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The Instinct to Heal: Curing Stress, Anxiety, and Depression Without Drugs and Without Talk Therapy

Dr. David Servan-Schreiber M.D. Ph.D.

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Americans seek therapy in record numbers and consume more medications than ever before, yet stress, anxiety, and depression continue to rise to epidemic proportions. People can spend years on the psychoanalytic couch without making any progress. And for many psychiatrists, the prescription-writing reflex has become almost automatic, despite the fact that benefits often disappear as soon as drug treatment stops. Standard treatments simply aren't long-term solutions.

But psychiatrist/neurologist David Servan-Schreiber, M.D., Ph.D., knows that we *can* cure our emotional pain. He's seen certain natural methods produce tremendous results in his clinical practice, in that of his peers, and even in war-torn regions where horrific memories can leave deep scars.

Numerous studies in prestigious scientific journals have documented the amazing benefits of these methods on anxiety and depression, but because the mechanisms through which they operate remain poorly understood, they've remained largely excluded from mainstream medicine and psychiatry. Dr. Servan-Schreiber explains how each of the natural methods in this ensemble treatment plan can help us escape the therapy/drug trap by working through the body to tap into the emotional brain's self-healing processes rather than relying on the cognitive process of language.

Weaving fascinating accounts of his firsthand experience and findings together with the research of hundreds of other esteemed scientists, Dr. Servan-Schreiber outlines a program that's becoming embraced throughout the world as a permanent cure for emotional pain. See how you, too, can tap into *The Instinct to Heal*.

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