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Mental Health Disorders and Their Treatments

Topics Covered:

Auditory Processing Hyperactive Disorder ADHD
Case Study Attention Deficit Disorder
Avoidant Disorders in Mental Health
Attachment Disorder: Top Indicators for the Illness
Dependent Personality Disorder and Mental Health
Co-Dependency Characteristics: Is This You?
Hairy Scary: What Trichotillomania Really Means
SAD Symptoms: What Seasonal Affective Disorder Means to You
The Roller Coaster of Bipolar Disorder
Dangerous Personality Disorders Explained
Types of Disorders Passive-Aggressive Disorders and Mental Health
Psychogenic and Dissociative Amnesia and Mental Health
Sexual Disorders and Mental Health
Somatoform Mental Disorders
Cognitive Mental Health Disorders
Disorders in the Night

Mental Health Disorders and Their Treatments

Auditory Processing Hyperactive Disorder ADHD

Auditory Processing Hyperactive Disorder is known as Attention-Deficit Hyperactivity Disorder, better known as ADHD. Auditory Processing Hyperactive Disorder is a product of intricacy in processing and making sense of the auditory stimuli in the nonattendance of tangential hearing deficiency, coupled with Attention Deficit/Hypertension Disorder (ADHD).

Auditory Processing Hyperactive Disorder is widespread with children and teenagers, rather than adults. However, the Auditory Processing Hyperactive Disorder has no narrow-mindedness and more adults are diagnosed at present. Warning signs of Auditory Processing Hyperactive Disorder comprises of incapacity to use common sense.

Habitually the patient verbalizes without care of hurting other individuals, and constantly these people feel of great sense of boredom; however, thrilling tasks may be managed without further complications occurring. The many that suffer symptoms of Auditory Processing Hyperactive Disorder or else ADHD/ADD and auditory disorders also demonstrate behaviors, which include impulsive behaviors. The patients often act out before thinking, and often disregard the consequences of their actions and behaviors.

Auditory Processing Hyperactive Disorder, ADHD/ADD is a cranial nerve that connects the inner ear with the brain, and transfers impulses, which control the balance in hearing. When the Auditory Process is interrupted, the patient is often aggravated and hyperactive symptoms increase, which leads pointlessly to the Attention Deficit Hyperactivity. Hyperactivities are symptoms that include unyielding energies. Once these energies are interrupted, the patient often acts out inappropriately.

The interruptions in the hearing and the balancing often occur when the central nervous system is affected. Once the central nervous system is interrupted or else affect, other symptoms occur, forcing the patient to react. Recent studies have proven that the central nervous system plays a key role in the functioning of health, learning and coping skills. Researchers also found that the Auditory Processing Hyperactive Disorder, ADHD/Add, and many other related disorders are associated to the neurotransmitter deficiency ailment.

The neurotransmitter process is associated to the central nervous system therefore the problem is obvious. If the central nervous system is treated, effective treatment may be in order. In an effort to solve the many disorders that plagiarize our system daily, we need to take a closer look at the central nervous system. Diet is another issue that is associated with many disorders. Since, most people with diagnoses often lack sufficient dietary foods that help them stay healthy.

If you suspect your child, friend, family member, or other loved one has symptoms laid out in this article, you are advised to contact a professional that deals with this type of diagnose. If you delay, the patient may suffer tremendously, as well as may even commit suicide when the

patient does not see a way out. Auditory Processing Hyperactive Disorder is common in many children, and often the children who suffer resort to alcohol and drugs as a source of relief.

If your child is suspected of suffering this disorder, it is important that he or she receive proper treatment and therapy. Alcohol and drugs is a leading cause to suicides, jail, crime, and so forth, so to protect your child you need to take the appropriate steps to healing. As the mother of two teenage boys, one that suffers Auditory Processing Hyperactive Disorder-

ADHD, I can tell you delay in treatment is fatal. It is also important that you provide the necessary diet to the plan to avoid deficiencies. A good diet plan, education, therapy, and natural supplements, coupled with Chiropractic tactics can help your child. Since the Central Nervous System is affected, it is wise to receive treatment from sources that specialize in this area. Psychiatrist, psychologists, therapist and other professionals do not always have the answers.

Therefore, it is important to know the expertise of the specialist treating your child. Medications are found to be the leading cause for psychosis break offs schizophrenic episodes, and so forth. Many of the Mental Health experts focus on distributing medications in the treatment of ADHD patients. Therefore, natural resources, Chiropractors, and other sources may be the solution for treating Auditory Processing Hyperactive Disorder, ADHD/ADD.

It is important to learn all you can on the many types of disorders and mental illnesses that are affected our children, so that you can find a resolve if your child is suffering.

Case Study Attention Deficit Disorder

Studies have shown that Attention Deficit Disorder (ADD) has exposed that fish oil may help slow down symptoms of ADHD/ADD. The symptoms of ADHD/ADD include coordination disabilities, learning perplexity, hypertension, emotional impairments, inability to focus, impulsive behaviors, short tension span, and more.

ADHD/ADD is a common diagnose with many adults and children today, and the studies are showing that Attention Deficit Disorder patients that use fish oils provide more relief than Adderall, Ritalin, and other medications that are often giving to ADHD/ADD patients. Doctors have recently learned that Thyroids, lead poisoning, and other chemicals impairments are responsible for Attention Deficit Disorders in children.

The high epidemic, leads researchers to uncover many possibilities to find answer to this ongoing scope of disorders. Doctors have included therapeutic tactics, combing the strategy with medicines and education. The treatment integration for ADHD/ADD patients have proved effective, however doctors are extending their search to find a solution for ADHD/ADD patients, approaching stimulants to resolve the variance.

Recent studies have found that stimulants are the leading cause of other epidemic problems in both children and adults. Children today are treated for psychotic episodes, including traits, tendencies, and so forth, as a direct result of medications given to ADHD/ADD patients. Ritalin

and Adderall, as well as other stimulating drugs are linked to psychosis, psychoses, bipolar, manic depression, and schizophrenia episodes.

The soaring rate of children and adults diagnosed with ADHD/ADD are guinea pigs for the doctors that prescribe the healing medicines. Is it any wonder the world is increasing with problems?

Natural resources are currently studied, as the researchers are now finding that natural resources are a better solution than what is offered in stimulants. Researchers have also found that the many that are diagnosed with ADHD/ADD often use alcohol and drugs to relieve their pains and sufferings, and sometimes the stimulants are a direct reason for the addictions. Case studies with Attention Deficit Disorders have shown that Docosahexaenoic Acid (DHA) is an essential element to the central processing of the brain tissues.

Studies has shown that the loss of memory, depression, ADHD/ADD symptoms, as well as the many other related problems may very well be linked to low Docosahexaenoic (DHA). Researchers are constantly searching for solutions that are more effective to treating the epidemic of ADHD/ADD, and currently fish oil is the ultimate solution, coupled with therapy and education.

Off Track

I am going to jump off track at this point, since I have done my own analytic studies, research, and observed my son that suffers with Attention Deficit Disorder. I have found in my studies that Chiropractic Solutions are a great resource for effective correction in ADHD/ADD. I have also found that Concentrated Omega3 coupled with Spectrient is also helpful to those that suffer with Attention Deficit Disorders. My son was on medications for more than four years, and all the issues addressed above are true.

My son suffers psychosis, ADHD, anxiety, schizophrenia, as well as other symptoms. Since I stopped going to the doctor, and treating him with natural resources, my son is now improving with his behaviors, actions, and so on. There are days that are bad for him, but he is now able to admit when he is wrong. I found that doctors do not always have the answers, and believe that the doctors that study ADHD/ADD need to listen more to the patients and the parents since these people are constantly dealing with this type of situation daily, and sees more than any doctor could ever see.

In my study, I also noticed that many counselors are lacking in the treatment for ADHD/ADD patients, by instantly sending them to a psychologist for medications. I am firm believer that education is the ultimate solution for many of those suffer with diagnosis, including schizophrenia, psychosis, psychotics, multiple personality disorder, ADHD/ADD and so on. The only disorder or diagnose that I recommend to KEEP as far away from education in some areas is sociopath and psychopathic. I watched as these personality types use education to their advantage to hurt others.

I have a second son with psychopathic tendencies, intermittent explosive disorder, oppositional defiance disorder, impulsive control disorder, and other disorders and as I watched him, he studied the legal structure in an effort to find a way to kill and get away with it.

Avoidant Disorders in Mental Health

Yes, there is a diagnosis titled Avoidant Personality Disorder. This type of personality will often avoid public, since they fear that the people will reject them, disappoint them, humiliate them, or view them as a complete failure. They often are reluctant to ask for help, ask questions, or speak in public. They also work below their abilities since promotions are often frightening for them. Most times, they suffer inferiority complexes, and suffer severe episodes of loneliness, depression, anxiety attacks, and so forth.

Schizoid personality types are similar, in the sense, they will avoid public, and however avoidant personality types do not have a need to socialize. We are discussing this disorder simply because I have to question the idea of this disorder in the first place. After studying an individual with multiple personality disorder (MPD), and noticing that the individual displayed avoidant behaviors in certain areas of the persons personality, I noticed that the person was not frightened of social, rather abused and neglect by the father and by the system.

The person was raised by a paranoid schizophrenia that taught her or punished her when she would go in the public, or else visit another home. When the person was able to befriend others the father, moving to another area, instantly swept her away. The young woman was different in the sense she had multiple personalities, so it was easier to fix the problem by integrating the personality that suffered the symptoms of avoidant.

After Integration I noticed a tremendous change, in that the person enjoyed being around people to a degree. However, this woman was intelligent and wise to the system that she set boundaries in social engagements. This is only one individual with over 70 personalities, so it made me wonder if avoidant personality disorder was proper in some cases. I have to reason that people with avoidant personality types may have a foundation that is not explored to the degree that it should be explored.

The system alone and how others treat others sometimes is enough to make anyone want to avoid public. It is important to examine all aspects of the symptoms before coming to the conclusion that the person has avoidant personality disorder. Most all (rather all) individuals with a mental disorder or illness has an underlying root which in all cases is FEAR. Once an expert works through those fears dealing with one at a time moving onto the next fear, then mental illnesses is only a state of mind.

It is possible to treat mentally ill, disorders with therapy alone, and is more effective if the techniques used are appropriate to the diagnose and worked properly. Not everyone with a mental illness needs medications. Paranoid Schizophrenics, Bipolar, and a few other disorders or mental illnesses in my experience needed medication. Paranoid Schizophrenias definitely should be medicated.

If you do not medicate a Paranoid Schizophrenic, you are only asking for trouble. These types will kill out of their own state of mind, simply because they believe someone is trying to hurt them, when in reality they are not. Not all schizophrenics kill, but there are known cases, including the Oklahoma Bomber that has killed. Avoidant personality disorders are easy to undo without medications, simply because the root of their symptoms is fear. We can start therapeutic treatment by working with the deepest fear the person displays. Talk therapy, role-

play, and a few other therapeutic strategies could do wonders for people with avoidant personality disorders.

It is important to listen to these types, since the problem lies beneath the voices that speak. When a person is telling you that he or she has a problem with socialization, we know that underneath those words is a fear that was cultivated by an incident/accident at childhood. We know that this person had endured some underdevelopment and lacks education and knowledge of the so-called normal ways.

This person if taught or relearned the rules and regulations of society can in time socialize without problems. If we work through the problems without burying them with medications, we are most likely going to have fewer problems.

Attachment Disorder: Top Indicators for the Illness

Attachment disorder is an illness that affects children and can carry through into adulthood if it is not understood and solved. The characteristics of attachment disorder in children can easily be seen and taken care of. By understanding what attachment disorder is and how it affects your child, you will be able to help them feel more secure about their familial relationships, as well as help them overcome their inner awareness problems with feeling secure and comforted.

There are two major types of attachment disorder that effect children of all ages. This includes an inhibited and uninhibited disorder type. Both of these types of attachment disorders act out in different ways, but both cause problems with forming relationships among others. Depending on the situation in which your child was put in when they are young, they will form one of these disorders and act out in different ways when this disorder is triggered.

Attachment disorder begins when one is unable to form healthy relationships in a social setting. This problem will range in severity as well as in age. This disorder is based off of early childhood experiences that involved a trauma, including neglect, abuse, or abandonment. If an infant or child is put in a situation where they do not feel secure and are not taken care of right away, then it is likely that they will form a defense mechanism to respond with.

Usually, this defense involves the child or teen developing a feeling that the world is unsafe. This causes the child to be unable to form healthy relationships with those around them, especially with primary caregivers.

The first thing that you will notice with attachment disorder is that the person who has it is unable to form loving relationships with people. This causes several social development skills that are lacking in the child or teen. You will notice that your child may not have friendships at school and does not interact with others well. If they are at a young age and are experiencing this, than it is a sign of attachment disorder.

On the other side, they may be more sociable than normal. They will not be able to distinguish between what is unsafe and safe with social situations. Because of this, they will seek attention from any and all that are around them. They will often find strangers to find comfort from as

they desire the love and affection that they did not feel like they received when they were young.

Another sign that a child may have attachment disorder is in the values and morals that they attach to. Often times, these children will lie, steal and be cruel to animals and people. Because they have a constant feeling of not feeling secure, they will try to normalize their behavior and balance out this feeling by making themselves secure and protected through caring out certain morals.

One of the major signs to look for in children is how they treat others around them. Often times, those with attachment disorder will be friendly and non-discriminatory with those at school or in social relations. However, as soon as you take them home, temper tantrums, destruction and a lack of affection towards family members will begin to dominate. This is a large sign that the child is feeling insecure about their environment and has attachment disorder as a result.

If attachment disorder is not noticed in your child or teen, it can lead to more destructive behaviors and role reversals. The child may not be able to function at a societal level later on if this treatment isn't solved. It will begin to act out later in life through career as well as social relationships. It will be difficult for the person who has attachment disorder to be able to form secure and long-lasting relationships. Often times, this disorder can become physically destructive towards another person as well.

It is important to recognize attachment disorder in a child if you believe that they have it. If you don't, it will cause destructive habits to form. It may also cause severe problems with social relationships, as well as familial relationships. By understanding attachment disorder, you can help your child to overcome the feelings of insecurity that dominate from their early childhood experience.

Dependent Personality Disorder and Mental Health

Dependent personality disorders are common according to experts. These types of personalities suffer symptoms including, incompetence to make their own decisions. They will often rely on others around them to make a decision. Dependent personality types will often avoid responsibility and will rely on others to handle their lives and tasks. This type of personality will avoid starting tasks, unless someone is there to guide them through the process. Dependent personality types will often tolerate abuse, neglect, including cheating of spouse.

They are often depressed and will use alcohol or drugs to relieve their anxiety and stress. The person is often passive, will not defend him or herself, and is afraid of rejection, punishment, and so forth. It is important to evaluate these types of personality and not confuse them with traditional women that have submissive traits or personalities. The two are different in the sense the traditional woman will not tolerate anyone going against their beliefs and will defend their person without thinking twice about it in most cases.

Dependent personality types are found in Histrionic and Borderline Personality types, but the difference is Histrionic and Borderline Personality types will manipulate, control, abuse, and act out in behaviors that are dangerous to others. They are very manipulating and will murder in some instances. The dependent personality type is not aggressive and can hold a relationship, while borderline and histrionic types cannot.

Dependent personality types often need long-term treatment since the underlying source of the symptoms is fear because of undo punishment, neglect or abuse. The person probably lived in an unruly household and was subjected to harsh punishment. Most dependent personality types will rely on their parents and the parent will often find a reason to dismiss any decisions the person makes. For example if the patient is engaged and a sudden breakup occurs the mother may say, I told you so. I knew he was no good.

The man may have been a good person, just left simply because he could not handle the disorder. Dependent personality type may even ask mom or dad if it is ok to go to the store. They often stick close to the sources that initiated the disorder from the beginning. Therefore, we are dealing with co-dependency and dependent personality problems.

The co-dependency is the parents that will not allow the patient to move ahead to independence. Therefore, we have to apply a technique that will work to help the patient separate his or her self from the patients and work toward relying on self. I see no room for medication in this diagnose, since behaviors and not medical issues affect the patient. We need to move ahead by helping the patient see that fear is the root of the problem, and then search the mind to find the source that caused or promoted the fear.

We can do this with talk therapy, since the patient has all the answers, yet is not aware of the cause. We know that the patient was neglected as a child and possibly harshly punished often, including scolding. It would be helpful to get the parents in therapy to help them with their mental problems, but in most cases the patient is to blame according to many for his or her problem and culprits are never an excuse unfortunately.

Now, we begin by talking through the problems and sorting out the information, gathering roots that instigated the patient's behaviors. It is important to remain consistent to help the patient see that he or she can defend her or his individuality without being punished for doing so. We should never raise our voices or attempt to control the patient, rather allow the patient room to speak his or her mind freely.

An inviting method for opening up the patients mind is to ask questions that surround the problem. For example, Betty what do you think is going on inside your mind that is causing you problems? Do not allow the patient to blame his or her self, since this is only contributing to the dependency. Allow the patient room to take the floor and hold it for the time allowed.

Co-Dependency Characteristics: Is This You?

The primary identifying factor of co-dependency is that the co-dependent tends to take care of with a great amount of attention everyone around them; feelings, actions, words, everything

and they neglect themselves. The co-dependent is a reactive individual instead of acting for him self or herself. The Co-dependent Personality Disorder is characterized by a dysfunctional relationship with others including one self.

This individual is living through someone else or for someone else and not for himself or herself. They are controlling and will blame others instead of taking responsibility and live in a state of victimization while trying to fix others and they will exhibit intense anxiety when it comes to intimacy.

Co-dependency is quite common in those who come from dysfunctional families as well as children whose parents were alcoholics and/or addicts. Many treatment centers for chemical dependency also offer treatment for this disorder as well. Depression, anxiety, dysfunctional relationships and a high/low activity level are common in co-dependents. As with many depressive disorders there are physical symptoms that may arise such as: stomach problems, migraines, general malaise and skin problems. Some common characteristics:

- Anxiety
- Always having to take care of others at the expense of your self
- Unable to trust your own feelings
- Feelings of guilt for never being able to do enough
- Depression
- Isolation
- Workaholic
- Perfectionism
- No clear boundaries
- Low self-esteem – seeks approval in others
- Unable to take responsibility for own actions
- Unable to sustain or maintain relationships
- Over-reacting to circumstances
- Acts impulsively
- Resentment of those in authority
- Fear of anger
- Does not take criticism well
- Needs lots of drama in their lives
- Confusion between love and pity
- Tendency to look for "victims" to help
- Rigidity and need to control
- Lies, when it would be just as easy to tell the truth

The co-dependent personality is often a rescuer constantly trying to save others from the consequences they are about to face. They will go to great lengths to do this in so far as giving them money and lying for them if they think they are helping them. Of course this type of rescuing only serves to keep the dysfunctional individual in that state thus enabling the person they are rescuing to continue making the poor choices that they are experiencing.

The co-dependent individual is a controller and will do so by whatever means works best. The intentions of the co-dependent are well founded they are only executed in the wrong fashion. The co-dependent needs to learn that there is only one person in this world that any of us can

control would be ourselves. Once the co-dependent comes to this understanding they will then be able to help the dysfunctional people in their lives start to take responsibility for their own actions.

The codependent's recovery is simple to state. But it takes time and effort to achieve. The prime objective in healing is to learn to take good care of yourself and do not worry about how the others are going to get along. It is important for the co-dependent to get in touch with their own feelings and actions and become detached from needing to involve themselves in the affairs of the other person.

To learn to love one self and to take responsibility for attending to one's own needs. Detachment means using the energy for yourself and your needs instead of using it on others and neglecting yourself. Understanding your boundaries and let others know what they are as well is very important in the healing process of the co-dependent.

Giving of your love, energy, emotions and person to a dysfunctional person is draining and can have a long lasting affect on your life even after that individual is gone. Part of the healing process is to be able to let go of the pain and then learn how to make your life happy. To learn to use all the energy you once did for the dysfunctional individual and now use that for yourself.

Some signs of co-dependency:

- Feeling responsible for others
- Feeling compelled to solve others problems
- Trying to take care of others feelings
- Anger at injustices done to others and disregard injustices done to yourself
- Feeling safe only when you are giving or doing for others
- Feelings of guilt when some gives to you
- Low self-esteem unless you are taking care of someone else
- Constantly talking, thinking and worrying
- Not interested in your own romantic life
- Accept abuse so as not to be alone
- Unable to break the pattern of bad relationships

If you have answered yes to more than 3 of these you could be codependent. There are many ways to help one self. Many good books are available today that help build boundaries and self esteem. Contact your local Twelve Step programs and they can direct you to the services that will best meet your needs. Other resources include counseling and workshops to help you maintain and define boundaries.

Hairy Scary: What Trichotillomania Really Means

Trichotillomania is a symptom where one can not stop pulling their hair. This will result in a noticeable amount of hair loss. This is classified as an impulse control disorder when thinking about it psychologically. Knowing what mental and physical effects are related to trichotillomania can help you in solving the problem.

Trichotillomania most often starts around the ages of twelve and thirteen. However, it is not uncommon in older and younger people as well. It is usually associated with a stressful event that occurs in one's life. Abuse, sudden changes in one's lifestyle and family conflict are some of the more common examples that are associated with excessive hair pulling.

Excessive hair pulling does not have a known medical problem associated with it. Chemical messengers in nerve cells and in the brain begin to react abnormally by the pain, allowing one to think that it is a pleasurable feeling. However, most say that the problem begins by stressful situations occurring in one's life. Others relate the hair pulling to genetics.

Usually, trichotillomania will begin when one feels an increase in tension. They may also be resisting a certain type of behavior. This tension is then released when one pulls out their hair. As a result, the person is able to feel a type of pleasure and relief when pulling out their hair. Because of this reinforced feeling, hair pulling then begins to become a habit to release tension. Those who have formed a habit of excessive hair pulling may also try to release this same tension in other ways. This may include things such as nail biting, thumb sucking, head banging or compulsive scratching.

Unlike other mental illnesses, this particular problem is not associated with many other problems. It is simply the result of a habit that is formed from stress. Most who have trichotillomania don't have a hard time functioning socially. The work and school performance will also most likely not change. The changes that do occur will often from those who have found that one has a problem of pulling out hair. They respond in a negative social way, which then causes more damage.

Many that have trichotillomania may also have other disorders. These are not related to the excessive hair pulling, but rather, are a result of other factors. One of the more well known associations with this mental problem is obsessive-compulsive disorder. This is where one becomes compulsive with certain routines that take place every day. Depression may also occur as a result of hair pulling.

The largest problem with trichotillomania is the reaction that is given to those with the problem from society and family. Often times, those who have this problem will be made fun of by family and friends, causing emotional damage. It may also cause physical problems with hair. Several who have had severe problems with hair pulling may find that they have to wear a wig or find other means of replacing the hair that they pulled out.

Like other types of mental illnesses, trichotillomania can be stopped before it causes permanent damage. Behavioral therapy can help one recognize the habit and help them to overcome it. In this type of therapy, those with the problem will be requested to keep track of when the problem occurs.

With this increased awareness of the problem, the person who has the problem with excessive hair pulling will be asked to substitute the habit with another way to relieve stress. This can reverse the habit that has been formed, preventing the damage that may occur. There are also several types of medications that are available to help in stopping the habit. However, several of these are only temporary, and the habit should be treated more permanently by stopping the habit.

Trichotillomania, or excessive hair pulling, is a known mental disorder over several who have experienced some type of trauma or stressful situation. A defense mechanism is then developed in order for them to overcome the situation. Hair pulling is one of the ways in which this is resolved. For those who have problems with excessive hair pulling, there are several ways in which one can solve the problem in order to help them move past the habit.

SAD Symptoms: What Seasonal Affective Disorder Means to You

Seasonal Affective Disorder, abbreviated as SAD is a disorder that affects many during specific seasons of the year. There are several characteristics behind this disorder, many of which can be solved through different means. It is important to find what SAD means, as well as finding effective ways to treat the disorder. By doing this, you will be able to function better with friends and family, as well as at work, allowing you to enjoy every season of the year.

Usually, seasonal affective disorder occurs during the winter seasons. Christmas time and the colder months often bring a feeling of sadness, depression or anxiety. At a physical level, this occurs because of the weather outside.

It becomes colder more often. The sun also isn't up as much, causing more darkness to be around us for longer amounts of time. Most will find that they are waking up when it is completely dark and driving home from work in the dark as well. If there has been a tragic event that has occurred during this time of year, it will reinforce the seasonal affective disorder.

The first signs of seasonal affective disorder are a loss of interest and activities that are occurring around you. It is possible that you will find it hard to work or spend time with friends and loved ones. You may also have physical changes that occur as a result. This usually includes an imbalance in eating. You may crave more food than is normal, including sweets and starchy foods.

This craving of food becomes uncontrollable and often is used a way out of approaching the feelings of depression that are occurring inside of you. While wanting more food in the winter seasons is often natural, an imbalance in desiring these foods is often a sign of SAD.

Another sign of seasonal affective disorder is a change in your sleep patterns. If you are finding it harder to wake up in the mornings and want to oversleep at nights, then this is often a sign of SAD. You may also swing towards not being able to sleep as much and staying restless throughout the night as well as the day.

If you do not recognize and treat seasonal affective disorder, then it can begin to affect those around you as well as your own functioning, both at work and at home. While others are enjoying the winter season, you may find yourself feeling sad and alone. This causes a loss in enjoying the holidays.

You may also become more ineffective in the work area, making it harder to complete tasks as well as relate to your co-workers. If you do not want to affect those around you, then there are several ways in which you can approach and change this seasonal affective disorder.

The most common method that is used is known as bright light therapy. This type of therapy has been used for centuries for people who live in colder and darker climates. For the past fifteen years, it has been researched in order to become more effective for those suffering from SAD. The first and most common way to use light therapy is by taking a bright light and sitting under it for thirty minutes a day when you wake up.

There are light boxes that are available for this therapy to allow the right angles and brightness of the light to be used. Usually, the response towards light therapy will take between one and four weeks. There are also several other versions of light therapy that you can use in order to minimize the effects of seasonal affective disorder.

If light therapy doesn't seem like your best option, then you can still look into other types of treatment. There are several herbal remedies that you can use as well as anti-depressant medication that is available for seasonal affective disorder. These can all help you in overcoming the depression or sadness that you experience in the winter months.

While the Christmas and winter season is known to be a happy and joyful time of the year to some, to others it may cause sadness, grief and depression. If you are affected by the season, there are several ways that you can treat it. By allowing yourself to treat SAD, you will be able to enjoy the season with your friends and family.

The Roller Coaster of Bipolar Disorder

Bipolar disorder is a mental illness that affects many in the nation. As a result, it affects the functioning of an individual in many ways, as well as those that are around one with bipolar disorder. Bipolar disorder must first be recognized with all of the symptoms that take part in its functioning. It is then important to find treatment so that everyday routines and living can be at its fullest.

Bipolar disorder is known to affect mostly older teenagers and young adults. It is said that over two million Americans are affected by bipolar disorders. Because of the quick shifts in moods, bipolar disorder may not be caught for years. Bipolar disorder is known to begin in a person because of genetic mutations that occur. This mutation of the gene then begins to effect how the brain reacts to the environment and situations. It may take time before bipolar disorder becomes fully functioning in someone, however, when it does, it causes severe mood swings.

There are several different symptoms that are included in bipolar disorder. The first of these is in relation to mood swings, also known as episodes. One may move from being extremely happy or high to having feelings of being sad or angry. There will be periods of one feeling normal in between as well. The changes in emotion also will include shifts in energy as well as behavior. Bipolar disorder will often cause a loss of ability to control your environment as well as cause a loss in relationships.

Usually, the symptoms of bipolar disorder are found in two different categories, one of mania and the other with depression. The symptoms that are included in mania will be based off of feeling excessively good or happy about something. This will be supported by extreme

amounts of energy and restlessness. One may find that they are unable to rest with their thoughts, and as a result will move in between subjects rapidly. Often times, this behavior will include things such as aggressive and intrusive behavior as well. When one is in a manic state of mind, they will have a hard time admitting that something is wrong.

These manic episodes will then move to the other extreme of moods and into depression. The major feelings that accompany depression result in this. One will feel hopeless about their life. They may also have feelings of sadness. The activities that they are participating in will have less value. The energy levels that were extremely high during the manic episode will move towards a low level. One may find that they are sleeping more than usual or not sleeping at all. This depressive feeling will often lead to thoughts of suicide.

Bipolar disorder, within these different mood shifts, can then occur on several different extremes. For example, some may remain in a mixed bipolar state, where the different attributes between the manic and depressive states don't occur at different times. This will cause the same problems with mood, but will leave one with confused characteristics between both of the states.

At another level, those with bipolar disorder will go through several levels of mood shifts. This will begin at a low level, where there is not an extreme in mood shifts. Over time, these states will increase, causing more severe shifts and episodes from the person with bipolar disorder.

Bipolar disorder can also cause several problems in one's external life. Because of the mood shifts, it will cause a switch in how one is able to perform at school and at home. Often times, those with bipolar disorder will begin to abuse drugs and alcohol as well. This is in order for those with the disorder to be able to try to minimize the different extremes of moods that are occurring.

Bipolar disorder is a mental illness that causes one to move on a roller coaster between two extreme moods. At times, they may find themselves responding to everything through a happy state and at others they will be extremely depressed. Both of these states of mind and the movement between them will often cause severe side effects. If you have bipolar disorder, or know someone who does, then it is best to get help before the problem becomes worse.

Dangerous Personality Disorders Explained

There are several types of personality disorders, and to understand each diagnosis you must have an explanation as well as a basic understanding of each disorder. Starting with Antisocial Personality Disorder, which illustrates symptoms that are related to many other disorders, yet separated since it has its own traits. Antisocial personality types often disregard others, and ignore laws set for the communities.

Antisocial personality types are often manipulative, conniving, and may coerce others into sharing bad behaviors. Often these types of individuals are late for work, appointments, and rarely feel remorse for their behaviors and actions. They enjoy cheating when the opportune presents it, as well as charming others into believing their way of thinking. Antisocial behaviors

may include rage, avoidance, impulsive behaviors, and so forth. Often antisocial behaviors start at a youthful age and progress into adulthood.

If you notice someone is a compulsive liar, steals, disregards others, destroys other peoples property, starts fires, brings harms to animals and/or people, then you better find some help now. Psychopathic tendencies, traits and personalities are similar to these particular diagnoses; therefore, you can see how dangerous this personality disorder is to others and to the patient. Antisocial Personality Disorders are often linked to abuse, alcoholism, drugs, crime, sexual deviations, and so forth.

The disorder is found to be hereditary, and may be linked to emotional disadvantages and parental guidance. However, this is not true in all cases, since there are more children today with antisocial behaviors, which is current labeled under Conduct Control Disorder, and there are many parents fighting to save their child's life.

Antisocial Personalities are often said to suffer a history of brain injure, and may be hereditary to family that suffers Attention Deficit Hyperactivity Disorder. It is important that the individuals seek treatment as soon as you notice any signs or behaviors that pose a treat to others. For the past eighteen years, I dealt first hand with this disorder and several other dangerous disorders, and I can tell (even if you have to call the police on your child) do it!

Another dangerous personality disorder is Borderline Personality Disorder (BPD), which consists of symptoms including, impulsive behaviors, mood swings that are often unpredictable (making the individual an extreme dangerous potential), terrified of abandonment, promiscuous behaviors, manipulative, self-destructive, sometimes violent, and so forth.

It is possible to treat these individuals; however, it can be dangerous to live with such a personality type. Borderline Personalities often cut themselves to seek attention, and often threaten suicide. They offer a love/hate relationship, and often seek similar characteristics in other individuals. Other symptoms include short-term psychotic breaks, illicit behaviors, denial, depression, demanding, and so forth.

Borderline Personality Disorder is linked to incest, emotional breakdowns within families, alcoholism/drugs, and so forth, but not always. Histrionic Personality Disorder symptoms often include vanity, narcissism, and anger, seductive, flirty, and so forth. Histrionic types often act, since they will play the role of a victim in most circumstances. Histrionic personality types may have other diagnoses, except the symptoms may not be extreme.

There have been cases reported of histrionic personality disorders becoming extremely violent, to the point of murder. Obsessive-compulsive disorders are known by their symptoms, which include disregard for rules and regulations, perfectionists, inability to complete most tasks, controlling with one type of person such as lesser authority figures, and acts out self-control around authority figures to shield their identity, views people as objects, and so forth. The personality type is common, and these types of personality assault most Domestic Violence victims. This is not always true, since other personality types are also violent.

Often the Obsessive-Compulsive types (OCD) have difficulty completing tasks due to their inability to flex, and are often out to alienate anyone around them. These types are also very

stingy and disregard others feelings and emotions often. In fact, OCD patients may abuse any around them that shows emotions. It is important to know these symptoms of the various types of personality disorders, not only to protect your self, but also to get help for those that are suffering.

It is NOT wise to try to treat these types of personality disorders on your own if you do not have expertise. Most times OCD patients, Antisocial Patients, and sometimes Borderline Personality Patients have a serious look on their face at all times. There often force them selves to laugh in the presence of others. Since all the listed personality types disregard rules, regulations, and people's feelings and emotions, it puts anyone around them in extreme danger.

The majority of homicides reported are results from individuals with Antisocial Personality Disorder, Borderline Personality Disorder, Histrionic Personality Disorder, OCD, (although the reported OCD patients kill slowly), Psychopathic, Sociopath, Schizophrenia, and other related disorders. Most all the diagnoses laid out in this article are VERY difficult to treat and in some cases, impossible if the person refuses help.

Types of Disorders Passive-Aggressive Disorders and Mental Health

Passive-Aggressive Personality types will often sabotage all areas of their life in the sense that they often complain about any demands put on them. They may not voice the complaint or may do what is asked of them, but in their mind that is cussing the source that what they believe made them do the work. Passive-Aggressive Personality types are just as it sounds. They often are passive outward and aggressive inwards.

The Passive-Aggressive types often anger others around them, yet the other person may feel wrong since they are not clear on the foundation that caused the anger. These types of people are deceiving since they are often obscure with their tactics in persecuting others. They will often blame everyone around them rather than owning up to their part in conflicts. For example, Mary confronted Bob expressing to him that his behaviors were unconstitutional and were causing problems.

Bob looks at Mary with an astonished glare and says you are the problem Mary. I did what I was supposed to do, and I did nothing wrong while doing it. I have no idea what you are talking about. Passive-Aggressive Personality disorders are controversy, and are only one type of disorder that the experts dispute yet use everyday. Another type of personality disorder that is questionable is the Self-Defeating Personality Disorder.

This type will often associate with persons that will cause harm to or persecute the individuality of the self-defeated person. This type will also excuse another individual offer help to him or her, even if help is needed. This type may also anger others around them and display hurt when confronted by the other individual. The two personality types rarely hold a permanent relationship and will often make excuses when their symptoms are addressed.

Sadistic Personality Disorder was recently removed for the DSM manual simply because the experts did not have a foundation for the diagnosis. The symptoms include, controlling behaviors. They are often violent and will harm others to uphold their control over another individual. This type is similar to psychopathic and antisocial personality types in the sense they rejoice when they hurt others, including animals.

They often delight or entertain self with sources including weapons, torture, and other dangerous items. This type will often resort to abusing alcohol and drugs, as well as humans. They often are in relationships with victims of abuse, and will search out anyone that they feel is easy to control. Even if the person is submissive, they will find reason to torture or hurt the person because this is what gives them pleasure.

Persons that suffer Sadistic Personality Disorders are often survivors of abuse, and are extremely angry at the world around them. No one is good enough and everyone is an enemy out to hurt them in their minds. They often are in denial, even if they cause harm to others, they will blame the victim. If you are around this type, it is important to get out of there quickly, since this type is prone to murder. Similar to a psychopathic these types cannot maintain a steady relationship and will most always hurt the person involved in their lives. Antisocial Personality Disorders is also up in the air.

Although the traits of this type can be seen in Psychopathy, it is rated differently simply because a few symptoms are lacking. Children if diagnosed with this disorder are listed under Conduct Control Disorders, and after the age of eighteen, they are then viewed as Antisocial Personality. This type is also dangerous and will harm animals and people. They often take great pleasure in causing harm to others and the more torture involved the more they like the action.

This type of person is another person that has difficulty in relationships and often center out persons that have been abused. They enjoy controlling others around them and rarely take responsibility for their behaviors. It is important to contact a professional if you notice anyone with the listed symptoms around you behaving this way. Getting help now can save you despair in the future, and may even save someone's life in some cases.

Psychogenic and Dissociative Amnesia and Mental Health

Now what in the world is this, you might ask? Psychogenic and Dissociative Amnesia are patients with the inability to recall information from their past. Most patients that suffer from psychogenic or Dissociative amnesia has suffered a history of trauma, including rape, disasters, overwhelming circumstances, and so forth.

Most patients suffer psychosocial stress. With this disorder, it has no surrounding symptoms other than amnesia and the patient often struggles to recall or remember past events, and sometimes-current events. This disorder can be easily detected, and not confused with multiple personality disorders. Multiple Personality Disorder has far more complicated symptoms than psychogenic or Dissociative Amnesia. Many patients that suffer from psychogenic or Dissociative Amnesia may suffer depression since the feeling of memory loss is often overwhelming.

Other diagnoses such as psychogenic or dissociative fugue is another form of amnesiac disorder. Sometimes these patients will vanish for a short time and often forget where they were or why they left. Most of the patients suffering this diagnosis has suffered traumatic experiences. Depersonalization Disorders generally involved dissociation; however, the person breaks off from reality running to an unreality state. They may illustrate behaviors including dream state of mind, and distortion from time.

They may also suffer depression, dizzy spells, anxiety attacks, and other related symptoms. Some of the most complicated disorders in mental health are in constant overview, while the listed disorders are often easier to treat than the more complex diagnoses. Like many patients, however the diagnoses must be treated, since amnesia can cause additional problems. For example, if the person has difficulty remembering then other people may take advantage of them. This subjects them to pain and suffering from external sources.

If the patient wanders away, they are subject to harm by other individuals, so it is important to protect them by getting help. Most patients with these types of disorder are easy to treat and the symptoms are so minimized that any therapist should be able to determine what the disorder is right away. Unlike Multiple Personality Disorder where the patient switches personalities, psychogenic or Dissociative fugue or amnesia has distinct characteristics.

The only difficulty that therapists would have with detecting the diagnosis is that these patients are rare. Amnesia disorders are often resulting from epilepsy, head injuries, strokes, medical ailments, and so forth. Alcohol and drugs use has also been said to bring forth symptoms of psychogenic or Dissociative symptoms. No two people are the same, so the symptoms may vary in one patient while slightly different in other patients.

If these patients has additional diagnosis, the therapist will probably have difficulty detected the symptoms of amnesia disorder. With any disorder, cognitive disorder, disease of the mind, and so forth it is difficult, but some diagnoses are far more difficult than others. Therefore, if you notice anyone that is illustrating symptoms or signs of mental illnesses it is important to not only take immediate notice, but also find a professional that can help the patient get well.

Professionals that treat standard diagnosis will see upfront in many cases the direction they are headed, and may begin treatment immediately, which will help the person cover from his or her distress. Fatigue is another diagnosis that is affected people everyday.

Fatigue is a sleep issue rather than a mental ill handicap; however, it must be treated before sleep robs them of their life. Most patients suffering from fatigue often experience depression, exhaustion, drained of energy, headaches, joint and muscle aches and so forth. Scientists have studied for years this particular mental health issue and have come up with nothing as the cause for the interruption.

From what I have noticed about fatigue syndrome is that the patients often have underlying diagnoses, may have suffered medical illnesses, or else is severely depressed. Patients vary, but for the most part the patient has difficulty coping since fatigue syndrome sucks their vital energy. If you feel that you have fatigue syndrome it is best to consult with your physician to eliminate any physical ailments. You may have some type of illness that a medical doctor can treat right away and your fatigue syndrome just might disappear.

Sexual Disorders and Mental Health

There are several types of sexual disorders, including pedophilia, sexual masochism, sadism, frotteurism, and so on. Many therapists find treating patients with sexual disorder complex since many factors are involved. Experts have linked sexual disorders to biology, stress, emotional, physiology and so forth. While examining the conflicting disorders they determined that sexual disorders should be broken into separate categories, and are often called "sexual deviations."

Taking a look at sexual masochism the patient often enjoys pain, indulges in sexual fantasy, enjoys humiliation, ropes, rape, abuse both emotional and physically, mutilation, and so forth. These types of patients are at serious risk of harming those selves or others, and are often enduring symptoms of depression, substance abuse, guilt, and so forth. Any patient with sexual deviations is subject to causing pain on others, and frequently they progress to more severe status in the diagnoses.

Hypoactive sexual desire disorder is opposite of sexual masochism. Instead of indulging in excessive sexual activities frequently, the hypoactive will shun sexual contact. Patients suffering from Hypoactive Sexual Desire Disorder are often difficult to understand, and symptoms including depression, stress, and anxiousness often prevent the patient from healing quickly.

Sexual Sadism is another form of sexual deviation where the patient indulges in sexual fantasies. Like the masochism types, the sadism will often indulge in pornographic materials. Sadism also enjoying inflicting pain, including burning, mutilation, torturing, beating and so forth. Again, this is a sexual deviation disorder, and if not treated it can become very dangerous.

From previous studies and observations, I have noticed that these people when they are not released from their sexual desires will stalk, hunt, and attempt to reel someone into their web. If they are unable to find a partner willing to engage in this behavior, they often go off into a delusional state of mind, and can and have become highly dangerous in society. Many are ashamed of their way of thinking, but rarely address the issue. Often the patients are hostage to several fears and in my experiences; I have seen that helping them to find their fears is the source for healing.

When I consider sexual deviants, I think of Jeffery Dohmer and several other known predators that tortured, killed, mutilated, and ate the body parts. What a sick individuals, yet there are thousands of people around the world with sexual deviations that has not gone to the level Jeffery has, and may or may not, but it is important to treat them in case.

Exhibitionism is more of the show your penis types in public. Exhibitionism patients are often satisfied with the shock expression of their victims, and my illustrate symptoms including low self-esteem, they may not socialize, and often show immaturity patterns.

Pedophilia is another sexual deviation that the patient indulges in fantasy, and the action of the patient is usually released on children. Pedophilia patients often suffer insecurities and the need to dominate, they also suffer other related issues, but this type must be evaluated and treated to stop from harming others. Most pedophilia types rarely stop their sexual deviant behaviors.

Frotteurism often need to touch. Often in public, they will locate their selves in an area where they can get away after making contact with the victim. Symptoms often include, inability to socialize, fear, shame, inability to assert self, and so forth. Most Frotteurism patients are often caught in action before they will seek out professional help. Anyone that suffers a sexual deviant will often resort to more severe criminal activities if they are not caught. The many rapists, including serial rapists often have a sexual deviant under the surface.

Paraphilias are another patient that needs immediate psychological treatment. The patient often suffers urges, and is often stemmed from fantasy, illusion, and pornographic material, as well as fear. Often the patient will inflict pain, humiliation, and other harmful tactics toward the partner or victim.

They often are excited by spanking, bondage, restraints, and whipping. There are many types of people in the world with different types of mental illnesses, but when a person has, a sexual deviant underlying then there is always a potential risk. NOT all sexual deviants has killed, raped or abducted, but it does not mean that they will not.

Somatoform Mental Disorders

What are Somatoform Mental Disorders you may ask? Somatoform Disorders are ailments of the mind where the symptoms primarily target the patients' fear of disease, medical problems, body, and so forth. Most Somatoform patients share similar traits including physical warning signs without explanation and mental symptoms that insinuate that the physical elements of the disorder are related to the psychological patterns of the mind.

Somatoform patients are often difficult to diagnose since there are other related symptoms in both physical and mental areas that need explored also. Multiple Sclerosis is one example that is closely related to Somatoform Disorders, yet the symptoms alter in various areas. Most patients before they have been diagnosed or believed to have Somatoform must subject his or her self to a series of Medicinal tests completed before the diagnose Somatoform is issued.

Some symptoms of this type of disorder may include medical problems that may or may not exist, (long-term), history of not being able to function emotionally, sociably, and so forth. Symptoms may also include inconsistencies and/or unclear complaints of psychical illnesses, as well as physical symptoms that include nausea, diarrhea, joint aches, and so forth. Often the Somatoform patients are attention getters, and often abuse substances, while they manipulate others, and depend on others commonly.

Somatoform may or may not have additional disorders including histrionic and/or antisocial disorders. One example of a Somatoform Disorder is the Hypochondriasis. Often Hypochondriasis suffers from fear that may include health. For example, a Hypochondriasis may constantly complain about symptoms that may or may not exist, as well as worry about illnesses that may or may not occur.

This type of patient may worry about contact with diseases also. (Note: This is why it is difficult to determine the diagnose of Somatoform without doing extensive study. OCD or Obsessive-

Compulsive disorder patients will also worry about diseases or contracting diseases and will repeatedly wash their hands, and often avoid taking out the trash. The obsession comes into play when the patient refuses, or illustrates an extreme fear against some action and if forced to so the patient may become aggressive, or even violent to avoid the task. Compulsive is the same as obsessive almost since the patient will often compel against actions that may cause disease.) One example of Somatoform can be seen as follow: The patient goes to the doctor and argues regardless of what the doctor says that no disease exists.

The patient may argue that the diseases are underdeveloped or tests have not been conducted to detect the disease. Obviously, the doctor has done every test available and found nothing, but the patient refuses to believe that a disease does not exist. Another type of Somatoform is the Body Dysmorphic Disorder (BDD), which consists of anxiety and depression, as well as OCD traits, and assumed medical conditions that often do not exist. The patient often will argue that the body is malformed, and will often disregard reassurance.

This type you could argue for hours with and never get anywhere. The most of these types of disorders are new discoveries and not a lot of information is available to help us understand the patients and the symptoms of the diagnoses. Scientist for years has found new disorders that are stumping them everyday. The best solution for helping these types of people is to get immediate treatment since most of these people have dangerous traits included in Somatoform.

Antisocial, OCD and Histrionic, and each of these diagnoses may include violent behaviors. Histrionics, Antisocial and gradually over a course of time OCD will kill if triggered. Therefore, the diagnosis may be limited with information regarding the symptoms, but if Antisocial, OCD and Histrionic are included, series studies and help are needed in treating these patients.

Note: Scientist claim ending Antisocial Behaviors before they start can provide a healthy and stable environment for the patient and family. However, Antisocial Disorders (Known as Conduct Disorders before the age of 18) are said to be hereditary, which I believe an over the first theory and Antisocial Disorders only escalate to deadly circumstances. Regardless of the symptoms whether dangerous or not a person should always get an evaluation to determine the cause.

Cognitive Mental Health Disorders

Therapists around the globe are constantly searching for answers that help them understand mental illnesses. Cognitive disorders including, dementia, delirium, alcohol-induced disorders, and other related disorders are under constant studies. Most cognitive disorders listed in this article have classic denominators, including loss of memory. Most of the diagnoses are linked to disease of the brain or biological disease, or else alcoholism and related chemicals. Often people with cognitive disorders have difficulty with speech, including relating with others, and reasoning.

Their judgment is often affected, and their ability to recognize is often comprehended differently than the normal mind. Often the patients suffer depression, irritation, paranoia, and other related symptoms that could easily be misdiagnosed, since bipolar has similar

characteristic symptoms. Delirium includes symptoms that target the awareness, signals confusion, effects speech, loss of memory, imposes fear, stems depression, and many other symptoms that affect the patient. Physical symptoms also insult the patient. Increased heart rate, disturbance in sleep, nausea, and many other physical symptoms make it difficult for the patient to find comfort.

Recent studies have shown however that medications can increase symptoms in the disorder, including strokes, heart attacks, imbalances and so forth. Dementia is a type of Alzheimer disease that causes the patient to lose memory, learning inabilities, language impairments, and so forth. AIDS strokes, heart failures, and other chronic problems may cause a person to suffer dementia.

People that suffer dementia may personal hygiene incapacities, poor judgment, avoidance, personality altering, and so forth. The diagnoses can be misconstrued for several disorders, including major depressive. It is important to avoid alcohol if you are suffering with any symptoms of mental illness. Alcohol only increases the symptoms interruptions and causes more harm to the patient. Many mental ill patients will resort to alcohol and/or drugs to find a source of relief from their suffering.

This is not the solution and should be avoided at all cost. Alcohol-induced disorders are classified in cognitive disorders simply because the symptoms are related, and many of the diagnoses are a direct result of substances in many cases. This is not true of all mentally ill patients. Therapists have treated many patients that have never touched alcohol or drugs. Although many counselors will try to find this as an excuse to eliminate the worst-case scenario. Alcohol induced disorders are also known as "Korsakoff's Syndrome," which affects the memory directly. Symptoms often include memory loss, denial, indifferences, sometimes-violent behaviors, and so forth.

Most alcoholic or drug patients are direct link nutritional deficiencies, which often include B-Complex. It is often difficult to treat alcoholism, however it is possible. It takes the person to will their self free of the substances, acceptance is the beginning of recovery. Many patients that are alcoholics or addicts sometimes treated with medications for physical impairments. I have acknowledged obsessive medicinal deliveries, and often the medicines that are provided to the patient with trigger the alcoholism symptoms.

High dosage of B-Complex is often given to patients in extensive outpatient/inpatient therapy where alcohol and drugs are the problem. If the patient is at an early stage then it is possible to treat the patient affectively. Nowadays alcoholism is affecting children, and it is time that we take a step to stop the increase of alcoholism and drug addictions, before it is too late. Therapists are constantly searching for a way to resolve the many mental illnesses today.

As they study, they are finding that more problems are out there and it only slows them down, since when they find new discoveries they focus on this problem, pushing the other diagnoses to the back momentarily or else linking them together. Mental illness whether it be alcoholism or other diagnoses is not a game. There are millions of people around the globe suffering everyday and are rarely receiving the care they deserve.

We are all people and all of us deserve care, including (if not more so) those with mental illnesses. In the next article, we are going to discuss more severe disorders, including antisocial behaviors, obsessive-compulsive behaviors, schizoid, schizotypal, and so forth. I think it is important that we all have a basic knowledge of the many diagnoses in the world. Having a basic knowledge can help us to cope or help someone that is suffering mental illnesses.

Disorders in the Night

There are a few different types of Sleep Disorders that affect millions around the globe. Sleepwalking, Nightmares, Insomnia, and Sleep-Wake disorders can bring forth misery if not treated. All of us have endured nightmares or sleepless nights, but when the symptoms are continuing it is most likely the person has a disorder. The symptoms that come along with most sleep disorders include stress since inability to sleep, or sleeping too much, as well as nightmares cause grievance.

Most sleeping disorders are linked to physical ailments, psychological stressors, other diagnosis, alcohol, drugs, as well as a few other factors. Insomnia includes unhealthy symptoms that make a person have difficulty while trying to sleep, and often the person may wake up during sleep hours. This often leads to complications during the waking hours since the person is irritated. The patients often suffer with the inability to focus, depression, anxiety attacks, and no energy.

Some patients may even suffer from bipolar, anxiety disorders, or other types of disorders. I endured Insomnia for the most part of my life because of other disorders, but first hand, I can tell you medicines may work for some people, but for others it may not. The solution I found that works best for me, is eating healthy, force the mind out of thought process when you lay down to sleep, and keep in mind "One day at a time."

Insomnia patients often suffer apprehension, a sense of loss, and trauma as well as a few other symptoms. Most Insomnia Disorders means that somewhere down the line the REM (Rapid Eye Movement) sleep mode was confused. The trick then is getting the REM scheduler back on track. During the REM sleep hours, the mind often dreams, and the body functions often shift. For example, your heart rate may increase or decrease in REM sleep mode.

Since REM is often affected by sleeping hour schedules, it is sometimes possible to endure a sleeping disorder. For example, if you have a night shift job and later switched to day shift, it is obvious the REM mode is imbalanced. Once you find a way to get the mind on track again, it is possible to reinstate your mental health.

However, if you have underlying disorders, including posttraumatic stress, bipolar, multiple personality disorder, and other disorders, these diagnoses must be dealt with first before resolve comes for the sleeping disorder. Sleep-Wake Disorders or Circadian Rhythm disorder often creating sleeping inefficiencies, including sleepless nights, stress, anxiety, jet lag and so forth. This disorder is often caused by changes in the schedule.

If the person does not see the sun when he or she wakes simply because they sleep all day from working all night, this could cause Sleep-Wake disorders to develop. Sleep Walking

Disorders can become deadly. Recent studies have shown that sleepwalkers are capable of murder and will never know they killed. In my experiences, I do recall brief details of my sleep walking nights, only because others that witnessed the action gave me vivid details. In one instant, I sat in a chair rocking back and forth and humming, and in another incident, I walked to the front of the house and peered out the door, and turned and went back to bed while walking past members of the household and never acknowledging them.

I believe sleeping disorders is related to high levels of stress, diagnosis such as Posttraumatic Stress, Multiple Personality Disorder, and other disorders where trauma exists. At the time I underwent sleepwalking, I was under a high-level of stress, and suffered both Multiple Personality and Posttraumatic Stress. Most people that sleepwalk appear as though they are in a Zombie land. For example if you notice a person walking past you at bedtime, and his or her face seems to have a blank stare or else a look of unemotional status, then the person is probably walking in his or her sleep.

Finally, nightmare disorders are often linked to Posttraumatic Stress Disorders, as well as other disorders, while there is not enough evidence available to support the claims. Trauma patients are often the people that suffer with nightmares throughout the night. The person will see a real-life scene that depicts horror, fright, and so forth and sometimes will wake up screaming, and most all the time endure night sweats.

Sometimes the dreams are reoccurring and sometimes the dreams change during the night. Studies has recently shown that sleep disorder patients may have physical disabilities that are linked to the sleeping problems, however almost all patients diagnosed with sleeping disorders have additional disorders, suffered trauma, drugs or drinks excessively, and so forth. Regardless of the problems, you must find the source before you can treat individuals with sleeping disorders.

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