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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Bipolar Imbalances And Hormones.

By Pieterneel Van Giersbergen

Working as a nurse in the emergency room you meet a beautiful variety of people. Among those

for whom I feel a special sympathy are those with bipolar. They can of course be quite the characters: some hear voices, some live on the streets, some have an extraordinary sense of humor, some love to sing and entertain... and much more. One thing bipolar patients have in common is that they take heavy medications, particularly antidepressants that have many side effects. To whatever question you ask these patients, the answer will often be, "Well, I have bipolar." As if this one sad fact is sufficient explanation for all possible questions.

But the word "bipolar", of course, does not explain everything, and this is particularly true for women having problems with hormonal changes. For example, one woman had a hysterectomy because of severe bleeding, then had to go on hormone replacement therapy. After a couple of months she completely "lost it". She became convinced that she had to move far, far away and take up missionary work - to the alarm of her concerned family. Bingo. She was put on antidepressants and given the convenient label of "bipolar." Well - she took her antidepressants cross-country with her and ended up living on the streets with the homeless. Rescued finally, by some good friends, she was brought back home, where she is now off most medication, trying to stay as sane as possible, and still saddled with the heavy label of "bipolar."

Many women in and around menopause go haywire... but is that necessarily bipolar? I often wonder at how strongly hormones can affect mental health, as is often the case with women after childbirth, with the so-called 'baby blues'. Often due to the hormone progesterone easy to fix with natural progesterone cream. Likewise, women - and men in their own hormonal midlife crisis - often get depressed. But should this really be any surprise? After all, so many things are changing at this point - it's like adolescence all over again, but in reverse! New sensations and a new view of life... letting go of the old ways and struggling with the new... There can be a lot of confusion with many challenging questions demanding to be lived. Unfortunately, many take the easy road and simply dodge the whole thing. They accept being depressed and can even console themselves with the mantra, "After all, I'm bipolar."

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One solution might simply be to use common sense. Bipolar or not, it's essential to take in enough essential amino acids and different forms of protein. Many people's protein intake is limited and unvarying: just red meat, chicken and eggs. If you read Dr. Eric Braverman's book "The Edge Effect", you'll see that we need protein from many sources, including meat, poultry, nuts, eggs, fish, dairy, beans, and vegetables.

This approach is helpful for all of us, but especially for those with bipolar - whether it's the real thing or not. Dark chocolate can be helpful too, offering some of the same benefits as such antidepressants as Prozac and Paxil, but with no side effects. Just as healthy foods are vital for growing children, they are crucial for anybody going through big changes or having a difficult time. So be sure to eat well and exercise, and study Dr. Braverman's "The Edge Effect". Give yourself what your brain needs to function well and create harmony in your being. Don't worry so much about your bipolar - or the bipolar label. Apply your thoughts to the constructive self-healing that is possible.

Common sense is not so common. Good luck with finding what works for you!

Warmly, Pieternel

This article is written for

<http://www.bipolardot.com>

Pieternel has a website with all natural health

products like natural progesterone creams Prosperine

http://www.pieternel.com/hormone_cream_women.html

and writes articles for other sites.

My Experience With Bipolar

By Triston Huntsmin

As a counseling psychologist, I enjoy a variety of clients each day with a variety of needs. I see couples who are on the edge of divorce yet still want to save their marriage and I see young children who are struggling after the loss of a parent or sibling. Some of my most interesting clients are those that deal with bipolar. I was never trained to specifically deal with bipolar, so I had to dive in with my first bipolar client and learn as I went.

I'll never forget meeting with my first (of many) client who was struggling with bipolar. I was a little bit afraid because I only had a basic knowledge of the problem and even less understanding of effective treatment plans for the disorder. The first three sessions I had with this bipolar client I simply let her talk. I asked questions as a method of gaining information, but I barely gave any tidbit of counsel or

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direction. Why? Because I didn't know what to say. I had never experienced someone in my years of preparation and internship for counseling who was so clearly up and down and almost living two different lives.

Each day after I met with my first bipolar client I shut myself in my office and spent the day pouring over books and other credible resources that would help me learn about the disorder. I called up a few friends that were specialists on the topic and I did ever possible proactive thing to be more prepared for my client by the next week.

The things I have learned in the fifteen years since that first close encounter with someone struggling with bipolar are things I never expected to learn. I have become so intrigued with the subject that I have conducted a series of clinical research studies aimed at bringing further understanding of bipolar into the medical and psychological communities. Studying and aiding people with bipolar truly has become my life's work and passion. In the strangest way it snuck up on me and became all I could focus on. It has been my privilege to receive certification as a "bipolar needs specialist" and to begin teaching other counselors how to aptly deal with the problems of bipolar.

If you or someone you know struggles with bipolar disorder, then my advice is simple: learn more. Educating yourself on this important topic is the most important thing you can do. There is much to be learned and much victory to be gained in this area as more people learn the truth.

Triston Huntsmin is a counseling psychologist who now specializes in the diagnosis and treatment of bipolar patients. See

<http://www.allbipolar.info>

for more information on the disorder.

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