

EFFECTIVE ALTERNATIVES TO ANTIDEPRESSANTS AND SSRI WITHDRAWAL SUPPORT:

Who Might Benefit from Referral and Collaborative Care?

- 1) Any client considering, but not already on SSRI's or SNRI's, who would like a trial of the natural alternatives closely monitored by clinically experienced professionals.
- 2) Any patient or client wanting to taper off of SSRI's or SNRI's who would like to have brain-targeted nutrient support to help reduce the severity of withdrawal symptoms. (Patients who are on two or more SSRI's or SNRI's would need to reduce down to one such medication before starting this process in order to avoid serotonin syndrome.)
- 3) Any patient or client on SSRI's or SNRI's who would like to see if adding natural alternatives would improve the benefits of medication.

THE RECOVERY SYSTEMS CLINIC'S PROGRAMS

The Recovery Systems Clinic, staffed by nutritionists, psychotherapists, and holistic physicians, has been treating mood disorders, addictions and eating disorders since 1988. Clinic director Julia Ross MA, MFT is the author of *The Mood Cure* and *The Diet Cure*, books based on the clinic's pioneering work in restoring optimal neurotransmitter function, through therapeutic diet and targeted nutrient supplementation. Ross' staff designs programs to provide the specific amino acid precursors, vitamins, minerals and fatty acids required by the brain to produce antidepressant serotonin and norepinephrine. GABA and endorphin, the two neurotransmitters that provide stress and pain reduction, respectively, are also targeted, if needed. This natural neurotransmitter restoration process, whose benefits are typically evident in less than a week, is augmented by light therapy, exercise therapy and, of course, psychotherapy, according to the clients needs.

Referring practitioners can speak to Julia Ross by phone about possible collaboration/referral at any point. They can also direct patients/clients to call the Recovery Systems Clinic directly for a phone intake appointment to determine which aspects of the Alternative Support Program might be appropriate for them.

For All Clients/Patients Referred

- Set up a 30 minute informational phone screening intake appointment.
- Come in for a bio-psycho-social review and recommendations regarding alternative mood support: nutrient therapy, psychotherapy, light therapy, exercise and/or other care as needed.
- Make follow-up appointments as needed: Typically at least nutritional counseling sessions to design and monitor a therapeutic diet and an oral supplementation protocol.
- *When an antidepressant withdrawal is planned:*
 - 1) Coordination with the referring psychotherapist and prescribing physician regarding a taper protocol would need to take place.
 - 2) Monitoring of the withdrawal process through regular scheduled contacts and a phone check-in line (which is monitored daily, including weekends) will be needed.
 - 3) In the relatively unusual instance that severe withdrawal symptoms should emerge, a referral to Dr. McDougall and the Clear Center of Health for intravenous detox support is made.

CONTACT INFORMATION:

**The Recovery Systems Clinic, 147 Lomita Drive, Suite D, Mill Valley, CA 94941
Tel: 415 383 3611 / Fax: 383 1089**

IV NUTRIENT DETOX SUPPORT AT THE CLEAR CENTER OF HEALTH

The Clear Center is a holistic group medical practice in Mill Valley where, under the experienced supervision of Beth McDougall MD, Medical Director, a one to three hour IV is administered by a staff RN 1 – 5 times a week as needed. This IV infusion is individually designed to provide specific, concentrated nutrient support to the brain, calming it and provisioning it with serotonin-targeted amino acids, vitamins and minerals. It also supplies liver-targeted nutrients such as vitamin C and glutathione to support the body's ability to detoxify more efficiently.

Other IV protocols have been designed to support the withdrawal process from Benzodiazepine drugs (e.g., Klonopin, Ativan, Xanax, Valium) and to support individuals seeking alternatives to these potentially addictive tranquilizers.

Dr. McDougall, or another physician on her Clear Center staff, meets with all patients prior to their starting an IV detox program and would be available to consult with referring practitioner's at any point.

CONTACT INFORMATION:

Clear Center of Health, 125 Throckmorton Ave, Mill Valley, CA 94941,

Tel: 415 388 5520