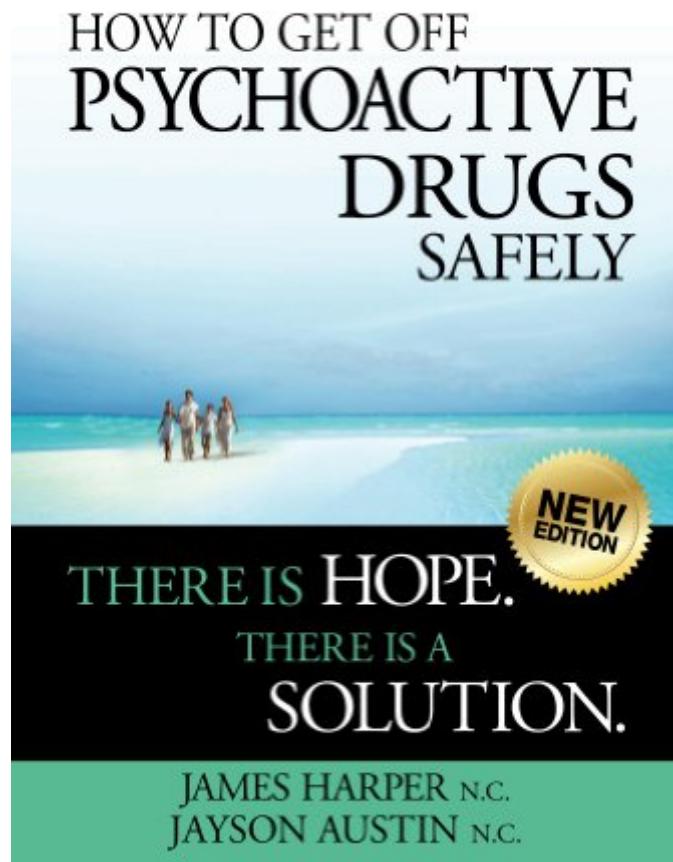


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# How To Get Off Psychoactive Drugs Safely

The Road Back Program



## Synopsis

"Here is an essential handbook on how to safely and more easily wean yourself (under medical supervision) off heavily over-prescribed psychotropic medications. I have used the program with my patients and it works!" Dr. Hyla Cass M.D. Author of *Supplement Your Prescription*

## Book Information

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## Customer Reviews

I weaned myself off of 150mg Effexor XR in 2007 over a 4 month period and suffered greatly for it, most especially in the long run (ie, 7 months later). I had a false relapse of major depression because of it and went on another drug. At this time, I'm in contact with a woman through an online forum who is going through an Effexor taper (down dose) at this moment. She is following this book to the letter and purchasing TBR supplements. Her journey isn't easy but it is a lot more positive than mine was. In the future, I will use the guidelines in this book to taper (down dose) off of my current medication, which is not a "dirty" drug like Effexor. The secret is this book, a Paleo or JNK diet, and patience. You have to give your brain and body time to adjust and return to homeostasis via SLOW, small incremental changes. In short, following this book, changing your lifestyle, and going as slowly as possible is key. Don't become arrogant or frustrated. You'll go too fast and crash. Be smart--not emotional. The drug withdrawals will be emotional enough for you. Ha! UPDATE: I'm currently using The Road Back Program and their TRB detox/taper kits. I actually feel better OFF of

this drug than ON it. The only side-effect I'm having is that I'm tired. I may order AdMax/FemLife and see how it works. I'm tapering slowly (3 months) and just started personal training 3x week, so it's hard to tell what is causing what. (For dirty drugs like, Effexor or Paxil you may need to take 2 years to detox. Do what's right for YOU.) UPDATE: JANUARY 2014, I'm completely off all unwanted medication and have been for a few months now. I still take a sleeping aid at bedtime, but I'm happy with that. I feel clear-headed and even-keeled for the first time in about 13 years.

This book's site, The Road Back, offers a plethora of favorable reviews from those who've used this book to ease off psycho-active drugs and into a wellspring of new health. Ditto for a web search of the book's title. It's thus suspicious to me that neither reviewer, of the two reviews present as I write this, has created any other reviews. Moreover, neither reviewer has put forth authentic critique or content analysis. One of these two was asked by a reader for follow-up experiences in using the book's approach, but has never checked back in. To me, these reviews are meaningless, and I urge you to look past them. Because these two reviewers haven't been motivated to write feedback on any other product, I wonder if the submissions are the work of Big Pharma. Perhaps they are efforts to dissuade readers from considering this approach, an approach that uses research to question the use of some of their biggest profit makers, while also providing the basis for all-natural alternatives. Of course, I'm not saying that no authentic critique of this approach exists, but it isn't present here. At any rate, the approach is self-critical (which the author notes), meaning that it is continually evolving and self-correcting, so as to produce even better results. Despite Big Pharma's inviting ads, taking psychoactive drugs is hardly one's best possible choice when facing difficulties (far from it!). Moreover, this option has consequences which are often kept from the limelight. As for your doctor, he/she is visited regularly by Big Pharma sales rep's, but most definitely is not called upon regularly by those who've benefited from this approach. Think about that before you fold under the pressure of entities which put profit above everything else.

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