

Here is a Method Helping the Rich and Famous End Depression



Above: There is new hope, in the form of ketamine infusion therapy, to treat symptoms of depression

Depression knows no boundaries and is unfortunately, an illness that does not discriminate against anyone. It can affect people of any age, race, gender, religion, and even people living a lifestyle of the rich and famous. In the not too distant past, discussing depression or any type of mental health issues, has been a bit hush-hush with no one wanting to talk about it.

But with recent celebrity suicides, including fashion designer Kate Spade and celebrity chef Anthony Bourdain, the problem of depression is becoming more mainstream in the media and it's suddenly not as taboo to talk about people that might have suicidal thoughts or tendencies. The sooner we start talking about these problems, the sooner the people suffering the symptoms can get help.

Did you know that ketamine is an alternative treatment method used for chronic pain, PTSD and depression? We're talking about Ketamine Infusion Therapy, not to be confused with the street drug with the same name that is more commonly called Special K, Vitamin K or Cat Valium on the street. Ketamine has been used since the 70s as an FDA approved anesthesia

drug. However, the quantity used to knock out someone for surgery is much, much higher than the low doses used during an infusion therapy session.

A lot of scientific research is currently being done on the effects of ketamine used to treat major depressive disorder and other forms of treatment-resistant mood disorders. “Research shows that ketamine has a fast onset of reduction in depressive symptoms and shows sustained remission of suicidal ideation in some patients.”ⁱ

The high-profile celebrity crowd have used alternative forms of therapy, including ketamine, to help treat depression and other mood disorders even though historically that wasn't a mainstream use for the drug. But now ketamine is becoming more affordable and often is prescribed for off label use by the healthcare profession and some insurance companies are even starting to partially cover the costs associated with ketamine infusion therapy.



Above: Ketamine infusion therapy helps you get back to feeling like yourself.

Ketamine Offers Hope as an Alternative Form of Treatment

There is now another pathway for treatment for many people that aren't finding relief through traditional medication. Ketamine is being used as the next great wonder drug to help control treatment-resistant depression when other prescriptions haven't offered much hope. Although

it's been a popular street drug, club drug and part of the rave scene for many years, more recently the medical profession has been using it to treat a variety of mood disorders including bipolar disorder, depression, suicidal thoughts, anxiety and more.

When other forms of traditional prescription drugs used to treat depression haven't offered relief then alternative forms of treatment such as ketamine should be considered. When used under a doctor's supervision, ketamine therapy offers a viable option to try when other forms of treatment haven't provided 100% relief for specific symptoms. Unlike Selective Serotonin Reuptake Inhibitors (AKA SSRIs) such as Prozac, Zoloft, which often take weeks or even months to build up in the system before they offer optimal relief, ketamine infusions seem to start working within hours, or even minutes of treatment.



Above: Visit a ketamine clinic near you and get back to living your best life

A Typical Ketamine IV Infusion Session

If you are interested in trying this type of treatment, you should schedule an appointment at a pain management center or ketamine therapy clinic. During this initial visit, a qualified doctor will go over your complete medical history, including asking you about any medications you are currently taking, to determine if you are a possible candidate for ketamine therapy.

During this first exam, your doctor will create an individualized treatment plan to determine how many sessions you should be scheduled for. Typically, 4 to 6 sessions, spread out over three weeks are recommended for most patients. It takes approximately 40 minutes to 1 hour to administer the drug intravenously while you are continually supervised by the medical staff. At the end of your treatment you should arrange for a friend or family member to drive you back home until the complete effects of the treatment have subsided.

When prescribed and administered by a healthcare professional, ketamine infusions are extremely safe. Possible side effects during the infusion session include dizziness, blurry vision, nausea and more, that's why the therapy is always administered in a clinical setting under continual supervision. The danger with ketamine when it's used as a recreational drug is that you have no way of knowing the exact dosage or if it's been possibly mixed and adulterated or contaminated with other dangerous substances such as fentanyl. When administered by a doctor, the exact dosage and number of infusions you will need based on your unique medical background is carefully monitored.

Get the Help You Need Today

If you are looking for a new treatment method to treat your chronic pain or mood disorder, including treatment-resistant depression, ketamine therapy can help you get back control of your healthcare issues. Medical professionals specializing in this type of treatment can provide you with a solution to create a pathway to your success and help you get your life back.

The Pacific Ketamine Institute, in Los Angeles, CA focuses on Ketamine Infusion Therapy to treat physical and mental pain and other conditions that aren't responding well to other forms of treatment. Contact them today to schedule your appointment with a member of their dedicated healthcare team who takes a personalized approach to your health and wellbeing.

Social Media Post (31 words - 207 characters)

Ketamine is no longer a treatment option available only to celebrities and the rich and famous. Anyone dealing with chronic pain, depression or anxiety can benefit from affordable Ketamine Infusion Therapy.

ⁱ Lee, Jae et al. US National Library of Medicine, National Institutes of Health. "Use of Ketamine in Acute Cases of Suicidality." Retrieved from: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4382138/>