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psilocybin, ayahuasca, DMT, mescaline and
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them manage their symptoms, including not only depression-relief but more awareness to ground themselves during mood shifts

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and ability to recognize manic behavior.

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disorder in children or young people should be made only after a period of intensive, prospective longitudinal monitoring by a healthcare professional or multidisciplinary

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team trained and experienced in the
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Dummies, (which incidentally is an
excellent book, and is definitely NOT for
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involved in bipolar and pregnancy: 1.

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