

# INFO Ambein and PTSD

## AMBEIN and PTSD by Dr Ward Bond

What is Post-traumatic Stress Disorder (PTSD)? This condition is when the 'Fight or Flight' response is pushed to its very limit. But in post-traumatic stress disorder (PTSD), this reaction is changed or damaged. People who have PTSD may feel or frightened even when they're no longer in danger.

The NIMH defines PTSD as *“a condition that develops after a terrifying ordeal that involved physical harm or the threat of physical harm. The person who develops PTSD may have been the one who was harmed, the harm may have happened to a loved one, or the person may have witnessed a harmful event that happened to loved ones or strangers.*

*PTSD was first brought to public attention in relation to war veterans, but it can result from a variety of traumatic incidents, such as mugging, rape, torture, being kidnapped or held captive, child abuse, car accidents, train wrecks, plane crashes, bombings, or natural disasters such as floods or earthquakes.”*

Let's talk Ambien. I personally hate this drug. Millions of Americans are hooked on it. Ambein, a member of the class of medications known as hypnotics, was approved by the FDA in 1992. It was designed for short term use to combat insomnia and was a welcome change from the prevailing sleep aid at the time, Halcion, which had been implicated in psychosis, suicide, and addiction and had been banned in half a dozen countries. Ambein works by activating the neurotransmitter GABA and binding it to the GABA receptors in the same location as the benzodiazepines such as Xanax and Valium. The extra GABA activity triggered by the drug inhibits the neuron activity that is associated with insomnia. In other words, it slows down the brain. Ambien is extremely effective at initiating sleep, usually working within 20 minutes. It does not, however, have an effect on sustaining sleep unless it is taken in the controlled release form.

Ambien has posted warnings that seemed to be ignored by doctors. Patients need to learn to read the side effects before deciding taking any drug, especially Ambien. The prescribing information warned, in small print, that medications in the hypnotic class had occasional side effects including sleep walking, “abnormal thinking,” and “strange behavior,” these behaviors were listed as extremely rare, and any anecdotal evidence of “sleep driving,” “sleep eating,” or “sleep

shopping”—all behaviors now associated with Ambien blackouts—were characterized as unusual quirks, or attributed to mixing the medication with alcohol. I personally know people who took Ambien and ended up in the bathtub in the middle of the night wearing nothing but tennis shoes. This is not normal behavior. Ambien causes a deep depression, a depression that is classified as severe hopelessness. When a user is on Ambien they don't know that the drug is causing these problems.

In many of the mass shootings we are seeing today, Ambein is a drug that is found in a few of these cases. Also, think about how many people are sitting in prison for some bizarre crime they committed from the nightly use of Ambien. The court system doesn't generally recognize an Ambein defense, but that's another story. I could write an encyclopedia on the dangers of Ambien, but I hope this short article will give you some insight that it is a drug to be avoided at all costs. It's time the FDA removes this drug from the market.

If you are taking Ambein, look for another alternative. If you have a loved one taking it, please be more aware of their behavior. The next question is how does one stop Ambein and how does one overcome the side effects. First, talk with your doctor about getting off of Ambein. While one is doing that, the following suggestions will help get the mind back on track and remove the side effects naturally.

### **Nutritional Help:**

- **Fish Oil** – The brain needs the essential fatty acids EPA and DHA to function in a healthy manner. These fatty acids are needed to reduce depression and improve focus.
- **Vitamin B3** – This vitamin can be very helpful in promoting a positive outlook and is the nutrient of choice when one has been on Ambien. It can be taken in the form of Niacinamide. The form of B3 called Niacin will cause flushing of the skin. This improves blood circulation and the flushing can last 30 minutes to an hour, but very effective in improving one's mental state.
- **Theanine** – This nutrient helps to calm the nerves, but helps the brain to improve its alpha state. Alpha brain waves allows us to be calm and focused at the same time. Very effective and no side effects.
- **B-Complex** – One needs to be taking all the B vitamins daily. B1 helps with mental health. A dose of 50-100mg daily is sufficient. B vitamins help to convert food into energy and are needed for a healthy nervous system.

The nutrients above are to help those regain their mental health after taking Ambein. It is not a cure for PTSD.

I hope you find this article helpful in the explanation of PTSD and the effects of using Ambein.

*“These statements have not been evaluated by the Food and Drug Administration. This article is not intended to diagnose, treat, cure or prevent any disease.” We have to tell you this because the FDA and the TGA favor Medical Drugs over Natural Health. Sadly, there is more revenue from them. But you have Free Choice, you can go to a Natural Health Professional etc*

## ***Veterans with PTSD cope with help of nature, pets and yoga***

*(NaturalNews) Army veteran Stephen Simmons arrived home from his last tour in Iraq in 2008, but adjusting to civilian life has been difficult due to his post-traumatic stress disorder (PTSD). (1)*

*It's not uncommon for those suffering from PTSD to experience feelings of shock, guilt and anger, while also having increased jumpiness, recurring memories of the traumatic event and difficulties sleeping. (2,3) Interaction with family, friends and colleagues can therefore be challenging, as can going about many other activities in the course of the day.*

*However, the Oregon resident is learning how to cope and finding increasing amounts of comfort with something called "adventure therapy." (1) Not only is he enjoying the sense of calm that being outdoors affords, but he's doing it with his pets -- a cat named Burma and a dog named Puppi. (1) He explains that his pets love the outdoors as much as he does, saying that Puppi once scaled a 9,000-foot volcano with him and that Burma has no fear of hiking and swimming in lakes.*

### *How nature and pets help those with PTSD cope*

The combination of the outdoors and being with his pets helps Simmons cope. "I realized that I cared a lot more about what happened to me than I thought I did. There's something about balancing on the slope of a mountain, pumped full of adrenalin, and close to the top," he explained. "Instead of ignoring and repressing aggressive tendencies or jolts of adrenaline in your system, you can put them to work by challenging yourself against nature. It's about action rather than apathy." (1)

As far as how his [pets](#) help him, Simmons says he shares a bond with them, noting that he feels that Puppi absorbs his emotions and understands his sad and happy moments, helping him heal. Burma, the rock-scaling cat, is a conversation-starter, something that Simmons feels helps him connect with others more easily.

"The biggest lesson that I've learned in the last couple of years is that no matter how dark it seems... that hopelessness -- it's a lie. It's something that's hijacked your life, and the real person that you were is still there," he said of the help that adventure therapy and his pets have provided. (1)

## **Other alternative ways to manage PTSD exist**

The idea of veterans seeking to cope with PTSD by turning to more nontraditional means is not uncommon.

In fact, many of them are involved in yoga therapy, which has been helpful, as it aims to steady their minds and foster a sense of calm. (3)

It's important to note that anyone, not just those previously in combat, who has experienced a significant stress, trauma or life-threatening event in their life may develop PTSD. (2)

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<http://www.drwardbond.com/dr-bonds-blog/archives/04-2014>

[http://www.naturalnews.com/046992\\_post-traumatic\\_stress\\_disorder\\_pets\\_yoga.html](http://www.naturalnews.com/046992_post-traumatic_stress_disorder_pets_yoga.html)

<http://www.beyondblue.org.au/the-facts/anxiety/types-of-anxiety/ptsd>

<http://www.moodjuice.scot.nhs.uk/posttrauma.asp> <http://www.moodjuice.scot.nhs.uk>

YOU CAN ALSO GO TO A REALLY NICE POETIC WEBSITE WITH PLEASANT POEMS ONLY, BEAUTIFUL PICTURES OF FLOWERS AND NATURE AND 8 PAGES OF QUALITY QUOTES AND SAYINGS. I CAN RECOMMEND IT BECAUSE I CREATED IT DURING A 2 YEAR BREAK FROM HEALTH RESEARCH.

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