

Ketamine: A Novel and Effective Approach to Treating Mental Health Concerns

By Dr. Justin Yanuck and Dr. Tanya Dall - Renew Ketamine Infusion

Mental health issues have been stigmatized for far too long, leading to a lack of understanding and inadequate treatment options for those who suffer from them. The stigma and misunderstanding have led to a treatment approach that often relies on medications that mask symptoms and don't address the underlying issues.

However, there is growing evidence that psychedelics and certain medicines with psychedelic-like effects hold promise as a future treatment for mental health issues. Let's take a closer look.

Traditional Treatments Have Limitations

Many patients get little to no relief with traditional therapies, or if they do, it is mild, or there are persistent side effects such as brain fog, weight gain, and reduced libido. Traditional therapies, such as cognitive behavioral therapy, can help individuals develop coping skills and strategies, but they may not be enough to treat more severe mental health issues.

On the other hand, psychedelic-assisted therapy has shown promise in helping individuals break through mental blocks and gain new insights into themselves and their lives, often expediting the therapeutic process.

The Promising Potential of Psychedelics

Recent research has shown that psychedelics and psychedelic-like medicines such as Ketamine (FDA-approved in 1970 as an anesthetic) have promising potential for treating various mental health issues. For example, studies have shown that these substances can alleviate symptoms of depression, anxiety, and PTSD and even help people overcome addiction. In addition, unlike traditional treatments, which often take weeks or months to take effect, psychedelic medicines can often produce significant improvements after just one or two sessions.

Addressing the Root Cause

Most medications used to treat mental health issues only address symptoms rather than the underlying causes. For example, antidepressants may improve symptoms of depression by increasing levels of certain neurotransmitters in the brain, but they often do not address the root causes of depression. Psychedelics, on the other hand, have the potential to address the root causes of mental health issues by helping individuals gain new perspectives and insights into their lives.

The Future of Medicine

For now, psychedelics are currently considered a Schedule 1 (illegal) drug federally, and only a few regions in the U.S. have legalized their use for medical purposes. We are not, nor will we ever advocate for the use of an illegal substance, and we firmly believe that when these medications become legal, they are best delivered under the supervision of a licensed professional in a safe environment and with a known dose and well-regulated formulation.

For now, Ketamine is FDA-approved as an anesthetic and has been used for 20 years off-label (as many medications often are) to treat various treatment-refractory mental health issues. Today there are Ketamine clinics available that provide a controlled, safe environment to undergo Ketamine infusions.

Overall, psychedelics have shown promise in treating various mental health issues by helping people process traumatic experiences and addressing the root cause of their suffering. In addition, as cultural attitudes become more understanding of mental health issues, psychedelic therapy will likely become a more widely accepted and accessible treatment option.

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