

Coming Off Antidepressants - Part 1



OVERVIEW

Part 1 is where you miss 1 drug on a different day every week. Which means that the other 6 days of the week you keep taking the drug. This helps your system get used to the reduction of medication slowly.

Week 1

START ON A MONDAY Don't take your antidepressant on MONDAY. If your daily dosage is above 200mg miss half the dosage. If your daily dosage is under 200mg you can miss the full amount for one day. The rest of the week you TAKE THE MEDICATION as normal. So at the end of week you have taken your medication all the rest of the days ...but not the Monday one.

Week 2

This week you miss the one dose on WEDNESDAY and as before take the drugs for the rest of those days in this week. Again at the end of this second week you have missed one day only, the WEDNESDAY.

Week 3

This week you miss the one dose on FRIDAY and as before take the drugs for the rest of those days in this week. Again at the end of this third week you have missed one day only, the FRIDAY.

Week 4

This week you miss the one dose on TUESDAY and as before take the drugs for the rest of those days in this week. Again at the end of this fourth week you have missed one day only, the TUESDAY.

Week 5

This week you miss the one dose on THURSDAY and as before take the drugs for the rest of those days in this week. Again at the end of this fifth week you have missed one day only, the THURSDAY.

Week 6

This week you miss the one dose on SATURDAY and as before take the drugs for the rest of those days in this week. Again at the end of this sixth week you have missed one day only, the SATURDAY.

Week 7

This week you miss the one dose on SUNDAY and as before take the drugs for the rest of those days in this week. Again at the end of this seventh week you have missed one day only, the SUNDAY.

If you decided to halve your medication for this part, go and repeat this 7 weeks until you have completed a full 7 weeks with one full day a week having no drug, then move to part 2.

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Coming Off Antidepressants - Part 2



Week 1

START ON A MONDAY Don't take your antidepressant on MONDAY. If your daily dosage is above 200mgs miss half the dosage. If your daily dosage is under 200mgs you can miss the full amount for one day. The rest of the week you TAKE THE MEDICATION as normal. So at the end of week you have taken your medication all the rest of the days ...but not the Monday one.

Week 2

This week don't take the MONDAY drug or the WEDNESDAY drug. Keep taking the drugs the rest of the days.

Week 3

This week don't take the MONDAY drug or the WEDNESDAY drug or the FRIDAY drug. Keep taking the drugs the rest of the days.

Week 4

This week don't take the MONDAY drug or the TUESDAY drug or the WEDNESDAY drug or the FRIDAY drug. Keep taking the drug the rest of the days.

Week 5

This week don't take the MONDAY drug or the TUESDAY drug or the WEDNESDAY drug or the THURSDAY drug or the FRIDAY drug. Keep taking the drug the rest of the days.

Week 6

This week don't take the MONDAY drug or the TUESDAY drug or the WEDNESDAY drug or the THURSDAY drug or the FRIDAY drug or the SATURDAY drug. Keep taking the drug the rest of the days.

Week 7

This week don't take the MONDAY drug or the TUESDAY drug or the WEDNESDAY drug or the THURSDAY drug or the FRIDAY drug or the SATURDAY drug.....or the SUNDAY drug. You are now drug free:-)

If you decided to halve your medication for the FIRST 7 weeks, do the same here. Do half at a time, do another 7 weeks after this one and you will be drug free.

I have given this program out to hundreds of clients over 30 years of helping them off drugs. It works because its very gradual and easy on your body... don't mess with it, just stick with it.

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