



# **Med Free Bipolar: Thrive Naturally with the Med Free Method(TM) (Med Free Method Book Series)**

## **(Volume 1)**

*Aspen L Morrow*

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# Med Free Bipolar: Thrive Naturally with the Med Free Method(TM) (Med Free Method Book Series) (Volume 1)

*Aspen L Morrow*

## **Med Free Bipolar: Thrive Naturally with the Med Free Method(TM) (Med Free Method Book Series) (Volume 1)** Aspen L Morrow

Aspen's young career as an international investigative journalist ended abruptly in a hospitalization to a padded cell with a drain in the floor. Told she should apply for disability and not have children due to her mental illness, at age 22, Aspen had given up hope life would ever be normal again. Speaking out now for the first time, she shares how she beat the odds and recovered fully. From food stamps to business woman of the year, Aspen has spent the past ten years putting her investigative skills to use to bring to light the latest and greatest natural remedies in mental health care. Learn how thousands have recovered, step by step, in her first book in the Med Free Method™ Book Series: Med Free Bipolar. In Med Free Bipolar you will Learn: Natural alternatives that are as effective as prescriptions What you need to know before quitting meds and how to get your doctor and family on board What types of doctors can actually heal you (some who even take insurance/medicaid!) What tests to ask for to rule out physical causes that look psychiatric Natural supplements that can effectively END: rage, anger issues, anxiety, insomnia, racing thoughts, night terrors and "surround sound" noise sensitivity How to shut your brain off when you want What kind of diet is the best for bipolar What to feed to your brain when it's manic, depressed, racing, and having mixed episodes Natural cures for lost libido and medication weight gain Easy, lazy lifestyle changes that can make a huge difference in your mental health The primary goal of Med Free Bipolar is to show that treating bipolar effectively through natural means is not only possible, but highly likely. The Med Free Method™ is designed as a fourth treatment option over being medicated, "unmedicated", or "self-medicated", written by a peer who has been through it and backed by scientifically-proven, field-tested methods.

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