

Health Promotion & Disease Prevention

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A life story of how Bi-polar Disorder affects not only herself, but to everyone around her in her life and family.

Sugar and Salt: My Life with Bipolar Disorder an Overview

Sugar and Salt: My Life with Bipolar Disorder is a book about a middle aged woman who had and managed to survive bipolar disorder also known as Manic-depression, but along the way experiences the bitter and sweet moments of life in a not so normal way. She only knew of her illness when she turned 32. In the book, it is vividly detailed what it is like to live in a family threatened by such an illness, how to fit in school or do work while dealing with the undiagnosed illness. She also describes her ordeal of facing the failure of her marriage and other relationships, how she tries to understand that, however she tries to live a normal life it just bounces back and still she lives a very different and more complicated life than the persons she knew. Until she admits that there is something wrong about her and that she needs professional help.

After the acceptance of the strange malady within her comes the long journey to get treatment as she tries one medication after the other after being mistaken for a psychotic. For more or less five years her life was devoted in seeking the proper knowledge and ways to approach the said disorder that she has been putting up for such a long time until the part came where she realizes that for her to get the proper treatment she needs she may have to be admitted into an inpatient mental health hospital. She illustrates the life she had lived in a locked ward and how fortunate she was when her attending physician finally finds a certain medication that her disorder responds to. She feels that she had the key to break free from her long ordeal and finally she gets the normal feeling she always wanted.

As she makes progress in the medication her disorder responds to she reaches the point where she can now get out of the mental hospital and live like a normal person. Jane had to face the world on her own again and start a brand new life. She was able to get the private life she wanted and the dream job that she had been always dreaming of without her bosses and co-employees knowing her deep, dark secret. But, after ten long years, unfortunately she develops an allergy to the one and only medication that has been of very good service to her and must start the treatment all over again.

At some point in the process, she loses the job she had dreamt about and falls back into the deep ditches of depression. It is a very touching story about a woman's triumph over her bipolar disorder that for the second time has threatened her and once again she survived it. Find out how she managed to surpass it and how you too can manage the disorder through medication and therapy should you find out that you have such illness or maybe a family member experiences such a scary disease. The author, Jane Thompson has worked as a paralegal, a teacher, as a social

worker not to mention as a writer. It's been several years now since she wrote for the publisher of a certain political encyclopedia and has also served as one of the medical writer for a training corporation.

It was such experiences that she came to learn how to express herself with great conciseness and accuracy. When the author decided to write her very own story which is the Sugar and Salt: My Life with Bipolar Disorder, her experience aided her in getting her work printed on paper. And so with her experience, as a medical writer and her stock knowledge about mental health issues, those made it a bit easier for her to write the said story. When the author just started, she had twenty short stories printed already and Sugar and Salt: My Life with Bipolar Disorder is her first book. Currently Jane Thompson is the author of Mosby's Clinical Nursing, a comprehensive reference in clinical nursing to be included as a reference in the educational program materials of the Joint Commission on the Accreditation of Healthcare Organizations. She is also the co-author of Secrets Volume 15: The Best in Erotic Romance, Jane Thompson was also the editor of American Express Presents Top Chefs of the Triangle and a lot more.

A remarkable story to read, but there is more evidence that Bi-polar Disorder has other events behind the scenes. I would consider that your body has all the working enzymes that process foods to produce the right amount of brain chemicals for healthy functioning. Second, I would further work on any past trauma issues and resolve them and ride their harmful effects they have on the internal body systems. Thirdly, I would check if hormone balance is a problem, for example, not having an adequate amount of Glutathione (see my articles on Glutathione; [“Low Glutathione Levels and Mental Health”.pdf](#)) will cause many medical and mental health conditions.

If you know of someone that may have a Bipolar condition, we can help.

For more information about how mental health disorders or how nutrition affects mental health, contact:

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