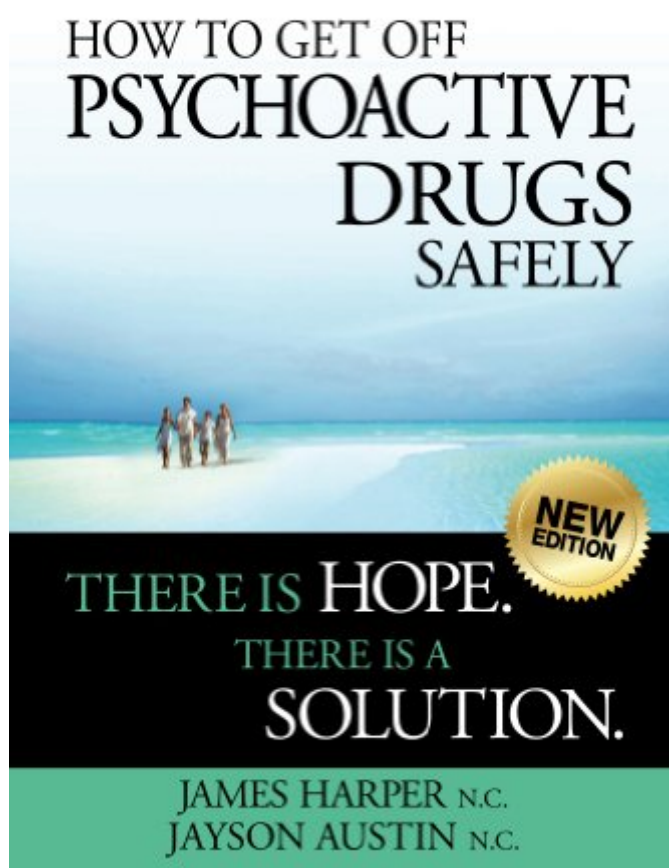


The book was found

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. I wish I'd never taken an antidepressant but I really wish I'd found this program sooner than I did. It's worth the effort and even the money--and I'm tight with money. ANOTHER UPDATE: JUNE 2014: I'm still off of all psychiatric medication except for my bedtime dose of a hypnotic. I haven't had any psych issues--just dealing with the pain of wasting years (and money) sedated on not needed medication.

The best resource for safe psychoactive pharmaceutical taper and withdrawal. I never would have gotten clean without this knowledge and the beneficial recommendations. I had no idea I was made into a drug addict, but my withdrawals were no different from those OD the Heroin Addicts or Alcoholics I have helped withdraw in my career as a Registered Nurse. You may find yourself shocked to discover that you are addicted to a drug prescribed for you well being. I wept over my bodies pain coming off Cymbalta. I would have suffered greatly or maybe I would have been forced to go back on Cymbalta because I almost could not bare the withdrawal had it not been for The Road Back solutions! This knowledge separated out what I thought was illness to the realization that they were Cymbalta side effects all along. Thank you James Harper restoring my health.....I was soooo weak when I discovered your work/research. I am no longer deplete of energy and strength. My MD'sthey could care less so I am free of them now too :)

An excellent book for the non-medical reader. The advice and admonitions are clear and to the point. There is a scientific section for those who wish more information. Easy to follow: prepare yourself for the process, go very slowly, one step at a time. It is up to the reader to decide if you want to follow the supplement intake guideline suggested by the author from his company for the withdrawal process. Some of the supplements suggested like B vitamins, Omega 3 are used in the withdrawal process. There is a special help section for those who quit abruptly.

Reading this book, several times over, and purchasing these supplements , 4 times i purchased the

benzo package and still continuing on them, has literally saved my life. I had tried unsuccessful attempts in the past to rid myself of the meds but always ended up back on them. I was on klonopin and was hooked in a short period of time. It has been just over 2 months now off the meds and have just started feeling back to myself about a week ago. Getting off the drugs has got to be the most difficult challenges I have ever faced and a test for my 30 year marriage. There were times I could not even get myself out of bed let alone dress myself. I carried my bottle of klonopin with me everywhere for that "just in case" I couldn't make it through. I reached for the supplements instead. Anxiety held on to me and had a death grip I didn't think I would ever shake. The author of the book, Jim Harper was a great source of support for me. He always returned my emails and was helpful suggesting tweaking the supplements for me. I still get tingling and a bit of fuzziness feeling in my head but anxiety is gone. I suggest to anyone, have patience when following the guidelines in this book and as you are reducing your dosage. Thank you, thank you Mr Jim Harper and this book !!!

This product was quite useful and had a lot of thought-through and researched information. It's worth a read for anyone who has been on, or knows someone using, psychoactive drugs. My only complaint is the products they suggest are only available from specific suppliers and the cost can add up - I calculated approximately \$1,500 for one person to do the full program. However, having said that, some products are not compulsory, which can cut the cost down considerably, and the ideas are still sound.

I am so glad I purchased this book. Both my husband and I have been on lexapro for years and have tried to go off several times per our doctors directions. Quitting quickly just was awful. Following the suggestions in this book has made all the difference. We are on our way to being lexapro free! I have been surprised when I mentioned my plan to my reg doctors and how they respond to my plan. Like I am crazy for taking such a slow and precise plan. I swear I think the drug companies run the medical world. I say this recognizing that Lexapro did help me through some difficult years but no one told me the whole story.

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