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March/April 2025

Hello to all patients, colleagues and friends! Thank you for opening our first Newsletter. We hope to put these out on a monthly basis moving forward. This will be a place to find announcements about the clinic, information about treatment preparation and integration, as well as interesting news items about ketamine and psychedelic therapy more broadly. If you no longer wish to receive this newsletter, please click [here](#) to unsubscribe

The coming of Spring is an exciting time of year. Seeing green shoots rise from the ground can inspire us to grow and change into better versions of ourselves. As the temperatures rise and frozen waters thaw, there's one less barrier to getting out of our homes and enjoying nature. Exposure to nature has many benefits, but can also be an inspiring part of your integration work after a ketamine treatment.

[Read more here](#)

**Great Blue Heron****Repaupo Creek, NJ**

Resonant Breathing: A Simple Path to Meditation

As we move through life, we all develop techniques for coping with stress and times of increased anxiety. Some techniques nurture our minds and bodies, such as yoga or meditation. Some are less beneficial and even harmful, such as smoking, drinking alcohol or “doom-scrolling” on our phones. Even when we have techniques that promote wellness, they are usually not practical in most situations. We can’t, in most cases, start doing yoga poses during a stressful day at work, or go for a nature walk when we are stuck in traffic.

There are however, some simple breathing exercises that we can perform in almost all situations (even during a ketamine treatment!) that have been shown to slow our heart rates and help regulate our anxiety. My favorite technique is known as resonance breathing. It’s easy. You simply inhale over six seconds, and then exhale over six seconds. It may not be easy at first, but just counting to six on your inhale and exhale is a good place to start and you can slow it down with practice. Prayer and meditation exercises from multiple religions and cultural practices have all

[Read more here](#)

Ketamine in the News:

End of Life Anxiety:

Many people are becoming familiar with ketamine being used to treat depression, anxiety and PTSD, but at Mindstream Medicine, we also use the medicine to help people that are going through a life transition. A life transition may be any event or circumstance that may be difficult to navigate and strain our mental health, such as starting a new job, moving to a new city, becoming a parent, loss of a loved one, or as the below article discusses, anxiety around the end of life. Ketamine can provide a grounding experience that allows us to thoughtfully approach difficult changes in our lives and can be very useful in processing loss.

[Read more here](#)

A new study on the use of ketamine infusions for the treatment of PTSD was recently published in the *Journal of Psychopharmacology*. A group of 117 women were treated with an average of 6 ketamine infusions and over 70% experienced significant improvement. Additionally, over 60% of the patient achieved remission, meaning they no longer met the diagnosis of PTSD after completion of the study. The results of the study are very encouraging generally, but specifically because they used a similar protocol to what we use at Mindstream Medicine. The dose of ketamine for the trial patients was titrated up to ensure they had a psychedelic level experience at each treatment, and they were provided with eye shades, head phones with relaxing music in a calm environment. I hope this sounds familiar to our previous patients! Additionally, patients had mandatory talk therapy sessions afterwards. This is the same treatment model we use at our clinic, so while this is not surprising to read, it's great to see our method supported in the pages of a well respected medical journal.

[Read more here](#)

Announcements:

Mindstream Medicine will be closed from April 4th to April 18th, returning to regular business on April 21st. We are scheduling the last two weeks of April, please reach out if you feel you are in need of a booster

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