

**M.M. Van Benschoten, O.M.D, CA, Inc.**

## **POST TRAUMATIC STRESS DISORDER**

Patients with a long history of emotional, physical, and sexual abuse may find that conventional psychotherapeutic and pharmacological treatments have limited benefit in addressing recurrent episodes of anxiety, panic, and intrusive memories. Our clinical experience in this matter demonstrates that post traumatic stress disorder is a type of autoimmune disease that targets the nervous and hormonal systems as a result of antibody responses to excessive levels of stress induced neurotransmitters and hormones. Individualized Chinese herbal formulas that regulate the immune system, clear antibodies to neurotransmitters and hormones, and treat secondary infections and chemical exposures that influence immune function can assist in reducing PTSD symptoms to improve cognitive and emotional functioning

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