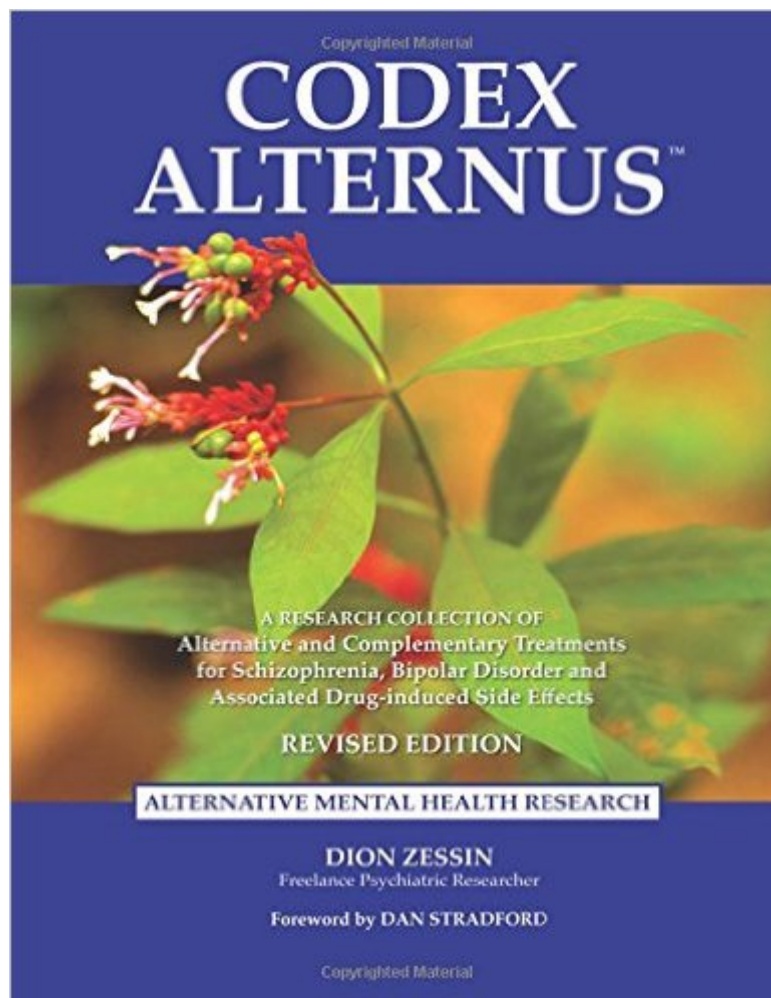


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# **Codex Alternus: A Research Collection Of Alternative And Complementary Treatments For Schizophrenia, Bipolar Disorder And Associated Drug-Induced Side Effects (Revised Edition)**





## Synopsis

This is not a book on how to utilize medications, diagnose disease, or treat patients. Codex Alternus is a book with a plethora of non-drug treatments for schizophrenia, bipolar disorder, and medication-induced side effects. The book covers therapies that include natural antipsychotics, herbs, vitamins, minerals, essential fatty acids, antioxidants, mind-body therapies, prayer and spiritual healing, biofeedback, transcranial stimulation, light therapy, and many, many, more. Many therapies in Codex Alternus have been used in the field of mental health for decades and many other evidence-based therapies have been buried in psychiatric literature on medical databases and not been exposed to the mainstream public before. The book has nearly 900 scholarly citations and summaries--covers over 500 different complementary and alternative therapies which are cited in medical literature--many which are from peer-reviewed journals. The book is designed to spark ideas and be used as a reference tool for clinicians and researchers. It is also an ideal book for those in mental health product development. The book can also be used by care givers and psychiatric patients when proper research is conducted before choosing therapies and utilizing them. The book highlights the conclusions to these scientific medical articles and allows the reader insight into new and traditional therapies, novel, and experimental therapies, and older early 20th century treatments. The reader will truly be amazed at how many evidence-based choices they have for clinical use and product development. Codex Alternus is an easy-to-reference book, with complete citations: PubMed identification numbers, digital object identifier numbers, and publisher names. This book will help many clinicians, researchers, and inventors, as well as care givers and patients.

## Book Information

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## Customer Reviews

Finally! Here is an evidence-based book that covers the full landscape of non-drug options for mental health. I work in the field of mental health and one of the most difficult questions to answer for people is, "what are my options beyond psychiatric drugs?" • This book answers that question in spades with an astounding array of options with direct references back to the original studies that support the options efficacy and safety. From my initial deep dive into the book, it appears to be an indispensable encyclopedic practitioner reference for those in the emerging field of Integrative Mental Health. A quick scan of the table of contents gives a sense of the book's breadth. It offers a variety of Western techniques including vitamins, amino acids, peptides, hormones, micronutrients, detoxification methods, electronic stimulation techniques, food allergies, mindfulness, meditation, mind-body therapies, psychosocial approaches and many more. In addition, it includes a very large number of options, primarily herbal in nature, from non-Western medical systems including Ayurvedic (India), traditional Chinese medicine, Kampo medicine (Japan) and even African traditional medicine. The references range from major meta-analyses to smaller suggestive studies and even some individual case studies. Of special help is a condensed quote of 2-4 sentences pulled directly from the results and conclusions of each study to give you a sense of the size, nature and key findings. If it sounds interesting, the full reference including PubMed # is included. The book also covers a wide time-frame including studies back into the mid 20th century. Although I'll take some of those with a grain of salt, some of these older studies are quite well done with fairly large sample sizes.

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