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Ketamine, a dissociative anesthetic drug initially used for general anesthesia, has emerged as a breakthrough therapy for major depression, post-traumatic stress disorder (PTSD), and suicidal ideation. Recent findings demonstrate that subanesthetic doses of ketamine effectively create a dissociative effect, disconnecting individuals from their negative thoughts, memories, actions, and identity. By dissociating old neuronal connections and facilitating the formation of new, healthy connections in the brain, ketamine presents a promising treatment option for those facing mental health challenges.

Renowned expert and Dr. John Carter explains, “Ketamine works by blocking the ‘burst mode’ of the lateral habenula, a crucial brain region responsible for suppressing dopamine production after traumatic experiences or ongoing disappointments. By interrupting this ‘burst mode,’ ketamine swiftly reestablishes dopamine production, leading individuals to experience a profound sense of relief, joy, and gratitude.”

Notably, ketamine also plays a pivotal role in dismantling old patterns of thinking in the brain, allowing neurons to reconnect and enabling access to positive thoughts and emotions. This unique mechanism has shown remarkable potential in mitigating the symptoms associated with depression, PTSD, and suicidal ideation.


The therapy is not without its temporary side effects, which may include drowsiness, double vision, confusion, nausea, vomiting, dizziness, and feelings of unease. However, these effects typically subside once the immediate impact of ketamine fades.

Endorsed by leading medical professionals in the field, ketamine therapy continues to yield encouraging outcomes for individuals battling mental health conditions. Its ability to dissociate old neuronal connections, increase dopamine production, and promote the formation of new connections in the brain sets the stage for a future revolution in mental healthcare.

Dr. Sarah Adams, a passionate advocate for ketamine therapy, relays her excitement, stating, “The promising results we have observed thus far have given us renewed hope in revolutionizing the approach to treating depression, PTSD, and suicidal ideation. Our focus now is to ensure wider access to this transformative therapy, empowering individuals to regain control over their mental well-being.”

With an ever-growing body of evidence showcasing the therapeutic potential of ketamine, healthcare professionals are optimistic about the impact it will have on the lives of those

suffering from depression, PTSD, and suicidal ideation. As further research and advancements pave the way for a brighter future, the possibilities for improved mental health outcomes are infinite.

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