the joy of it, and the amazing chance to have my life still.

Life is awesome if you let it be.

I was very thankful that the medication had reigned in my unwieldy mind. I was thankful that I had friends who had brought me to the hospital immediately. I was thankful that I had a family, however dysfunctional, who rallied 'round me in my time of need.

And I know that not all of us will have the same kind of opportunity that I had but we always need to do the best with the tools that we are given in every situation and moment.

So choose to focus on the positive. Focus on this opportunity you have to become something more. Focus on your new task at hand. Focus on yourself. You radiant and shining self. You've been given a second chance to make things right. Don't let this opportunity pass you by.



## **SLEEP**

### **Nighty Night**

A regular sleep routine is crucial to your wellbeing. You know what they say, *“Early to be and early to rise makes a person healthy, wealthy and wise.”* I have come to realize that there is really some truth to that statement, especially after being diagnosed.

Being a young guy I thought that this may be impossibility for me. Especially since I was so used to staying up all night long partying.

But I realized that I had a greater purpose now. I had been given a second chance and I was going to make the most out of it.

Now I didn't stop going out all together, that would have been just down-right horrible, and probably would have crushed all my hopes in pursuing an amazing life again.

I found a way that I could have the best of both worlds. Partying and Peace. I could have a regular sleep schedule and still have the opportunity to go out with my friends to wherever we wanted to go.

First and foremost I focussed on my sleeping schedule. I knew that this had to be brought under control. I had to create some sort of sleep routine. That way I could have the proper foundation for everything else that I wanted to do.

I think like most of us, the minute that I finished school and started to get older my sleep cycle went out the window. There would be no rhyme or reason to when I would go to

sleep. And more often than not I find myself with my eyes bleeding at three in the morning watching juice tiger infomercials or some other form of non-sense.

## **Getting Into A Proper Sleep Routine Tip#1**

### **Finding A Reason To Go To Sleep & Get Up Early**

First and foremost I had to have a reason to get up early in the morning and go to bed early at night. As if being diagnosed and going to the hospital wasn't enough. Well obviously it wasn't. That's why I had to motivate myself in some other way.

My new focus in life was to make healthy choices for my overall wellbeing. So shortly after I got home from the hospital I developed a mini Yoga routine that I would do when I got up in the morning.

At night I would also read and then meditate before I went to bed. I'll be giving you some meditation techniques later on in the report.

In both cases I needed to find something that I was excited about. Some idea that would motivate me to change and adjust my ways. A thought that I could have whereby I would direct enough of my willpower to , “Git er done.”

When you're trying to adjust your sleep schedule look or things that you could do that would motivate you to get out of bed early each and everyday. Well maybe not Sundays unless you go to church. But even then you could always go to the late mass.

Consistency is they key to getting your sleeping routine under control.

## Getting Into A Proper Sleep Routine Tip#2

### The Wind Down Process

With the advent of electricity and in-home lighting humans began to break away from their natural and celestial rhythm of life. It took us a step away from the wise harmony of our mother earth.

An easy way to promote a healthy sleep cycle is to fall back in sync with the natural flow of the day.

How you can do this is to give yourself an evening Wind-Down Process.

#### Wind-Down Process Techniques

- Instead of having the TV blaring until the moment you finally decide to go to bed you could shut the TV off an hour or half-hour earlier than usual.
- Install dimmer lights and start to turn them down bit by bit. Try to match the Sun's cycle.
- Read a book before bed. Fiction preferably.
- Journal your thoughts from the day.
- Go for bath.
- Listen to a relaxing CD before bed.
- Visualize yourself living a medication free life.
- Give yourself a self massage.

Ease into your sleep. As you're drifting off have your thoughts be about perfect health and that you'll awake in the morning grounded, refreshed and ready to start your day.

## Getting Into A Proper Sleep Routine Tip#3

### Epsom Salt Baths

During my healing process I had on average two to three Epsom salt baths a week. I worked it into my Wind-Down Process. I wanted to give special mention of Epsom Salts here because they are cheap, effective and widely overlooked.

I believe that my Epsom salt baths were a tremendous help for my total recovery. But don't believe me alone on this matter.

Here's what the Epsom Salt Industry Council has to say about the subject:

#### Epsom Salt - Why It Works

*Magnesium - the key component of Epsom Salt -- performs more functions in more systems of the human body than virtually any other mineral, including regulating the activity of more than 325 enzymes.*

#### **Studies show that magnesium is:**

- *An electrolyte, helping to ensure proper muscle, nerve and enzyme function.*
- *Critical to the proper use of calcium in cells.*
- *An aid in helping to prevent heart disease and strokes by lowering blood pressure, protecting the elasticity of arteries, preventing blood clots and reducing the risk of sudden heart attack deaths.*

#### **Medical research also indicates that magnesium may:**

- *Increase the effectiveness of insulin, helping to lower the risk or severity of diabetes.*
- *Reduce inflammation and relieves pain, making it a beneficial in the treatment of sore muscles, bronchial asthma, migraine headaches and fibromyalgia.*

*Although magnesium can be absorbed through the digestive tract, many foods, drugs and medical conditions can interfere with the effectiveness of this deliver method. Therefore, soaking in an Epsom Salt bath is one of the most effective means of making the magnesium your body needs readily available.*

*Epsom Salt also delivers sulfates, which medical research indicates are needed for the formation of brain tissue, joint proteins and the mucin proteins that line the walls of the digestive tract. Studies show that sulfates also stimulate the pancreas to generate digestive enzymes and help to detoxify the body's residue of medicines and environmental contaminants. Studies indicate that sulfates are difficult to absorb from food, but are readily absorbed through the skin.*

***Studies show these benefits from the major components of Epsom Salt may:***

***Magnesium:***

- *Ease stress and improves sleep and concentration*
- *Help muscles and nerves function properly*
- *Regulate activity of 325+ enzymes*
- *Help prevent artery hardening and blood clots*
- *Make insulin more effective*
- *Reduce inflammation to relieve pain and muscle cramps*
- *Improve oxygen use*

***Sulfates:***

- *Flush toxins*
- *Improve absorption of nutrients*
- *Help form joint proteins, brain tissue and mucin proteins*
- *Help prevent or ease migraine headaches*

Check out their website: <http://www.epsomsaltcouncil.org/>

There's lot's of great info there and I am pretty sure you'll be surprised by all the benefits that this salt can provide.

## **Getting Into A Proper Sleep Routine Tip#4**

### **Self-Massage**

Massage is one of the easiest ways to maintain optimal health. It's a great way to alleviate stress, tension headaches, insomnia, aches and pains. You name it, massage can help. It also improves circulation, relieves muscle tension, aids in digestions and increases the elimination of waste products.

And according to the Massage Therapy Association research also shows that massage can increase your endorphin levels. Those chemicals within your body that help you feel good.

A couple of techniques you can use are long strokes or specific finger pressure, sort of shiatsu style. I liked to do a combination of both.

You can always tie this into your bath time routine as well. I liked to massage my legs, abdomen and arms while in the tub. I found it extremely relaxing and it would help me sleep like a baby all night long.

## **Getting Into A Proper Sleep Routine Tip#5**

### **Easing Back Out**

Just as we eased into sleep it will be of tremendous benefit to you to ease back out of sleep. I'm not sure when we as a society signed up for the shock doctrine alarm clock reality but it has to go. And that's exactly what I did.

Knowing well that I had to plan for my mornings as well as my evenings I thought about things that I could do to make my days start off right.

The first idea I had was that I'd really enjoy the mornings if I could wake up to the music I liked to hear. I could set the pace for the rest of my day. Sort of waking up to a morning anthem of sorts.

I knew I couldn't do that with the radio though because I was always waking up to either commercials, Disc Jockeys rambling on about something or there'd be some song playing that in know way I wanted to have imprinted on my psyche for the rest of the day.

So what I did was go shopping. I found a little mini-stereo that gave me the ability to wake up to CD. Any track on the CD that I wanted. And to make it even better the volume would gradually climb to the level that I had set from the night before.

It was one of the best purchases of my life and I still have it today.

I loved waking up in the mornings and it helped with the fundamental elements of my healing journey; Sleep.

## **Sleep Some Final Thoughts**

Sleep is an essential element to becoming healthy. It's one of the foundations for a fantastic life. Do what you can to get into and stick with a routine. It'll be a saving grace in your life.

Try to cut out naps during the day if you can as well. I know napping is great, especially on a nice fall day, but they wreak havoc on your sleep routine. Try to push through the

urge if you can. Not with coffee or any other substance, but with willpower.

The final balance that I worked out for my sleep routine was Sunday-Thursday I would go to bed at 11pm. I would do my wind-down routine on those days laying the foundation for wellbeing in my life. On Friday and Saturday's I would go out with my friends. Usually I would get home around 3-4am, totally wiped of course, but happy. Happy because I wasn't letting my diagnosis kill my joy. I was having fun, going out still enjoying life, my family and friends.

The key to it all was that it was responsible fun.



## **COFFEE**

### **Double Double**

Since we're talking about going to bed and getting up at decent times, this would probably be as good a time as ever to talk about coffee.

A coffee or caffeine conversation will probably come up at some point with your doctor. It'll probably just be an aside, something to the sort of, "You might want to reduce your coffee intake."

I want you to understand a couple things about you're diagnosis and coffee if you're a coffee drinker.

First off you don't have to quit coffee altogether and second, yes you will have to reduce your coffee intake.

You may even want to get off it altogether.

I know what some of you may be thinking, "*What??? Are you crazy? How am I going to ever get through the day? I can't function without my two coffees before 9am.*"

Trust me I know. I used to be that guy as well but after being diagnosed that had to change. One of the reasons is that coffee puts stress on your already strained kidneys.

Your kidneys are getting a little beat up because of the medication so let's try to limit the

damage being done to them.

**Some of the crazy things that can happen to the body when drinking coffee are:**

- Insomnia
- Restlessness
- Irritability
- Nervousness
- Headaches
- Hand Tremors
- Extra Heartbeats
- Inability to Concentrate
- Interruption of normal sleep cycles
- Mood Depression
- Anxiety
- Heartburn
- Bowel Problems

If you're going to drink coffee please try to reduce your intake to a couple of cups a day. The key to being able to still drink caffeinated beverages is to increase your water intake. You'll already need to increase your water intake because of the strain from the medication but even more so if you continue to drink coffee.

Some handy things that you can do to increase your water intake are:

- When you get a coffee get a glass of water at the same time as well
- Have a glass of water on the hour every hour
- Have a glass of water while you wait for the kettle to boil.
- Set an alarm to remind you to have a glass of water
- Have a jug of water near you at all times



## **HONESTY**

### **To Tell or Not To Tell, That Is The Question**

As you ease back into your life inevitably you'll start to run into people who don't know that you've been diagnosed with the disorder and are on medication to treat it. For some people this is a very touchy subject, something of great stress and discomfort.

Should you tell this person or not?

Some people will only tell the people who they see and hang out with all the time. This to them is their closest friends and family. Keeping the information enclosed within a tight group of trusted individuals. People they care about. People who care about them. People they feel comfortable with. Individuals who probably came by and visited them within the hospital.

For me I did the opposite, I pretty much told everyone.

I didn't stand there like the town crier screaming this information to all the people in the public square. But I did have honest, heartfelt conversations with the people I knew and met in my daily affairs.

I didn't want to keep secrets. I didn't want to feel embarrassed. I didn't want to feel ashamed about what had happened. I didn't want to feel like there were two different worlds that I lived in. A dualistic way of life philosophy wasn't something that I was interested in thank you very much.

I found that by approaching my illness this way helped in my healing process. I had nothing to hide or feel bad about and that's always a good thing.

In my discussions with people about me and the illness I found a strange thing happening. I felt strong and empowered. But this wasn't the most interesting thing that I found. I've probably talked to countless hundreds of people about the illness and my history with it. And undoubtedly the people who I talked to about it had a family member or friend who had been diagnosed with the illness. They all had questions, they all had concerns, and they all had fears.

I found that my honesty liberated them and helped them heal.

I saw that any scarring they might have, slowly disappeared right before my eyes. And I helped them reconcile within their mind a world where their loved one could function normally, and live healthily on and off medication.

So again this is a touchy subject. Follow your heart and do what works best for you.



## **THE HEAD HEART CONNECTION**

### **Forgiveness**

In Traditional Chinese Medicine the heart governs the head. Any disturbances in the heart are reflected within the mind. How this came to be resolved with me is through the path of forgiveness.

My time spent in the hospital put a lot of things into perspective for me. When you're under ward lock down or lose days at a time because of the illness, a lot of life's issues seem trivial in nature. Things get put into perspective and you realize that we're all trying to do our best with what we're given.

I did a lot of healing over those first few months after I was released from the hospital. I forgave myself and others for any stumblings that might have occurred along the way.

Below you'll find a forgiveness technique that has worked well for me.

As well, during my episodes I inevitably said or did things that upset people. So in order to set things right again I made a point of apologizing to anybody I thought I might have hurt.

I knew that during my episodes I truly wasn't myself. I also knew that the things I said or did weren't truly things that I would have done had I been fine. But that didn't matter.

What mattered was setting things right. Starting off on the right foot and having the

people that cared for me feeling alright about the situation that had happened. So I did what I could to start that healing process with my friends and family off quickly.

Remember that this is about you. About creating a healing environment and atmosphere so that you can get better. And starting from a place of forgiveness and humility, in my opinion was a great place to begin.

### **The Forgiveness Exercise**

Gather yourself a pen and some paper. Go to a quite room and close the door as to not be disturbed.

One of the pages is going to be used to forgive yourself and the other page is going to be used to forgive others.

Whichever you feel more drawn to start with begin with that. On the paper set aside for forgiving others I want you to title it, *I FORGIVE YOU*, and on the one for yourself I want you to title it, *I FORGIVE MYSELF*.

Begin to write out all the things that it is time to truly forgive others for. Be them large or small. Family, friends, or society. Make a quick list of them. Once the list is done I want you to write something out that's similar to the following structure:

Dear (Put their first name here),

I've been meaning to tell you this for sometime now and I believe that the time has finally come to get this off my chest. I'm starting my new life and it's time for me to move on and one of the ways I'm going to do this is by forgiving.

I'm not sure if you know this but (insert what they did that hurt you here - write out how it hurt you and for how long - write out any deep held feelings that you may have had or still may have - go deep into everything that this incident has affected in your life - be as detailed as necessary).

But like I said earlier the time has come to move on. I want a fresh start. I want to change. I HAVE changed. I can feel myself growing and awakening more and more each day.

I have now realized that the time has come to do this. To truly release myself from this pain and any memory I have of it.

So...

I forgive you. (As you write these words I need you to truly feel it. Even if you have to write them out over and over again. You must generate a feeling of forgiveness in order to facilitate a release.)

Sign your name.

Be sure at some point after this process is done that you destroy this paper in some manner. I like bringing the paper with me to the middle of an open field at midnight on a full moon. I'll dig a little hole in the ground because this is where I am going to set fire to the paper to finalize the process.

I take some time to sit still and be present to the beauty and magic of the night. When I feel ready I'll say the letter out loud and then when I feel that the full release has happened I'll set fire to the paper making sure that it is contained in the hole that I have dug.

## **The Simple Forgiveness Technique**

Generate the feeling..hold the person within your mind...and say the words:

“I Forgive You.”

“I Forgive Myself.”

## **The Forgiveness Prayer**

There is One Power. One Presence. One Love. One Sacred Heart. One Burning Flame. A Single Feeling of Love that fills and flows through all of existence. A power that transforms and renews all of life. A mighty embrace that draws everyone near. A love that is always given freely and fully.

That love is my love. That love flows through me now. That flame burns within my own heart. That power transforms and renews me always. And I know for certain that I am continually held within Loves embrace.

In this moment I forgive myself. I accept forgiveness in every aspect of my life. I release myself from these chains that have shackled my heart. I embrace myself gently and I choose now to be present in this moment. And I declare that I will step forward bravely upon the path of my own life with awareness.

In this deep silence I forgive all those who have done me wrong. I realize now that we're all trying our best. I know now that I am loved and I'm certain that my heart will heal. I am filled with love and courage and I bless and embrace everyone in my life.

I am eternally grateful for this feeling. I'm thankful for this moment. I'm thankful for all the wonderful people and experiences that I have had in my life. I am ready and willing to

my forward for the rest of my days with love and compassion.

My words are full of passion, power and truth. I release them to the sacred and universal law of life. I know now that the truth that as I have said it so is it done.

And so it is.

OM.



## **WHO'S ON THE BUS AND WHO'S OFF THE BUS**

### **Making Cuts To The Team – Friends & Family**

While we're talking about the people that you have around you during these times of change, growth and healing, you'll need to figure out who to surround yourself with.

The people that you have close to you, especially during the first year of your healing journey are crucial. These people inevitably will have some sort of influence on you and your overall wellbeing so choose wisely who you socialize with.

These types of people are like angels who, whether they know it or not, will help to lift you high and give you light.

You need people on your team who will help get you to your goal of being well again. So do yourself the favour of keeping these types of people close to you.

#### **Keep close to you people who are:**

- Positive
- Caring
- Supportive
- Stable

#### **Avoid the following types of people:**

- Emotionally disturbed
- Distant
- Unstable
- Selfish

Keep far from you people that can't seem to cope with your illness or people that don't support your decision to be on meds.

And if and when you make the final decision to go med free, keep away from people that are not supportive of that decision as well.

These types of people will do you no good at all. They'll be like poison.

I know it may hurt at first to cut them out of the mix of your life but you have a greater goal now. And that goal is to become healthy.

Anything that gets in the way of that goal needs to get left behind.

Now you don't have to go and tell them that you're cutting them off. No that wouldn't be nice at all. Do it gently and with ease.

## **How To Gently Cut People Out Of Your Life**

- Tell people that your busy, tired or just not up for whatever they want to do
- Use the illness as an excuse
- Screen their calls and let them go to voicemail
- Use your doctors as a scapegoat. "Doctors orders"

I found the easiest way to do it was just to tell these types of people I was busy, tired or just not up for whatever it was they wanted me to do. I even sometimes used the illness as an excuse and threw out there, "Sorry I'm supposed to have a regular sleep schedule so I just going to have a quiet night to myself."

Always keep in mind your end goal of wellness.

## **Making Cuts To The Team – Doctors & Support Workers**

This concept applies to the Doctors or Support workers that you have working with you and helping to guide you back to wellness.

### **Look for Doctors and Support Workers who:**

- Care
- Take the time to explain things to you
- Answer any and all question you may have
- Are willing to work with you to develop this healing plan with you
- Have a positive outlook on life
- Look you in the eyes
- Are open to the idea of trying to become medication free at some point in your journey
- Can be contacted via the phone of for drop-in appointments
- Are up to date on various alternative therapies in regards to psychiatry
- Have treated this disease before

Remember that you're building a team here and you want people who are going to give it their best. This is a very important task. Your number one priority. One that you're taking seriously so make sure that they do as well.



## **YOUR CHOMPERS**

### **Mercury, No Not The Planet**

Since we're talking about letting go of aspects of your life that no longer serve you let's have a look at your teeth. In particular if you have any mercury in your fillings.

Shortly after I was released from the hospital me and a friend were walking downtown when he asked me to stop by his dentist's office. He then perked up and said to me, "Hey, you might be interested in this! I'm booking an appointment to get my fillings replaced."

And I turned to him not sure why anyone would want to electively do that and said, "What? Just for fun?"

He then told me that most of his fillings had mercury in them and that whenever a person with mercury fillings chewed, drank hot beverages or brushed their teeth, small amounts of mercury would be released as a vapour.

I wasn't sure where he was going with this and what did that have to do with anything anyways?

He then told me that fillings made with mercury (amalgam) lead to a variety of health problems, one of them being mental disorders.

Ahhhhhhh. It all came together for me then.

I found out later that amalgam has been linked to chronic illness, autoimmune disorders,

neurodegenerative disease, birth defects and oral lesions.

“Safe” alternatives to amalgam are composite resin, porcelain, and glass ionomers.

## **The Wisdom of Your Teeth**

While I was in the hospital I had a two day leave of absence under the strict supervision of my parents. I left the hospital to get my wisdom teeth pulled. It wasn't fun at all. Not sure if you've been through this or not but I was a bloody mess after the surgery.

I found out later, which really hasn't been backed up that much, but it's worth a mention here, that wisdom teeth and their placement in the jaw impacts and affects the central nervous system. The messages from those nerves are sent to the brain.

## **Tooth Rot**

Again another little tidbit of info here, not that many studies to back this up though, is that tooth decay and the toxins that are released from the decaying tooth have adverse effects on the body. The toxins that are produced influence a person's mental wellbeing in a negative fashion.

It has been noted that Seniors with bad teeth are more likely to exhibit dementia and cognitive impairment.

## **Dental Hygiene**

One of the most common side-effects of the meds is something called dry mouth. It's pretty self explanatory I believe. The problem with dry mouth is that it leads to dental

problems. The reason being is that saliva helps to keep the teeth healthy and the lack of it means a less than healthy mouth. A less than healthy mouth is a breeding ground for the illness to dig deeper and try to have it roots seek a solid grasp of your life.

**Some things to help this issue are:**

- Brush three times a day
- Avoid sugary sweets
- Avoid caffeinated beverages
- Drink lots of water
- Use mouth washes/rinses that don't contain alcohol
- Avoid salty foods – they suck the moisture right out of you



## YUMMY YUMMY IN MY TUMMY

### **Food**

Since we just finished talking about your teeth it just seemed like a no-brainer to go onto what we put into our mouths next. Food, yummy, yummy food.

When I think back to the time before I was hospitalized and diagnosed and what types of food that I was eating I can clearly see now that I was destined to have some sort of health issue arise. I was eating pure crap. It was just junk that I was placing into my body. A smorgasbord of life stealing foods that did nothing aside from making me feel full.

The first section we'll look at is foods to take out. The elimination approach.

### **Cutting The Crap**

I went to have my blood analyzed to see, understand and know the deficiencies I had developed over the years. This was way after my diagnosis. Something that I would recommend you do immediately and we'll talk about it after this food section. A little tidbit of wisdom that my "Food Therapist", my term not hers, gave me was to be aware of and to avoid the Five New Food Groups.

#### **The Five New Food Groups Are:**

- **Fast Food**
- **Frozen**
- **Fried**

- **Processed**
- **Nuked**

So in the least if you can remember those above five concepts you'll be well on your way. Avoid Fast, Frozen, Fried, Processed & Nuked.

**“If it comes from a box, is individually wrapped,  
can be picked up at a window, someone else serves it,  
is beige in colour, or has a cute jingle that accompanies it,  
IT COULD BE A PROBLEM.”**

Jane Durst Pulkys B.Sc., R.N.C.P.

<http://www.creativehealth.ca/>

Me personally I had been living on a diet that pretty much consisted of frozen foods. Chicken fingers, french fries & microwavable meals. Pure junk. I can't even think if I ever ate any fruit or veggies during this time, let alone drink any water.

After thinking back to those days I come to realize that the body is truly an amazing thing. It has a wondrous intelligence and an innate healing wisdom that if we but tap into it, and work with its gentle ways, we can live long, healthy lives.

And the fact that I could function day to day only consuming the kind of junk I was eating still amazes me. Throw in there that I was smoking and drinking and it really is a miracle.

## **Back To Basics**

I needed to have a nutritional foundation to work from in order to really make a go at my

final wish to be medication free. I knew that in order to get there I had to eat way better than I had been doing prior to my diagnosis.

But where do you start?

There are varied nutritional philosophies out there so here is some basics on how much food you need in a day:

### **For Adults**

Veggies & Fruits: 7-10 servings/day

Grain: 6-10 servings/day

Milk & Alternatives: 2 servings/day

Meat & Alternatives: 2-3 servings/day

I would recommend first starting off with creating a food diary. A food diary is a daily journal of what types of foods you've eaten, how much you've eaten of them and when. Do it for a week and then compare your numbers to the above. It will give you a clear black and white picture of the areas of your diet that need to be changed.

### **Check out Canada's Food Guide:**

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

It's a fantastic resource, with lots of great info and you can print of a .pdf version of it to tape to your fridge. I still have mine there to this day.

### **The even have a servings tracker:**

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/track-suiivi/index-eng.php>

## **A Little Bit Here, A Little Bit There**

Weight gain is one of the side-effects of some medications. I was on Lithium and had been steadily packing on the pounds until I had reached about 205 of them. My normal weight was usually between 145-155lbs. I'm a skinny guy. Always have been. So that means within a short amount of time I had gained about 60lbs.

Now this can't be attributed solely to the medication. A lot of factors came into play; medication, poor eating habits, lack of exercise, overall lethargy and laziness.

But that all changed quickly when I saw the scale reach 205lbs. I couldn't believe my eyes. I knew I had gained some weight but I didn't realize how much that some was.

So as I changed my diet to reflect choices that would lead me to a healthier lifestyle one of the things that I did to help keep the weight down was to start eating smaller meals all throughout the day.

Every two hours I had a little bit to eat. Sort of snacking all throughout the day. This reduced my meal sizes, increased my energy levels, and boosted my metabolism.

It was great to discover this magic little secret and the weight just slowly melted away.

## **Water**

Since we're composed of about 60% water and the fact that most medications put a strain on the kidneys or have the dry mouth side-effect I've decided to talk about it again.

The straight talk about this is Drink Water! It'll do your body good. It'll even help to make you more beautiful than you already are.

Again some handy things that you can do to increase your water intake are:

- When you get a coffee get a glass of water at the same time as well
- Have a glass of water on the hour every hour
- Have a glass of water while you wait for the kettle to boil.
- Set an alarm to remind you to have a glass of water
- Have a jug of water near you at all times

How much water should you drink in a day?

I don't like to count I just keep drinking but the 8/8 rule seems to work out pretty easily.

Everyday drink at least eight 8-ounce glasses of water. Room temperature is the best in my opinion.

Why room temperature water?

- It doesn't shock the system
- Your body doesn't have to waste energy to heat it up
- It's easier on the kidneys (according to Chinese medicine)

A handy little resource to check out to determine how much water you should take is the Mayo Clinic's page about water consumption.

<http://www.mayoclinic.com/health/water/NU00283>

## Deficiencies

I would go to see a dietician as soon as possible. Check out the International Confederation of Dietetic Associations website to find registered dietician in your area:

<http://www.internationaldietetics.org/nda.asp>

There has been a lot of talk about vitamin and mineral deficiencies that may be the cause for the onset or return of episodes.

Some of the deficiencies include:

- Ascorbic Acid (Vitamin C)
- The B Vitamins: B1, B2, B3, B5, B6, B12
- Essential Fatty Acids: Omega 3 & Omega 6

A big problem that happens when people believe they have any sort of deficiency is that they run out to the nearest drug store and buy a boat load of vitamins. Please fight this urge and go seek out professional help first. You'll save yourself money in the long run and you won't have to correct any mistakes that you may have made by self-diagnosing yourself.



## **CONSCIOUS CONSUMPTION**

We just talked about what we're putting into our bodies so let's move onto what we consume with our minds.

Whether or not you're aware of this we're digesting information all the time. We're bombarded by it 24/7. Be it in the form of advertising, newspapers, newscasts, television, movies, music, the internet, etc. All these sources of information are filling our minds with useless junk.

Early on I made the connection that my mind is always taking in information. Always. It is being impressed upon by these outside forces. Sometimes it's beautiful and other times it's horrific.

Think about the last time you watched a really scary movie late at night. Were you a little nervous about turning off the lights. Or did you jump when you heard a creak or noise in the house. In just a short amount of time, while you watched that movie, it made an impression on you. A fearful one. It influenced your mind and your body enough to generate false or harmful ideas, concepts, and perceptions.

What I did was limit the type of programming or paths of influence that I immersed myself in daily.

I turned off the news completely and never read the newspaper. I cut out scary and disturbing movies all together. I chose to become very aware of the types of information I would allow into my mind stream.

I tried to watch, read, and listen to those things that were positive and hopeful in nature. I looked for books, movies, and music that had a positive influence upon me and my life.

Anything that would help me anchor joy and peace into my life that's what I chose to watch, listen or read.

Below you'll find a list of funny movies that I have watched. Take some time out tonight to laugh. Below you find a list of some very funny movies. It is true what they say, "Laughter is the best medicine."

[Little Miss Sunshine](#)

[Juno](#)

[Shaun Of The Dead](#)

[Hot Fuzz](#)

[Superbad](#)

[Knocked Up](#)

[The Full Monty](#)

[As Good As It Gets](#)

[American Beauty](#)

[American Pie](#)

[Napoleon Dynamite](#)

[Clerks](#)

[Clerks 2](#)

[Dogma](#)

[Caddy Shack](#)

[Fletch](#)

[National Lampoons Vacation/European Vacation](#)

[Dazed and Confused](#)

[Taledega Nights](#)

[Anchorman](#)

[Old School](#)

[Wedding Crashers](#)

[Dodgeball](#)

[Zoolander](#)

[There's Something about Mary](#)

[Liar Liar](#)

[Dumb and Dumber](#)

[Ace Ventura Pet Detective](#)

[The Mask](#)

[Van Wilder](#)

[Life of Brian](#)

[Holy Grail](#)

[Waynes World 1 & 2](#)

[Austin Powers: International Man of Mystery/The Spy who Shagged Me/Gold Member](#)

[Love Guru](#)

[Spaceballs](#)

[Planes Trains and Automobiles](#)

[The Three Amigos](#)

[Father of the bride](#)

[Harold and Kumer go to White Castle](#)

[Forest Gump](#)

[A Christmas Story](#)

[Borat](#)

[The 40 Year Old Virgin](#)

[Airplane](#)

[Naked Gun](#)

[You Don't Mess With The Zohan](#)

[The Hangover](#)

**While we're at it here's a list of some of my favourite BOOKS:**

[The Prophet](#) by Kahlil Gibran

[All I Needed To Know I Learned In Kindergarten](#) by Robert Fulghum

Books By Paulo Coehlo

[The Alchemist](#)

[The Witch of Portobello](#)

[Brida](#)

[Warrior of Light](#)



## **CHEMICAL TOXICITY**

Since we're talking about being exposed to negative influences we should have a look-see at our environment. No not the state of the planet which in itself is a contributing factor, but the chemical influences that are found within your home.

We're all living in varying levels of toxic environments. On a daily basis we're exposed to numerous chemicals that are found in everyday products. Be it in our cleansers, in our furniture, or in our clothes these chemicals are everywhere.

The big problem is that it is estimated that 75% of the top 20 chemicals found in the home are neurotoxicants. **That means they effect your brain and nervous system.**

Now can you see why this is important for you?

The more that we can take control of our lives and the influences we permit into them the better we'll be. We'll be working so hard to establish all these great habits and our inability to change our environmental factors will always keep us one step behind great health.

### **Some things you can do:**

- Buy environmentally friendly and safe cleaners
- Heck why not go back to the basics and use vinegar or lemon to clean in water to clean
- Be mindful of the products you purchase and the chemicals associated with them

By becoming more and more aware of these hidden influencers will enable you to live a great life. You'll be able to notice the difference in your life almost immediately. These changes will put you on track for total wellbeing and will help you when you decide to make the final step and become medication free.

We use vinegar and natural cleaning products in my home all the time. Not only for myself but for my kids and the planet of which I am just borrowing from them and the generations to follow.



## **AFFIRMATIONS**

Since we're trying to have a complete change of life, an effective tool that you can use is affirmations.

### **Google has the following definitions for AFFIRMATIONS:**

- A statement asserting the existence or the truth of something
- The act of affirming or asserting or stating something
- (religion) A solemn declaration that serves the same purpose as an oath
- A positive statement that has been specifically worded for the purpose of reprogramming the subconscious mind with positive energies and new truths
- Affirmations are positive statements that can be used to change the way you think about yourself and your health
- Daily messages that are said to oneself to bring about a change within the inner self.
- Powerful words which can be used to create a positive behavior or modify how you think

So we can see that affirmations are statements that you repeat to yourself to the point where they penetrate your subconscious mind - which then acts on those affirmations by creating situations that mirror those affirmations. In short - they're thoughts that you repeat over and over again until they become beliefs to the point where the subconscious acts on them.

Below you'll find some affirmations that you can use throughout your day. The trick is to imbue them with good feeling emotions as well. If you can't muster up some good feeling

emotions just try.

Fake it until you make it.

### **Healing Affirmations:**

- I love myself.
- My body is a temple.
- I love my body more and more each and everyday.
- My mind is clear and I feel grounded and full of radiant health.
- I make wise choices everyday.
- I love and care for my body and it cares for me.
- My mind is filled with peaceful thoughts and my body if filled with health and vitality.
- Life is beautiful. My life is beautiful.
- Perfect health is mine.

Choose one of the affirmations from above or make one for yourself.

Your mind is always churning on ideas, thoughts, problems, concepts, or just garbage. Why not consciously direct your consciousness to influence your subconscious mind. Your subconscious mind is ready and waiting to take instructions from your conscious mind.

Your conscious mind is the general and your subconscious mind is the loyal and devoted army ready to carry out any task that you give it. So why not give it directions to be healthy. Why not create a resonant atmosphere of health and healing. Why not steer your thoughts to radiant health. The more you choose to become a master of your thoughts the more you'll become a master of your life.



## **TIME FOR A CHANGE**

This may be a time for you to really think about making some big changes in your life. One of them being where you work. Your number one priority has to be yourself and creating a resonant environment of peace, healing and love around you. With that in mind I believe that a critical eye should be used to look at our place of work.

If we stop to think about it we usually spend more time at work than we do with our families. That means that we can be either negatively or positively influenced by those environments.

### **Key questions to ask yourself in regards to your work life would be:**

- Do I like what I do?
- Does what I do for a living make me proud?
- Does what I do for a living really make a difference in the world?
- Is my work environment supportive?
- Is my place of work peaceful or stressful?
- Is there anything else that I could do that would make me happier and be less stressful?

Now don't get me wrong, you'll have to find a way to deal with the everyday stresses of life, but if you can minimize negative influencers in your daily affairs the better you'll be. So it may be just the right time to think about a career change or even just stepping into a job that is less stressful.

**Some of the least stressful jobs I have ever done have been:**

- Working in a bookstore
- Working in a grocery store
- Planting trees
- Working in a garden centre

Below you'll find a list of low stress jobs that may be right for you. I know there's a lot to think about when and if you're going to change your career path. But I believe that your overall health, especially within the first few years after diagnosis, should be your top priority. The trade off's to taking a job that may not so glamorous may look far more appealing now than they ever did before.

**15 Low Stress Jobs**

- Travel Agent
- English as a second language Teacher
- Civil Engineer
- Freelance Article Writer
- Yoga/Tai Chi Instructor
- Curator
- Janitor
- Massage Therapist
- Dog Walker/Sitter
- Tour Guide
- Surf Instructor
- Librarian
- Movie Extra
- Florist
- Farm Hand



## **DON'T GET SIDELINED BY SIDE-EFFECTS & SITUATIONS**

### **How To Deal**

Hopefully your Doctor will take the time to explain some of the main side-effects that may come up from the medication your taking. If they don't talk to you about this get a new doctor immediately.

Below you'll find various things that I've done over the years to deal with the side-effects that have come up during my treatment. Not all of these exercises or ideas will be for everyone. Use what works for you.

Hopefully it'll inspire you to create your own.

Remember this report is about creating the best life you can for yourself. And I can't say that I have all the best ideas in the universe in regards to this. At the end of the day you'll know what'll work and not work for yourself.

### **How To Deal – Inability to Read**

Some people, while on medication report that they don't have the power to focus. That they can't sit there and read a simple book. They'll find themselves reading and re-reading the same paragraph, line, or word over and over again. If this sounds like you I'm surprised you've made it this far into the report.

An amazing way to get around this is audio-books. They're fantastic!

Audio-books are one of the greatest tools you can find out there. They're available in both fiction and non-fiction formats. You can listen to them at home, in the car or on the go.

They're an amazingly inexpensive way for you to learn, relax, and enjoy the world again.

Everyone loves a good book!

For the non-fiction books I call this method Lazy Man Learning.

All you have to do is sit back close your eyes and learn. I usually keep a pen and paper pad right beside me to right down any insights that I've gleaned from the work.

I love audio-books and can't recommend them more highly.

**Check out:**

<http://www.iampify.com/>

<http://www.audible.com>

## **How To Deal – Clumsiness**

A lot of people report that they feel clumsy on the meds. That their balance is off. They find themselves bumping into things, not being able to participate in sports and feeling completely at risk if they ever had to walk over a patch of ice.

How I worked around this was Tai Chi.

I found it gave me great balance, improved focus, and peace of mind. I love Tai Chi! I recommend it highly.

I practised Yang Style Tai Chi. I found it very graceful and beautiful. You'll find lots of videos on Youtube.com but I would have to say that the only way to get the full benefit of Tai Chi is to find an instructor in your area.

Check the phone book or ask around. Be sure to meet with the teacher and take a lesson or two before you commit to any length of time with them. You want to be sure that you'll enjoy your time there and learn something at the same time. If not your time will be wasted.

**Some great free videos:**

<http://taiji.de/taiji/head5e/index.htm>

**This link here has some of the basic forms as well:**

<http://www.taichiacademy.com/yang.htm>

## How To Deal – Stress

I found one of the most effective methods to deal with stress was meditation. Plain and simple it was the best. It not only helped me to generate loving kindness for all of humanity including myself but it gave me a distance from the harsh realities of everyday existence.

I was able to have a new found patience with all the world. Before I would react immediately to situations that arose, but after just a little meditation I would be able to have a distance between me and the event. I had an extra second or two whereby I could

witness the event, choose an appropriate response, and deliver that response.

It was liberating. I wasn't being controlled by my emotions or external events any longer. I was becoming a Master over myself.

## **A Simple Meditation – Following The Breath**

- Choose a quiet place away from distractions.
- Sit comfortably. You can sit on a cushion on the floor or in a chair. Keep your back straight.
- Close your eyes. Recollecting your dispersed awareness.
- Bring that awareness to rest upon the breath. Breathe naturally.
- Focus upon the tip of the nose. Feel the sensation of the breath as it travels in and out.
- This sensation will be the focus of your meditation.
- Simple and easy.
- Thoughts may come and go. Come back to the breath.
- In & out. Simple and easy.
- Always coming back to the breath. All things dissolve.
- Just peace remains. Just contentment remains. Just awareness remains.
- After a certain amount of time open your eyes slowly.
- Have a re-emerging affirmation be, “I am peaceful. My mind is peaceful. My life is peaceful. All the world is peaceful.”

## **A Grounding Meditation**

This meditation is good if you feel that you don't have a firm foothold on life, if things seem a little unstable, or if you seem lost in racing thoughts.

- Choose a quiet place away from distractions.
- Sit or lie down comfortably. You can sit on a cushion on the floor or in a chair. If you're sitting keep your back straight. If you're lying down have your palms facing the floor.
- Close your eyes. Recollecting your dispersed awareness.
- Bring that awareness to rest upon the breath. Breathe naturally.
- Begin to feel the sturdy support of the earth/floor/chair beneath you.
- Turn your thoughts to that foundational strength.
- Have your affirmation be, "I am supported in all that I do."
- Connect deeper to the feeling of support.
- Imagine that roots shoot out from the bottom of your feet, burrow deep in the earth, traveling way beneath the surface.
- Ground yourself in the strength, confidence and wisdom of the earth.
- Focus on your connection to the foundation firmness of the earth.
- After a certain amount of time, whatever may be needed to ground this feeling of support within you, begin to open your eyes slowly.
- Have a re-emerging affirmation be, "I am grounded and supported. All of life supports me. I am safe and secure."

## **Lazy Man Meditation**

This technique is great to do a couple of minutes before you go to bed. Even try it after you take your Epsom salt bath. You'll sleep like a baby.

- Lie down flat on your back.
- Place another pillow under your legs where your calf and thigh meet
- Begin to breathe easy just focusing on the breath. In and out just focus on the breath
- Become aware of your body from your tips of your toes to the top of your head

- Be thankful for your body
- Have loving thoughts permeate the experience, “I love myself completely.”
- Starting at your toes start to tense and release
- Tense your toes, hold for three seconds, release
- Tense your feet, hold for three seconds, release
- Tense your calves, hold for three seconds, release
- Tense your thighs, hold for three seconds, release
- Tense your buttocks/groin, hold for three seconds, release
- Tense your abdomen, hold for three seconds, release
- Tense your chest, hold for three seconds, release
- Tense your hands, hold for three seconds, release
- Tense your arms, hold for three seconds, release
- Tense your shoulders, hold for three seconds, release
- Tense your neck, hold for three seconds, release
- Tense your face, hold for three seconds, release
- Now just relax into the moment
- Focus on the peace present in the moment
- Focus on your breathing
- Have loving thoughts permeate the experience, “I love myself completely.”

## **How To Deal – Stressful People**

Below you'll find two methods I used to help me deal with stressful people. Of course my first bit of advice on this topic came earlier when I talk about only having in your life people who are supportive and care for you. This section deals with those people you encounter in your everyday travels within the world, because it's no good for you to stay cooped up in the house all day.

## **The Silent Blessing Method**

Use this method when you're in the moment with a person who is angry, attacking you verbally, or is in just a plain old bad mood. I found that it works effectively well to transform the moment. Usually you'll find that these people will either change their demeanour or conversation with you right around, or they'll turn right around and leave your vicinity in search of someone else that wants to play their games.

- While the person is in front of you start to generate a feeling of love
- Say in your mind, "I love you. I honour you. I respect you."
- Keep saying the above while generating a feeling of love toward them

## **The Perspective Method**

This tool is handy when you encounter someone who is continually just in a sour mood. It works just as well with random bitter people as well.

What I like to do is try to, "Walk a mile in their shoes."

I focus on their inherent goodness because I believe that all people are good. Then I try to think about all the various circumstances that may have caused this behaviour in them.

- Maybe they're sick
- Maybe they lost a loved one
- Maybe they're stressed out
- Maybe they're lonely
- Maybe they're suffering in some way
- Maybe someone hurt them
- Maybe they just lost their job
- Maybe someone they know is sick
- Maybe they didn't have enough sleep
- Maybe their underwear is too tight

When you begin to see that there are countless causes for this behavior you can then truly know that their attitude in this moment is not a true picture of their inherent goodness. That they are just blinded in this moment. Suffering in some way and maybe if you have a little distance, show them a little kindness, and try to choose to respond to them with love and compassion.

You can then transform this moment into something magical. Something that goes beyond an everyday occurrence. An instance of instantaneous inspiration. And somehow, from someplace within you, a natural wellspring of love and peace will come forth. Transforming you and all those around you.

## **How To Deal – Lethargy**

A body at rest stays at rest. A body in motion stays in motion. So the saying goes. There's another saying that you get out of it that which you put in. Timeless and in my opinion true, especially when we're concerned with lethargy.

Below you'll find the various methods that I used to deal with this troublesome little side-effect. One of the biggest factors is just convincing yourself to do something. It may be a good idea to take the information presented below and give yourself goals and timelines.

### **How To Deal – Lethargy Tip #1**

Have you ever heard of SMART goals? It is a handy little tool to effectively achieve the results you're looking for.

## SMART

**Specific:** You need specifics. You need to know what you're going for. You need the clarity because it'll give you focus which will enable you to move swiftly to your intended destination.

**Measurable:** This enables you to track your progress. To know that forward momentum has been achieved. This is the quantifiable designation points along the path to your final destination.

**Attainable:** This is all about realistic endeavours. Things like win the Boston Marathon with a day's preparation are not attainable. Sure the goal has to stretch you. It has to push your boundaries. But the last thing you want it to do is to de-motivate you. Take an honest inventory of where you are and where you want to be and then go from there.

**Rewarding:** This is the motivation. This is the compelling factor that's going to get you out of bed, push you through doubt, and guarantee that you get it done. You'll come back to this concept again and again.

**Timely:** You have to give yourself a completion date. The end of the journey phase. The moment you start to create the goal for yourself is the beginning. That's the first step. What about the last one. Why think about that? Well you eventually want to move on to the next adventure don't you? Yeah you do.

## How To Deal – Lethargy Tip # 2

### Exercise

There's lots of great things to do out there in the world. Swimming, jogging, walking, riding a bike, etc, etc. I like to do group activities. There lots of fun and an easy way to

meet new people. With these new friends you'll be motivated to go out to these activities. It's a win/win situation. For me I loved Tai Chi, rollerblading, and beach volleyball.

## **How To Deal – Lethargy Tip #3**

### **Nature & Sunshine**

I believe that being out in natural environments and enjoying the sunshine was crucial to my ultimate success of being med-free. I loved going out and sitting on a bench in the park people watching.

Sometimes I would bring a book with me and read. Sometimes I'd write my thoughts down in a journal. Sometimes I would just watch the children play and get caught up with them and their amazement at the magical wonderment of the world around them. It was always a beautiful time that I cherish still to this day.

## **How To Deal – Lethargy Tip #4**

### **Living With Purpose**

*“A man should conceive of a legitimate purpose in his heart, and set out to accomplish it. He should make this purpose the centralizing point of his thoughts. It may take the form of a spiritual ideal, or it may be a worldly object, according to his nature at the time being; but whichever it is, he should steadily focus his thought forces upon the object which he has set before him. He should make this purpose his supreme duty, and should devote himself to its attainment, not allowing his thoughts to wander away into ephemeral fancies, longings, and imaginings. This is the royal road to self-control and true concentration of thought. Even if he fails again and again to accomplish his purpose (as he necessarily must until weakness is overcome), the strength of character gained will be the measure of his true success, and this will form a new starting point for future power and triumph.”*

James Allen the author of *As A Man Thinketh*

I have to say that giving yourself a personal mission or dream that is bigger than your current life is a definite way to separate yourself from the everyday tedium of life.

This dream will give you strength where you thought there was none. It will give you focus when there was doubt. And it will give you energy to live when you thought there was nothing left to live for.

About a year after I had been diagnosed I created a company called Manic Planet Clothing. I designed t-shirts and sold them at a local open air market. It was fantastically fun!

I was able to use my creativity, meet tons of people, help heal the wounds this illness caused in others, and make a little money all at the same time. It was awesome! I parlayed the idea and helped out the cities food bank by creating food drives that are still alive and doing well to this day.

So you see this gave me a reason to get up in the morning. The idea filled my life with meaning. When I was feeling a little stale I'd think about the company and the good it was doing and feel good about myself and my life.

I took this time to re-invent myself. To try out some new things. To see if I could make a little bit of difference within the world. And I could! What a wonderful feeling that was. What an amazing thing to discover about yourself.

That inside each and every one of us is this fantastic wellspring of ideas and dreams just waiting to become reality. That if you choose to you can make these dreams come true. That you can help yourself and at the same time help the world. Amazing!

So this may be the perfect time for you to think about trying out something new. This may be just the moment you need to re-invent yourself and maybe to re-prioritize your life. You never know what you might find out about yourself if you become open to the process.

### **How To Deal – Weight Gain**

Earlier in the report we talked about nutrition so I'll just briefly outline some of the principles here as a reminder. Weight gain is usually one of the most common side-effects of taking medications for a number of different reasons.

Weight gain can not only lead to physical issues but mental/psychological ones as well. When we look good we feel good so I believe that a good attitude and healthy diet are key for a full recovery from the illness and to make the ultimate step of being medication free.

### **Balanced Weight Basics**

- Drink lots of water (room temperature)
- Cut out the garbage (Fast, frozen, fried, nuked, processed)
- Eat a well balanced diet. (Canada food guide)
- Small meals all throughout the day
- Do some form of exercise
- Go see a dietician

The above six points are foundational for your healing journey. If you're going to have any form of normalcy in your life you need to commit to them. If you do, amazing changes will happen in your life. A magnificent transformation will occur and when you look into the mirror you'll just bear witness to the new and improved you.



## **SUPPORT**

### **Supporting Your Team**

We're not an island isolated from the rest of existence. We live, move and have our being within a huge web of life. We are supported, helped and nourished by everything around us if we choose to be.

In order to make it through this you'll need help, lots of it.

Earlier in the report I talked about leaving extra medication at friends houses so that you had a "Just in case supply."

It's a good idea as well to empower those people around you. What I mean by this is that a lot of the hardship people face when you've had an episode is that they feel helpless. That's a horrible feeling. Nobody likes to feel like they have no power in the world whatsoever.

So a good idea is to empower your friends and family.

You can talk to them about the illness and how it's affecting you. You can talk about early warning signs. You can just let **them** talk.

But whatever you do you need to involve them in your life and into your healing journey.

These people will be your failsafe. They will be your eyes, ears and mind when or if things go wrong.

**It would be good to print off and give your inner circle of friends the following:**

**EMERGENCY INFORMATION**

**Key Crucial Support Information**

**My Psychiatrist (Name)** \_\_\_\_\_ **(Phone)** \_\_\_\_\_

**My Therapist (Name)** \_\_\_\_\_ **(Phone)** \_\_\_\_\_

**Other Support (Name)** \_\_\_\_\_ **(Phone)** \_\_\_\_\_

**Please Call The Following People**

**(Name)** \_\_\_\_\_ **(Phone)** \_\_\_\_\_

**(Name)** \_\_\_\_\_ **(Phone)** \_\_\_\_\_

**(Workplace)** \_\_\_\_\_ **(Phone)** \_\_\_\_\_

**Vital Information**

**Health Insurance Policy #** \_\_\_\_\_ **(Phone)** \_\_\_\_\_

**Medication Type** \_\_\_\_\_ **Dosage** \_\_\_\_\_

**Medication Type** \_\_\_\_\_ **Dosage** \_\_\_\_\_

**Medication Type** \_\_\_\_\_ **Dosage** \_\_\_\_\_

**Medication Type** \_\_\_\_\_ **Dosage** \_\_\_\_\_

**Early Warning Signs Mania:** Thinks sleeping is not important/stays up all night/has boundless amounts of energy/stops medication abruptly/neglects personal grooming/severe attitude change toward treatment/stops eating/wears flamboyant clothing/excessive makeup/becomes easily irritated/talks rapidly/goes off on tangents/having lots of new exciting ideas

**Early Warning Signs Depression:** Sleep disturbances/depressed mood/difficulty coping/losing or gaining a lot of weight/poor appetite/lack of energy/feeling tired all the time/worrying excessively & feeling overwhelmed/drinking more or misusing drugs/deterioration of physical health/suicidal thoughts/poor concentration and memory

## **Who's Your Number 1?**

In Star Trek, when the captain was off the ship he had a designate to take his place who made decisions for him. Number 1 as he called him. You may want to think about setting up a similar scenario for yourself as well.

Your Number 1 in the least should be able to have access to your medical file and be able to speak in confidence with your medical team if you're incapacitated.

Anything above that I believe would fall under “Guardianship” and I would recommend you speak to a lawyer about this.

Usually for the most part if you establish “Guardianship”, your “Guardian” would be able to make binding decisions on your behalf in the cases where you were mentally incompetent to do so.

So as you can see it is a touchy subject, one that needs a lot of thought and very, very, very clear procedures, guidelines, parameters, and rights.

Again if this is something that you consider then speak to a lawyer, they should be able to explain to you the pros & cons of this relationship and the rights and limitations therein.

## Support Groups

I don't want you to feel isolated in any way so below you'll find a general list of various groups of support out there within the world. Take a look and find something that works for you. Be sure that they are truly supportive and are in alignment with your principles and the ultimate hope that you have of living a fantastic life both on and off the meds.

Facebook - <http://www.facebook.com>

Facebook has about 20-30 active groups. You can find them in the groups section of the site if you do a search for Bipolar Disorder.

Yahoo - <http://groups.yahoo.com/>

Yahoo has about 40-50 active groups. Click on the above link and search for Bipolar Disorder.

Meetup - <http://www.meetup.com/>

Meetup is a internet site that enables people within close geographic areas to literally “meet-up”. In my area there are 5 active groups. Search for Bipolar Disorder.

## Depression & Bipolar Support Alliance

I really like this support organization. Here is an excerpt from their site:

### **Mission Statement**

The mission of the Depression and Bipolar Support Alliance (DBSA) is to provide hope, help, and support to improve the lives of people living with depression or bipolar disorder. DBSA pursues and accomplishes this mission through peer-based, recovery-oriented, empowering services and resources when people want them, where they want

them, and how they want them.

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably. DBSA was founded in 1985.

DBSA is a not-for-profit 501(c)(3) organization that answers more than 3,000 calls per month on our toll-free information and referral line and receives over seven million hits per month on our website. Each month we distribute nearly 20,000 educational materials free of charge to anyone requesting information about mood disorders. DBSA reaches nearly five million people through our educational materials and programs, exhibit materials and media activities. In 2006, DBSA received more than 1.5 billion media impressions.

One of my favourite things about the DBSA is their Wellness Toolbox Section. Check it out here:

DBSA – Wellness Toolbox

[http://www.dbsalliance.org/site/PageServer?pagename=empower\\_toolbox](http://www.dbsalliance.org/site/PageServer?pagename=empower_toolbox)

## **Creating A Budget**

I believe that now more than ever it is essential to create a budget. One that specifically includes a major focus on savings and the “Rainy Day Fund.”. This will be your emergency backup to ensure that you have a solid financial foundation in place just in case.

A fantastic show that comes on in Canada is called “Till Debt Do Us Part”. The host Gail Vaz-Oxlade has a very direct and caring way of helping people really take charge of their finances.

### **Check out her article on creating a budget:**

[http://www.gailvazoxlade.com/resources/guide\\_to\\_building\\_budget.html](http://www.gailvazoxlade.com/resources/guide_to_building_budget.html)

### **And use her Interactive Budget Worksheet:**

[http://www.gailvazoxlade.com/resources/interactive\\_budget\\_worksheet.html](http://www.gailvazoxlade.com/resources/interactive_budget_worksheet.html)

One of the things I like about her budget is that she gives you percentage guidelines as to how much of your income should be spent on things such as housing, transportation, debt, life and savings. It's a fantastic tool that I still use to this day!

Be wise about your finances. Create a plan. Especially a plan that includes the “Rainy Day Fund”. All you need is 10% of your income set aside for this. With the technology that is available today that is so easy to do. Just set-up automatic transfers and put your savings on autopilot.

Focus on being stable in all aspects of your life.



## **HEALING BIPOLAR DISORDER REPORT SUMMARY**

We've now come to the end of part one. Below I will try to provide concise statements about each section as reminders of the first part of the journey. At the end of this report there will be a list of books to include in your Healing Journey Library. Books that have helped me on mine.

Just by following the suggestions above your life will improve dramatically. That still holds firm even if you don't move on to Bonus section of this report where I detail what I did to become medication free,

I wish you the best of luck if this is where your journey ends. Who knows maybe we'll meet again at some point in the future when you're ready to move onto the next step. One that you must be willing to take with confidence. A giant leap that can only come about by commitment to yourself and the plan we just walked through.

Work with your doctors and your support team. Take your time. Don't rush. A little bit here, a little bit there and next thing you know your life will be amazingly different.

## **Part One Key Concepts**

Accept responsibility for your life.

Take your medication.

Accept your life and yourself completely.

Get plenty of sleep.

Coffee...cut it out or reduce your daily intake.

Be honest with yourself and others.

Forgive. This is not a mental illness but a life situation. Heal everything.

Build a strong team.

Go to the dentist.

Establish a healthy eating attitude. Cut the crap. Go see a dietician.

Be conscious of what you choose to be influenced by.

Clean up your house and go natural.

Daily affirm how you want your life to be.

Maybe it's time for a change. Embrace it.

Side-effects can be overcome or reduced.

Support your team. Support yourself.

## **ABOUT THE AUTHOR**



**Ian Paul Marshall** is a thought leader and active agent for change. He is the founder of the Alliance for an Awakened Humanity and creator of the World Peace Prayer & Meditation.

Ian's words of hope are read daily by people from every corner of this beautiful planet of ours.

He lives in Toronto with his amazing wife and two wonderful children.

To book Ian to speak to your organization or at your next event please contact him at:

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