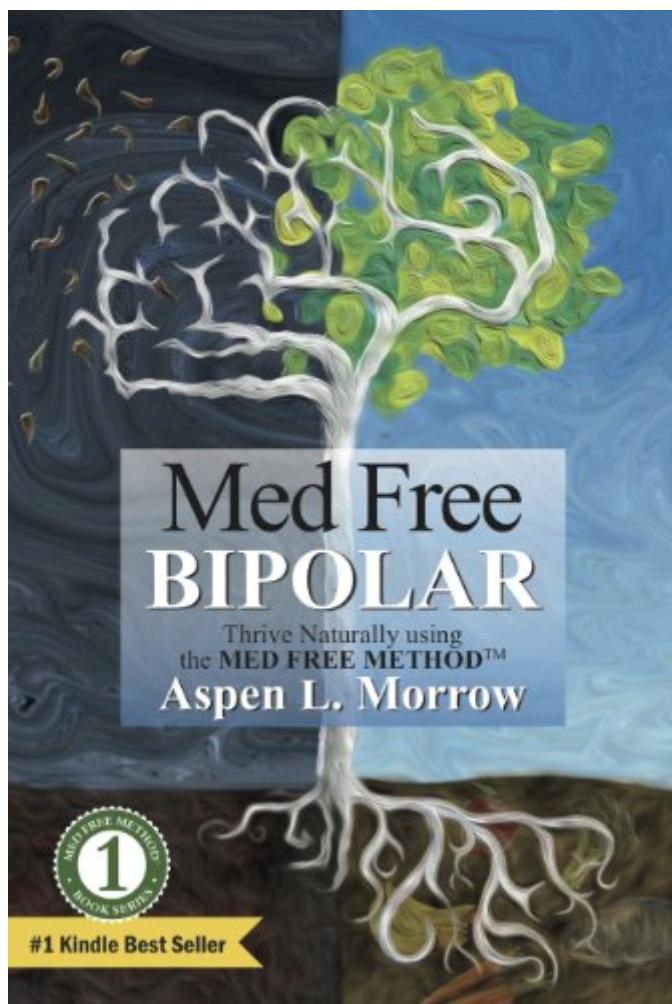


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# Med Free Bipolar: Thrive Naturally With The Med Free Method™ (The Ultimate Survival Guide To Fast Natural Cures Book 1)



## Synopsis

Aspen's young career as an international investigative journalist ended abruptly in a hospitalization to padded cell with a drain in the floor. Told she should apply for disability and not have children due to her mental illness, at age 22, Aspen had given up hope life would ever be normal again. Speaking out now for the first time, she shares how she beat the odds and recovered fully. From food stamps to business woman of the year, Aspen has spent the past ten years putting her investigative skills to use to bring to light the latest and greatest natural remedies in mental health care. Learn how thousands have recovered, step by step, in her first book in the Med Free Methodâ€¢ Book Series: Med Free Bipolar. In Med Free Bipolar you will Learn: Natural alternatives that are as effective as prescriptionsWhat you need to know before quitting meds and how to get your doctor and family on boardWhat types of doctors can actually heal you (some who even take insurance/medicaid!)What tests to ask for to rule out physical causes that look psychiatric Natural supplements that can effectively END: rage, anger issues, anxiety, insomnia, racing thoughts, night terrors and "surround sound" noise sensitivityHow to shut your brain off when you wantWhat kind of diet is the best for bipolarWhat to feed to your brain when it's manic, depressed, racing, and having mixed episodesNatural cures for lost libido and medication weight gainEasy, lazy lifestyle changes that can make a huge difference in your mental healthThe primary goal of Med Free Bipolar is to show that treating bipolar effectively through natural means is not only possible, but highly likely. The Med Free Methodâ€¢ is designed as a fourth treatment option over being medicated, "unmedicated", or "self-medicated", written by a peer who has been through it and backed by scientifically-proven, field-tested methods.

## Book Information

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## **Customer Reviews**

Aspen Morrow has written one of the most comprehensive and well documented books on the subject of mental and physical wellness I have read in my forty-one plus years as a health fanatic. It takes a LOT to impress me and offer me new knowledge in the healthcare realm. This book does it all. Thankfully I never knew the fears, terror and debilitating experiences the author shares. On the other hand, as a psychotherapist I did work with people diagnosed with and suffering the symptoms of the condition. As a metaphysical minister and healthcare practitioner I agree that taking care of the body as well as the mind and spirit is paramount. You cannot separate any one from the others. I especially want to point out the author's views on alternative, energy healing and quantum physics since that has long been my world and area of expertise. Though I do not share all of the author's beliefs, her caution about knowing what you are getting into when working with alternatives - and, in my opinion mainstream medical too - practitioners is worth noting. In my own thirty years of experience in the metaphysical and energy realm I found far too many energy workers have no clue how to become clear themselves - or even recognize the need to do so before working with others. I have seen energy healers unknowingly moving their own issues into the client while working (in their minds) to heal the client. In fact the client's issues often cannot surface when that happens. A really good and accurate energy healer can tell if and when his or her own stuff is showing up, clears the situation then works on the client on the client's issues. The details and substitutes listed on how to take care of your body and detox your home environment is priceless information. If you cannot eat it then do not put it on your skin or use it on your clothing or dishes, etc. In addition, in this "workout crazy bootcamp society," she boldly makes recommendations regarding exercise that are right on. I cannot offer enough praise for this well written work that comes from a deep place of love and compassion. Definitely buy it. And use it as a reference guide! It will change your world.

Whether you are suffering from bi-polar, or have a friend or family member who is, this book is a must read...and share. Aspen Morrow shares her story, her troubles and her successful recovery from serious problems that so many Americans face. The amazing thing is that she did it through natural remedies. Traditional medicine does not treat the cause and is not designed to eliminate or fix the problem. It is designed to numb the problem and keep the drugs flowing. We live in a world where the medical community wants to label anyone and everyone with a condition that needs treatment. Our schools are filled with kids who are taking drugs because they were fidgety, daydreamed, or questioned teachers. This book should be required reading for any parent who is considering putting their child on mind altering drugs. It is a great way to take our health (physical and mental) back into our control the natural way. Aspen is woman I am proud to know and consider a friend. I have to say that I had no idea that this dynamic woman had ever battled any mental health issues because she is on top of the world. If you or someone you know is battling any manner of mental health issues, read or share this book. Get cured naturally, not treated pharmaceutically with mind numbing and liver killing drugs.

Life changing book full of information and solutions for creating balance in the brain naturally. Not only is Aspen's story inspiring, it's miraculous. It draws you into the pain she experienced during years of bipolar diagnosis and medications. As you take this journey with her you find yourself praying for a miracle to release her from the bondage she felt as a young woman trapped in the mental health system. Thankfully, that's exactly what she got - an intervention that would redirect her brain chemistry and her life in such a way she now shares the hope of victory with others. Her book was a sigh of relief for me as I walk through the journey to mental health with a family member - one I did not want to see take medications with such severe potential side effects. To know there is another way - a way to create health in the mind and the body through diet, supplements and other natural healing methods brings life to those on a similar path as Aspen's. Whether you are the one enduring a chemical imbalance or someone you love is, this book is a broad resource tool for how to begin healing and stay healed long term. Thank you, Aspen, for your bravery and commitment to use what you went through as a launching pad for others to walk in the same freedom you do.

Very excited to start implementing this program. Well researched, logically presented, and makes sense, taking a whole body approach to this disease. One problem I had, she goes off the rails for me in chapter eleven, with the mind body spirit and quantum psychiatry bit. I skimmed and skipped

that chapter. That chapter is why I gave four stars instead of 5. I do appreciate that she wants to cover all bases though, so I do get why that chapter is there. She really offers tons of resources for you to get the support you need to try this method of treatment. It may not be for everyone, but I'm certainly willing to give it a try, as someone who has fought bipolar for over twenty years with varying degrees of success, and lots of failure. I hate the side effects and dulling effects of the conventional medicines used to treat this disorder. I really want my feelings back, and feel that this may do that for me. I have been on this regimen for almost two weeks, and am still on low doses of regular meds too, and so far so good. When you look at what we pay for meds, the price of this book is nothing in comparison. Anyone sick of the medicine roller coaster should check this book out.

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