## Pairou

### Re: Eating Too Much (PLEASE HELP)

----------------------------------------------------------------------

z7z wrote:  
Pairou wrote:  
z7z, how would the keto diet work for a vegetarian? I'm very interested!  
  
  
Vegetarian keto is possible. Vegan is more difficult. You will eat lots of eggs, avocado, and nuts. Olive oil, butter, and coconut oil. Triple cream brie and heavy cream, sour cream, etc. Berries okay in small amounts. Frankenfruit like apples, bananas, and oranges are just full of sugar though. Tempeh, tofu, seitan, and other protein rich vegetarian foods. You can still drink lots of coffee if you like and alcohol occasionally in moderation. Some foods can be imitated: keto bread/cake baking youtube videos, zucchini pasta, low carb cheesecake, etc. but I think it's better just to avoid this and "cheat days" if possible.  
  
Another thing I find interesting is that many seizure medicines are used for bipolar and this diet was developed to treat seizures and diabetes (which is also a problem for bipolar/bipolar meds).

This is a big help, z7z! I'm very interested. This can be my new project for 2019!

======================================================================

## z7z

### Re: Eating Too Much (PLEASE HELP)

----------------------------------------------------------------------

Pairou wrote:  
z7z, how would the keto diet work for a vegetarian? I'm very interested!

Vegetarian keto is possible. Vegan is more difficult. You will eat lots of eggs, avocado, and nuts. Olive oil, butter, and coconut oil. Triple cream brie and heavy cream, sour cream, etc. Berries okay in small amounts. Frankenfruit like apples, bananas, and oranges are just full of sugar though. Tempeh, tofu, seitan, and other protein rich vegetarian foods. You can still drink lots of coffee if you like and alcohol occasionally in moderation. Some foods can be imitated: keto bread/cake baking youtube videos, zucchini pasta, low carb cheesecake, etc. but I think it's better just to avoid this and "cheat days" if possible.  
  
Another thing I find interesting is that many seizure medicines are used for bipolar and this diet was developed to treat seizures and diabetes (which is also a problem for bipolar/bipolar meds).

======================================================================

## Pairou

### Re: Eating Too Much (PLEASE HELP)

----------------------------------------------------------------------

Indeed, my age makes it harder to lose the weight, Son...  
  
Voracious Lemon, eating on a schedule sounds like a great idea!  
  
z7z, how would the keto diet work for a vegetarian? I'm very interested!  
  
Thank you all for your replies <3

======================================================================

## Pairou

### Re: Low Carb Nirvana

----------------------------------------------------------------------

In that case, sign me up  
  
I'm vegetarian. But even eliminating meat, fast food, and most sodas, I gained weight from my meds.

======================================================================

## Pairou

### Re: These DAMN meds! (weight gain)

----------------------------------------------------------------------

z7z wrote:  
I've lost a lot of weight this year with the Keto diet (250>220). Meat, cheese, green veggies, nuts. Less than 20g carbs daily. You should exercise but weight loss is mostly diet. The worst is guzzling pop, bread, pastries, cake, cookies, chips, candy, beer. If you can avoid this completely, that is a good start.

I'm interested! I've done nothing but gain weight. I went pescatarian, then vegetarian, and still, weight gain...

======================================================================

## zoba

### Re: My hobby is collecting hobbies - anyone else?

----------------------------------------------------------------------

Yep- this is me! My husband jokingly calls them my "schemes". My hobbies have included tap dancing, yoga, going vegetarian, going vegan, baking, learning the guitar, playing the piano, learning French/Korean/Italian/Spanish/German/Chinese/Russian, knitting, making clay figurines, scrapbooking, drawing, and probably others that I can't think of right now. There were also multiple classes like ballet class, learn to figure skate class, beginning swimming, meditation, etc.  
  
Sometimes I feel bad about all of these abandoned hobbies, but then I think that at least they've made me a more interesting person!

======================================================================

## Jellybeanery

### Re: How's Your Mood Today?

----------------------------------------------------------------------

Thanks, eterea107 and Holodeck. I feel much more calm today, although a tad irritable still.  
  
I wish soy made me manic (or any food). If it did, I'd be manic all the time, considering I'm a vegetarian.

======================================================================

## thejan

### My attempts at influencing bipolar through diet

----------------------------------------------------------------------

OK so far i have done three things:  
  
-eat Joghurt every day (there is research how good gut bacteria like in Joghurt lessen depression because the gut and the brain "talk" to each other through lots of nerves)  
-stay away from sugar / single sugars (i have done this before, it helps me after i went through the "withdrawal period"). This is possible here in Germany, i am not sure if it would be possible in the US.  
-drink decaffeinated coffee and stay away from alcohol.(Have done this before too. Helps much if done over a longer period of time)  
  
I am not sure if me being vegetarian counts as a "dietary treatment" for bipolar, but it has made me like myself more, so that is a definite plus.  
  
Only been at no-sugar and Joghurt every day for about half a week. Not sure if it is only the placebo effect or not.

======================================================================

## thejan

### Finding meaning in life

----------------------------------------------------------------------

I wonder if anyone of you has problems finding meaning in life too.  
  
I don't believe in god, and i don't believe in an afterlife. I think we have only one life and have to make the most of it. I don't want to waste my life "just having fun". I want to create something of meaning. Something that is important and has a positive impact on the world. Preferable even after i am dead (though that is not a requisite)  
  
I have thought about helping out on an animal shelter (i already am a vegetarian) and i have thought about publishing the music i write somehow - I have so much music written already it would be a waste to not share it.

======================================================================

## Oliveira

### Re: Compliance and Grogged Out

----------------------------------------------------------------------

skilsaw wrote:  
Have you heard of the "Cheetos and Beer" Diet? Cheeto chips are made with corn and corn is good for you. The nutritional value in Beer is very well known. Cheetos and Beer together are an all natural, totally vegetarian alternative to a traditional diet. It is even better if you search out Organic Cheeto chips made with non-genetically modified corn.

Skilsaw.  
  
It's time I tell you off for fabricating things. Stop.  
  
  
  
  
  
It's actually "Cheetos and Frappuccino" and the diet was invented by Britney Spears.

======================================================================

## skilsaw

### Re: Compliance and Grogged Out

----------------------------------------------------------------------

Hi nmk1226  
Have you heard of the "Cheetos and Beer" Diet? Cheeto chips are made with corn and corn is good for you. The nutritional value in Beer is very well known. Cheetos and Beer together are an all natural, totally vegetarian alternative to a traditional diet. It is even better if you search out Organic Cheeto chips made with non-genetically modified corn.  
  
I'm not making fun of you. Eating healthy foods, proper rest, exercise and complete compliance on your meds is pretty much the road to Nirvana. Who am I to talk? I was getting by with about 75% compliance. Life was okay, but not great. I've been really toeing the line since October and never felt better. I had a little crisis this week due to external factors, but i think I'm through it.  
  
I fully understand the lure of the old lifestyle. It is so easy to slip back. Not everyone can make the change. I think it must be hardest for smokers, alcoholics, drug addicts, and people with extreme excess weight. Their bodies function differently or the wiring in their brain is abnormal. We face the same obstacles. We have habits and coping routines that we might have been doing for years. Breaking those patterns isn't easy, but it can be done. To use a line from the Alcoholics Anonymous script, "One day at a time." Ultimately, it is up to you. You just have to keep telling yourself to pick yourself up and get back on the horse, everytime you fall off. Of course I know that is easier said than done. You come here for advice and encouragement and I spout platitudes. I hated counsellors and doctors that use to dump that nonsense on me. But really, they are right.  
  
I get a lot of encouragement from a peer support group run by the local Mood Disorder Association. Can you find something similar where you live? Maybe your doctor or therapist can suggest one.  
  
I go on and on, searching for something meaningful to say. This is all I've got.  
I'm cheering for you. I believe in you. You can do it.

======================================================================

## BrainStorm

### Re: Treating Depression Without Medication

----------------------------------------------------------------------

Most people with mood disorders need medication to manage their illness. There is no shame in taking medications. That being said, I understand your desire to manage it on your own and feel some semblance of control. Please don't hesitate to talk to your GP or a psychiatrist if things become unmanageable, though. You do NOT deserve and do NOT have to suffer. There are options.  
  
I will tell you the story of how I managed without meds for three years.  
  
I got my diagnosis in 2008 and took meds for two years but then wanted to try going on my own for a bit. From 2010 to 2013 I managed with no serious episodes. I had the worst episode of my life in 2013, so I tell you this with a stern word of caution. Be careful. Have a doctor you can ask for help if an emergency happens. I didn't have a doctor, and it almost cost me my life. The inpatient trip to the hospital and a heavy dose of antipsychotics saved my life.  
  
Here is what I did:  
  
-Extremely healthy diet, mostly fruits, vegetables, and whole grains. I was a vegetarian, but I ate no junk food whatsoever.  
-Exercise daily. I walked my dog an hour a day every day, plus did aerobic exercise three days a week for 30-60 minutes, and I did an hour of yoga six days a week. I exercised religiously.  
-Talk therapy. I saw a therapist/social worker once a month.  
-Maintain healthy relationships with supportive people. This is harder than it sounds. Don't allow abrasive, toxic, or negative people in your life. I even cut ties with a few family members.  
-No Alcohol. Whatsoever.  
-Strict sleep/wake routine. Go to bed and get up at the same time, every day.  
-Meaningful work. I was a yoga teacher, but do a job that means something to you and doesn't cause too much stress.  
-Keep stress to an absolute minimum. Use therapy and exercise to manage it if it gets bad.  
-My therapist recommended I get a pet. I rescued a dog. Even when I was down, I had to get out of bed and take care of her, no matter what. She also helped me exercise and maintain a routine.  
-I took vitamins and used supplements when needed to combat insomnia.  
-I got a copy of the book Wellness Recovery Action Plan (WRAP) by Mary Ellen Copeland. I followed it and it helped me a great deal.  
  
Hope that gives you a place to start. This plan worked well for me for three years, but then I needed medical intervention because it got bad. Proceed with caution.  
  
Wishing you the best,  
Brainy

======================================================================

## BrainStorm

### Re: Getting enough calories for Geodon absorption

----------------------------------------------------------------------

Thanks Oliveira. My dad was a bodybuilder before his career in engineering took off. I'm familiar with the sound of that blender every morning...  
  
I've been using whey protein, but am going to get some hemp protein (either seeds or powder, depending on what I can find) to get a few more grams of protein in. I tried being vegan and found it wasn't the right diet for my body, so I'm back to being a lacto-ovo vegetarian. Plus eggs and cheese are so good, I missed them.  
  
All I really need to know is if liquid calories work or if I need solid food. I'm not a big person, or a big eater, and hitting 5-600 calories of solid food in a meal is usually all I can do. But with the addition of liquid calories, the Geodon seems to absorb better and work more effectively. Pdocs have been shocked that 160mg of Geodon didn't knock me out, but I think it was only because I wasn't eating enough with it. Now I fall asleep with ease.  
  
Tonight was my first dose of 5mg Ambien and I only slept six hours. Slept straight through, but woke up at 3am feeling rested. :/ Did some yoga and such, now I'm going to go work on my online college course I just started. "Tibetan Buddhist Meditation and the Modern World." Very interesting, but not too stimulating so maybe I can go back to bed and get the missing two or three hours of sleep I need. I've always wondered if splitting your sleep into two chunks is good for you or not...hmm.  
  
Anyway, got the late night/early morning rambles. Thank you both for your suggestions.

======================================================================

## BrainStorm

### Getting enough calories for Geodon absorption

----------------------------------------------------------------------

Hi everyone,  
  
I have been told by my former pdoc to take my Geodon with at least 500 calories of food. I find it works better for my sleep if I get closer to 1000 calories. I am a vegetarian and am trying to eat healthier. My question is can I use a nutritional drink such as Boost Plus to help me get enough calories for my Geodon to absorb and work properly? It's very hard to hit 1000 calories being veg without eating junk. Do the calories in a nutritional drink help with absorption or does it have to be solid food?  
  
I will ask my pdoc about this when I see her in October but just wanted to know if anyone knew about this as I couldn't find any info searching Google. I am sick of eating pizza and other high-calorie vegetarian foods to reach my calorie needs. I want to be able to eat a lighter meal and make a protein shake or drink a Boost to get the rest of the calories.  
  
Thank you!  
  
Brainy

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## BrainStorm

### Re: The Off Topic Thread

----------------------------------------------------------------------

CrackedGirl wrote:  
I am veggie and have been since I was nine. I was on the way to being veggie before that but it became official when aged nine.  
  
I read this thing some time ago about how scientists were growing meat synthetically in the lab and the question was raised about whether veggies would be OK eating this. I definitely would not be as it would still be meat and meat conjures up very unpleasant thoughts for me. Another thing is where would they get the original cells from to initially clone the meat? Unless they did not have to kill the animal eg DNA from saliva or stem cells from blood.  
  
Anyhow I still would not eat it - plus also need to consider whether messing about with steak genetics is a good thing for the health of the person who eats it.  
  
So no thanks for me  
  
Cracked

I grew up on a working farm and couldn't bear eating the animals I took care of and raised from birth, so I was vegetarian by age eight or nine as well. My grandmother supported me, and made me special dinners with beans instead of the meat the rest of my family ate. I was first attracted to Buddhism and Yoga as a teenager because they teach Ahimsa- non-harming. I try to live my life without harming sentient beings in any way possible. I am slowly learning to extend the loving kindness of Ahimsa to myself.  
  
I also wouldn't eat meat created in a lab, even if it didn't come from harming animals. I tried so hard to be vegan, but my hair fell out and I never felt good, so I started eating organic eggs and cheese again, albeit reluctantly.  
  
I feel ya, Cracked.

======================================================================

## BrainStorm

### Re: The Off Topic Thread

----------------------------------------------------------------------

Every Friday night I get myself something to indulge in. Some really nice chocolate, a bath product, an expensive pack of smokes, or carry out, depending on how much money I've made during the week. Not the healthiest, I know but I'm a vegetarian Buddhist yoga teacher who doesn't even drink a drop, I'm good almost all the time ha. I'm a firm believer that hard times call for treating yourself, and a constricted lifestyle requires some indulgence for balance.  
  
Tonight's indulgence is pizza from my favorite place. My husband has celiac disease and can't eat it, and I don't give my dog table scraps. They are both just staring at me as I eat and type this so I can't help making exaggerated enjoyment sounds...MMMMMMMMMMmmmmMMMMM pizza. All mine.

======================================================================

## EternalMystery

### Re: You know you're bipolar when...

----------------------------------------------------------------------

You just found out your name is French so decide you will learn French and move to Paris. You are 6.  
  
You are in a cafeteria and see a woman cleaning down dirty tables and decide it's the most awesome job to do one day, so decide you will leave school when old enough and do that job. You also tell her how awesome you think her job is. You are 7.  
  
You feel you will literally die if you don't move somewhere else, so you buy a book with tourist pictures of your country and look through it until you feel the energy of one call to you. Then you board a plane for half way across the country without anywhere to live, without knowing anyone, no job lined up and $10 in your pocket. And you look confused when people tell you that's brave.  
  
You have sex with 3 different men in the space of 3 hours cause - hey, why not?  
  
You throw in a job and move half way to a different part of the country because you were invited to party by people you met over the internet 2 weeks before and don't even know.  
  
You prefer sitting on the kid's table at parties because you get much better conversation and have more fun.  
  
"So what is it this time?" becomes a common greeting from people who know you - and is either annoying or exciting depending on what phase you are in  
  
Having a dedicated cupboard for the hobbies you get obsessed with then lose interest in, because you know it will come around again and will at least be ready next time.  
  
Spend over $3000 buying retro items for the amazing, vegetarian cafe you are going to open, even though you have no idea how to run one.  
  
Donate those retro items to another organisation and a week later regret it because you want to open a cafe again.  
  
Change your surname legally to one that is much "stronger" sounding for a career on the stage (because you are going to be the biggest star ever heard of) - and it's the 4th time you've changed your surname in 5 years.  
  
When balanced you are an atheist. When not balanced you explore every religion going, including observing religious laws, reading texts and when you explore Islam, praying 5 times a day and wearing the hijab.  
  
You have to have the TV blaring to drown out the noise of the dog barking 6 blocks away.  
  
You have to have the TV blaring to drown out the thoughts in your head listing every embarrassing or shameful thing you've ever done - including the ones you forgot you did.  
  
Turning the phone off because you aren't able to decide whether to answer it when it rings or not and will feel guilty if you don't - and you aren't up to interacting with people right now.  
  
Putting studies on hold for 2 months because you don't have the energy to deal with a 2-hours-a-month course, so your partner decides you have now freed up energy to plan and cook nutritious meals instead. You know after 10 years, he still hasn't understood you at all.

======================================================================

## Lanka

### Re: How long before you feel the effects of depakote?

----------------------------------------------------------------------

Saddly I can't use it but, "increased appetite" wouldn't had been that bad side-effect. Considering I eat 1 warm meal a day - if I remember to or feel like making something.. So far every health-care person/friend I mention that to gives me long look of "that's not normal" - and some try to fix it... --"  
  
It's not that I don't eat at all - I just eat much as I consume. Sit around doing nothing all day - I can get by with few mugs of tea and some sandwiches.. I occasionally make sushi if I feel like dedicating few hours for it. Week of hypo I may just eat candy through it because it seems to require more energy in some way.. Or very least require sugar in any form. Normal day of school I'll just eat warm meal at school - to compensate that's usually a plate of salad and another of the warm meal of the day. Suppose that sort of falls within the recommendations of 1/4 of meat. Heck, I even eat only vegetarian variant if it looks better than cheap sort-of-meat.  
  
On other hand my weight haven't changed for last 5 years or so.. Guess that's good considering how little I move. Found my ideal weight, I suppose. :s Somewhat above the recommended, but eh it's constant regardless of how much I move so it seems fine.  
  
To return to the subject a little: even without 'depakote' my mood haven't so far sky-rocketed to too high, so my mental-health-care haven't been alarmed by me not having medication to keep my mood from elevating above the "normal". Lami-somethingorother works for keeping my mood from sinking and creative bursts of hypo sort of helps for my line of career - so so far it's been working for me without a drug to stabilaze it "downwards".  
  
..that's somewhat off the topic, isn't it? The few times I wander by the forum I'll just type an essay about whatever I happen to be thinking at the time considering the post subject&recent replies. If only I could harness that for something productive..

======================================================================

## animals4life

### Re: feeling alone

----------------------------------------------------------------------

bipolarbirdie wrote:  
Hi animals4life,  
  
I saw a great animal documentary today which showed the similarities between animals and humans, some spectacular documentary and of course amazing animals. Just wanted to share.  
  
Good on you for giving up caffiene. I guess you're not alone in feeling lonely (what an oxymoron) - loneliness is part of being human sometimes and it can occur when surrounded by humans!  
  
Is there any way you can see your doctor - or any doctor - a bit sooner? There's nothing wrong with requesting an early appointment. But I guess a lot of doctors and others go on holidays this time of year, and they need their holidays too.  
  
Years ago I worked with a patient who hit herself so much that she bled! There were a lot of frustrations in her life and when we finally addressed some of those she didn't hit herself so much. How is life for you at the moment? Is there a way of putting some good things in and taking some of the crap out?  
  
Right now I am just chillin out and waiting for hubby to look under the bonnet of my car. There was a minor explosion earlier and I can't work out why. That's what you get with old cars! He has finished work for the day but he's decided to keep working on his truck. So after that he will have to come and have a look at the car, there's no rest for him My job is to organise dinner. Most of the time we get take-out because I'm too bipolar to cook dinner at home. Today I think I might just manage it. Must have been the animal documentary earlier in the day. I'm cooking vegetarian!  
Hope you're feeling better soon  
Birdie

out why. That's what you get with old cars! He has finished work for the day but he's decided to keep working on his truck. So after that he will have to come and have a look at the car, there's no rest for him My job is to organise dinner. Most of the time we get take-out because I'm too bipolar to cook dinner at home. Today I think I might just manage it. Must have been the animal documentary earlier in the day. I'm cooking vegetarian!  
Hope you're feeling better soon  
Birdie  
  
  
My life is very boring, I have aspergers syndrome too and don't go out that much & if I do it is to the grocery store/target etc, makes my anxiety really bad & I don't have any friends to go hang out with or anything. I have my best friend but she lives in another state so cant help me in taking me to dr or something- she has encouraged me and told me I can get better, she knows I can. Which has helped me so much & made me keep pushing myself even when I don't think I can. But it is harder than I ever realized. I am into photography & am in photography school online but haven't worked on it hardly at all this year- I have no motiviation to do it, and my mom says she will motivate me till I can do it myself.. I basically just live my day to day life at home, listening to music, walking on the treadmill, watching tv & playing on my phone plus sleeping.. I do force myself outside to take pictures as that helps with all my anxiety feelings but I can't take pictures 24/7.. my parents think that the SSRI I took caused my hypomania and the hypomania was one of the rare side effects of celexa according to my dad... ugh..probably not! Everything I've read says if you have that kind of reaction then it means you have an underlying diagnosis of bipolar. Cutting out caffiene & exeecise has helped a lot and made me more stable but I can feel myself slipping..

======================================================================

## bipolarbirdie

### Re: feeling alone

----------------------------------------------------------------------

bipolarbirdie wrote:  
Hi animals4life,  
  
I saw a great animal documentary today which showed the similarities between animals and humans, some spectacular documentary and of course amazing animals. Just wanted to share.

oops! I meant to say "spectacular photography".  
  
I didn't end up having full vegetarian like I originally planned. Got some salmon steaks instead for the omega-3 (and because they're yummy). Vegie burgers tomorrow instead.

======================================================================

## CrackedGirl

### Re: feeling alone

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bipolarbirdie wrote:  
I'm cooking vegetarian!

and I dont know for sure what is going on and why it is making you feel like this but I do think that it would be helpful for you to see someone sooner rather than later as the important thing is that it sounds like you are struggling with all this. You might also want to check out the self harm forum if you have not already as there are ppl there who understand about that side of things. I hope that you are feeling better soon  
  
bipolarbirdie wrote:  
I'm cooking vegetarian!  
  
  
No food with a face- excellent!  
  
Hugs  
  
Cracked

======================================================================

## bipolarbirdie

### Re: feeling alone

----------------------------------------------------------------------

Hi animals4life,  
  
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Hope you're feeling better soon  
Birdie

======================================================================

## missryan8604

### Re: What's Your Story?

----------------------------------------------------------------------

Aloha to all,  
  
I am new to talking openly about my bipolar issues, so please bare with me. Ideally, I'd love to build a friendship with an understanding individual and develop a pen-pal type relationship. My family and friends are wonderful, but I know they can't fully understand my feelings & situations.  
  
I am 27 years old, officially diagnosed bipolar at age 23 but was in denial about it until this past week. Up until my diagnosis in 2009 I'd been sporadically treated for depression and visited counselors/therapists only a handful of times. In my early twenties I dealt with an eating disorder. In hindsight, it's clear to me that I've been battling with mental/mood issues since at least age 10.  
  
Most people know me as a very positive, inspirational person. Many are even jealous of me, which makes me feel guilty because I know they have no idea the entire scope of my life is nothing to be envious of.  
  
Currently I'm in a low place. A few days ago I was in a dark place, with uncontrollable sobbing. Characteristics of this week:  
\*Mood swings  
\*irritability  
\*OCD tendencies (cleaning, moving items like candles or picture frames from one place to another for no reason)  
\*zero motivation to leave the house  
\*missing a lot of work (semi-responsibly; I wait tables and there are usually people who want to pick up shifts)  
\*desire to be alone-because being out of "my cave" usually stirs up bad feelings  
\*guilt, shame for my family being affected  
\*weird sleeping habits  
  
  
I am notorious for making epically bad financial decisions. I'm known as the gypsy in my family because I will so spontaneously move from one corner of the US to another. As much as I love my life experiences, they also sting a little because they often remind me of irresponsible decisions I've made and the current debt I'm in.  
  
After the week I've had, it became very clear that the diagnosis from 2009 was correct. However, at the time I was prescribed Lithium and Seroquel and this time around I hope to avoid those entirely. I've grown into a "hippie" type and aim to avoid prescription drugs if at all possible. I've begun to clean up by eating habits (even though I'm a vegetarian & pretty healthy eater), cut out alcohol & caffeine, and resumed the regimen of supplements (multi vitamin, vit d, 5htp, and omega-3 fatty acid from various sources) with a plan on getting back into yoga and meditation regularly. In the past I benefited greatly from running, but haven't been inspired to dress warm and run in the 40degree rainy weather I live in currently.  
  
This is the start of my journey back to my happy place and I felt compelled to share it with caring individuals who would understand my pain. I would love to hear back from anyone who may be interested in being a pen pal. Thanks for taking the time to read!  
  
Take care<3

======================================================================

## nerdgirl

### Re: Switching speeds

----------------------------------------------------------------------

I try to eat well, but I don't want to do anything that may trigger a relapse. I suffered from annorexia for a few years and just got back to a "healthy" weight. I drink a ton of water and stay away from caffeine, but I fear becoming vegetarian and watching what I eat will become an obsession again. I can't afford to be locked away in inpatient for an eating disorder

======================================================================

## Cate68

### Re: Bipolar and Spirituality

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DISCLAIMER: I am not a member of ISKON and I am not a vegetarian.  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
Real life truth be told, I am very very similar to a Unitarian and I almost fit the traits of a Quaker, but I don't practice either sects folkways or traditions. Most of my personal and political views could be absorbed and stablized (assimilated) into the United Methodist Church. Locally, I can't say anything about how I feel or express myself because my social and other resources come directly from the churches and I am a poriah with a husband and with a child.  
  
Yes, I am spiritual and I use a "Jungian" approach in finding meaning.  
  
My own personal, daily spirituality has become almost entirely from Hindu resources on audio and these resources along with my mood stabilizer, my valerian, melatonin and chammomile keep me stable.  
  
\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
My spirituality is based upon a Father Figure that is more generic than the "Jesus" model because of several factors:  
  
1. my father is cold and distant  
2. I come from a family of alcohlics, so a generic higher power works better  
3. I have a personality disorder and am an adult child with only a high average IQ, so the intuitive thinking model of spirituality and the ancient and archaic pre-CBT constructs found in the Gita help me to be more socially aware and more well behaved.  
4. Krishna, to me represents "gnosis" which assists with wisdom and provides a "saint like figure" to direclty interact with, with no passive aggressive bullcrap.  
5. "karmic makeup" and "principles to regulate" the karmic make up speak of wellness, which helps to remind me to get plenty of sleep, eat moderately, avoid addictions/compromising situations and to get excersise instead of feeling overtly condemend  
6. And again, AA the "one day at at time" theme helps a personality disordered, hysterical, passive aggressive bipolar female like myself (just me, not anyone else)  
  
  
http://www.ncbi.nlm.nih.gov/pubmed/23858274  
  
Thus, I can remain within the "Christian" construct, remain a protestant, and avoid the pyramidal scheme of making disciples, which goes against my family of origin which is leftist and humanist. I can combine the ISKON "regulated householder" and the Essene ascetic and remain within the conformed constraints of my very limited life, and I won't get \*bashed\* for being "unchristian."  
  
I still struggle with denominationalism but I'm getting better. I am emerging with my own spirituality and the Hindu Gita and the Gayatri mantra with Hindi songs as an extra auditory \*treat\* make daily life far more livable and I can now go through the day without crying or having episodes and fits.  
  
Further, my spirituality appears to evolved into a point where I have begun to use \*dualities\* in tandem with reality so that truth comes more directly in tandem with the \*current\* situation.

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## MilliPete

### General thoughts about the right choice of medication

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Hello,  
  
for those of us who want to get on medication, are on medication or consider whether they want to taper them off vs. switching to others, I just wanted to share some general thoughts about the right choice of medication, and would be pleased if we could gather good ideas together.  
  
Usually, for the different types of bipolar, there are several medications and combinations of medications for choice, some more advisable than others.  
  
I think when looking at the negative side-effects, it is a good idea to consider which ones come close to health problems that you already have or might worsen them, and also consider (partially) genetic health problems running in your family. This may sound like a no-brainer because contraindications are often mentioned in the leaflets, but I am not sure if all. E. g. my Seroquel leaflet does not make much of a fuzz about diabetes, but yes Seroquel can cause it. As diabetes type II runs in my family and I have a weird history of getting alternatively positive and negative results for insulin resistance (pre-diabetes) in blood tests, I feel to "vulnerable" to the problem, and this is one of the reasons why I am currently tapering it off. Also very important for the women reading here: some medicines have much nastier effects on embryos and fetuses than others, or much more frequent ones, so if you want a child later it might be more sensible to try the safer ones first - or those which you can better replace temporarily with medication against rebound psychoses once you get pregnant.  
  
On the other hand, something which you won't read often about, some medications actually have some positive side-effects. Valproic acid/Depakote/Depakene for example is also good against certain types of migraines (though not the first choice medicine) so if you frequently suffer from these migraines this might be a big bonus. Seroquel also inhibits histamine receptors which is very nice if you suffer from insomnia, allergies or urticaria anyway. In fact, I found out that my urticaria is almost gone when I take Seroquel and comes back if I forget a dose. And as anti-histamines also make me sleepy a lot just like Seroquel, I now know that I can try a strong old antihistamine if for a short period of time I should suffer from insomnia.  
  
Last but not least, there are also some negative side-effects from vitamin or mineral depletion. Some medicines just drain one or a couple of these things. This cause is not always explained clearly in the leaflet, often it is just the vitamine lack symptoms described without any mention of the vitamin. About valproic acid I only found out after some research of medical papers that it can deplete calcium and vit. d which I suppose is the only or most important reason why "osteoporosis" is included as a side effect. This can be avoided by checking the levels regularly and eating lots of cheese, going out into the sun or taking supplements. (Valproic acid can also deplete l-carnitine and several B-vitamines, by the way.) These effects on vitamines and minerals are particularly important if you have a special diet, like, e. g., vegetarian or vegan.  
  
So it is really worth reading the leaflets in detail, considering the possible pros and cons and also getting additional information. Side effects are not just "side effects", and the extra information you get may help you make better informed choice about your medication. I think no sensible doctor will yell at you if you talk to them about the relevant part of your personal and your family's medical background for the best possible choice of treatment. A good doctor will go through these considerations with you, but often there is time pressure or they might just forget to talk about some of this.

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## Otter

### Re: What do I do?

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I don't want to turn this into a Seroquel thread, but it does touch on weight gain - I am at 25mg-50mg of Seroquel. Does the amount of dosage determine the weight gain? Also, where does the weight gain come from (water?) I can't imagine it is actually fat produced out of nowhere?  
  
I started a Vegan (80%), Vegetarian (15%), meat occasionally (5% - when I am at a place where I am offered meat) diet. I am exercising good.  
  
I can't afford the weight gain. Can anyone speak to my questions above?

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## xiodinex

### Re: Nutrition approach to Bi-Polar

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This could be interesting to try except for the fact that I'm vegetarian :/ so I can't have the Omega 3, since it's from fish. Does anyone know of any other sources of Omega 3? The magnesium seems well worth a try.

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## NoPMicon

### Re: I don't know what is happening

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I'm now like some weeks ago...I'm me...  
  
I felt....I felt I didn't was I....I felt.....I felt like another person...And I was another person!!!  
  
I didn't love my mother, I didn't love my friends....I was without emphaty...I had other remembers, I just wanted to destroy all, to kill someone, To cause pain....I just wanted to manipulate and destroy all people in the world....  
  
I'm like a little kid, I'm very infantile and curious, I love helping people and animals, I'm vegetarian...I'm very inocent...I'm just like a little kid who wants to grow up being a good person...  
  
But...These days...I wasn't like that...I was cold, furious without a reason, jelous, evil, very evil, I wanted to see blood, to open somebody's heart....I was agressive...I destroyed all of my friendship because It was 'funny'  
  
I was like another person!!!!!  
  
This isn't the first time that this happen....  
  
When THIS -ANOTHER PERSON- goes into my head and take the control....I always do something wrong...This time I kill my friendships.....The last I got a police report....

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## This is water

### Re: Exercising and being Healthy with Bipolar

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Enjoyed reading the advice already posted.  
  
I just started medication this Monday so we'll see how that mixes with everything.  
  
Eating right and being active is something we all always hear. I've always done both. Friends and family would always give the advice of "eat more healthy, exercise more", and so I did. I tried everything. I did raw diets, vegan, and vegetarian. I went from running marathons to running ultras. It didn't cure anything and then I'd spiral down because I'd be thinking "what's wrong with me? This works for everyone else but me".  
  
Here's to hoping though that now with a therapist and doctors adding in medication those coupled with eating healthy and exercise I'll be stable.  
  
On days where I'm low and depressed I have my best closest friend who will drag my ass out of bed for a run. Some days though I just don't want to get up and she understands when those days are happening and is respectful of that.  
  
Best of luck.

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## Infinite\_Jester

### Re: The lowest low

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SPQR wrote:  
Advice? Stories? Ideas?

ou're feeling so low right now. I can understand that it must really make graduation and travelling seem pretty empty and dull. However, I'm sure that things will turn around (with Bipolar Disorder they always do ) and when they do you will develop a fresh perspective on some of the problems that you have (injury, disability and conniving friends).  
  
SPQR wrote:  
Advice? Stories? Ideas?  
  
  
Story: A cat stalks a mouse into a corner. The mouse recognizes that he has no where to go and stands on his hind legs resting his back upon the wall.  
"You've got me cat. Are you going to eat me?" the mouse pleads.  
"No. I'm a vegetarian" the cat explains.  
After pausing for a few moments the cat pounces on top of the mouse biting the mouse's throat.  
"Cat... \*injured wheezing\* did you lie to me just then?"  
"No." the cat says "I'm trading you for lettuce"  
  
  
  
Advice: Stay busy, talk to someone, get some rest and try not to burden yourself with thoughts about your possible future.  
  
Ideas: Learn some really awkward French sentences so that you have things to say to people when you travel abroad.  
  
Hope you feel better. Take care. Let us know how it goes.

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## sixtyfoothigh

### Re: What's Your Story?

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I first had issues with depression/self harm and eating disorders as a teenager. At uni I had a couple of high moods as a result of antidepressent use and using drugs. I was fairly stable from 22 to 25. I had a relapse of depression. I'm 30 now and have just been officially diagnosed with bipolar after a recent high episode that I'm still coming out of. During this recent high I had grandiose delusions where I thought synchrotron radiation from the crab nebula was being beamed into my brain and making me a world expert in diamond light.... I'm currently on olanzapine and back at work.Luckily my partner got me to the doctors and signed off sharpish before I embaressed myself too much in the workplace so at least I still have a job... I just came back to a desk which I'd covered in suduko filled out with equations instead of the numbers 1 to 9... again with . And not to mention my wonderful partner convincing my GP that he could look after me at home and keeping me out of hospital.  
  
Anyway... I'm only just coming to accept that maybe I do have bipolar and considering medication options. This is only part of me. I'm also very intelligent. I love maths and numbers and count in binary or hexadecimal as a relaxation technique. I'm shy but act extrovert to compensate. I used to work in biophysics research before it all got too stressful and now I work as a manager at a university and am told I'm very capable at my job (having recently helped win my team a prestigious award). I'm vegetarian, a bit punk, a bit goth, and a lot eccentric.

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## Crawling

### Re: vitamin B12

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Thanks all, Chucky I was askiing because I am being refferred for tests for pernicious anaemia as I have very low b12 levels I have always been unwell but no test before has shown up why I was starting to think it was my imagination. I eat meat daily (tried vegetarian but I couldnt get out of bed I had no energy at all and only lasted a month) and I am very young I read up on the condition and saw that it seemed to be connected with bipolar but there seems alot of arguments about how it is connected . So I thought I would see if it was common on here I guess a part of me is hoping that the lack of B12 is causing my episodes and not bipolar as it is easier to treat. I am going to ask my PDOC next week see what he thinks.  
  
Thanks for all replies.

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## Quadripole

### Re: lamictal for anger

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First post!  
  
Lamictal has been wonderful for controlling my temper, with no apparent side effects. I take 150mg/day.  
  
I am Bipolar Type 1. I took lithium for 27 years, but in 2007 I had to quit after my kidney function started to decline. I was already taking some Lamictal ( Lamotrigine ) for my anger issues and now it is my only medication.  
  
Before taking Lamictal I tried many things to control my temper...yoga, marriage counseling, anger management classes, exercise and I even became a vegetarian...with limited success. Now that I take Lamictal I find that when I start to become angry I can take control and calm down, rather than losing control and yelling. It is a blessing for me, my wife and my daughter.

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## jungwoman

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Virginia wrote:  
I am a vegetarian but am very interested in trying this new approach to help my meds. Do you think the vege version of the oil would work just as well?  
Virginia

From what i've read, there's no way to tell if flaxseed oil works as well as fish oil--no studies as of yet. But there are articles about Dr. Stoll's study, including this one:http://www.mcmanweb.com/article-15.htm  
  
  
  
[/url]

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## Virginia

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I am a vegetarian but am very interested in trying this new approach to help my meds. Do you think the vege version of the oil would work just as well?  
Virginia

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