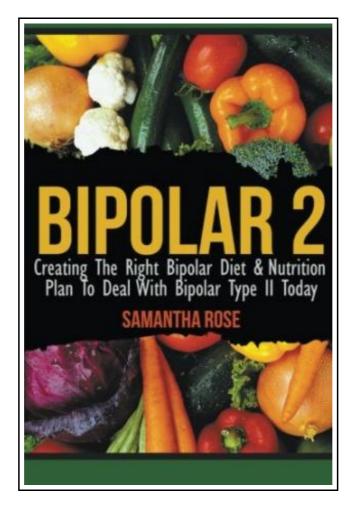
Bipolar 2: Creating the Right Bipolar Diet Nutritional Plan to Deal with Bipolar Type II Today



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BIPOLAR 2: CREATING THE RIGHT BIPOLAR DIET NUTRITIONAL PLAN TO DEAL WITH BIPOLAR TYPE II TODAY



Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. You may not know this but Bipolar Type 2 is one of the most common mental disorders, which people suffer from these days. Due to symptoms being less severe, many refer to it as soft bipolar. Yet, even though the symptoms associated with type 2 are less intense, it can still have a detrimental effect on the quality of life for the sufferer. In fact, they often find it extremely troubling as they have the classic symptoms of bipolar type 1. They can be subject to serious and recurring bouts of depression, along with more subtle bipolar symptoms such as periods of irritability, confusion, impulsiveness and agitation. When bipolar type 2 sufferers have a manic episode, it is usually milder so rather than being hyperactive, they tend to feel more energized and happier. Due to this, they do not suffer the terrible repercussions of a fullblown manic episode. However, it is worth saying that even though the symptoms are less severe they still need the right course of medication and therapy so they are able to take control of their illness. If they do not, then there is a chance their condition can become worse, which could have serious consequences. Unfortunately studies show that bipolar type 2 has become much more prevalent. In fact, it is now believed bipolar type 2 is three to four times more common than bipolar type 1. Yet, no one can offer an explanation as to why this has become the case. However, it could be because bipolar disorder was categorized into four different classifications, therefore has now become much easier to recognize and diagnose. Even though it has become more...

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