

Between the two of them, they have administered over 10,000 Ketamine treatments.

*December 2020*

*Millions of people suffer from depression. Unfortunately, many are “treatment-resistant” and unable to find relief. The outcomes of these cases can be catastrophic.*

*After witnessing the ravages of mental illness within my own family, I began looking outside of the conventional treatments. That is when a colleague and friend, Dr. Glen Brooks, told me about low-dose IV Ketamine. His successes with Ketamine therapy in New York impressed me deeply. So much so that I opened a branch in Pittsburgh.*

*Not only did this revolutionary therapy help my family but also over 500 patients through the more than 4,000 treatments conducted at my clinic.*

*My privilege is sharing in the “understanding moments” of my patients when Ketamine unlocks long-closed doors of insight and satisfaction. From my experience, Ketamine treatments can greatly enhance quality of life and create new momentum in a patient’s other therapies. Each day, my “front-row seat” to these transformations encourages and enheartens me.*

*Rarely do physicians have the opportunity to participate in revolutionary treatments. I count myself incredibly fortunate to play a role in these innovations.*

#### IV Ketamine Infusion Therapy for Depression

*Frank M. Lignons, this book's author, came to me for help two years ago after decades of intense suffering. He and I developed a partnership that, as Frank reports below, changed his life. Our doctor-patient collaboration that led to his success exemplifies what makes my professional life so rewarding.*

*I hope this book opens a window into the unique therapeutic journey that he and I took together. I believe that both patients and clinicians will benefit from reading this story.*

*I recommend this publication to my patients, particularly those orienting themselves to this breakthrough treatment and its many possibilities.*

*Henry H. Macler, MD*

After more than a year of research, I came to believe that this revolutionary therapy, while unlikely to hurt me, had a good chance of helping me.

In my case, *Ketamine came through on both accounts.*

These newfound Ketamine treatments freed me from my daily thoughts of suicide.

*They changed my life.*

Treatment-resistant depression (TRD) is that which fails to respond to first-line medications. Sufferers of TRD, like myself, are stranded in the darkness of long-term depressive episodes and even suicidal thoughts.

The good news is that low-dose IV Ketamine therapy lifts depression in ***two-thirds*** of these cases.

This book walks you through each step in my decision-making process, from skepticism and desperation to experiencing an innovative treatment and reporting my results.

Why listen to me? I have:

- 25 years of fighting mental health challenges.
- endured numerous stints on disability.
- completed over 20 IV Ketamine treatments, documented with video and personal notes.
- a graduate education with a Master's of Science in Biomedical Informatics.
- analyzed the clinical studies and medical literature.

## Introduction

Join me as I share with you what I've learned about a life-saving treatment, perhaps the biggest breakthrough in the treatment of depression in over 50 years!

Readers will enjoy:

- an easy-to-understand, step-by-step guide to exploring Ketamine as a therapy for severe depression.
- insight into a Ketamine patient's perspective from research to results.
- relief from endless Googling.
- information to speed up the evaluation of this new, life-saving treatment.
- guidance on how to save time and confusion while considering Ketamine.

Who can afford to waste another day in unnecessary agony?  
Take action! Don't wait!

Life is too short and too precious to spend another day suffering needlessly.

Never give up hope for better tomorrows!

Frank M. Ligons, MS

# WHO IS THIS BOOK FOR?



**A**re you considering Ketamine?  
Is it for you?

I don't know. But I do know that more people need to hear about what it can do for them.

Optimism about Ketamine's surprising medicinal benefits is on the rise since its possibilities inspire newfound hope for hard-to-treat conditions.

If nothing you've tried for depression has made a lasting difference, you may have treatment-resistant depression. Ketamine's track record with treating this condition is astonishing, as *two-thirds* of patients report success.

This book is a step-by-step guide to initial research, talking to one's doctor, finding a Ketamine clinic, enjoying the low-dose IV Ketamine therapy treatment experience, and exploring your new life.

This book answers your questions about Ketamine:

- What is it?

## Who Is This Book For?

- Is it safe?
- What is it like?
- Does it work?
- Where do I find it?

## WHO NEEDS THIS BOOK?

- Anyone interested in Ketamine, a breakthrough antidepressant treatment
- People who've tried everything for depression without success and feel like giving up
- Sufferers ready to consider innovative treatments
- Caretakers, parents, and friends considering Ketamine for a loved one
- Providers seeking insight into the Ketamine patient's process of decision-making, concerns, and needs

## WHAT WILL YOU LEARN?

- How 25 years of mental health challenges drove me to Ketamine
- How this astonishing treatment provides new hope for depression and other conditions
- Answers to your questions about Ketamine's safety and side effects
- Why a medically educated patient decided to try low-dose IV Ketamine therapy and report his results

## IV Ketamine Infusion Therapy for Depression

- How to talk to your doctor about Ketamine treatments
- What to expect during your Ketamine clinic visit
- If the low-dose IV Ketamine therapy experience is fun or frightening
- About K-holes and bad “trips” - what they are and how to avoid them
- How to be safe and enjoy your therapy
- Tips for a great experience
- What it is like to “feel better”

This guide is written from the patient’s perspective to make considering Ketamine easier.

It explains what low-dose IV Ketamine therapy is and why it’s drawing attention as a powerful antidepressant.

It documents every step I used in my decision-making process.

You’ll hear about the terrible depression symptoms that drove me to find Ketamine.

I’ll share the surprising facts I learned about Ketamine’s efficacy and safety.

You will discover how to find a good Ketamine clinic and have a useful consultation.

Next, I’ll take you step-by-step through the infusion procedure itself, covering the steps of the process and the psychological experience.

## Who Is This Book For?

You'll get first-hand insight into Ketamine "trips" and the dreaded "K-hole" experience.

You'll get all of my tips to ensure a good treatment experience. These are the tips I wish I had!

Ketamine's benefits in my life are amazing. As someone who has lived and continues to live through this life-changing process, I'll also talk about expectations and what it means to "feel better."