

THE NATURAL TREATMENT FOR BIPOLAR DISORDER

THE PATH TO BIPOLAR WELLNESS



BIPOLAR WELLNESS

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THE NATURAL TREATMENT FOR BIPOLAR DISORDER



There has been a huge breakthrough in the treatment of bipolar illness. It can change the whole course of treatment. Until now, the only substances that could control manic energy were very powerful drugs with many side-effects, such as lithium, Thorazine, anticonvulsants, and atypical antipsychotics. But there are nutrients, unique varieties of distilled polyunsaturated fatty acids, which can be combined with psychiatric medicine and help less medicine do more work with fewer side-effects. There is significant scientific research to back up these claims.

I started taking this unique formula of several different distilled polyunsaturated fatty acids about twenty years ago, after a detailed search of nutraceuticals, which are compounds your body uses, but often does not have the right quality or sufficient supply. As a licensed nutritionist and product developer in the health food industry, I read research on the latest nutritional trends, and what I found surprised me...

FISH OILS DON'T WORK

I noticed several articles about fish oil, standard Omega-3 supplements being good for depression. I decided I would try some Omega-3 fish oil to see how it made me feel. Maybe it would lift my mood when I felt down or calm me when I was up. Unfortunately, the result was the opposite. I felt depressed after taking it, the reverse of what I expected.

Still, I was curious to find out why it didn't have a positive effect on my bipolar illness. In my research I noticed there were over 40 polyunsaturated oils similar to fish oils. I thought that since one of polyunsaturated fats in fish oil helped people with simple depression, maybe there were other polyunsaturated fats that would help with bipolar mania and mood swings, my main problem. Using my own research background, I read a lot of scientific articles, and came up with some ideas about which of the other 39 polyunsaturated fatty acids might help with my problem. I found two, and in testing them on myself, found them to be very effective. Several years later I found several scientists had published articles about these two particular fatty acids, plus one other, and they came to the same conclusion, that they helped bipolar mood disorders.

In taking these supplements, the result was awesome, a great miracle for me! I felt a new sense of calm, rather than feeling my energy constricted by medicine. Having used lithium and anticonvulsants for almost 15 years to control my bipolar illness, I could now use these special forms of distilled polyunsaturated fatty acids, and take much, much less medicine, therefore experiencing fewer side-effects. It has since been a real blessing in helping smooth out my mood swings.

Next, I began to do further research into why these special forms of distilled polyunsaturated fatty acids worked so well, and found there was impressive clinical findings from a major American university, published in peer-reviewed scientific journals.

THREE CLINICAL EXAMPLES



CASE 1

A 24-year-old man, “John,” was diagnosed with type 2 bipolar disorder as well as other related psychiatric diagnoses. He also had four prior psychiatric hospitalizations. He was prescribed a high dose of these distilled polyunsaturated fatty acids. His anticonvulsant medication was continued, but the antidepressant was discontinued. Within three weeks the patient reported to his psychiatrist that his mental status, mood and mood stability, plus overall level of social and occupational functioning were the best he could ever recall.

At a six-month follow-up he reported that he was enjoying a continued stability previously unknown to him. He credited this success to the unique formula of distilled polyunsaturated fatty acids. He stated that he had never had such benefit associated with the anticonvulsant he was taking. He also discounted the possibility that the discontinuation of the antidepressant was relevant since there had been many prior episodes of being off these medications with no equal benefit.

CASE 2

A 27-year-old woman, “Kathy,” was admitted with the chief complaint of emotional dysregulation. She had a family history of bipolar disorder and had engaged in frequent suicidal gestures and self-injurious behaviors. She was being treated with lithium, as well as anticonvulsant and atypical antipsychotic medications. She was started on this unique formula of distilled polyunsaturated fatty acids. After a six-month follow-up, she was finally able to live independently and reported no self-injurious behavior.

CASE 3

A 23-year-old man, “Paul,” received a comprehensive diagnostic assessment suggesting “bipolar disorder not otherwise specified” as the most appropriate diagnosis, along with generalized anxiety disorder. He was referred for treatment because he was contemplating suicide as he could no longer tolerate the constant depression and anxiety, having suffered since age five. He had previously received various diagnoses, including bipolar disorder. He had been treated with a wide variety of antidepressant medications, mood stabilizers, and stimulants since his early teens. Medications had been either ineffective or poorly tolerated. The unique formula of distilled polyunsaturated fatty acids was recommended. At the time he was being treated with lithium and a low-dose anticonvulsant and a nightly dose of an atypical antipsychotic.

At a nine-month follow-up, he reported markedly improved social and occupational functioning and normalization of his mood. The durability of these improvements allowed for the elimination of both lithium and the anticonvulsant medicine, plus cutting in half the nightly dose of the atypical antipsychotic medicine.

IS BIPOLAR DISORDER A NUTRITIONAL DEFICIENCY DISEASE?

Over a hundred years ago, hundreds of thousands of Americans in the Southern states were afflicted by a disease called Pellagra. The symptoms were skin rashes, followed by insanity, and finally death. By the end of 1913, it was an epidemic. The state mental institutions couldn't handle all the patients with Pellagra. The sick sometimes had to be taken to county jails until space opened in the asylums.

There were many theories as to the cause. Some thought it was an insect-borne disease or a form of poisoning. Finally, the government sent an expert in infectious diseases, the epidemiologist, Dr. Joseph Goldenberger from New York to investigate. He finally concluded that pellagra, the scourge of the South, was a nutritional deficiency disease. Of course, nobody believed him. But people got well though with his diet which emphasized foods high in B vitamins. But it took almost 25 years before his theory was accepted. After he died that the actual vitamin deficiency was identified: Vitamin B3, commonly known as niacin.

Because of his insightful, and painstaking work, you now see that all white flour products in the USA market are “fortified with niacin”, which prevents the plague of pellagra from affecting and killing thousands of Americans each year.

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Serv. Size 1 Muffin (113g)		Total Fat 14g	22%	Total Carb. 59g	20%
Servings (0)		Sat. Fat 2.5g	13%	Fiber 3g	12%
Calories 380		Trans Fat 0g		Sugars 31g	
Fat Cal. 130		Cholest. 25mg	8%	Protein 4g	
		Sodium 230mg	10%		
		Vitamin A 0%		Vitamin C 0%	
				Calcium 2%	
				Iron 8%	

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Wheat Flour (Whole Wheat Flour, Enriched Bleached Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid)), Sugar, Water, Vegetable Oil (Soybean and Canola Oils), Blueberries, Eggs, Contains 2% Or Less: Maltodextrin, Baking Powder (Corn Starch, Sodium Aluminum Phosphate, Sodium Bicarbonate And Monocalcium Phosphate), Potassium Sorbate (Preservative), Modified Corn Starch, Salt, Baking Soda, Mono- And Diglycerides, Malic Acid, Xanthan Gum, Sodium Stearoyl Lactylate, Natural And Artificial Flavors. **Contains: Wheat, Eggs**

MY STORY



I wasn't always in recovery. My story of bipolar disorder is like all bipolar stories, unique, and difficult to tell. In junior high school, I was considered a science prodigy. A taxi picked me up before the end of the school day and drove me to the high school for an advanced biology class. I graduated 33rd in a class of 1100. with a 4.6 grade average and offered three full scholarships at top colleges.

As it turned out, there was genetic bipolar illness in my family, about to disrupt my college career. Long story short, while living alone, my brother left me a gift of a kilo of opiated hashish, and I decided to smoke a lot and have a 'trip', since I was afraid of LSD, but wanted to escape my depression.

This triggered my first manic episode, and I ended up being hospitalized for almost a year. In those days, long-term psychiatric hospitalization was the norm rather than the exception. This experience included such pleasures as solitary confinement, being tackled and choked by four University of Miami football players who worked part-time as psychiatric aides, and then injected with an overdose of Thorazine, a powerful tranquilizer.

I also had the additional pleasure of receiving Electroconvulsive Therapy (ECT) multiple times. The only good thing was... I survived. But I hit bottom before I came up.

Here I am in a mental hospital for almost a year. I had been a star student, a science prodigy, a highly popular teenager. Now I am a diagnosed paranoid schizophrenic. They didn't have a bipolar diagnosis in those days. In the eyes of all my high school friends, I am crazy, mentally ill, a schizo, completely nuts. I am humiliated, stigmatized, lonely and broken.

For the next 20 years, I was very unstable, surely because I decided to skip the medications when I got out of the hospital. If I wasn't suffering from actual depression or mania, then I was hypomanic, keeping just under the radar of mania with behaviours' that got me in trouble. I was full of angst, uncertainty, and indecision about life choices: education, career, and marriage. I was continually immersed in conflicts with friends and romantic partners. I rarely finished projects. I was excitable, irritable, temperamental, and angry. I was a poster child for the classic description of *dysphoria*, another word for the mixed state that blends both the depression and mania of bipolar illness.

Twenty years later, I was running a large business I had started, but was feeling depressed, and checked myself into a psychiatric hospital for a week. Besides getting properly medicated, I did get another huge gift from my stay. I was in a group run by a psychiatric nurse. After sharing the story of my first hospitalization twenty years before and the subsequent decades of my chaotic and colourful life, she looked at me and knowingly said, "Oh, you've been hypomanic!" It was like a long line of dominoes falling. *I got it!* I understood both that I had the illness and how it had made my life an enormous experience of chaos.

Beginning with the acceptance of my illness, I spent the next 25 years focusing intensely on how to recover from bipolar illness and hypomania. I have written a book, "Bipolar Wellness: How to Recover from Bipolar Illness." It has been recognized with two major book awards: from the Independent Book Publishers Association (IBPA) and the Foreward Reviews *Indies Book of the Year*.

ENDORSEMENT FROM TOP SCIENTIST



“The public is generally not aware of research findings until they are put into the public domain. Michael goes well beyond making simplistic claims and tackles both sides of the argument in a logical, easy to understand, manner. I strongly appreciate his efforts to increase the public’s awareness about the importance of specialty formulas of distilled polyunsaturated fatty acids. They have the ability to treat and potentially prevent bipolar disorder.”

Dr. Robert McNamara, chief researcher for the nutritional treatment of psychiatric disorders, Professor of Psychiatry, Division of Bipolar Disorders Research at the University of Cincinnati College of Medicine.

WHO IS MICHAEL ROSE, M.A.?



There are over 5000 nutritional supplements listed on Amazon. There are only about one tenth of one percent, or five or six of these which can successfully treat bipolar disorder. So, of these few, the dose and combination will depend on your specific diagnosis, and the specific psychiatric medications you take.

There is only one way to know which of these specialty formulas will work for your individual situation. You need an expert in nutrition and bipolar disorder who has used the products himself, who has treated many other people successfully, and who relies on scientific research.

Michael Rose, MA is one of those very few people, and will evaluate your situation to see if you qualify for his Bipolar Wellness Coaching Program. You can schedule a FREE 15 minute phone consultation with him to discuss this. If Michael thinks he can help you, he will explain the modest costs of the Bipolar Wellness coaching program. A two month coaching program costs less than a 15 minute med check with a psychiatrist. It is a small, short-term investment for a large, long-term benefit.

THE BIPOLAR WELLNESS™ COACHING PROGRAM



If you are accepted into the coaching program, you can expect to be advised of the following:

1. Where to buy the highest quality specific polyunsaturated fatty acid supplements that have been proven to work for Bipolar Disorder.
2. How to read the label so you make sure you are getting the right supplements with the right strength.
3. How much to take of the supplements to get them to work.
4. How to explain to your doctor or psychiatrist what these supplements are, with a downloadable pdf document of bipolar nutritional research to print out for them.
5. How to get your doctor to order the right polyunsaturated fatty acid blood test, and where to order yourself online if your doctor doesn't want to do it.
6. How to adjust your doses for your particular needs, and how to make the polyunsaturated fatty acid supplements work best if you are already taking medications.

7. Learn why this supplement is still a secret and why the medical establishment hasn't spread the word so we can alleviate people's suffering naturally.
8. Learn what you can do to influence the government to dedicate more research dollars to polyunsaturated fatty acid products to treat Bipolar Disorder.
9. Get forms you can fill out to make sure you get the maximum benefit from the report, and that the instructions of what dose to take, and how to measure its effectiveness are clear and usable.

For questions contact: bipolarwellnessbook@gmail.com

Book Your Free Consultation

Besides Nutritional Guidance For Bipolar Disorder, Michael Also An Experience Coach For The Following Issue That Arise For Many People With Bipolar Disorder

1. Diet
2. Exercise
3. Self-esteem
4. Addictions
5. Disorganization
6. Sleep problems
7. Relationships
8. Vocational issues
9. Whether to disclose your illness to your boss or educational institution.
10. Spirituality and integrating spiritual experiences one had during a manic high.

FAQ - FREQUENTLY ASKED QUESTIONS

Question: Why don't you just tell us what few supplements have the distilled polyunsaturated acids you recommend so we can take them?

Answer: If it were that simple, I would certainly do it. But I use at least 3 different polyunsaturated fatty acids in my treatment program, and I do not know what combination and what dose will work for you until I do a complete assessment of your bipolar energy patterns, as well as your current and previous medications, your sleep patterns, and on and on. I have treated many people, and no one has the nutritional same recommendations from me. Plus, besides the different polyunsaturated fatty acids, I also use unique amino acid formulas, as well as trace minerals. In addition, I do a complete nutritional assessment of your diet and vitamin program and make recommendations that are unique to you. If someone says a certain vitamin or mineral or herb will help everyone, it cannot be true. We call it 'biochemical individuality', and it means you react to supplements and medications in a unique way. I do not recommend that you try to 'reverse engineer' what has been written and guess what supplements and what dose to take. The wrong guess could backfire and make things worse. The right guess with the wrong dose could leave you disappointed, and so discouraged you would never try nutritional treatment again, when it could have worked at a the right dose. Besides the chance of you guessing the right 2 or 3 supplement you need to balance your energy, out of all the thousands of choices are almost zero.

Question: How long does it take?

Answer: It usually takes from 2-3 months to stabilize a person on a Bipolar Wellness nutritional program. Some people choose to stay in touch for a longer time, often less frequently for further adjustments. It often takes longer when someone's goal is to reduce their psychiatric medications in quantity and/or dose.

Question: Why does it cost so much?

Answer: It really doesn't. The initial cost for an extended evaluation and first nutritional supplement suggestions, as well as four follow up calls over the next two months is only \$299. If you consider how much you have spent on travel, or recreational drugs, or eating out for a month, it is not a lot. It is a small short-term investment for a long-term benefit. It is a way of making your recovery from Bipolar Disorder your highest priority and be committed to your own healing, by following instructions and suggestions in diet, supplementation, and lifestyle.

We use Stripe to process bank and credit card payments, and they have payment plans embedded in their program so you can choose a small monthly payment if your budget is tight. In addition, Michael Rose, M.A. has spent many thousands of dollars publishing his books, hiring webmasters and paying to be on the internet so you can find him. He has not yet earned back his investment, which he has made to insure you have access to this information and his services.

Question: Are the supplements expensive?

Answer: Not at all. You will be sent links to either iHerb.com or Amazon.com to the supplements you need, which are usually no more than \$20-40 combined, and they last a few months. These will be the best quality at the best price.

Question: Is Michael Rose, M.A. qualified to do Bipolar Wellness Coaching?

Answer: Michael has survived bipolar disorder and has been in recovery for over 25 years. This has been confirmed by multiple psychiatrists. Besides that he earned a master's degree in psychology from a highly regarded accredited college, Goddard College in Plainfield, Vermont, and has had years of experience in group counseling, marriage counseling, addiction counseling, and many other methods. He also was a Florida Licensed Nutritionist # NC588, now retired, and has spent over 40 years in the health food industry developing products. He was trained as a young teenager at the National Children's Cardiac Hospital in laboratory research and reads scientific articles on nutrition regularly to keep up with the latest research.

He has been treating people with bipolar disorder for the last five years, with a high success rate. He is aware that there is still so much more research to be done and hopes for the day when all people who suffer bipolar disorder can be treated with nutritional only. Sometimes it is possible, but many times we have to be satisfied with reduced dosages and reduced numbers of medications a person must take by adding the right nutrients. He approaches each case with caution, and only accepts people into his coaching program who are likely to benefit from it. Unfortunately, because the medical profession has been funded by the drug industry, there are very few doctors who understand and treat nutritionally. Michael Rose, M.A. is one of the few people who have made it their mission to help spread the word about the nutritional treatment of bipolar disorder, and who know which supplements and at what dose help each individual's bipolar energy pattern.

If you wish to apply for the Bipolar Wellness™ Coaching Program, you will need to have a free phone interview with Michael. During the call he will ask you about your history and medications, and give you an honest answer whether a nutritional treatment program is appropriate for your situation. If not, he will be happy to suggest other directions you may want to check out.

To book a free consultation, and to be considered for the Bipolar Wellness™ Coaching Program, book a free phone consultation below:

[**Book Your Free Consultation**](#)

ENDORSEMENTS

I was diagnosed with bipolar when I was 15 years old. I was sent to a juvenile program and prison before I was 18. I've seen a lot and been through a lot. I'm 29 now. I had avoided medical drugs, and for many years, I prayed to find something which would help me. I used to be ashamed of my illness. With Michael Rose's help and a lot of praying and support from my family and God, I'm able to say 'I have bipolar, and at the same time, I am successful. I now manage my bipolar with natural supplements. I'm very thankful for the treatment I have received from Michael Rose, M.A., which has helped me get to this place.

Nathaniel N, Florida

To say Michael Rose is a miracle worker is not an exaggeration. I've been on several different antidepressants and bipolar medications for over thirty years, and in the past few years none have had much effect. I have had long periods of complete despair and agoraphobia. Just when I was resigned to accept my situation, a friend suggested I get in touch with Michael Rose. I found how reasonable his services were so that it was easy to make this decision. At about the same time, my doctors had offered me a newly developed bipolar medicine for \$1000 a month, which might cause weight gain. LOL.

Michael reviewed my all medications and nutritional supplements. He made a few adjustments with those, and then "prescribed" a few different distilled polyunsaturated fatty acids. Well, within a week, I rose from quicksand to functionality. These supplements really took me to a higher level of compassion for myself, to a place of not being fearful or suspicious, or resentful of people, places and things. I have more focus and follow through on whatever I am doing. Within a short while, I have reduced the strength of my anti-anxiety medication, with the approval of my psychiatrist. I highly recommend you follow Michael's program - so simple, inexpensive and incredibly effective.

Jasmine G., Massachusetts

I am grateful today that I no longer live in the reality of complex PTSD, bipolar disorder, borderline personality, fibromyalgia, agoraphobia, addictions, etc. I appreciate my recovery into Bipolar Wellness, and your own recovery, Michael, which makes it all possible. I never imagined that addressing Bipolar Disorder would help with some of my other challenges too, especially the fibromyalgia.

Thank you for believing in me and for the Bipolar Wellness program that continues to bring me hope and functionality.

Catherine B., Hawaii

Before I started coaching with Michael, I was going through the dissociative psychotic features of Bipolar I. They were paranoid and very fear-based. I couldn't get out of bed. I was sleeping way too much. My energy levels were way down. My motivation was lacking. I just kept having episodes once a month. I was working with doctors who weren't understanding of my situation, and who weren't able to help me the way Michael has done. The medications like Risperdal I was taking made me feel exhausted, and they weren't helping. I got on a new medication called Latuda that really helped me get a lot better. Michael started me on a special combination of distilled polyunsaturated fatty acids, which allowed me to cut my dosage of Latuda in half, and I was able to completely get off Risperdal. My energy levels started to increase. I was able to get out of bed and only sleep maybe 7 to 9 hours instead of what I was sleeping, from 12 to 15 hours a day. When I started the nutritional regimen, the monthly psychotic episodes stopped. I have increased energy levels, better moods, and a better sleep cycle. Yes, the psychotic episodes completely stopped.

There's been such a change in my life in how I function, exercise, and eat. It's really helped to make me more of the person I know I can be. Before, I had to distance myself from my family because I knew what a wreck I was with my moods, my disregulation, and my temper. But I knew that if I was able to stabilize myself, I could go to them lovingly, which I have. And now they see night and day in me. What Michael's coaching has done for me is help me with a plan for nutrition, supplements, and medication to reach the bipolar wellness goals and levels.

The Bipolar Wellness coaching program has given me increased energy levels, and have better mood regulation. It helped me to be more of who I am rather than being the mess of dysfunctional of symptoms from my bipolar condition. I have been able to reach a lot more wellness and balance with Michael and his coaching. I've been able to start working and plan to start my own business. This has been very different from when I couldn't work at all for an entire year and a half. Now I am actually pursuing my goals. I have found I can be bipolar, yet still function and even thrive, with the Bipolar Wellness coaching program.

Sara C, Nevada

If you would like to be in contact with any of the above people who gave endorsements, please send a request to michael@bipolarwellness.org and he will ask permission.