

HOW BENZODIAZEPINES STOLE YOUR FRIEND OR FAMILY MEMBER

AND HOW YOU CAN HELP GET THEM BACK!



By David Powers



If you're reading this chances are you have a friend or family member suffering from benzodiazepine dependence & withdrawal. This brochure will get you up to speed as to what your loved one is going through and what you can do to help.



But first, let me commend you on your compassion and effort to better understand what your loved one is going through, and how you might help them.

We need more people like you!





BENZODIAZEPINE BASICS

Benzodiazepines (benzos) are a class of drug known as tranquilizers.

Used to treat: *anxiety, panic disorder, PTSD, insomnia, muscle pain, depression...*

Have been around since the 1950's

Over 30 million people prescribed in the U.S.

**Most people don't even feel their benzo
(just notice less anxiety)**

Are highly addictive & Dependence building

*** Is the hardest drug to come off!!**

Has numerous profound withdrawal symptoms



MOST PRESCRIBED BENZOS

Valium (diazepam)

Xanax (alprazolam)

Klonopin (clonazepam)

Ativan (lorzepam)

Restoril (temazepam)

LESSER PRESCRIBED BENZOS

Librium (chlordiazepoxide)

Tranxene (clorazepate)

Prosom (estazolam)

Dolman (flurazepam)

Halcyon (triazolam)



ADDICTION VS DEPENDENCE

A big misconception is that all people in benzo withdrawal are addicted to their medication. This couldn't be further from the truth. In fact, most people are not addicted, but rather, dependent on benzos.

This is similar to a person becoming dependent on their heart medication, thyroid medication, or anti-seizure medication.

An addict seeks to get high, whereas a person in dependence typically does not experience a high.

Most people in dependence do not even want to be on the benzo!



WITHDRAWAL SYMPTOMS

ANXIETY

DEPRESSION

INSOMNIA

NERVE PAIN

BRAIN FOG

EXTREME FATIGUE

HEADACHES

PANIC ATTACK

AGORAPHOBIA

NIGHT TERRORS

WEIGHT LOSS

TINNITUS

METALLIC TASTE

HEALTH ANXIETY

OBSESSIVE BEHAVIOR

DEPERSONALIZATION

DEREALIZATION

AKATHISIA

SUICIDAL IDEATION

(AND MANY MORE SYMPTOMS)



HOW BAD IS BENZO WITHDRAWAL?

Benzo withdrawal is some of the nastiest stuff on earth! Imagine having most of those symptoms listed above, everyday, for several weeks, months, or even years straight!

Imagine what such acute prolonged incredible suffering would do to your mental and emotional health.

Benzo withdrawal can be a hell that few people can ever truly understand.

Your friend or loved one is fighting an incredible war right now!



PROTRACTED BENZO WITHDRAWAL

Not only is benzo withdrawal and recovery very painful, very long, and extremely difficult, but many people go on to experience prolonged acute withdrawal effects months (or years) after their last dose of benzos!

This is known as PROTRACTED ACUTE WITHDRAWAL SYNDROME (PAWS)





THREE MOUNTAINS OF BENZOS

There are three mountains a person in benzo recovery must eventually climb: the pre-existing condition, the drug taper, and any manifested illnesses.



PRE-EXISTING CONDITION

Most people are on benzos for a reason, for a pre-existing condition. That condition hasn't gone away. In fact, it usually reemerges much stronger.



BENZO TAPER

A slow gradual taper, usually over a period of weeks, months, or even years, is preferred to a rapid taper (2-6 weeks) or cold turkey (all at once).

Cold turkey can be incredibly harmful and overwhelming to the central nervous system, especially after years of use. This often results in relapse, and possibly much more severe withdrawal symptoms, including fatal seizure.



MANIFESTED CONDITIONS

Often (not always) the prolonged acute suffering created by benzo withdrawal begins to manifest other conditions, such as: agoraphobia, severe depression, loss of hope or will power, health anxiety, food intolerance, stomach issues, etc.





COLD TURKEY vs. TAPER

A COLD TURKEY IS WHEN A PERSON IS SUDDENLY TAKEN OFF THEIR MEDICATION WITHOUT ANY TAPERING. THIS ACTUALLY HAPPENS QUITE OFTEN AND CAN HAVE DEBILITATING IMPACT.

COLD TURKEY OFF BENZOS CAN BE INCREDIBLY TRAUMATIC, PAINFUL, AND POTENTIALLY DEADLY.

A SLOW TAPER

A SLOW TAPER ALLOWS FOR SMOOTHER DECREASES OF THE DRUG IN THE BODY, WHICH ALLOWS FOR MUCH MORE MANAGEABLE SYMPTOMS. A SLOW STEADY TAPER IS THE PREFERRED METHOD AMONGST MOST HEALTH SPECIALISTS TODAY.



THE CHALLENGE IN PSYCHIATRY

DESPITE EVERYTHING SHARED IN THIS BOOK, MOST PSYCHIATRISTS TODAY ARE NOT UP TO SPEED ON BENZODIAZEPINE DEPENDENCE & WITHDRAWAL. SADLY, MANY PSYCHIATRISTS PREFER A RAPID TAPER, AND DO NOT BELIEVE PROTRACTED BENZO WITHDRAWAL IS REAL.

THIS IS GASLIGHTING & TRAUMATIC FOR THE PERSON IN BENZO WITHDRAWAL!

IMAGINE SUFFERING PROFOUNDLY WITH MANY SYMPTOMS ONLY TO BE TOLD IT IS YOUR PRE-EXISTING MENTAL ILLNESS AND THAT IT'S *ALL IN YOUR HEAD!*





THE CHALLENGE IN PSYCHIATRY

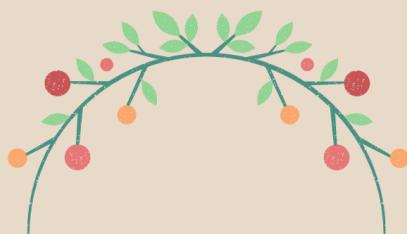
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AND DESPITE ALL THAT I'VE SHARED HERE, MOST DOCTORS DO NOT INFORM THEIR PATIENTS OF THE SIDE EFFECTS AND POTENTIAL DANGERS OF TAKING THEIR BENZO OVER FOR A PROLONGED PERIOD.

ALMOST NO PATIENTS ARE INFORMED THAT THEIR BENZO COULD STOP WORKING ONE DAY AND THEY WILL FIND THEMSELVES IN HELL.

ALMOST NO PATIENTS ARE INFORMED THAT BENZO WITHDRAWAL CAN BE SO TORTUROUS AND POTENTIALLY DEBILITATING.

MOST PEOPLE THAT START ON A BENZO ARE LIKELY TO BE PRESCRIBED MORE PSYCHOTROPIC MEDICATIONS IN THE FUTURE.





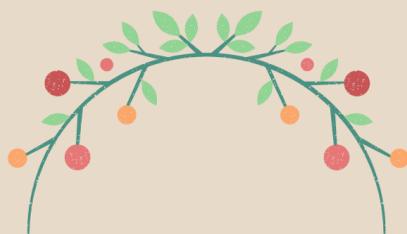
THE GOOD NEWS

THE GOOD NEWS IS THAT YOUR FRIEND OR LOVED ONE CAN BEAT BENZOS! THEY CAN MANAGE A SLOW STEADY TAPER, WHILE LEARNING AND DEVELOPING NEW COPING SKILLS.

IN TIME, WITH A GREAT DEAL OF EFFORT AND SUPPORT, THEY WILL MAKE A FULL RECOVERY!

RECOVERY REQUIRES A LIFESTYLE CHANGE.

THIS MEANS CHANGING OUR DIET, OUR BELIEFS, OUR PRACTICES, AND MUCH MORE.

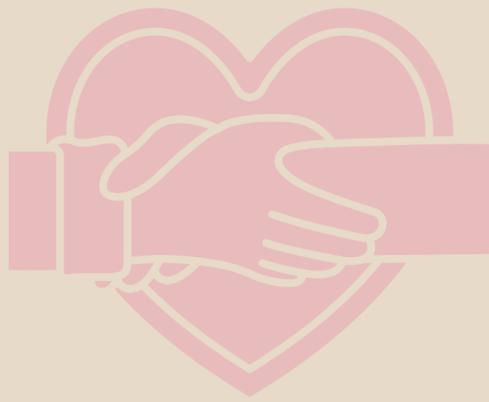




NOW FOR THE PART WHERE YOU COME IN!

THERE IS A NUMBER OF WAYS YOU CAN BE A GUIDING ANGEL IN YOUR FRIEND OR LOVED ONE'S BENZO RECOVERY. IN FACT, YOU'VE ALREADY TAKEN THE FIRST GIANT STEP IN THE RIGHT DIRECTION BY READING THIS INFORMATIVE PAMPHLET.





HOW TO BE SUPPORTIVE

SUPPORT IS BEING A GOOD LISTENER.

SUPPORT IS NOT HOLDING JUDGMENT.

SUPPORT IS HELPING THEM GET EXERCISE.

SUPPORT IS GIVING THEM HOPE.

SUPPORT IS HELPING THEM FOCUS ON OTHER THINGS.

SUPPORT IS NOT BEING AN ADDITIONAL STRESSOR.

SUPPORT IS HAVING COMPASSION.

SUPPORT IS FORGIVING THEIR DIFFICULTIES.

SUPPORT IS NEVER GASLIGHTING THEM.

SUPPORT IS DOING ARTS & CRAFTS WITH THEM.

SUPPORT IS PATIENCE & UNDERSTANDING.

SUPPORT IS CHECKING IN ON THEM.

SUPPORT IS GETTING THEM OUT OF THE HOUSE.





THANK YOU FOR READING!



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