



# Living Without Tranquilizers: Helping you to get free of tranquilizers, anxiety and depression

*Eduardo Drummond Passos*

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If You have been taking tranquilizers for many years, have you ever felt completely destabilized, anxious or depressed because in a certain day you did not take the medication? If yes, what you probably felt was an abstinence crisis. It happens to all users after three weeks of continuous use, even if you followed all rules from your doctor. Millions of people are dependent on them and already felt the same. The pharmaceutical industry and doctors encourage you to use these drugs, but most of the time they do not make clear the risks of addiction and how to stop using it. Nobody also warns you about the information below: "The tranquilizers or benzodiazepines are prescribed for anxiety and sleep. But in the long run, the more you use it, more likely to have increased anxiety, depression and insomnia. "Several studies show that the use of these drugs is associated with an increase of approximately 50% in the risk of dementia. For dementia you can understand, for example, Alzheimer's disease." "The fact is that the more diagnostics, more people" classified "as" sick "will have to make use of medications. There is a growing tendency to "medicalize" normal patterns of behavior and mood." "The reductionist and convenient hypothesis that anxiety and depression are purely genetic or chemical problems, causes people to have the illusion that these remedies are the ultimate solution for their problems. The biggest beneficiary of this is the pharmaceutical industry." "If you think about it, probably your cubicle neighbor at work or your residence neighbor is likely to be a user of tranquilizers." "The recovery of the drug dependence is not given only by discontinuing the use of the substance. You recover by creating a new life, where it is easier not to use the substance." The book is a step by step guide to help you, your family and friends who wish to leave a happier and more fulfilling life. In addition, the book includes personal development tips, testimonials from people who have succeeded, complementary and alternative medicine tips and a variety of techniques to help people to have a life with more quality.

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