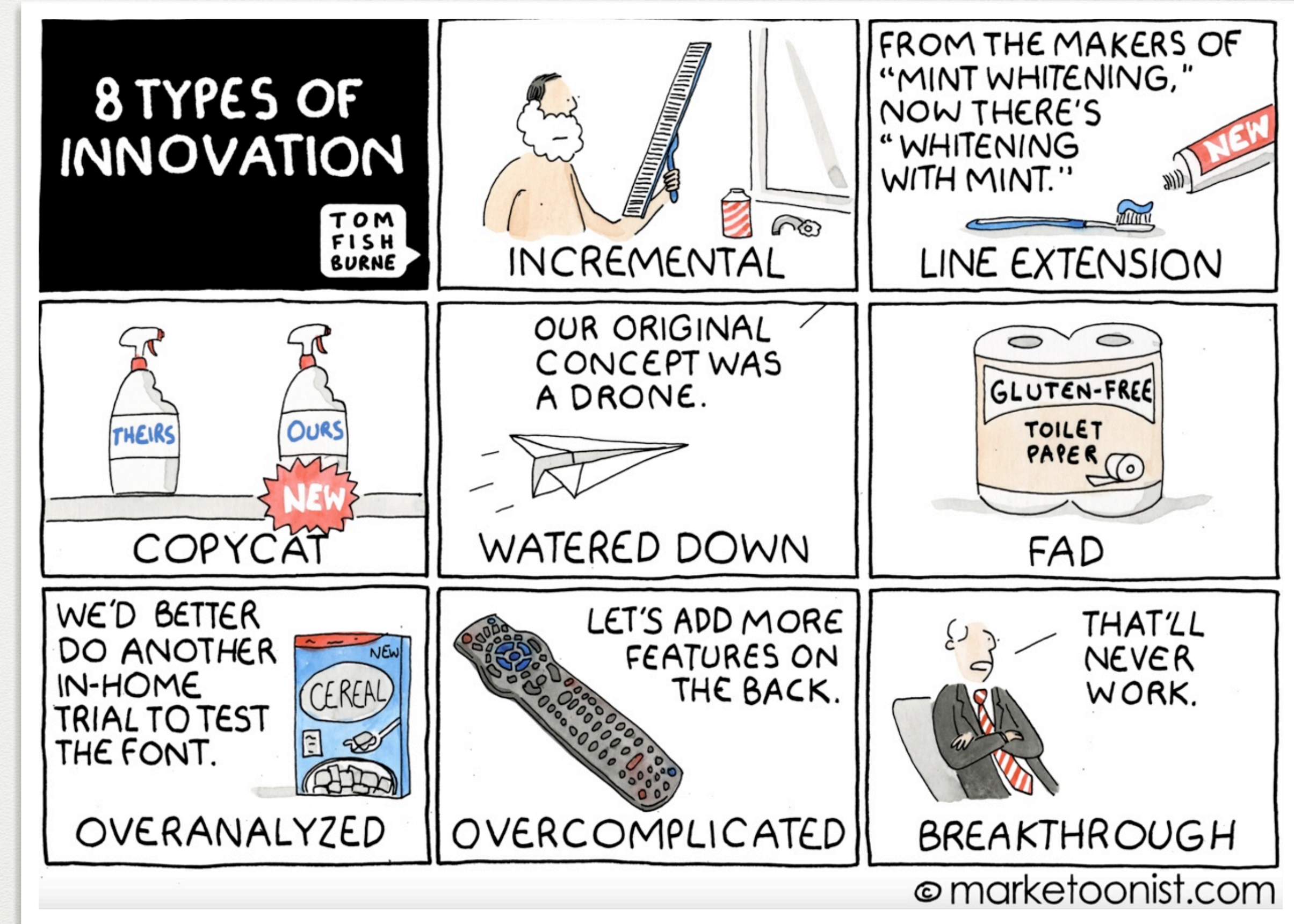


Take It Off- But Don't Just Do It Slowly

An Innovative, Integrative Approach for
Psychiatric Medication Withdrawal Using
Natural Supports and Energy Medicine

Alice W. Lee, MD, ABIHM, ABoIM
Energy Healing Conference, Logan, Utah
April 2, 2022



Tom Fishburne 5/1/2016

What is medication withdrawal to a conventional psychiatrist?

Conventional psychiatrists often limit withdrawal to the act of lowering the medication and the decreasing blood levels. Once the medication is out of the body, the withdrawal process is believed to be over.



“Publicly, we’re still saying there are no side effects.”

CartoonStock.com

Mick Stevens 2/2/2020 The New Yorker

What is medication withdrawal to a patient?

When patients refer to withdrawal, they are describing problems associated with:

- Biochemical and physiological consequences from the medication taper
- Their body's poor adaptation to the taper and lower medication levels.



“Publicly, we’re still saying there are no side effects.”

CartoonStock.com

Mick Stevens 2/2/2020 The New Yorker

What is medication withdrawal to a holistic psychiatrist?

- Lower medication levels
- Body's adaptation to dosage changes
- Remaining negative underlying causes
- Consequences from decreased medication
- Remaining untreated damage



"Publicly, we're still saying there are no side effects."

CartoonStock.com

Mick Stevens 2/2/2020 The New Yorker

Why do people want to lower their medications?

- Too many medication side effects
- Medications stopped working
- Medications never worked
- Inappropriate dosage
- Pregnancy plans



Sidney Harris 7/18/2010

Why do people want to lower their medications?

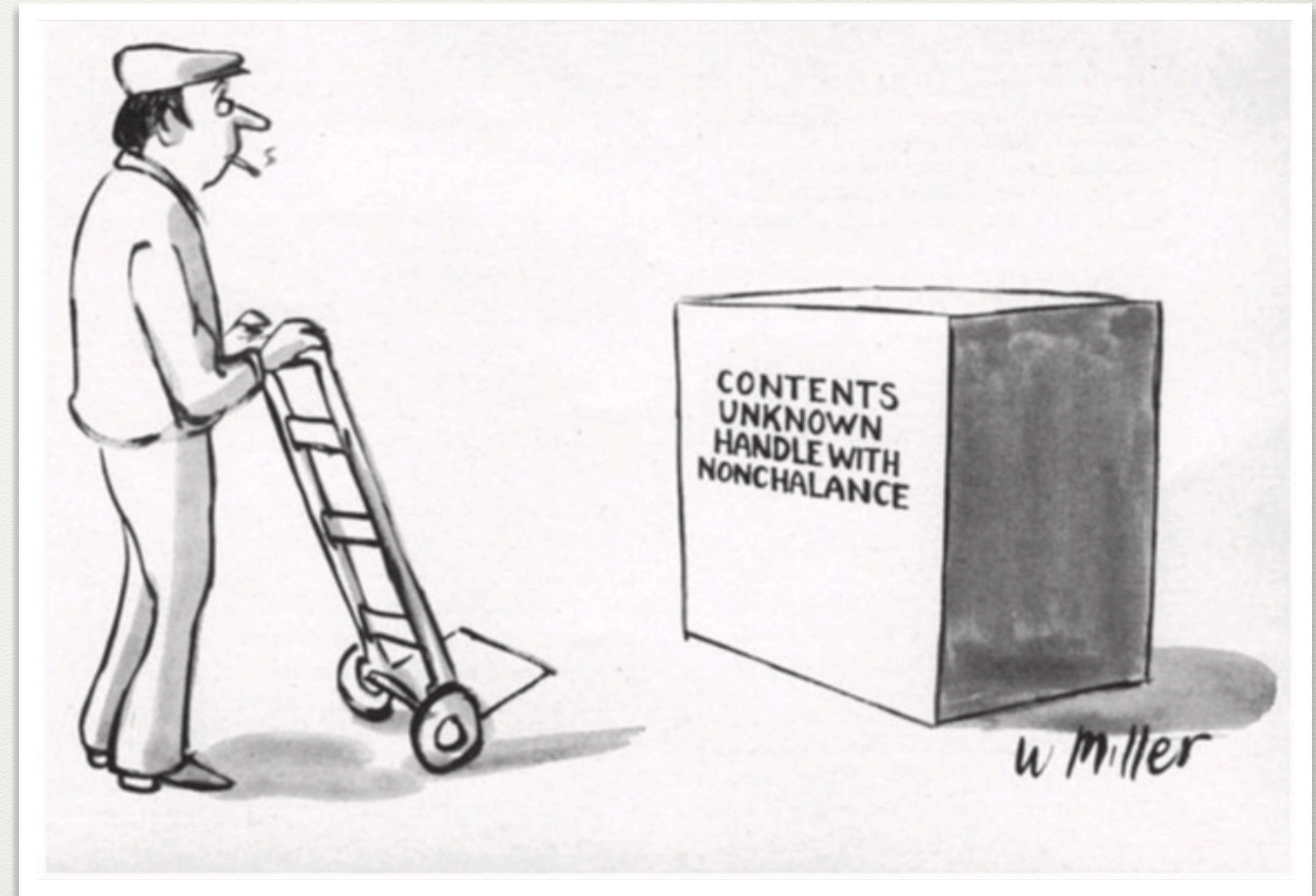
- Desire to be truly healthy
- Freedom from the medical system
- Contradicts holistic lifestyle
- Lack of faith in the diagnosis or treatment
- Why not?



Sidney Harris 7/18/2010

What ten years of psychiatric training taught me about medication withdrawal:

“Do It Slowly.”



Warren Miller 11/6/1978 The New Yorker

Why is this approach inadequate?

- Lack of understanding of underlying causes for mental illness
- Lack of understanding of medication withdrawal effects on the body



"I medicate first and ask questions later."

Frank Cotham 5/29/2000 The New Yorker

Why is this approach inadequate?

- Lack of information about patient's functions over time
- Lack of an effective diagnostic approach and treatment support to help the patient during the withdrawal process

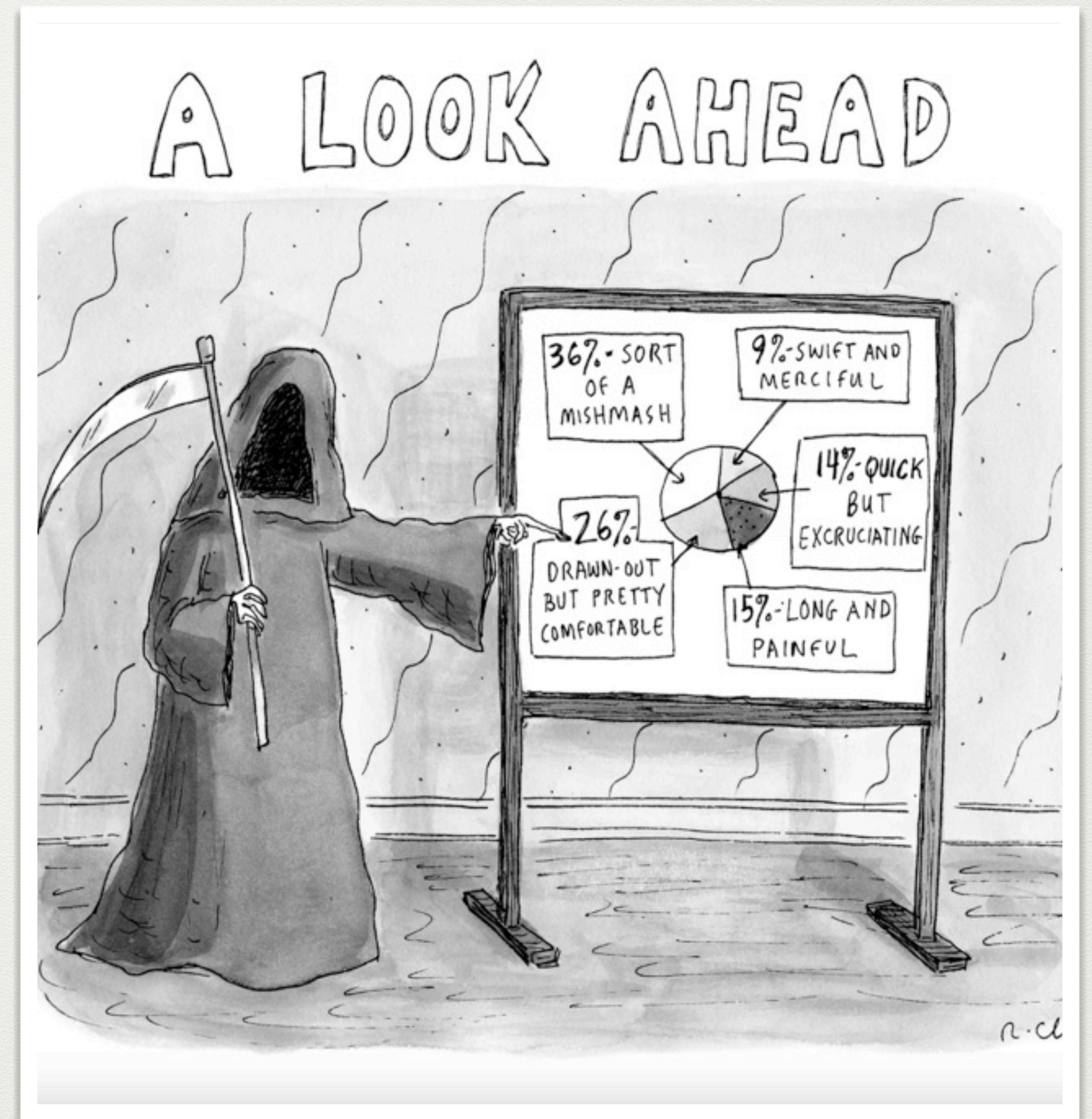


"I medicate first and ask questions later."

Frank Cotham 5/29/2000 The New Yorker

How well does this approach work?

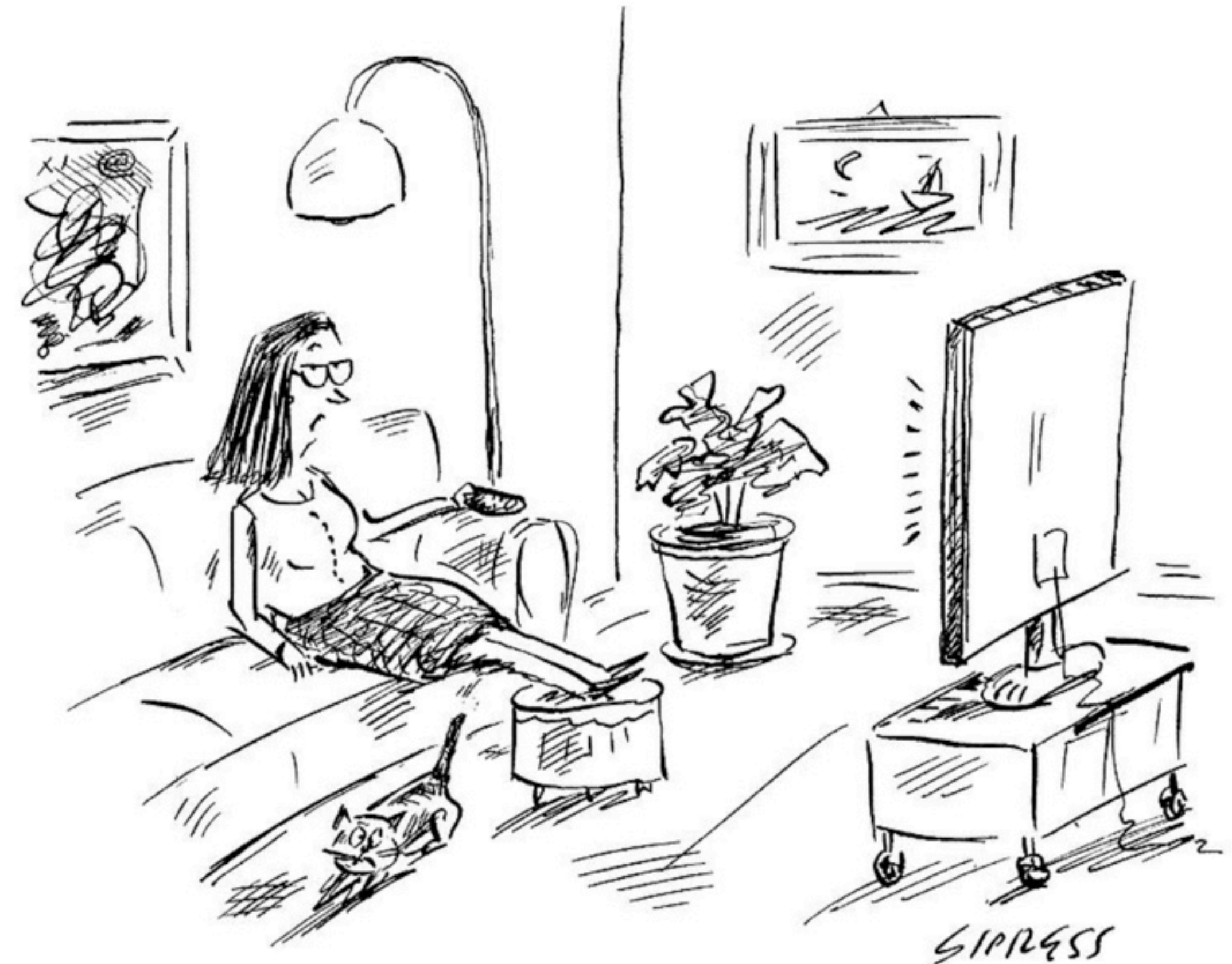
- Unreliable success rate with frequent “relapses”
- Debilitating withdrawal symptoms
- Can’t differentiate between withdrawal and relapse
- Withdrawal failures blamed on chronic mental illness



Roz Chast 8/6/2001 The New Yorker

How did I discover my ignorance about medication withdrawal?

- 1992: put on Zoloft
- Stopped taking it after a month and experienced “brain zaps”
- 1997: multiple failed withdrawal attempts, but eventually got off with support from St. John’s Wort and Ginkgo Biloba

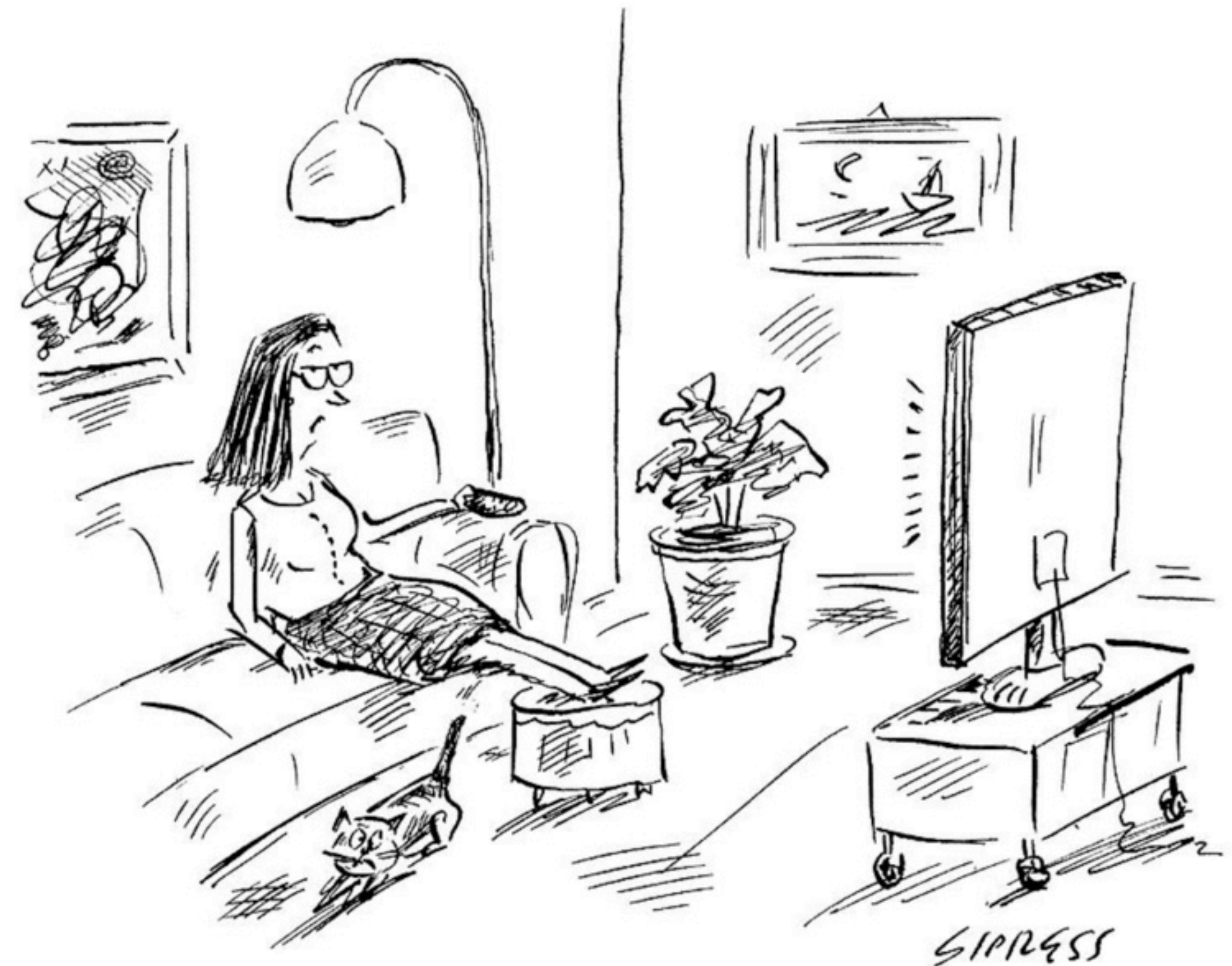


“Ask your doctor if taking a pill to solve all your problems is right for you.”

David Sipress 5/7/2007 The New Yorker

How did I discover my lack of understanding about medication withdrawal?

- 1998-2002: functioned at about 80% of optimum without taking medication
- 2002: use of multivitamin/mineral/ amino acid supplement quickly restored healthy function



"Ask your doctor if taking a pill to solve all your problems is right for you."

David Sipress 5/7/2007 The New Yorker

How do I approach psychiatric medication withdrawal now?

Integration of:

1. Psychiatric medical training
2. Functional/orthomolecular medicine
3. Energy medicine



“Orbistic medicine? You treat whole planets? I never heard of such a thing.”

Warren Miller 5/27/1991 The New Yorker

What are the patients' withdrawal outcomes?

- Ana: 62 y.o. breast cancer survivor, withdrew from six psychiatric medications safely and smoothly
- Her meds: Effexor, Seroquel, Klonopin, Propranolol, Trileptal, and Trazodone.
- Psychiatric medications began in 2018.



Cartoon by Karsten Schley 3/20/2018

What are the patients' withdrawal outcomes?

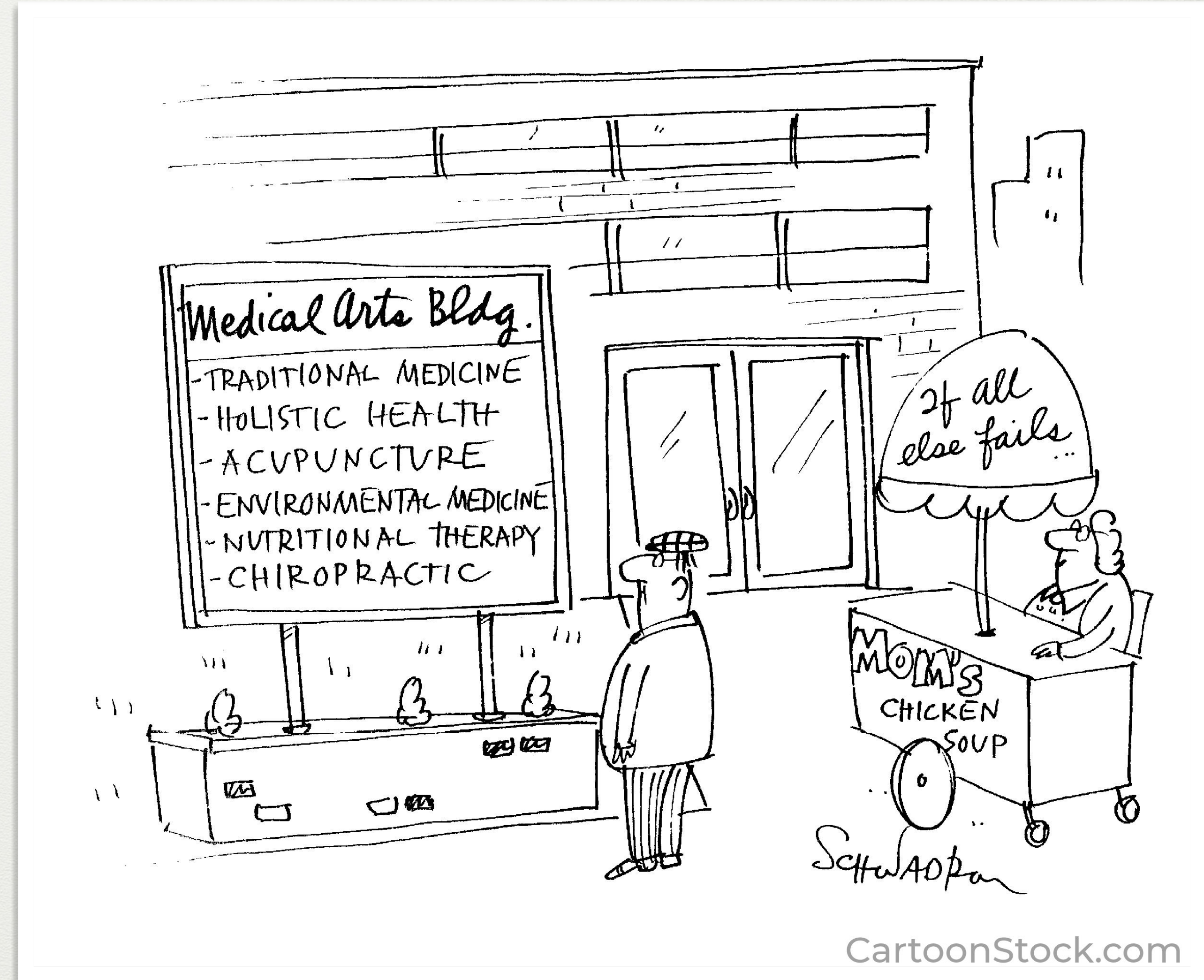
- Holistic treatment began on 4/17/2020.
- Off all medications by 3/20/2021.
- Condition: Thriving and no longer a patient.



Cartoon by Karsten Schley 3/20/2018

Justin Acupuncturist and Natural Medicine Practitioner

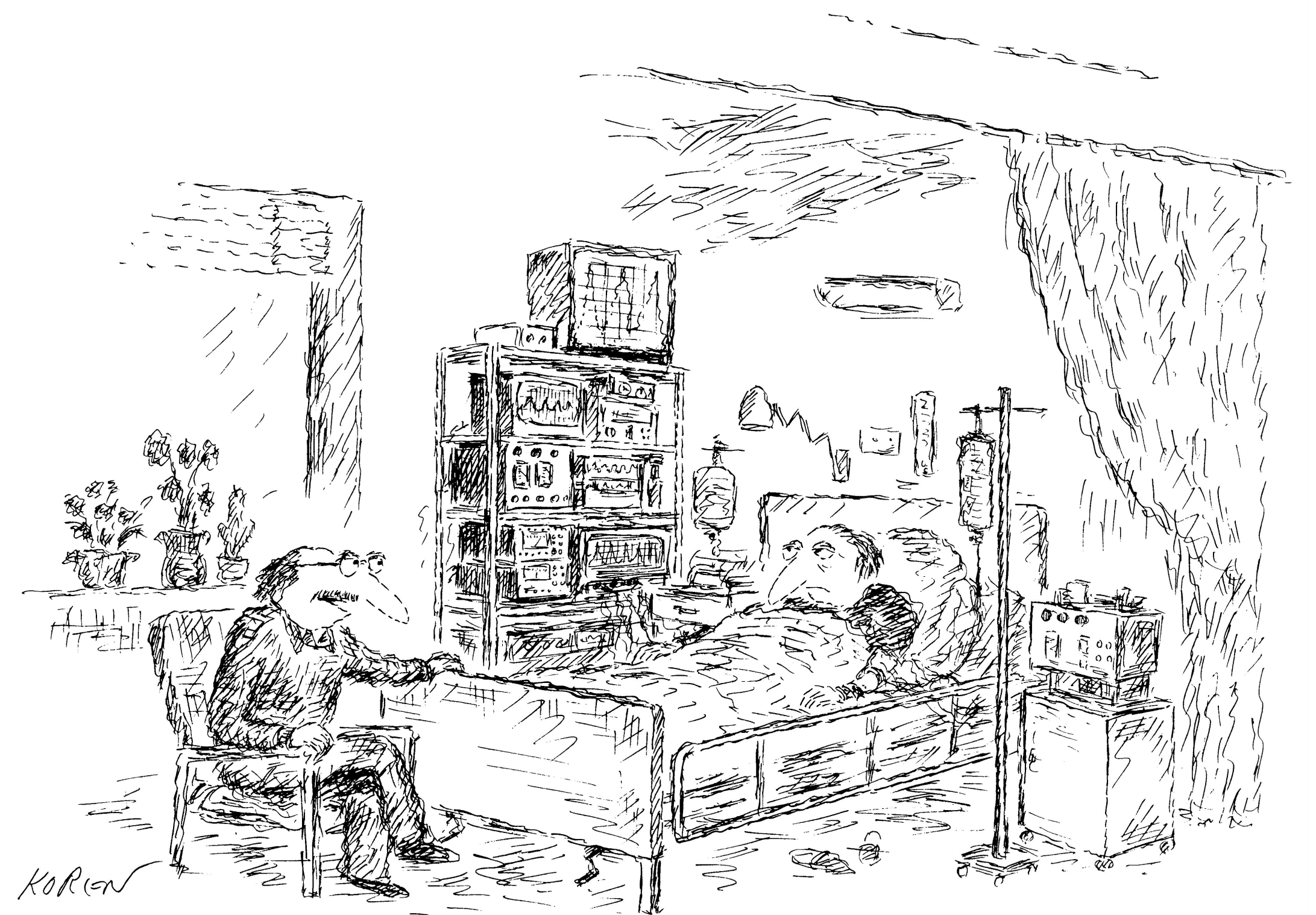
- Psychiatric medications began at age 13 for ADHD, depression, anxiety, and marijuana dependence.
- Drugs: Ritalin 60 mg, Prozac 60 mg, and marijuana
- Holistic treatment began in 2/2009 age 15
- Off all medications by 4/2009
- Condition: Thriving, no longer a patient, currently working as a holistic clinician.



Cartoon by Harley Schwadron 8/4/2002

How do I integrate nutritional and energy interventions smoothly?

- Use energy testing techniques to check for functional information on the patients' biochemical and mental condition over the course of treatment
- The clinician is the "diagnostic instrument"
- Use energy testing as evidence to show patients energy changes before and after an energy technique



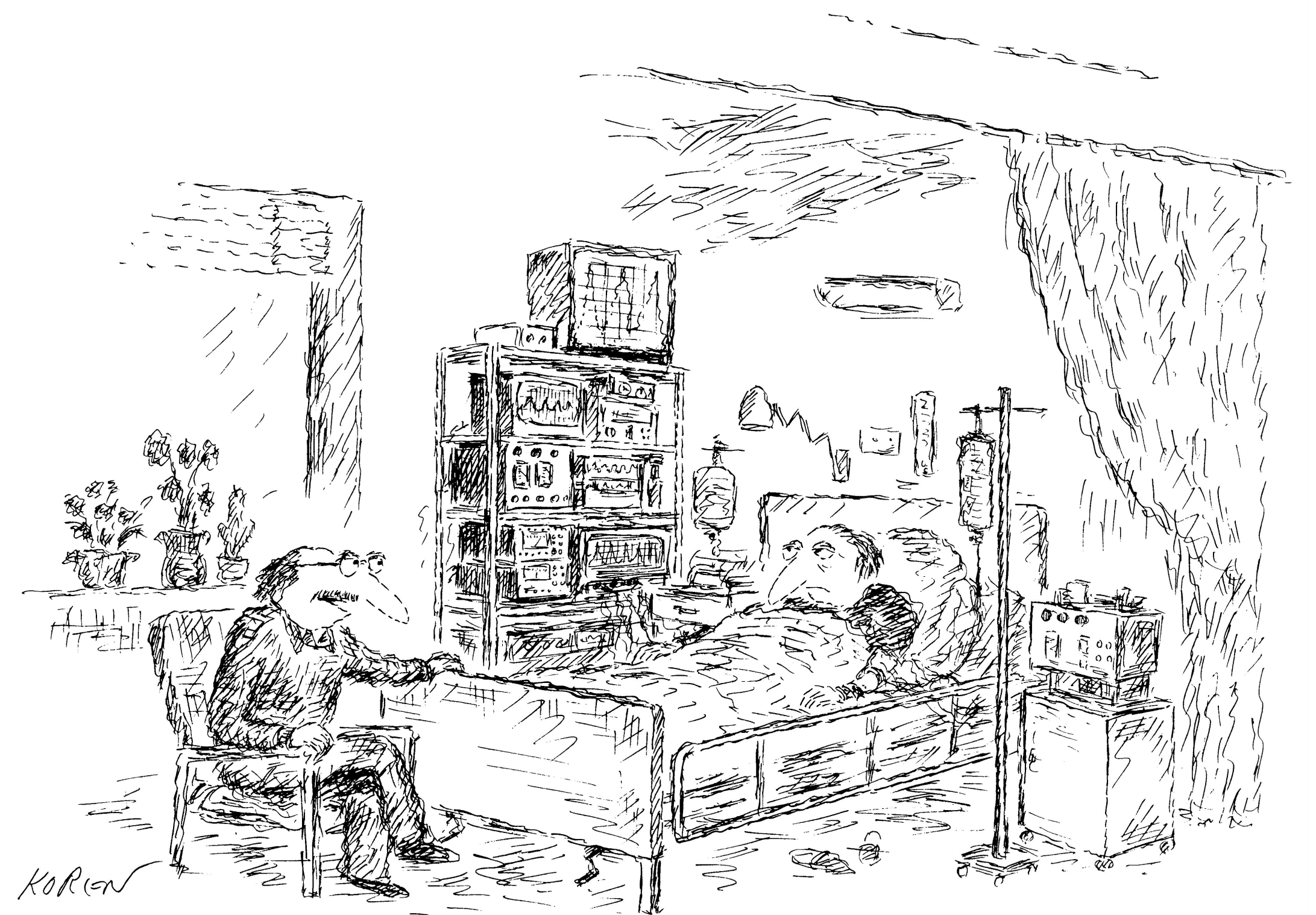
"Milt, I'm beginning to think that your illness is a disharmony of life energy."

CartoonStock.com

Edward Koren 2/5/1989 The New Yorker

How do I integrate nutritional and energy interventions smoothly?

- Use specific criteria and create scales to measure function
- Obtain a baseline to check the patient's "physiological terrain"
- recheck function regularly during treatment to follow changes during healing
- Obtain proper dosing of medications and supplements using energy testing for a holistic regimen over time



"Milt, I'm beginning to think that your illness is a disharmony of life energy."

CartoonStock.com

Edward Koren 2/5/1989 The New Yorker

EXAMPLE:

Over the past three days, from 0 to 200, given all contributing factors, including any effects from stressors, drugs/medications, experiences, and orthomolecular/energy medicine interventions, **with regard to the patient's enzyme level, function, and regulation:**

- 0 means that the patient has no enzymes (level, function, and regulation) for health and well-being that would help the patient safely and easily lower the patient's medications.
- 100 means that the patient has all the enzymes (level, function, and regulation) needed for optimal health and well-being and, if applicable, will allow the patient to safely and easily lower the patient's medications.
- 200 means that the patient has excessively high levels or functioning of the patient's enzymes (level, function, and regulation) that it will lead, within a period of one year, to the patient's complete incapacitation, if it is not healed.

The patient is currently at X/200.

How does energy testing differ from lab work?

- Description of function and levels relative to the patient's optimal
- Person doing the testing is the instrument for accessing information
- Results depend on specific criteria and duration of the time being tested

Energy Medicine Bibliography Resource:
<https://naoep.org/bibliography/>



Bob Mankoff 1/3/19

How does energy testing differ from lab work?

- Assesses at the energy level, which may differ from the physical
- Independent of distance
- What is being tested depends on the intentions, thoughts, and understanding of the tester
- Accuracy depends on being emotionally neutral, cognitively focused, fiercely honest, and highly intuitive

Energy Medicine Bibliography Resource:
<https://naoep.org/bibliography/>



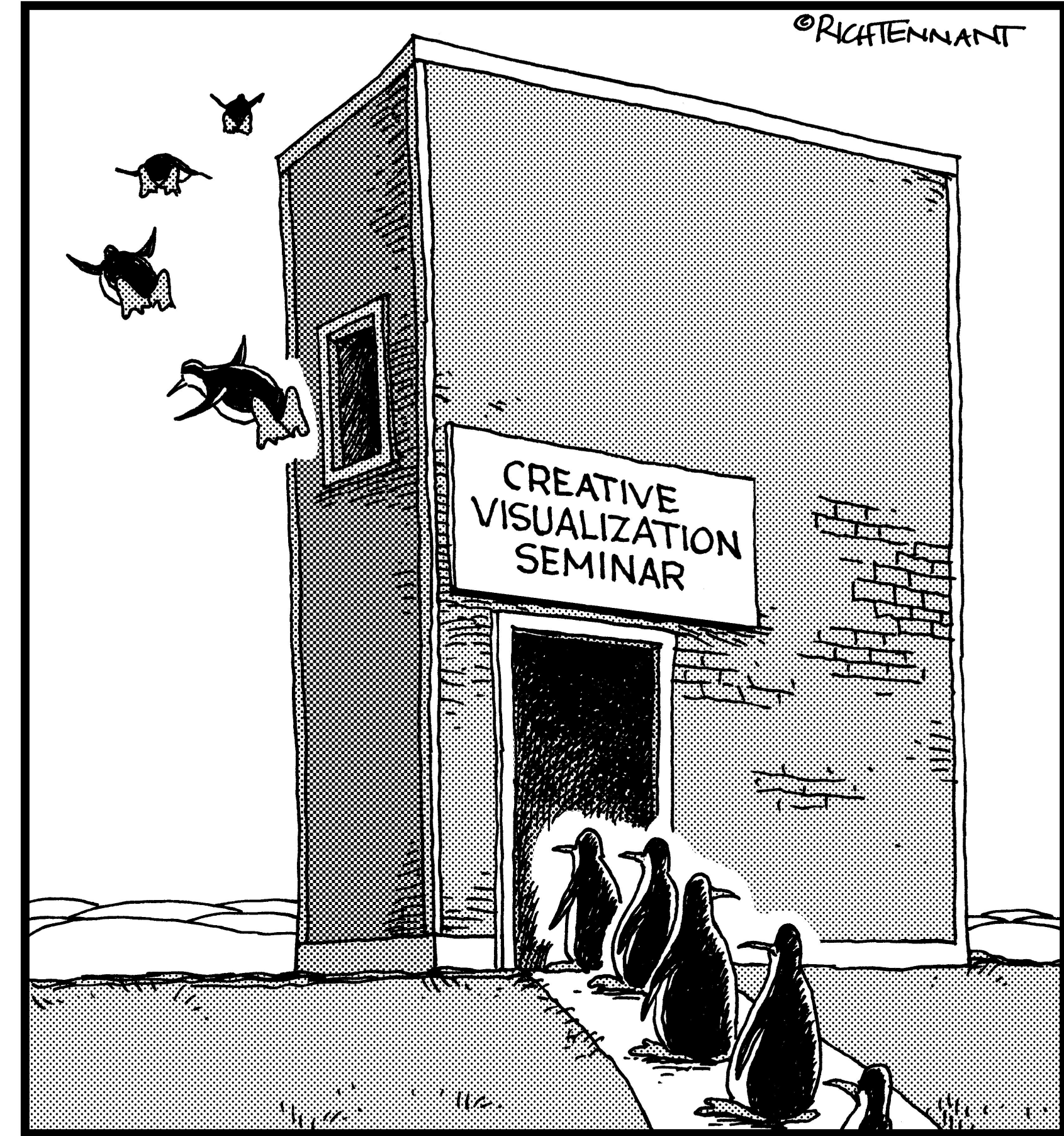
Bob Mankoff 1/3/19

How is energy healing used to help with withdrawal?

- Use energy healing to treat underlying biological and emotional problems (e.g. infections, toxins, traumas, belief systems, etc.)
- Use energy healing to prepare the body for upcoming medication tapers

The 5th Wave

By Rich Tennant



CartoonStock.com

Rich Tennant 2/15/22

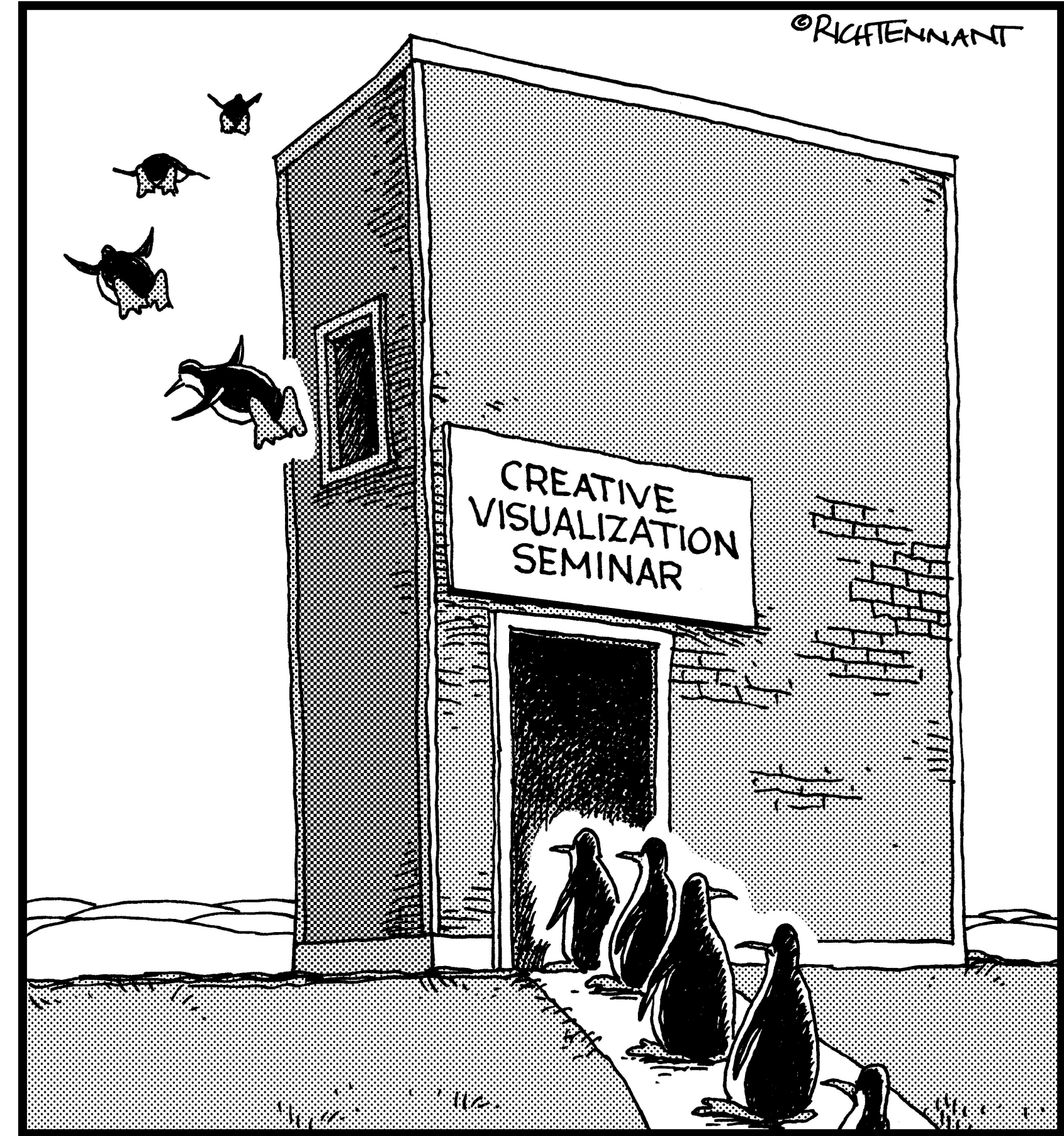
How is energy healing used to help with withdrawal?

- Use energy healing for enzymes and nutritional status
- Heal energetic dysfunctions from traumas
- Heal energetic dysfunctions stored in genetic material
- Heal from energy blockages

The 5th Wave

By Rich Tennant

©RICHTENNANT



CartoonStock.com

Rich Tennant 2/15/22

EXAMPLE:

Empower Energy Technique (EET):

I now choose to be one with Life Energy ([idea of perfect energy](#)) as a wave is one with the ocean and be empowered to _____.

I completely and gratefully accept healing energy at all levels of being (i.e. [spiritual, mental, emotional, physical, and social](#)) and through space and time from Life Energy to create and achieve this healing process.

I embrace the positive shifts that occur as I heal, and release the beliefs, emotions, habits, fears, pain, traumas, and other blockages that prevent me from receiving all the energy I need to heal and empower my life, at all levels of being, now and through space and time.

EXAMPLE:

Empower Energy Technique (EET) Statements:

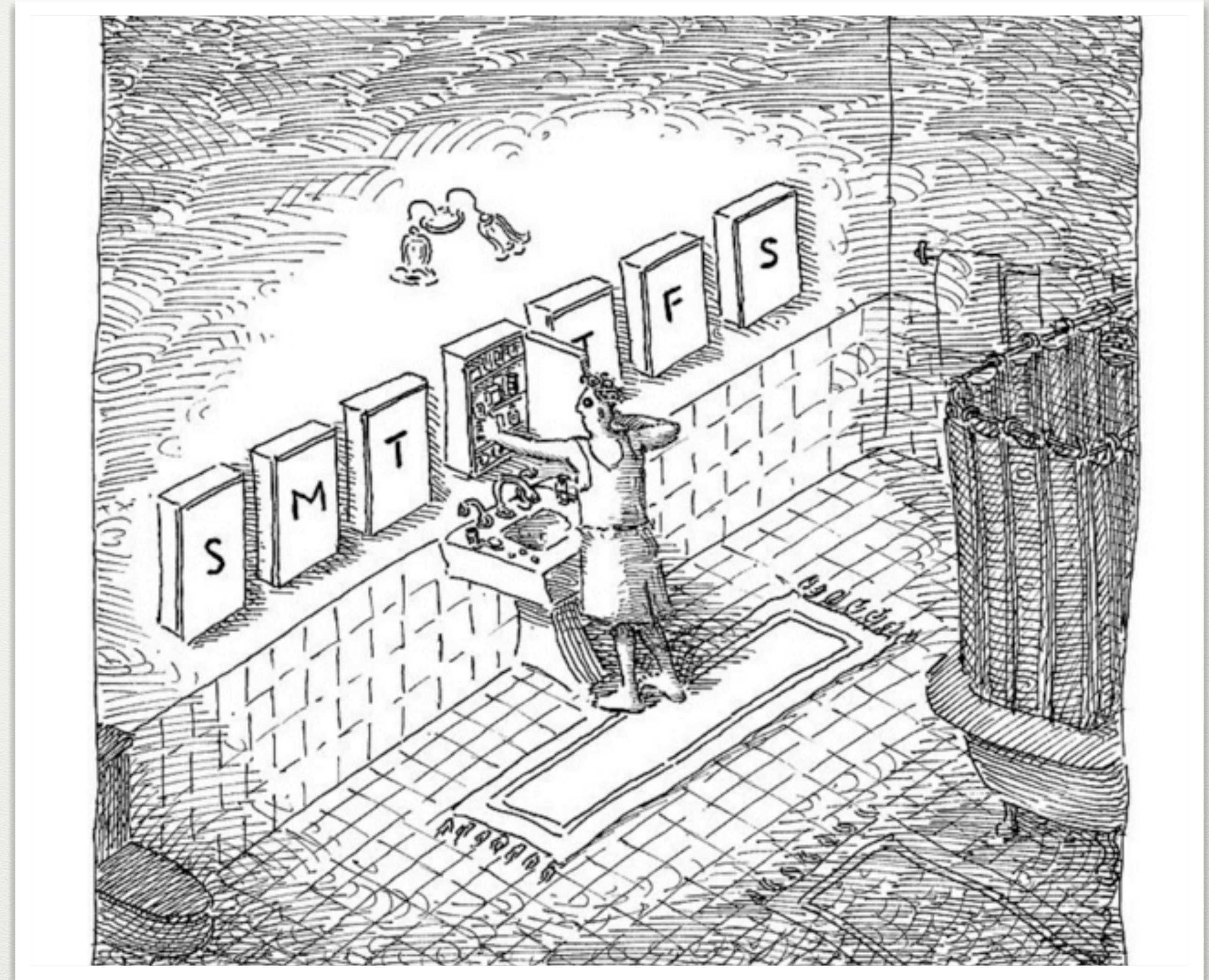
- Support my ability to safely, smoothly, and easily adapt to tapering (medication) by (dosage in mg) (frequency/date).
- Heal and create the neurotransmitters and hormonal functions and levels I need to support (medication) withdrawal and to decrease the co-dependent reactions of my body that keep (medication) at a homeostatic dose, which interferes with my ability to gradually and easily taper down on (medication) by (dosage in mg) (frequency/date)

EXAMPLES:

- Infinite Intention Technique (IIT): using Life Energy, creativity, visualization, imagination, intention, space/time, and story
 - Energy Breaths: most basic version of IIT to supply energy
 - Star Trek Guided Visualization Technique for Toxins and Infections: Using IIT to support the healing of infections and toxins
- (<https://www.holisticpsychiatrist.com/energy-medicine-techniques>)

How does functional/ orthomolecular medicine help with medication withdrawal?

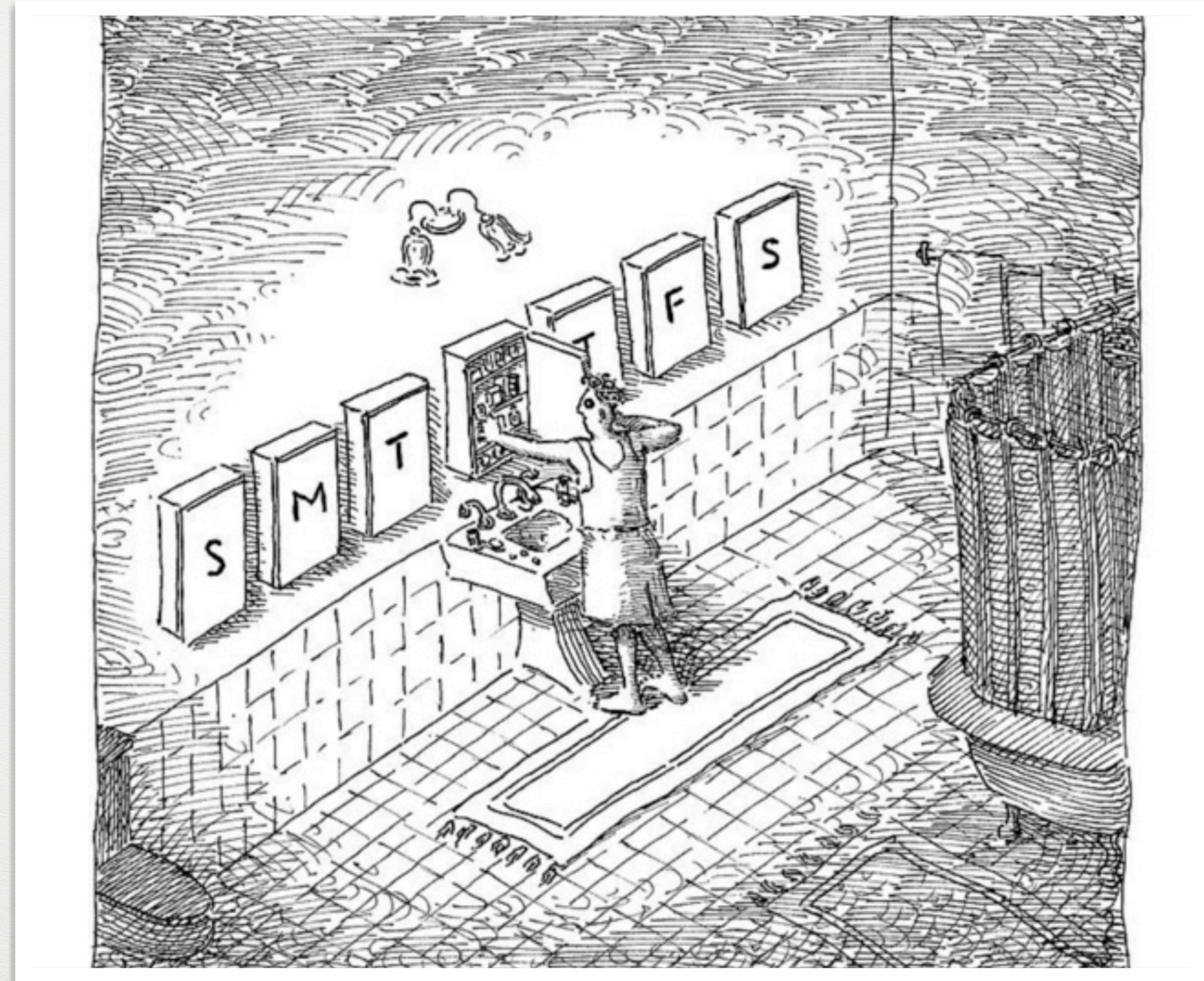
- Provide raw building blocks for biological functioning
- Lower oxidative stress and inflammation
- Decrease infections and toxins
- Support energy functions and metabolic processes



Cartoon by John O'Brien 3/16/2016 The New Yorker

How does functional/ orthomolecular medicine help with medication withdrawal?

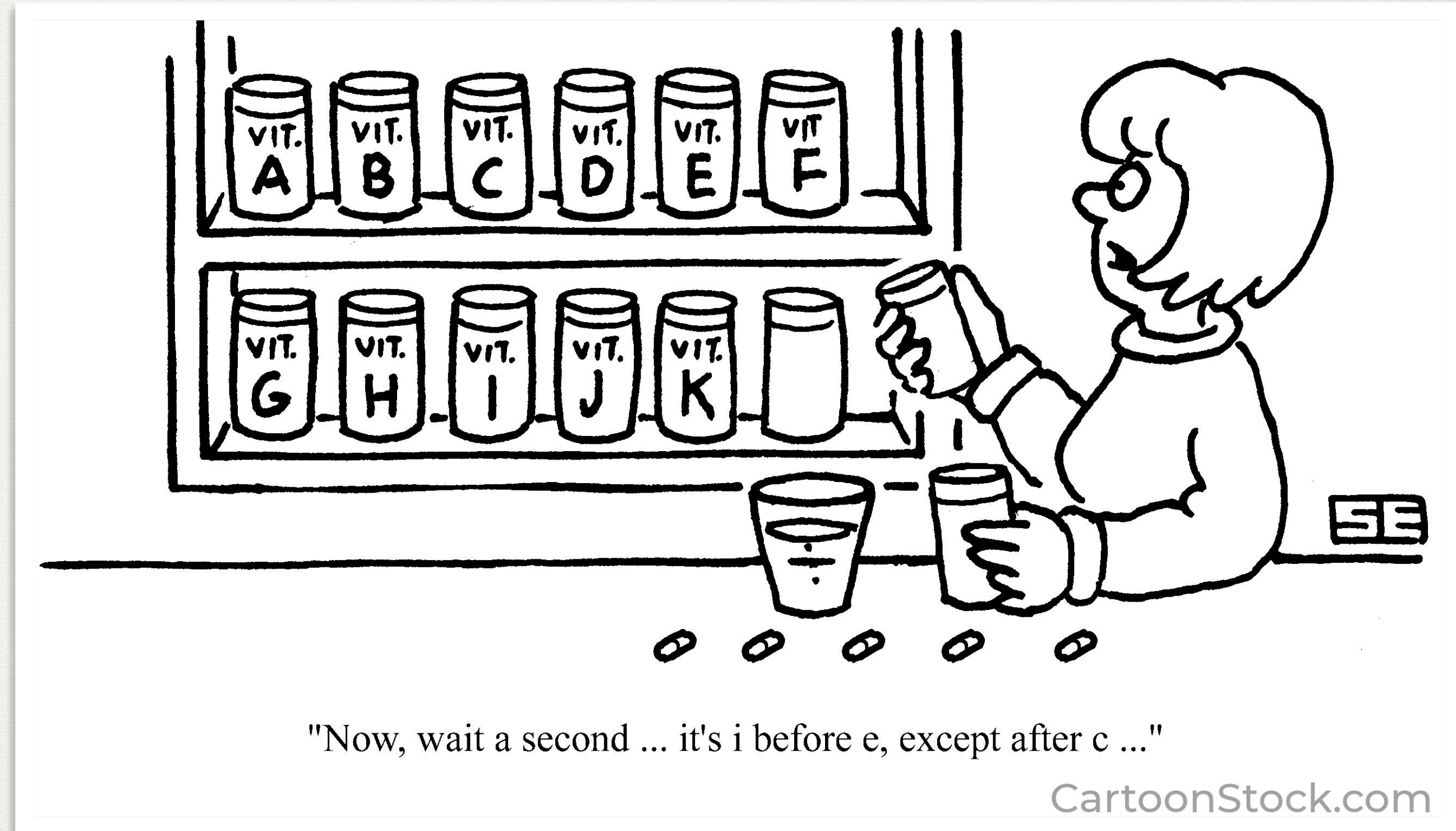
- Improve neurotransmitter and hormonal levels
- Improve glandular and hormonal function
- Speeds up the healing process
- Supports detoxification



Cartoon by John O'Brien 3/16/2016 The New Yorker

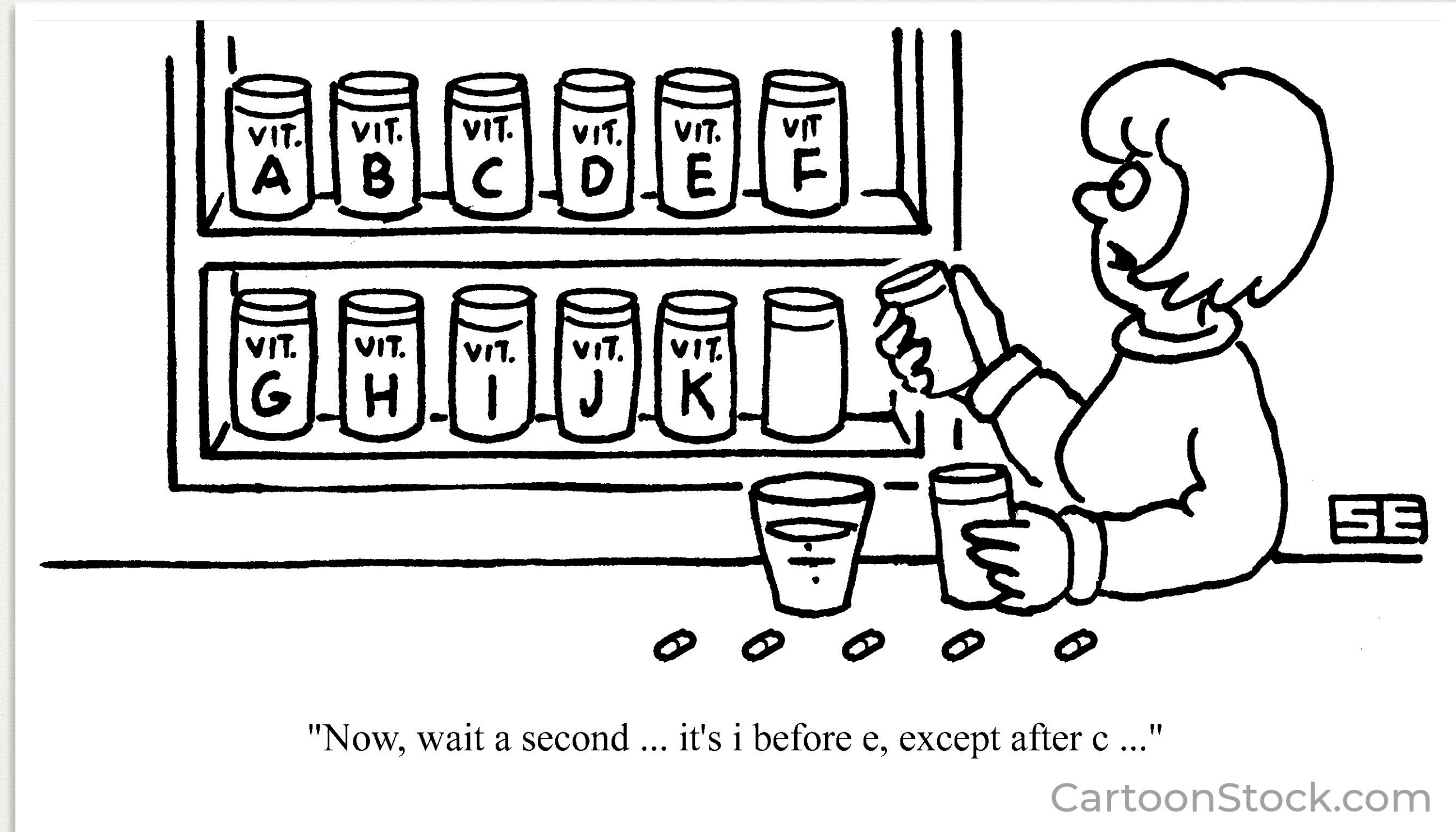
What is a nutritional regimen?

- Uniquely tailored to the patient's nutritional needs every week
- Provides basic functional support using vitamins, minerals, essential fatty acids, amino acids, GI support, antioxidants, anti-inflammatories, and detoxification



What is a nutritional regimen?

- Additional supplements specific for medication withdrawal needs
- Healing of underlying causes and accumulated damage from years of neglect
- Allows patient to exceed baseline daily nutritional needs and have extra for healing



Example of a typical medication and supplement regimen

A L I C E W . L E E , M . D .

Date: Tuesday, March 15, 2022

Christina's Nutritional Supplement/Medication Regimen:

Smoothies: to include fruits, vegetables, protein powder (hemp or bone broth), fats (flax seed, coconut oil, avocado), (goji powder) water, juice. 6 oz. three times per week.

- The eight essential supports
- Additional support for medication withdrawal
- Details on dosing
- Details on the supplement, brand, and form of delivery

Supplement/Energy Medicine	Day 1	Day 2	Day 3	Day 4	Day 5
Fresh, clean, filtered water	90 oz per day				
Energy Breaths	Twice per day.				
Olanzapine 1 mg/ml (412-367-5778) off since 12/19/21	---	---	---	---	---
Liquid Armor Thyroid 10 mg/ml (412-367-5778)	4.6 ml/0/0	4.6 ml/0/0	4.6 ml/0/0	4.6 ml/0/0	4.6 ml/0/0
(M) Gut Support (intelligenceofnature.com)	2 <u>teasps</u>	2 <u>teasps</u>	2 <u>teasps</u>	2 <u>teasps</u>	2 <u>teasps</u>
(M) Brainchild Spectrum Support UltraSensitive Minerals (brainchildnutritionals.com)	2 <u>Tbsps</u>	2 <u>Tbsps</u>	2 <u>Tbsps</u>	2 <u>Tbsps</u>	2 <u>Tbsps</u>
(M) Brainchild Spectrum Support II Vitamins (nbnus.net)	2 <u>teasps</u>	2 <u>teasps</u>	2 <u>teasps</u>	2 <u>teasps</u>	2 <u>teasps</u>
Magnolia Stress Aid (Energy Tools) drops pending	pending	pending	pending	pending	pending
Iodine (Dr. Mercola) 1500 mcg/cap	1/0/0	1/0/0	1/0/0	1/0/0	1/0/0
Liposomal Glutathione (Pure Encapsulations) 250 mg sg	0/0/1	0/0/1	0/0/1	0/0/1	0/0/1
Liposomal Co-Q10 + PQQ (Numedica)	½ tsp/0/0	½ tsp/0/0	½ tsp/0/0	½ tsp/0/0	½ tsp/0/0
Magnolia Extract 200 mg cap (Allergy Resrch Grp) stop buying more of this supplement	0/0/1	0/0/1	0/0/1	0/0/1	0/0/1
Daily Activated Multivitamin (Equi life) caps	1/1/0	1/1/0	1/1/0	1/1/0	1/1/0
Liposomal Vitamin C (NuMedica) <u>teasp</u>	1/0/0	1/0/0	1/0/0	1/0/0	1/0/0
Vitamin D (Solgar) 5,000 IU cap	1/0/0	1/0/0	1/0/0	1/0/0	1/0/0
Opti-Zinc 30 mg (Douglas Laboratories) caps	0/1/0	0/1/0	0/1/0	0/1/0	0/1/0
Cytidine Choline (Ecological F. C. Research) 250 mg caps	2/0/0	2/0/0	2/0/0	2/0/0	2/0/0
Synaptin (Ecological F. C. Research) caps	0/1/0	0/1/0	0/1/0	0/1/0	0/1/0
Phosphatidylserine (Integrative Therapeutics) 100 mg <u>sgel</u>	0/1/0	0/1/0	0/1/0	0/1/0	0/1/0
Astaxanthin (Pure Encapsulations) 4 mg caps	1/1/0	1/1/0	1/1/0	1/1/0	1/1/0
Lavendar Ess. Oils (Young Living) drops	1/0/1	1/0/1	1/0/1	1/0/1	1/0/1
Omega 3 Support (Equi life) cap	0/1/1	0/1/1	0/1/1	0/1/1	0/1/1
Saccharomyces <u>Bouardii</u> 4 billion CFU	1/0/0	1/0/0	1/0/0	1/0/0	1/0/0
Daily Probiotic Support (Equi life)	1/1/0	1/1/0	1/1/0	1/1/0	1/1/0
<u>Resbid N-Acetyl Cysteine SR 500mg (EFCR)</u>	1/0/1	1/0/1	1/0/1	1/0/1	1/0/1
Magnesium Glycinate 120 mg cap (Pure Encapsulns)	0/0/1	0/0/1	0/0/1	0/0/1	0/0/1
Hypothalamus (Allergy Rsrch Group) cap	1/0/0	1/0/0	1/0/0	1/0/0	1/0/0
TMG (Allergy Research) 750 mg caps	1/0/0	1/0/0	1/0/0	1/0/0	1/0/0
D-phenylalanine (Dr.'s Best) 500 mg caps	1/0/0	1/0/0	1/0/0	1/0/0	1/0/0
5-HTP 50 mg (Metabolic Maintenance) <u>vcap</u>	0/0/1	0/0/1	0/0/1	0/0/1	0/0/1

Allyson's Story

- 42 y.o. diagnosed with bipolar disorder
- Began holistic treatment for medication withdrawal
5/28/2019
- On Geodon (5 yrs.), Lamictal (11 yrs.), Wellbutrin (11 yrs.), Levora (3 yrs.)
- Came off all but Levora by
1/22/2020

holisticpsychiatrist.com/podcast



Asher Perlman 8/16/2021 The New Yorker

Allyson's Story

- No withdrawal problems other than occasional side effects from medications
- During the withdrawal, she was able to handle the stress from the death of her grandmother, pandemic, her sister's wedding, and being furloughed at work
- Thriving, working, and no longer a patient

holisticpsychiatrist.com/podcast



Asher Perlman 8/16/2021 The New Yorker

Summary of withdrawal process

- Get a thorough psychiatric history
- Do comprehensive energy testing
- Begin with absorbable, appropriate supplements and natural supports



"It's fine to discover cures, but, remember, chronic conditions are our bread and butter."

Barbara Smaller 9/15/2008 The New Yorker

Summary of withdrawal process

- Heal traumas, fears, and dysfunctions using energy techniques over the entire course of treatment
- Decrease need for functional and nutritional supports during withdrawal with energy work
- Lower medications per regular energy testing



"It's fine to discover cures, but, remember, chronic conditions are our bread and butter."

Barbara Smaller 9/15/2008 The New Yorker

Summary of withdrawal process

- Weekly follow-ups to make nutritional adjustments and add energy healing work
- Follow closely for three months after all medications have been completely withdrawn
- Voilá process completed, and patient is free from being a patient!



"It's fine to discover cures, but, remember, chronic conditions are our bread and butter."

Barbara Smaller 9/15/2008 The New Yorker

What I've learned after 20 years in holistic psychiatry

- Mental illness often completely resolves through an integrative approach
- Medication side effects and withdrawal can mimic mental illness
- Energy testing and healing is critical to a successful healing and withdrawal process



Mike Twohy 11/24/1986 The New Yorker

What I've learned as a holistic psychiatrist

- Importance of “preparing the field” before tapering medications
- Healing from traumas allow for easier withdrawals and long-term well-being
- The most vulnerable period of time for relapse is the three months after stopping the medications completely
- Importance of building good coping strategies to handle stressors



Mike Twohy 11/24/1986 The New Yorker

Thank you!

Questions?

For more about Dr. Lee, please visit:

Website: www.holisticpsychiatrist.com

YouTube: [The Holistic Psychiatrist](#)

Podcast: [The Holistic Psychiatrist](#)

Click on the Holistic Updates Sign up for weekly stories and insights: [Holistic Updates](#)

To schedule consultations or appointments, call Dr. Lee's office at [240-437-7600](tel:240-437-7600)



"If you have any mental-health issues you'd like to discuss, now would be a good time."

Frank Cotham 6/18/2012 The New Yorker