

PTSD THERAPY

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CHAPTER 1

The Stress Dialysis Model of Mental Illness

Perhaps one of the most profound theories in modern psychology is the theory of “The Stress Dialysis Model” concerning mental disorders. What this theory argues is that mental illnesses increase in severity when stressors present themselves.

Many people are able to take serious stress, and not have it cause them such “distress”. The difference in distress and stress shall hereby be semantically defined that “distress” is emotional pain, that gets worse from stress, whereas stress is not always an “emotional pain”.

For Example, 60 minutes did a story on a Billionaire Russian Mining Mogul, and he said that he very much did have a lot of stress running his Empire, but it was the stress that made him better. He had his ways of dealing with it, like exercising and partying, but he said it was the stress that made him into what he is today- that he needed it and even liked it.

However, not everyone who has stress can utilize it in such phenomenal and productive ways. Many people can break down when being overly stressed. In certain situations with a person, the stress or moreover “distress” will create problems for the person to do anything serious- like holding down a job.

The best way to deal with stress and emotional distress is to basically let it out in constructive forms (rather than deconstructive forms- like using alcohol). The Constructive forms are things like Exercise and Breathing Exercises like Meditation. On the other hand, doing “un-constructive” things- like killing the emotional pain with Alcohol-- very well may lead you into more stress/distress, and put you on a path to homelessness- like so many veterans before you. More on that Later...

In this writing, we are going to address alternative ways things to lower stress. However, the following is a list of “off label” ways to handle the stress, not exactly confirmed by the FDA, or the VA.

It must be clear that I am not a certified Doctor, and by reading this information, you acknowledge that you need to do your own research and verify it twice. You also acknowledge that by taking any of the supplements recommended, or advice on how to use the supplements, you still are doing this by your own accord, and take full responsibility for the risk and experimentation that might take place.

After you reach a baseline of feeling acceptable, you can either take medication for a long time, or you can face your demons, and try to defeat them by slowly lowering the doses and accepting the pain. Exposing yourself to your emotional pain, and lowering the future pain by addressing pain today is arguably the best thing a vet can do. Obviously, this is easier said than done. In fact, doing this is one of the hardest things people with anxiety will ever have to do.

CHAPTER 2

Alternative Medicines

L – Theanine

L – Theanine is an essential Amino Acid. Amino Acids are the building blocks of our biology, and are found in many weight lifting supplements. Each Amino Acid plays a key role in creating who we are.

L- Theanine is marketed by creators of supplements to provide relaxation and sense of ease when stress levels rise, or stressful events occur. As you now may have realized from the stress dialysis model, stress will make any mental issues ignite and grow to match the level of distress.

“L-Theanine has been studied for its potential ability to reduce mental and physical stress,[11] improve cognition,[12] and boost mood and cognitive performance in a synergistic manner with caffeine.[13][14][15][16][17][18]” (Wikipedia).

“Several beverage manufacturers are selling drinks containing Theanine and are marketing them as drinks to help people focus and concentrate,[8] while other manufacturers claim relaxing and tranquilizing properties”[7](Wikipedia).

Unconfirmed recommendations found say that you can use about 400 mg based on being about 200 lbs, but further research on dosage is needed, and note that everyone is affected different by different supplements.

Unlike Valerian Root, which will just make you tired, L- Theanine will just relax you, but not take energy or make you tired. Valerian Root will help you with sleep, along with perhaps 1 mg of Melatonin. Melatonin is a hormone which helps the circadian rhythm sleep cycle.

With any pill you take, you really want to remember that it is best if you eat something small so that your body can better metabolize it.

L-Tryptophan

L-Tryptophan is an amino acid, and the precursor to the neurotransmitter Serotonin. Serotonin is a neurotransmitter that makes a person calm. It is claimed that food consisting of “bird” like chicken or Turkey have a high amount of this. It can sedate a person heavily- depending on the dosage taken. It also may help create confidence. One may not think as fast or as much being so relaxed. It is good in small amounts to provide relaxation, but it may not exactly completely replace an SSRI or SNRI if you have an anxiety disorder. However, it is up to you if you have a bit of uneasiness, to try L-Tryptophan if you cannot handle the side effects of SSRI’s or SNRI’s. L-Tryptophan may leave the system very fast- or it might leave it slow- the dosage effect and the time in the system can vary. What food is currently in the system might have an effect on how this

and other supplements work. It is important to remember that all pills and supplements need to be metabolized with food. They work much better when you have food in your system, and without food, it is said that they just go right through the system. You can L-Tryptophan or 5 HTP at Whole Foods, or your other nutrition shops.

Here is an example to give you an idea of what serotonin does- and doesn't do when it is not present: A guy goes to a club and takes ecstasy. The Ecstasy pushes all the serotonin out of his brain cells making him feel great and peaceful, and that all is well. Then he suddenly has a nervous breakdown where paramedics have to be called. This would be what they would say is "Panic At The Disco"- as chances are he is burned out of his Serotonin, and there is no more to blow out of his brain cells. (Ecstasy is bad because it has been found it actually burns out serotonin receptors for later- and makes them less sensitive- meaning one night of "all is well" means perhaps years or even a life of "all is not well"). FYI: Feeling goes on when neurotransmitters are being pushed out of the brain cells- communicating to other cells, and being used in the synaptic cleft to create the feelings.

On the Other hand, if you take an SNRI and L-Tryptophan, you get what is known as Serotonin Syndrome, which can cause extreme aggression. And yet here too, be careful, because serotonin syndrome can cause one to have anxiety and be very un-calm and shaky.

It is very important that you are aware of serotonin syndrome, as it can be life threatening. So basically, DO NOT take St Johns Wort, or an SSRI, or an SNRI with even a very small amount of L-Tryptophyn.

Latuda, a medicine for Bi-Polar disorder is the first drug on the market to help balance the amount of serotonin inside the brain cells and outside of the brain cells.

Inositol and Sensitivity

Inositol, or B-8 can actually help the brain become tougher by what seems to be thickening of neurons. If you were concerned about having less paranoia in public, you could use Inositol, which slows your thinking down, balances some off your chemicals, and makes you less sensitive to your anxiety. It has been studied and found that it can help rebuild the mylon sheath around the axons, dendrites and nerve cells that can get damaged by too much electricity, where the damage can cause sensitivity like a cavity.

Inositol is currently being studied to see if it has therapeutic benefits for OCD. In addition to making the user feel much less sensitive to his/her own thoughts and feelings, early research indicates that inositol balances the flow of serotonin, which is the calming neuro-chemical in the brain.

According to WEB MD: Inositol might balance certain chemicals in the body to possibly help with conditions such as panic disorder, depression, obsessive-compulsive disorder, and polycystic ovary syndrome. However, the down side of Inositol is that it can take 10- 20 Grams to create a decent effect, and is somewhat expensive...

According to Wikipedia, Inositol has also been heard to be cut into Cocaine products to take the edge off a users high, thin the product out, and give users a more mellow experience so they don't freak out.

Vitamin B Complex

Vitamin B deficiency has been associated with issues of stress. According to the University of Maryland Medical Center as stated on E-How, B-complex vitamins can help restore the adrenal glands from stress; create a positive influence on the production of the brain chemical serotonin; and help with energy.

Pantothenic acid plays an important role in relieving stress. Often referred to as the "anti-stress vitamin," vitamin B5 is critical to the manufacture of stress-related hormones produced in the adrenal glands.

Finally, the substances choline and inositol (B-8) offer a calming effect that can be very helpful. Scientists think that being Choline might have properties that help repair your brain.

All in, a Vitamin B Complex is a very simple and great place to start.

Tribulus

As we all know, even though sexist stereo types may charge that woman are the ones who are supposed to be emotional, and men are supposed to be ever tough and logical, showing no emotion,--- the reality is that men might just be *more* emotional. The reason for this is that woman are always letting go of their emotions though various means of venting, where men usually suppress emotions- which by now you should realize creates more of these same emotions continuously cycling though you, even if you are not even conscious of it.

Tribulus has a very good effect of boosting testosterone levels. So while promoting Tribulus here might just be a very expensive thing to suggest, the theory is: if you have more testosterone, you may just be a little less sensitive. If you take too much, you will find yourself very angry, and thus not be filled with much caring or anxiety. Upon first using it, you may feel so angry, you would rather have anxiety. The extreme anger usually goes away, and if you continue using it, you will just notice that you are not as sensitive to things as you might otherwise be.

A word of extreme caution however, it is important to check if the tribulus has Maca in it. The reason is that you might actually blow a head gasket in your brain from the sheer rage you will feel with using Maca. This herb (according to Wikipedia again) has been written about, stating that long ago, the ancient Mayans took a copious amount before they went to war- hand to hand style. Due the violent feelings and sheer aggression, legend has it that they basically turned into Mayan trash.

With 1 week of Maca, you could easily destroy a long and positive marriage, and/or just destroy any relationships, friendships or job opportunities you had on the horizon. Indeed it makes for such a terrible

feeling, Maca can cause so much aggression that you may end up in jail or worse if you use it every day, or even once a month.

Surly you know of Senator and presidential hopeful John McCain. Now he is a pretty hard core guy. However, many years ago it was heard that he was trying to have Maca (and other supplements) banned from health food stores. In fact, many years ago he might have been part of a petition to ban or regulate all natural supplement pills. You might imagine how he would act if he were on it, and even having it motivate him to make a run for President- so he could rule the world...and let his suppressed Demons of being a POW lead the way...

Tribulus (without Maca in it) on the other hand might give you energy to brush things off, but be careful if you find yourself unusually angry or aggressive. You may find that tribulus alone feels terrible, and should exercise caution/// and excessive with weights and running-- until you are you are used to it.

Tribulus is a very small testosterone booster, and like a steroid, it needs to be cycled with something else after 2 months of use. In this case, you could consider FenuGreek, which also can help with the estrogen and testosterone balance.

People

One very important thing you should understand is that it is important to form friendships after the military. You will slowly realize that upon leaving the military--- there are indeed less people who share your experience. Finding true battle bros will be a lot of effort. I almost recommend going to a homeless shelter that you can find under "Supportive Services For Veteran Families"--- at your local VA hospital. (Again, you don't have to be disabled to use the Hospital Services). By going to these shelters, you may be inspired by the other vets.

Being around a group of friends// likeminded people actually really helps.

Putting in the work to make friends is extremely important to your mental health.

Exercise/Sports/Running

You should make a habit of exercise. Forming great habits are freaking awesome for your health.

Join sports teams if you can. Look into Sports Monster.com--- And definitely look into a website called Meetup.com.

It's imperative to stay in some kind of shape just because it is healthy for you, but if you have stress and anxiety// PTSD, this is the absolute #1 thing you should be doing.

Just Start It. Start a Project—and give yourself something to do, and give yourself a goal.

A university research program conducted an experiment to find what the nature of ambition and motivation was, and how one could create motivation. Over the course of the study, the researchers found that merely starting something- without over thinking the entire task, was the best way to get motivated. This is because the hardest part of doing something is usually starting it.

And with that, if you have a distraction free environment, you start to get on a roll. However, if distractions are numerous, then you constantly have to keep restarting.

Weight Lifting

You may notice that weight lifting supplements like Whey Protein have a good bit of Amino Acids- building blocks of who we are.

Eastern Medicine

Other factors in body movement come from ancient Eastern countries.

Tai Chi

Tai Chi is about understanding the energy fields around all of us, including within us. If you do it correctly, you can rid yourself of negative energy, and learn to absorb and create positive energy.

The study of Human Electric fields is a subject of great intrigue. By learning of this, perhaps through Karate or through other Ancient Japanese cultures, you can learn that women often have a repelling energy field, and that men pull in energy. This means, that you could learn to eventually channel your energy to “push” a woman’s energy away, and if done strongly, their energy field will switch, and start to pull you in.

Yoga

Mostly considered a female thing to do, really Yoga is just about stretching your body, and getting rid of aches, making you feel better.

It would be advised to do it at home with Male kind of exercises. The reason is, in a female studio geared to practice female. So instead of doing stretches like “Warrior One” which channels and stretches the energy you like, you end up doing stretches much like lying on your back, and exposing your asshole to the sky, as you pull your legs back to your head...like channeling all that energy into your ass. Sounds great right?

If you go to the female style, you might have the chance to meet girls who do it, but consider yourself warned.

Meditation

The Chinese have a long history that basically embodies the entire Realm of Eastern medicine. The art of taking time to just breath and focus on nothing can be a great method to give you calm. Many times, the brain is simply spinning with excess thought, and toxic feelings, that the main thing you should do is not reach for pills or Eastern Medicine, but instead just focus on giving your brain more oxygen.

This can happen with marijuana: if your head starts to race, just focus on breathing, and you may find that you were hyper-ventilating.

Instead of going for a Newport, go for some Oxygen. Smoking does resemble the breathing with meditation. Just remember that deep breaths can be very relaxing, and your brain won't be on alert from hyper-ventilating, or near death because of no oxygen. In Europe they have Oxygen bars where people go to hit Oxygen tanks that basically calms eases, and erases everything on their mind.

Acupuncture

For those with so much stress that muscles ache considerably, you might try acupuncture. Possibly a great way to relieve stress- both in the mind and the body.

Message

Message is great if you have a masseuse who puts positive energy into you, and gives a nice soft massage. If you tell them to do it hard, you will be left with giant red marks on your back, like you just got dominated. I did a massage with a student for cheap, and for the next 7 or 8 days, I couldn't walk upright as my back was in such excruciating, unbelievable pain. This is not recommended. Don't do a "hard" massage, because you will have red marks on your back like you just got completely dominated.

I should have gone to the doctor for muscle relaxers after that. I was freaking livid. I think it helped my racism. A word of warning- don't play games or lift when you're on muscle relaxers- as you can seriously rip a muscle and permanently damage it. They are often used for pinched nerves.

Sex and The Solo form of Sex

Scientists and Doctors who study relationships and counsel couples say that MONEY is one of the biggest reasons couples break up. But I think the real hot button is how good the sex is, and how much it is. Here again, if you don't have the motivation, you still gotta sex the wife, even if you really do not want to. Think of it as your job. And PS, woman like it slow, so don't learn all your moves from porn...rather think of using feathers.

The major problem you may run into is that if you have to take medicine, it may destroy your sex drive. Then money might come up as a serious stressor.

The solo form of this exercise, (as you well know) is arguably one of the best stress relievers that you can do. And unfortunately, you may have to do it daily if your stress is really bad.

Despite this, certain medications may interfere or totally destroy your sex drive. More on addressing this issue later.

Marijuana

While smoking Marijuana is just an idea to calm stress, it probably should be used short term. This coming from a guy from Colorado. Do it, Don't do it, who cares.

Marijuana

Whatever you do, ***Don't*** tell your VA doctor about what you think when you get high- you will probably be prescribed antipsychotics, which is the wrong medicine for anxiety. If you have never tried marijuana- you may not realize that it actually does have benefits for ones mental health. In Colorado, Marijuana is now not only medically state approved for medical reasons, but as you now know, it's legal to use Marijuana for recreational purposes.

The VA will not recommend this, but it is worth a try. If you don't like the high feeling, you can tone it down by eating it as food- which will make you feel a more mild high for longer. However, after trying these edible products- I think they are "blowing smoke", because I don't notice any effect at all on some. On the other hand, if you eat too much, they can make you totally psychotic. There have been reports of people jumping out of buildings— on just this edible marijuana...

So on second thought, if you are used to swag weed at 3% THC, and don't need the 25%-30% THC, you can maybe look into the high CBD stands, like "ACDC". They said there is virtually no flower that will not give a mental high, but ACDC seems to do just that, leaving you think- why smoke that? But the therapeutic CBD is extremely high. CBD basically "helps" reduce seizures, panic fits, anxiety attacks, and is thought to even help with Bi-Polar symptoms.

CBD is one major reason why marijuana went medical. See the chart that shows the different elements of Marijuana, and learn what those parts do.

Perhaps you already know that there are now very different types of marijuana. Some make you feel and think a certain way, and other strands will have a totally different effect on you. The main 2 strengths are "swag" and "KB"- standing for either Kind bud- or Kush. It may be that Kind Bud is from the states-namely California, and Kush, from the Middle East- namely Afghanistan (and I feel Kush is not as kind as California's). KB has been designed to be about 10 X as powerful as swag. This is why I tried getting into just eating it- to control my dosage. Think about what a difference 10 times more powerful means. Back in the day, Marijuana

brought from Mexico had about 2-3.5 milligrams of THC. Thanks to botanists (like seen on the movie Savages) Marijuana is now mostly all KB, and has THC levels North of 20- and 30 milligrams.

At this level, if you do not smoke often, and you hold a big hit of smoke in your lungs for a long time (like you would for swag), you will effectively fry your brain pretty good, and smell like dead brain cells, or a burnt brain smell like you might notice at raves-- the next day at work.

I used to have interesting thoughts on Swag and Kind, but Modern Kush is just retarded. There is like no thought that takes place at all. I cannot watch TV and understand 2 and ½ men. I literally cannot process any information outside coming in at too high of a level, on the wrong kind. But all the strands seem to have different effects on different people.

The best thing to do in this scenario is to standardize your dose, even with a spray that has 1.5 milligrams of THC a shot.

The two strands are Cannabis Indica and Cannabis Sativa. Sativa strands are thought to give one a mental high. Indica Strands work more on the body, giving one a body high.

The point is- marijuana might possibly help with PTSD, but exercise extreme caution, it's not your grandparents weed. Depending on your issues, it is thought that it can create psychotic beliefs and such down the road.

The idea here is that the best way to help yourself is to become highly knowledgeable about medication, supplements and street drugs, and come to a better understanding about how they work and interact in the body when together.

Melatonin For Sleep

Note that Wellbutrin can keep you up at night making you spin (and yet it can also slow you down). A major part of managing stress and emotional distress deals with getting proper sleep. What you could do is try a prescription medicine, but then you have the side effects- like driving to Taco Bell - while totally unconscious and asleep. The other more likely event happening is that it will just make you tired every day. So an alternative to this is: Melatonin. Melatonin is a natural occurring hormone in every body's body.

It is incredibly effective, and while doctors say use for a small time period, you can start with 2.5 mg, and go up to 3,4,5 and so on for years. For best absorption, let it dissolve in your mouth like a B-12 shot. The melatonin might take an hour or so to really hit. Good sleep is a huge "de-stress" agent, probably one of the best.

Sleep with alcohol however, and not only will you have terrible sleep, but your brain will have a harder time repairing your brain. (ANTI-PSYCHOTICS work great for sleep too, but are really bad for doing anything in the

day). SSRIs may also help with more serious problems, but I think the whole idea of this book is to show more “natural” therapeutic ways to deal with PTSD and other sidelining issues than heavy pharmaceuticals.

If you go into a shrink, tell her some crazy stuff, and tell her you can't sleep, you may just wind up with 4 mg of Risperidone, when all you need is some really minor, mellow stuff. Remember, these Pharmaceuticals even in minor doses are freaking seriously powerful.

Energy

If these medicines bring you down to a state of hard core boredom- where all you can really do is sit and think about the past, I would really recommend going to a natural foods store that has pills, and get a multi vitamin like GNC's Mega Man Sport- or Metabolism. Taken with Vitamin B-12- it is likely that you will have a great amount of energy. However, if you don't use the energy- you might be kept up longer than you would like.

St Johns Wort

Like this little book is trying advocate and promote, the higher quality, more natural remedies you take, the better off you will be. For example, if you think you can do it, try Saint Johns Wort for anxiety, instead of a hardcore SSRI.

St Johns Wort is much weaker, but you will most likely not lose your sex drive, and woman will be more attracted to you, because you might be a bit more nervous, leading to my theory that this will make girls around you more confident.

Pharmaceuticals are no joke.

CHAPTER 3

Pharmaceuticals

Crash Course in Neurology

Before we go on, let's just do a crash course in neurology.

Scientists have identified 5 major neuro-transmitters among possibly many more.

Dopamine (Motivation) Amino Acid Name: L- Tyrosine (5 hour energy, Cow Steak)

Serotonin (Calm) Amino Acid Name: L-tryptophan (Turkey, 5Htp, Chicken/Bird)

Nor-Epinephrine (Focus) Amino-Acid Name: L-Phenylalanine (5 hour Gum, Fish and Seafood)

Epinephrine (body adrenaline) Amino Acid Name: Beer (Tabasco sauce/Tabasco sauce in beer)

Gaba (Balances Brain chemicals)

So, the brain basically works by sending electrical synapses that contain these neurotransmitter chemicals. When Dopamine is released into the synaptic cleft (which is the open space between 2 brain cells), it basically makes you feel rewarded. When the Dopamine is in the cells, it might make a person more thoughtful, in a resting state, and less motivated physically.

To oversimplify things, it seems as if the “thinking” goes on in the “brain cells” and feelings outside in the Glia- which some scientist believe this Glia also communicates with out a set connection between cells.

Feelings then thought to come from the chemical communication in the synaptic cleft between the 2 cells.

So when you get something like a “re-uptake inhibitor” what happens is certain chemicals will be blocked from going back into the cells, and there will be more neuro-transmitters “floating around” in your glia transmission paths and synaptic clefts. These floating neurotransmitters are what make us feel good.

These reuptake inhibitors do not force chemicals out of the cells. Something like meth and cocaine however will forcibly push an excess of dopamine out of the brain cells, many times depleting the cells to the point of starvation and death- brain cell death.

Try-cyclics

Try-cyclics work better than SSRI's for young people. (But don't believe everything you hear).

While the VA Pharmacologists should know this, and other people should know this by now as well, SSRI's and to less of extent SNRI's have a Black Box warning for kids on them, because SSRI's can cause many individuals to have periods of major - legitimate suicidal ideation.

The brain does not stop growing until about 30. This means that most humans under the age of 30 could possibly have serious problems with an SSRI. I have felt truly suicidal before when I was on an SSRI in college. It only lasted a couple hours, and only about 1 day a month, but for me that was way too much.

Indeed, when on this very heavy medicine, my mind worked like I was on dial up internet service. It also caused me to seriously consider going to the sports shop a putting a 3 day notice for buying a gun.

Today I joke about just ending it all. It is NOT the same feeling at all that I had under 30 on an SSRI. Now, the SSRIs actually work really well, despite murdering my libido.

So what the VA should be doing is putting any returned soldier under 30 on *Try-cyclic* Medicine, because these older medicines do not create suicidal feelings. In addition, Tri-cyclics seem to have much less side effects, possibly because they are a bit weaker. It's your call to see if less is more.

So there is hope that a good medicine could click with you for a good bit of time. Unfortunately, changing medicines is often a really messy and often emotionally painful experience. You have to balance yourself with extreme precision.

SNRI's and SSRI's

For hard core anxiety- like OCD or PTSD, or any of the issues associated with anxiety, these are the gold standard (over 30 years of age). However, the downside, especially for the SSRI's is that they destroy your libido, but what's worse is that an SSRI especially can be so strong- they can completely destroy your ability to feel sex- or the solo form of sex. This can be very frustrating- especially to the wife/husband. On the other hand, there are things you can take to basically become a porn star.

A really hard SSRI might also be hard to handle because they can destroy most types of motivation, like physical or mental desire to work.

What is worse however, is that from my own personal experience- the reason why SSRI's cause suicidal ideations is because they metabolize - or rather work on the brain- in a highly unstable way. For example, one hour you will be very confident, and then the next hour- it's like you have no SSRI at all and start to get weird.

That's why the second generation of SSRI's were "Controlled Release". However, the VA does not allow vets to have the Controlled Release because they are much more expensive. You need a waiver to get these, and it takes a while to prove you need them. So instead, vets are served expired generic 1st generation Paxil that would almost be better to not take at all unless absolutely needed to survive. Hey, you get what you pay for,

and in my opinion, it would be wise to pay for better medicine- even at \$200.00 a month- because you will notice a difference. This is especially true since the VA is way short on Doctors.

The difference between SSRI's and SNRI's is quite different. The newer medicines include Cymbalta and Effexor, which are SNRI's. The N part of this stands for Norepinephrine. Norepinephrine is a stimulant that gives you mental energy, focus and clarity. It is possible that it is such a great Noo-Tropic (cognitive ability enhancer) you will find yourself becoming more mentally intelligent. For many, the SNRI will give you extreme mental motivation; you may even have to carry a pen and paper around to write all your thoughts down.

SSRI's on the hand are boring, and they do not stimulate the mind like an SNRI. But if your goal is to beat your issues, they are a good way to go. Just be prepared that they may sink you a bit too low, as modern SSRI's are pretty heavy duty. If you have a Gorilla on your back, SSRI's are like an anchor that will drowned said Gorilla. They can also make sex drive and feeling more difficult than an SNRI.

You may find that woman like you more on an SSRI- probably because they take away all thought, leaving the woman with total power.

One of the most difficult things about these antidepressants is getting the right dosage. Among other difficult things concerning anti-depressants, or any medicine, is that unfortunately a veteran may want to speed up raising and lowering dosage. This might mess you, but again what will mess you up more is taking different medicines all the time, cutting them up even though they may be Sustained Release, and taking different dosages every day.

When a "sustained release" medication is cut up, it will create instability, and cause you to either get too much, or too little of the chemicals interacting in your head.

In terms of getting your sex drive back on these- it will be an uphill battle. You have to make the tough choice to say mental health is more important than the ability to feel sex, which you will often say that it is not.

Basically, there are a couple of things that you can take to offset the sexual side effects of SSRI's:

#1 Horny Goat Weed

#2 Tribulus

#3 Viagra

#4 Yohimbe

#5 Welbutrin

All these measures can have beneficial effects, but they have just as equal terrible side effects.

Goat Weed

Goat Weed can make you want sex so bad, you may feel even more anxiety than PTSD when in public places. After much experimentation, I feel that goat weed is only good if you can get off every day. If you are on a ton of serotonin, and take Goat Weed- you may start to have foul and highly in-appropriate thoughts and feelings.

I would only recommend Goat Weed with no SSRI, SNRI, and also no Dopamine or Dopamine re-uptake inhibitor.

Tribulus

Tribulus will boost your testosterone levels, but if you have too much, and are already an angry individual, your head may explode from rage-- rage over nothing than just feeling absolute rage.

Furthermore, just remember to use Tribulus "WITHOUT" maca.

Viagra

Viagra is like \$30.00 a freaking pill. But the VA will give you 2 a month which you can break up.

The best way to use these are to take a very small nibble off the pill, like a shave of 5 mg- Everyday. Or you could do ¼ a pill, but your body won't be as used to it- which could either make it work better...or worse.

Yohimbe

I would not recommend Yohimbe.

Yohimbe can cause anxiety, and even panic attacks by flipping your hormones into an un-balanced state. At least for me, yohimbe will give you periods of rage, and then panic attacks. Because of the panic attacks, I would not recommend Yohimbe.

Be aware however, the worst thing you can do is self-medicate, or even use other supplements that you think would be good. Chasing your sex drive with other pills is actually dangerous, and ends up making you more of a mess than you started with.

You would be wise to heed the advice of being very sensitive with the Amino Acid L-Tyrosine, or other things that work on your Brains Dopamine Systems like Wellbutrin, speed or Adderall- especially on a bad mental health day. Some days are better than others, and on a bad day, go for something that helps increase serotonin, like Chicken or Turkey, basically something that boosts serotonin. If you have anxiety, or feel bad, serotonin will help you the most, not dopamine.

Wellbutrin

The first step to get your sex drive back from the destruction that SSRI's did to it may be to look into something like Wellbutrin. On one hand, Wellbutrin is a blast. You should also note that even though you might have to be on it for a while, it is the best thing on the market to defeat a cigarette addiction. (In addition to Wellbutrin helping you quit cigarettes, you might also need 10,001 attempts to quit.)

Wellbutrin causes your brain to keep dopamine "out of your mind (cells)" by making it so the dopamine cannot be sucked back in the cell, thereby creating "re-uptake inhibition"-and thus creating more dopamine floating around. You just need to fill it back up with food and supplements. In doing this, it can make you feel motivated, physically up for anything. You may laugh a bit more, and be more charismatic. It will destroy your desire to smoke. You may want to exercise more. It makes you "glow" and even have good looks. It has a lot of great qualities, most notably bringing back a sex drive.

However, the down side of this is that this med might make you really hyper and paranoid, and most of all, it intensifies everything. So if you are battling your issues, it may make your demons and battles more intense. Taken with a mood stabilizer however, it might make your thoughts feel better. Just don't self-medicate and take too much. If you do- eat L-tryptophyn or 5 HTP.

It is very dangerous to take L-Tyrosine with Wellbutrin- you might become paranoid and delusional.

Wellbutrin also has a slight bit of Norepinephrine re-uptake inhibition, (Tricyclic antidepressants or SNRI's like Effexor also has this Nor-Epinephrine re-uptake inhibition for focus). So taken together (Effexor and Wellbutrin), you may have so much ability to focus, you will one day start to think you could be like "The Sorcerer's Apprentice", and light things on fire with your mind---just through your focus. In reality however, you are simply becoming delusional, and it might be time to actually cycle off the medicine for a while.

A word of Caution, if you eat the Amino Acid L-Tyrosine and use Wellbutrin, you may run into problems of being in a state of being completely psychotic. While you may not be schizophrenic, you can create the symptoms of being schizophrenic, and exacerbating anxiety issues like PTSD.

Then if you complain to VA doctors, they might put you on anti-psychotics- which you must note:

Antipsychotics CAN cause anxiety problems to get worse, much worse;

In addition they hurt, and you will not be motivated for anything.

Basically, the more you mess around with dopamine, or Wellbutrin or /L Tyrosine (without a mood stabilizer) the worse you might get. If you get too much dopamine rushing around outside your brain cells, you can literally make yourself psychotic- (what they mean when they say: you're out of your freaking mind). With underlying illnesses, like bi-polar or OCD, or PTSD, you may graduate to the next level of Schizophrenia. It might cause extreme delusions, and severe paranoia. It might make you lose your job, or make it harder to get a job.

It can be dangerous, but, if you are single, in the end, it will most likely bring back your sexual “feeling”. If you are married, Wellbutrin could make it go either way in terms of helping or hurting the relationship. It most likely will definitely excite the person on it.

However, with 4+ years of on and off Wellbutrin, I have found that women think I am seriously psychotic when on Wellbutrin, and not only do I NOT hook up with female friendships, but the girls won’t even look at me when I am on the stuff. This could be from the intensity, motivation, and great desire that Wellbutrin brings. However it could be that I come off high and very paranoid to others. Most importantly, I learned that it makes you want girls so much- they will not be interested- as it’s like they know you. If you are on Anti-Psychotic however, women find you mysterious, and you can get the woman you want--- even though you don’t want them- which leaves a dilemma: to want and not get, or not want and get?

With men on the other hand, most guys really seem to like other guys when they are on Wellbutrin. If you are on Anti-psychotics and around guys- they might not like you as much.

To illustrate this, something very interesting that I learned while being manic on Wellbutrin- is that everyone has an “energy field” around them. Now, naturally a woman’s “chi” or energy field is often a repellent kind of magnetism that pushes others away. The more her magnetism repels, you might say that this is then correlated to how attractive some may find her- or how many female friends she has. On the other hand, if a guy is nice, his energy will most likely pull in- - like an unspoken bond or affinity that has been around forever with Men and Dogs.

So try this exercise with a dog to confirm my hypothesis: instead of yelling at a dog in a park or dog park to come to you, imagine your body pulling the dog in to you. Use your body to pull that energy in. I would not recommend pushing the dog away-- they usually will get mad and bark.

Now, instead of trying to pull a woman in with your desire for them, imagine your body trying to push their energy away from you, and see what happens. It may be counter intuitive to how you think things should work. I use counter intuition for almost everything.

Now, Wellbutrin will make you really want a woman, and mentally want them. Of course, in my philosophical opinion, the only thing that should want her is your body. Because of your extreme “Mental” desire, the woman may not respond like you would want her to. Much of the reason is that the more you want her, the more you will try to pull her in.

Now remember to use this same energy to push your energy on her so as to push her away from you. The key I think is to make this energy hold Fear for the Woman- and Respect. This is sometimes easy with Wellbutrin, because you might encounter anxiety: and your anxiety will naturally make the opposite—the woman more confident to attack you.

So try that- push your energy at a girl you are interested in... that is her energy and magnetism right back at her. Indeed, you can do this for more than just Woman.

Lastly, having energy and motivation is a great feature of Wellbutrin. Things that you can use for energy (instead of the psychotic motivation Wellbutrin can create) include things like Vitamin B-12 Shots, and GNC's Mega Man Sport.

If your goal is to beat PTSD, and live a normal life before you screw it up by constantly experimenting with things that work on your dopamergenic systems, to include absolutely desperate attempts to get your sex back, you should remember that in a low period of feeling bad-- L-Tryptophan/serotonin/SSRI's are going to be the best way to get out of a bad set of feelings- even though your body might say: "continue with dope".

In conclusion for Wellbutrin, be careful, take the non-sustained, and try smaller amounts like 5 mg, 10 mg, and 25 mg, as the makers are now being sued for recommending dosages be as high as 300 mg, which will burn you in a month.

Anti-Psychotics

A medicine that has virtually the opposite effect of Wellbutrin- are the infamous anti-psychotics.

Woman seem to respond to a guy on antipsychotics. In my experienced opinion, and using the hypothesis from before, woman respond nicely to a man on anti-psychotics because they are absolute WORST thing you can take for anxiety, and they will turn you into shit.

Basically, they call it a chemical lobotomy, but it's more like chemical torture if you have anxiety.

Where Wellbutrin might make you feel good, antipsychotics, especially with anxiety, will make you feel worse than you may have ever felt in your life.

You as a man will likely no desire for anything- (including woman)- making the woman happy and wanting everything--including wanting you! I call this phenomenon: "opposites react"-a fundamental flaw I have identified in our biology that seeks balance.

If I may speak freely, in my own opinion with my own illness of OCD, using anti-psychotics basically ripped my mind a new asshole. And comically, this analogy actually works, because if OCD creates a brain with shit coming out in certain areas- I now had twice the shit coming out (I also was not on an SNRI).

(Again another reason woman might want you then- they can work to try and help/nurse/fix/ nurture you).

Most medicines take up to 500 million dollars to go from concept to consumers consumption. Anti-Psychotic were made for schizophrenia in the 1960's. My personal opinion is that drug companies are using old knowledge to repackage medicine and claim different uses, (possibly even for profit!). Further, while 1% of the population has schizophrenia, my guess is that 20% of our US population were on these in 2005, around the time of our little "Global Economic Catastrophe"

For most, they inhibit the desire to be *active*. Therefore, I definitely would not recommended them if you want to go to ranger school, walk to the motor pool, or work a normal job.

I have written the VA doctors for the soldiers and told them not to prescribe anti-psychotics for anxiety. While OCD is psychotic, in one semantic sense, the term “psychotic” in the medical field also is very much geared to describe a person who is acting loud and aggressive, or “physically doing” things that are not socially acceptable.

I would much rather see veterans on Depakote or a mood stabilizer for anxiety. The ultimate answer to Anxiety is again- an SSRI, or better yet, an SNRI (or try-cyclic if you’re young). In my own opinion, a “true” mood stabilizer like Lithium, Lamictal, to include Latuda---the latest medicine for Bi-Polar, and for me- Depakote- has been a ride like a Cadillac, tones my thoughts way down, and makes life easier without constantly having to battle myself for philosophical dominance.

Depakote

I have written the VA to argue that troops could become emotion free super soldiers by taking a mood stabilizer while in battle. The genius about this is that in theory, if a soldier takes Depakote during war, it could help the troops to maintain their bearings during the stress of a fire fight, and keep them from the panic and the clarity (that would turn in to the anxiety later).

A word of warning: exercise extreme caution upon discontinuing Depakote. The reason is that IF it stabilized you for a good bit of time, and you suddenly discontinued it, you might go into a psychotic state (with or without marijuana, alcohol or other), that could cause you to create actions that will land you in a super max jail for twenty years. Be advised.

Interactions

An antipsychotic may sap you of motivation, especially when co-administered with something like an SSRI. I mean, that’s the end of the line there, you might just be done with work forever. Note- you need to study the interactions of your medicines as a third line Doctor. First, the prescribing doctor should know what she is doing, and if she doesn’t, the pharmacist gets paid BIG money to know the interactions of medicines, and when they don’t, it is up to you to check the interactions of your medicines.

Most medicines don’t get along well with each other. It would behoove you if you could to just take 1 medicine. Because when you take 2 or more, things get very very complicated on your system.

Here is an interaction to lookout for:

Benzodiazepines and Oxycodone.

Basically, if you take these together, you might very well die!

And you don't have to take much of either.

Some of the downers are like putting very heavy security on your computer. If you put too much on your computer, your computer is going to run slow, and incorrect.

PLEASE BE WEARY OF THE FOLLOWING THINGS NOT TO SCREW UP WITH.

CHAPTER 4

WHAT *NOT* TO DO

Getting rid of Coffee and Mental Sensitivity

Stimulants

VA Doctors

Antipsychotics for Anxiety

Alcohol

Suicide

Coffee and Sensitivity

The next thing that took me a long time to learn is that Coffee seems to have an acid in it- where the acid actually eats away layers of protection on a person's neurons. This has yet to be published in a collegiate scholastic Journal, but it does not take a scientist to realize that coffee is a stimulant, and if you have an anxiety disorder, you really should try and stay away from Coffee. While a strong cup turns persons' lights on quickly, it might actually cause fatigue later. In theory, the best alternative is to drink decaf- or get into Green Tea with Honey.

So again, coffee speeds up the neuron firing, and makes the brain more sensitive. To illustrate the problem of coffee: just imagine it like it as having a great side, and a very dark side. That is to say- one can get really

moving with it and be supercharged, firing the brain cells and becoming super sensitive to everything around a person. However, after the high, you eventually have to come down, which later in the day can lead to time slowing down, depression, loss of energy, and above all else for the purposes of this info- coffee will cause you into being very sensitive to negativity, and it will no doubt cause anxiety. Part of this is because you no longer have the energy to deal with stressors, which can then overwhelm you.

At this point later in the day after a great coffee buzz, the thoughts or feeling you dealt with before with no problem, might now actually cause your brain to hurt-somewhat like an emotional pain in your mind.

However, if you didn't drink coffee for a week, your neurons would have what feels like a bit more thickness, where negativity and emotions don't cause as much mental pain-- mostly because you are just not as sensitive to them.

You can try it for yourself and take notes everyday on how the thoughts and feelings actually felt different- if at all.

Furthermore, while nearly everyone in the United States absolutely loves coffee (and the English don't know what a Starbucks is) coffee actually can be very damaging to regaining a solid mind. That is to say, when a person drinks coffee- they become more alert and aware, but the reality is, you don't want to be alert and aware with PTSD, as you will bring back feelings from the battlefield when you are in a safe environment like a shopping mall.

A common thing that veterans of the past have done has been to learn to go the other way and use the depressant alcohol to numb their mental pain. They drink more than they should- compounding their mental issues and turning them in to Alcoholics. Don't go in either direction!

So it is important to remember (and hard to practice) that coffee will make you more sensitive to things suppressed. Coffee in and of itself is a major cause of stress- (on the back end of the high that is). However, while you most likely will not accept this thinking do to a love for coffee, and a rebellious attitude that it is not the problem, I literally dare you to stop coffee for a month and see how you feel.

One thing I joke about is that I have had such an addiction to coffee, it destroyed my life. So like the inverse of AA, My goal in the future is to have a bunch of people get together around a couple of Kegs filled with beer, where we would then all pray, and listen to each others stories about how coffee destroyed our brains, and our lives, and talk about our problems, and ways to defeat this problem, as we sit and drink beer.

While there is no evidence currently about how coffee operates in the body, it seems to have the opposite effect as Inositol. Inositol makes you feel less sensitive, and more confident, (and with fewer thoughts, you will have a better ability to learn). Coffee will make you more sensitive, with more intense energy, more thoughts, but it will create a more nervous energy, with more anxiety. Some people also crash and lose motivation from being tired. Good energy would be brought on with say Green Tea with Honey.

Stimulants

Stimulants have to be my favorite rocket ship to the sky- my thing- until I start to come down, where they then become worst enemy. If you mess with even just legal stimulants- you can easily mess your mind up, and I am talking like you can blow a head gasket with legal prescription speed.

Unfortunately, prescription stimulants can be incredibly fun. Stimulants of subject include all the legal amphetamines, and Wellbutrin- (which is NOT classified as an amphetamine). To mess around with these can be fun for a while, but eventually you will probably grow up and realize that you need to put your life in order. During this time, you may realize that most stimulants can cause your symptoms of PTSD to be much brighter, louder, and more distressing.

You will probably get to this point after some time when you realize that you really need to defeat PTSD.

While the prescription speed is a much better route to go than any other street speed, the “homeless veteran veterans” lead the way- as they know the best thing for them and their problems is actually Alcohol. With either one of these substances, there is a good chance that prolonged use will either put you in jail, or mess your brain up real nice.

The bottom line is if you want to beat PTSD faster, don't take ADHD medicine, don't take antipsychotics, don't overload your medicines, and be extremely careful if you use Wellbutrin for sex/ solo sex.

VA Doctors

When trying to get medicine that you are interested in, you have to be very careful with VA Psychiatrists- the chemists who prescribe- (not psychologists who give talk therapy). Over many years, every time I begged for a medicine, they would give me the opposite type of medicine I wanted and needed, which would end up messing me up even more. In fact, I basically have had over 5 combined years suffering from receiving medicine that keep me in a complete state of a nervous breakdown. There were a couple of years that I was basically having a nervous breakdown every-single-day.

Indeed it can be tricky to diagnose someone like myself, and give the right treatment to. The point is that if you want a certain medicine, you must present the idea as a suggestion. DO NOT say you need it. The Doctors need to have your respect for their powers, and they need to work it in their head before conceding to your demands. A good thing to do is suggest something, and then talk (very lightly) of your concern over the side effects. You need to put of an act that you “kind of do not want that medicine, but you would give it a try, and see what happens”.

If they don't hook a medicine up right away, talk to them about maybe examining the same idea in 2 weeks.

One thing that I was very naive about, which was a major failure of thought, and immature concerning understanding medicine-- was that during my years of being mal-practiced on, what I did not recognize was that I very well could have gone to another doctor *outside* of the VA. I could have remembered College Doctors

are sometimes liberal with medicine, or I could have gone to a private small wellness clinic or a hospital and simply paid for the medicine I need. In my defense, I will argue that if a vet is so messed up on incorrect medicines for his/her illness, and he/she is in the middle of a nervous breakdown, it is considerably understandable that the vet cannot think straight about going to other doctors, because the vet cannot think straight about anything.

So be careful about this. It has been found through various studies in the scientific community that stress can cause a person to make very poor decisions. It should also come to light and understanding, that when a person is in a high degree of serious distress, understand yourself that perhaps thinking correctly, making good decisions, and creating new ideas and plans is going to be heavily impeded- even depending on the scale of the distress.

In the defense of the doctors, some of them were very good, and some were very poor. I just think it was hard for people who studied chemistry, and became psychiatrists (the ones who prescribe medicine) to be given veterans who want to talk about their mental problems. The Psychiatrists don't want to hear this. That is for the Psychologists. So unless you have a great, experienced doctor, who has degrees and experience in both fields, you are going to have a harder time.

Some of the doctors in the VA are really great, and I am not being serious saying don't go see them. In fact, some vets think you need to be disabled to see them, when you don't. You'll just be disabled after you see them. Totally joking, they can fix up, but it may take time, and being clean off medicine to get a proper diagnosis, which is tough.

But if you want to pay for outside care, you should do it.

Antipsychotics for Anxiety

Don't take Anti-Psychotics for Anxiety. Mood Stabilizers feel a lot better, I think. Depakote is like riding a cloud, and being able to watch 12 hours of TV, just totally chillin. Antipsychotics seem to make it so that TV is the least desirable thing going.

Alcohol

Unfortunately, the reality is that drinking lowers inhibitions. Sometimes, it lowers inhibitions so low, it becomes apparent that these people are no longer are operating consciously, but rather seem to be in a black out drunk.

So, may I present some questions for you to ask yourself?

- 1) How can drinking be bad?

- 2) How can drinking be good?
- 4) How does drinking affect your loved ones, friends, family and co-workers?
- 4) How will drinking affect your health?
- 5) When will would someone come to the realization, know, or basically have an epiphany that have a serious life altering pattern with alcohol?
- 6) What substance could replace alcohol? (Answer: Depakote)
- 7) How do you address it to others?
- 8) How much does an average DUI cost?
- 9) How many DUI's can you get before it becomes a Felony?
- 10) How much fun is getting beat up by teenagers with dung in your dirty drawers?
- 11) Do you believe that if you smoke, and actually quit for a while, that smoking just one cigarette would make you a full blown addict on the fringes?
- 12) Is this the same for alcohol? Like just a couple of beers are ok?
- 13) What are ways you can think of to quit?
- 14) Do you think that Jesus- and his spirit energy can help an alcohol addiction?
- 15) How much fun would it be to be homeless, and get beaten up by high school students with shit in your pants?
- 16) Do you know when to say when?

Another important thing you should learn is how different foods will affect you. If you eat medicine all day, it is thus even more important that you consume food as illustrated on the new FDA pyramid. Food alone can help a bad mental state.

I had a friend in college who survived on ketchup packets, mayo packets, and relish packets that he stole from the cafeteria (with a six pack of beer daily). The FDA does not recommend this diet.

Suicide

Apparently, there is an absolutely appalling suicide rate among soldiers. This is completely not cool. Consider praying for your brothers. Create a bond of energy in the sky that says "you can make it through". My break

down in Kona HI. was so intense, I thought I was going to have to end it for the good of society. And while I thought I might need to, I did not want to- simply because I realized that life is too weird of an experience--- that it is such a unique experience, such a psychotic trip through the Universe, that I will never get another chance to experience these shitty experiences ever again.

I understood at the time, that even though this experience can really suck at times, life is just too weird of an experience to cancel out early on. Like- you have been dead for billions of years. Now, you are really made of star material, and because life is so short in the grand scheme of time, and the fact that you are not going to have any experience for the rest of the life of the Universe, possibly trillions of years, or rather simply just an eternity that you will be dead, gone, pow, kung pow, 86ed, etc., that you and I can make it a just couple of years more until it is really time to go.

And while that may be some high philosophy, according to Einstein, energy can never be created, nor destroyed. My take on god is that God is positive energy, and a great source of energy to plug into. Jesus forgives and such. Tap into the spirit of love. This may mean that even though you have no positive energy in you, try to help others attain good energy, as karma says what goes around, comes around. Also, the bible says if you kill yourself- you go to hell. Instead, you need to now help people on Earth, and create good energy for yourself and for them.

The way I see it, I have had challenging periods in my life. But I consider these periods in my Life merely just storms. Sometimes the storms include category 5 Hurricane AND category 5 Tornadoes in which my life is flipped. Despite these storms in my life, I better understand the ebb and flow of things learned with wisdom, and I understand that the storms will pass. Knowing that storms will pass will create a lot of hope in your darker times.

In addition to this, I understand that I can always change meds in the future, and more importantly, I understand that most problems are just chemicals.

While staying positive can help, not trying so hard to create a dream life can be useful. Keep your expectations low, and you'll be surprised. Make your expectations high- and you will be let down.

And yet another point that I didn't understand until I was 30+ was that the 20's of a person's life is a very complicated time, where depression is saying that life isn't what we thought it would be. However, this might be an evolutionary trait that helps motivate us to actually do, or at least try to take paths that really might reward us or society. Where if in our 20's we said- "it's all good" we either get into trouble, or don't try to make society better.

However you spin it, and create your philosophies on life, the bottom line is: ((and consider this an order from the highest power)): "you will not, and cannot leave this Earth until it is actually your time. And this is something you cannot think about". Represent.

You have had good experiences in life, haven't you? Focus on positive memories. Learn to make that plastic, habit forming mind of yours slowly start to focus on positive memories and positive thoughts---- or maybe just say this affirmation "don't think of positive things, don't think of positive things, don't think of positive things"

using reverse psychology. Really learn to try to suppress the *positive things* in your life (where things suppressed seem to multiply). I actually wrote a really in depth analysis of reverse psychology for Wikipedia- but couldn't publish it right.

Just realize that have hit the biggest lottery in the Universe- the biggest lottery that created you- and where you are you- a person with a conscious, with infinitely impossible odds of winning- that made you- you.

CHAPTER 5

Psychology Behind PTSD

Exposure and Response

In addition to all the medical and supplemental armor that you can put on to defend you from your demons, the other side of treatment is CBT.

CBT is the main treatment for most anxiety issues, including OCD.

PTSD might be like a distant cousin of OCD. The two top CBT methods Doctors/ Psychologists suggest for treating OCD include Exposure, (and managing response) and Mindfulness..

Here is an example of trying NOT to think of something or fight the thought from being thought about. Fight or Flight, or just plain freight? This applies mostly to OCD so far in terms of research.

The answer to OCD, anxiety disorders, and Possibly PTSD, is to sit calmly, and think of the things that cause you pain. When your Anxiety comes, the goal is to neither fight the thought (by suppressing it, or getting mad at it) ;; the goal is not to run away --- somewhat trying to avoid it or consciously "ignore" it, (basically what is called "flight") ;; but instead what Exposure and Response says is that while sitting in a restful area, possibly Indian Position with Buddah Chimes- you are supposed to pick a fight, slowly raising your level of distress, and simply allow the pain to pass through you. You allow the Anxiety. This is counterintuitive. But it makes your brain learn how to deal with the issue—because of the new science showing plastic modeling of the brain.

When the Anxiety goes to much—try to handle it. Hold the thought. Desire the pain. Do not suppress the Anxiety. Let it pass through you—picture yourself putting the energy onto a tug boat that carries trash into the Ocean--- where it will dumped into the sea. The sooner you start this meditation disciplined practice every night at 6 for an hour—the better your next day will be. It may take 4 years of holding your thoughts and letting the anxiety out onto society. The demons you let out onto society- onto others- will not bother them--- the reason is because they don't care about your problems—they have their own problems. Just let your demons out.

Mind-Fullness

Now let's look

Awhile back, a University study was conducted where one group of students was told not to think of a Polar Bear, and the other group was told to think of a Polar Bear.

The group that was told to go to the lab room and sit there for 20 minutes, and TRY to think of a Polar Bear—reported that they actually had a number of other thoughts, and that the harder they tried to think of a Polar Bear, the more they got off track thinking of Other things.

However, the group that was told to try NOT to think of a polar bear were reported to have a hard time trying to forget the Polar Bear, and focused on it the majority of time in the lab experiment. Furthermore, when the students came back after a few days and asked how things were going, this group that tried not to think of the Polar Bear reported that they still had the idea of the Polar Bear coming into their head for an exponential amount of time when compared to those that tried to think of the Polar Bear.

In addition to the Polar Bear example, now think of how a Grizzly Bear operates in the wild. If you are educated about how to handle running into a Bear in the mountains, you know that if you turn and run from something as frightening as this situation would be, the Bear will attack and chase you until you are dead. However, if you stare the Bear down, hold your ground, and act like you are some kind of psychotic animal, yelling at the Bear and acting extremely aggressive, this action will actually scare the Bear to run off back in to the woods.

If you are being attacked by the Bear because you waited to scare the bear away, and it has now charged, you need to play dead. You need to neither run nor fight but instead remain neutral. This is analogous to OCD— and would be considered being mindful, neither moving forward, or moving back.

However, imagine this scenario in the woods, playing dead as a 1,500 pound bear is sniffing you and opening his gigantic mouth roaring at you as you are curled in a ball. While getting up to run away as fast as you can is the most logical thing to do in this situation, it will now be more difficult to do anyway because of all the shit in your pants- but is also the wrong thing to do.

Indeed this is the same kind of energy that often exists in relationships. If you try to chase a woman they might run. If you run away, they might chase you.

Just saying “allow the feelings of toxic horror and loss” is the easy part, accomplishing them is nearly impossible due to the way you feel.

Being mindful is about calming down to a point where you have better control over your racing thoughts, and basically avoiding addressing the Gorilla in the room.

One thing that this author has personally learned about his own OCD, is that one of the biggest challenges dealing with feelings and thoughts is TRUSTING that the thoughts and feelings will actually lose their toxicity when one allows themselves to open these doors regarding the thoughts and feelings, and trusting that it is even ok to address, rather than just suppress.

Recognize that “exposure and response” is intended for you to focus on the problem, where as “mindfulness” is just the opposite- the goal of being “mindful” is not to focus on the problem but rather like a Buddha, just let all thoughts pass in and out of the mind without passing judgments.

The reasons for not opening these doors, and letting the anxiety soak into one’s self are many, but perhaps the main reason is because of the actual pain/ the literal emotional pain in the brain that one feels.

With Exposure and Response, the goal is to not be so medicated that you cannot feel, but rather to allow yourself to feel all the anxiety, without suppressing any of it. In this sense, you allow yourself to gain a certain amount of ground, and then hold the ground until the enemy retreats. The idea is that eventually you will have felt enough pain that you are no longer sensitive to this issue.

Instead, by doing the hard work of feeling pain without medication, you have desensitized your feelings. If you are on medicine and try to do this, it will not work as well, because the medicine is making you too numb to really feel the pain. Medicine definitely works, but it not only desensitizes you to the issue, but rather it desensitizes you to everything...including sex.

So if you are on Pharmacy medicine, and this is the way you choose to go, instead of trying to fight a battle where the point is to feel pain, just let things go naturally. Don’t focus. Learn to “un-focus”. This would mean you really need to contemplate using a SNRI-which gives the user great mental energy. Of course, you should realize an SNRI is not the perfect security software. For serious cases, an SSRI might be best.

Learn to absorb people and their energy rather than pushing them away in fear. You may find that you learn more trying not to focus and constantly be on guard in the civilian world. Why be on guard? Let your guard down and see what happens.

As a veteran trying to make a transition to the civilian world, it can be tough, but there are many people who want to help you succeed.

Sarcasm

So, reaching far back in the bag of tricks, in a section that you should probably avoid because it is very insensitive, non-compassionate, very cold hearted, and just plain wrong. It may really offend you, and might offend most people. Despite the dishonor to your brothers that you came to love and depend on during the war times, you could consider two avenues on which to take your thinking. On one journey, you hold on to the memories of your brothers 24/7/365. This could be symbolic of trying to fireman carry them everywhere you go. In addition, you carry on in the civilian world, still at battle, watching your back nervously.

On the other route, you first pay special homage to you battle bros with candle lights, or a bonfire on the beach, and ceremoniously surrender their souls into the afterlife. You also symbolically pretend to just throw everything of distaste into the Ocean.

After this, you put the past in the past, and the future in the future, and just live day to day. With this, you now become cynical about everything.

The next thing I will tell you is sick, and you need to understand that Sarcasm about the issues you have is sometimes a decent bet to place. As Warren Buffets Cousin Jimmy says: "if we couldn't laugh, we would all go insane". So while it's sick, you will be even more sick daily if you cannot be sarcastic.

Jim Carey is an insane genius, and when he gets sick, he has to be sarcastic and say "it's good".

For OCD, instead of giving your thoughts a red light from being accepted back into the brain cell, where upon they will go door to door to door to door- you have to give them a "Green Light" so they are accepted into your Brain Cell, and stop knocking on other brain cells doors- creating the awareness and distaste of the thought they do not want to accept.

So the moral? Give your thoughts a "sarcastic: ya that's great", and a Green Light to Accept your demons back into your brain cells.

Support Networks

Apparently, sitting in a cell serving time is not cool. I learned in Vegas that sitting in my nice apartment overlooking a brand new Vegas style pool that Isolation is extremely hard. It may have been cutting up and eating different meds all day that made things really hard, or it may have been from other things, but even being isolated in a white collar- near resort style jail- is not fun. The more interaction you get, despite anxiety, the better it will be for your anxiety. Remember, you can't really run away from problems. This is why I would advise caution about getting 100% disability, because it gets really boring without work and being around people, and with the Individual Un-employability, and the P and T disability, you cannot make more than 10k, or you lose the 100% disability.

Instead, just from my experience, stay at 70% if you can, which will give you a base, but you can go out and make as much as you can, meeting and working with people. It will also make you feel that you are not a welfare case, and being a dead beat who feels guilty of the situation all day.

Suppression

Like all anxiety problems, the best thing to do is get rid of it by facing it. Every suggestion given in this writing might help you in addressing everything. Be aware that there are many interactions that you need to look into before you take different combinations of things. You can do this online at places like Web Md. With supplements- most of the interactions are unknown territory. The faster you can get off medicine by dealing with your demons, the better. Perhaps if you look at Homeless Veterans on the street- super messy and drunk- you may realize that they never let their problems go.

But unlike other anxiety disorders or mental issues, where some have had them since birth, there is great hope for you to get better- because you have not let this get to you your whole life- it literally barely has a foothold in the length of your life- and because of this- you can defeat it easier. Time is of the essence.

CHAPTER 6

Veterans Benefits

Outline of Benefits found in any VA Medical Center, that does not cover other private programs one may find searching online:

Here is an overview of highlights in the Veterans' benefits book:

www.VA.gov

Benefits & Services:

Job Connect

General Benefits Information

Disability Compensation

Pension

GI Bill

Vocational Rehabilitation & Employment

Vet Success

Dependents' Educational Assistance

Survivor Benefits

Home Loans

Life Insurance

Traumatic Injury Insurance

Health & Well-Being

Health Care Information

A-Z Health Topic Finder

My HealthEVet.gov

Refill Prescriptions

Crisis Prevention

Mental Health

PTSD

Public Health

Burials & Memorials

Cemetery Services

Burials

Headstones, Markers and Medallions

Presidential Memorial Certificates

Cemeteries

Nationwide Gravesite Locator

Burial Flags

Burial Allowance

Insurance