

Natural Medicine Guide To Bipolar Disorder The New Revised Edition

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Alternative Treatment Options For Bipolar and Depression

Non-Medication Treatment of Child and Adolescent Bipolar Disorder
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Green leafy vegetables are high in folic acid, and citrus fruits are a great source of vitamin C. Anyone with bipolar disorder who decides to use complementary medicine should continue with their...

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The Natural Medicine Guide to Bipolar Disorder, an innovative and inspiring book on natural medicine treatments for a healthy mind, is about healing bipolar, not merely enduring it.

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People with bipolar disorder may have extra motivation to start eating more fish that are heavy in omega-3s, such as salmon, mackerel, and sardines, or they may want to consider taking omega-3 ...