



Healing Depression & Bipolar Disorder Without Drugs: Inspiring Stories of Restoring Mental Health Through Natural Therapies

Gracelyn Guyol

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When Gracelyn Guyol was diagnosed in 1993 with a mild form of bipolar disorder, also known as manic depression, she was prescribed a commonly used antidepressant. Soon she developed breast cysts and benign tumors, a possible side effect of the antidepressant. She went off the drug and within two months, her tumors disappeared.

Under the care of a naturopath, Guyol embarked on a quest to educate herself about the underlying genetic, hormonal, and other causes of depression and bipolar disorder. She investigated many natural therapies-including diet, vitamins, herbal treatments, and energy healing-before finding the solutions that have kept her free of depression and bipolar symptoms since 2002.

Healing Depression & Bipolar Disorder Without Drugs features Gracelyn Guyol's own story and those of thirteen other people around the country who have cured their depression and bipolar disorder using only natural therapies. In-depth research and the expertise of alternative health-care professionals are included in this landmark guide for patients and caregivers seeking responsible, safe alternatives to psychiatric drugs.

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