



# Holistic Mental Health: A Comparison of Traditional and Alternative Treatments for Mental Disorders

*Dr. Dave DiSano*

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Holistic Mental Health is a concise guide that will answer all your questions on the current treatment options for mental health issues. It compares traditional western medicine to alternative or holistic therapies answering the question which treatment is more effective. Too often the public is misled with partial information and inaccurate statements from the media and pharmaceutical company influenced physicians on treatment alternatives using anything other than prescription medications to treat mental illness. Side-effects of medications used for mental disorders are discussed, as well as possible interactions and side-effects of alternative therapies. Holistic Mental Health compares traditional treatment with alternative therapies for disorders such as Alzheimer's, Anxiety, ADHD, depression, headaches/migraines, Bipolar disorder and schizophrenia and gives recommendations backed by clinical research.



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