



Military Relief



5 Effective & Natural Mental Health Treatments Specific To Veterans

1 Eye Movement Desensitization & Reprocessing (*EMDR*) *has been gaining acceptance and is now recommended as an effective treatment for PTSD in both civilian and combat-related cases in a wide range of practice guidelines.*

2 Licensed Massage Therapy *Significant improvements in standardized measures for post-traumatic stress disorder, depression, and self-compassion were seen in both veterans and partners; and in stress for partners.*

3 Lithium Orotate (Natural Mineral) *Lithium orotate proved useful as the main pharmacologic agent for the treatment of alcoholism.*

4 Yoga *Veterans participating in these programs have reported that they sleep better, concentrate and think more clearly, manage anger and aggression more easily, and find comfort in their own skin.*

5 Veterans Community Care *VA provides health care for Veterans from providers in your local community outside of VA. Veterans may be eligible to receive care from a community provider when VA cannot provide the care needed. This care is provided on behalf of and paid for by VA... **Community care must be first authorized by VA before a Veteran can receive care from a community provider.***

Huntsville, AL providers such as:

- ❖ Dr. Jamie at Dr. Jamie's Wellness Center (Chiropractor)
- ❖ Dr. Mick at Monte Sano Healing Arts (Naturopathic Doctor & Acupuncturist)

For more info contact Kenneth Schaus Huntsville VA Clinic (256) 777-0842 |
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Source: "PTSD Treatments For Veterans: What's Working, What's New, What's Next" "Promoting Reintegration of National Guard Veterans & Their Partners Using A Self-Directed Program of Integrative Therapies: A Pilot Study" "Lithium Orotate In The Treatment of Alcoholism & Related Conditions"

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