

Baritz Wellness Center, PC

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Psychoactive Drug Reduction

Laying the Foundation

07/26/10, 03/09/11

"We must alter our lives in order to alter our hearts, for it is impossible to live one way and pray another"

William Law

Human beings are combination of spirit, mind, and body. For this reason, improving relationships and life skills is an essential component in living drug free. It is unlikely that any pill, be it a medicine or a vitamin, can improve your life without you also making some life changes.

- **Old thinking:** suppress symptoms, suppress change, prolong change and delay evolution
- **New thinking:** support & encourage change, address any shock resulting from change, complete processes, accelerate evolution

1. Have a living situation that is as stable as possible.¹
2. Organize support from friends, family, survivor groups, local organizations and/or any other source of help. Find out as much as you can about the process so that you will be prepared for the withdrawal symptoms.¹
3. Limit your contact with people who disagree with what you are doing or who make you feel unhappy.
4. Don't expect to feel much difference in the first few days.¹
5. Realize that your body and mind are going through a difficult experience.¹
6. Make sure you get enough sleep. Difficulty in sleeping is a common problem; it's important that you get at least 6 hours of sleep a night. Use herbal remedies for sleep, and try massage, etc. But if nothing else helps, it's worth taking sleeping pills just for this short period.¹ Dr. Baritz can provide custom blended herbal remedies.
7. Avoid/eliminate stimulants like coffee, sugar, chocolate or alcohol (stopping smoking is not recommended during the withdrawal process)
8. Eat the healthiest diet you can to help your body purify itself, vegetables nuts, and lean meats are important.
9. Start your day with a Standard Process Shake and continue with a meal or snack with protein every 3 hours.
10. You will have more physical energy as your body gets away from the drugs. Exercise will help you stay calm, and will be very helpful if your energy seems to be getting out of control. Start as soon as possible and build gradually.¹
11. Discuss your plans to reduce psychiatric medications with your prescribing physician and enlist his support. It is my experience that most physicians are very willing to support you once they see that you are taking greater control of your life in a responsible manner. In a small number of cases it will be necessary change to a supportive physician.
12. Realize that withdrawal symptoms don't necessarily start immediately; they may begin anywhere from eight hours to several days after a reduction.²
13. Become familiar with the typical withdrawal reactions associated with the medications you are taking, one resource is to Google the name of your medication and "withdrawal symptoms".
14. Stick with the program; skipping doses or adding off-program medications or supplements can hinder progress.
15. It is important in withdrawal always to go forward. If you reach a difficult point, stop there for a few weeks if necessary, but try to avoid increasing your dosage. The use of "escape pills" (an extra dose) in particularly stressful situations is probably not a good idea as it interrupts the smooth decline in medication and also disrupts the process of learning to cope without drugs. If the withdrawal is slow enough, "escape pills" should not be necessary.² This is something to discuss with your physician.
16. Don't be too concerned with stops and starts, people who quit smoking often try 7 times before they are successful.
17. Avoid concentration on negative thoughts, and focus on productive activities.

1. Second Opinion Society; www.alternativementalhealth.com/articles/quittingdrugs.htm

2: adapted from: BENZODIAZEPINES: HOW THEY WORK AND HOW TO WITHDRAW, www.benzo.org.uk/manual/bzcha02.htm