



THE FOUR MECHANISMS OF HOW KETAMINE WORKS

A RESET KETAMINE PRESENTATION



BIOLOGICAL MECHANISM

Ketamine blocks activity of glutamate, a neurotransmitter, which blocks the stimulation of the NMDA receptor and results in increased Brain Derived Neurotrophic Factor.

BDNF improves the function of neurons, encourage their growth and strengthens and protects them against the natural process of cell death. **BDNF is a crucial biological link between thoughts, emotions and movement,**

Increase in BDNF results in increased neurogenesis and neuroplasticity. This helps those with chronic pain and depression to restore their neuronal activity and synaptic strength in the prefrontal cortex, restoring and resetting their brain back to a healthier state.

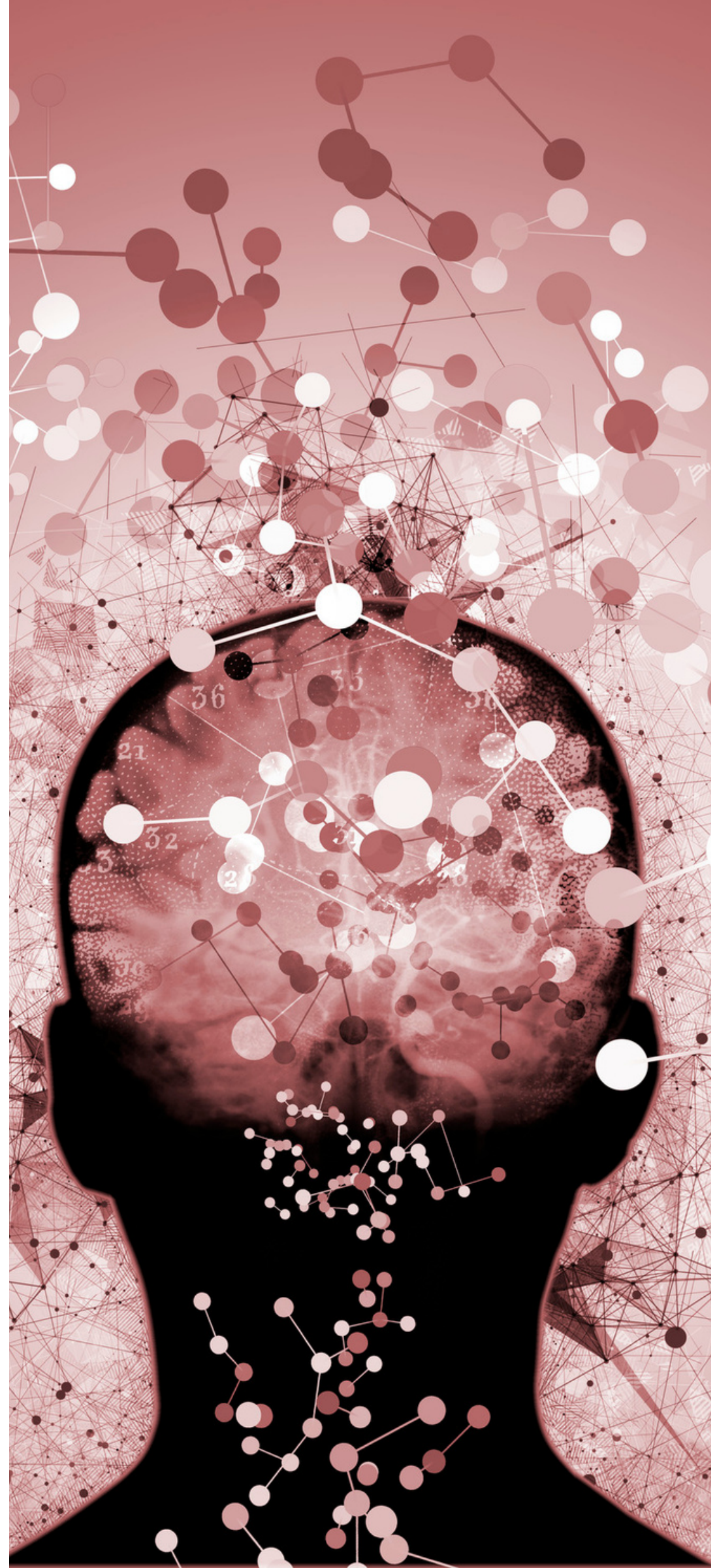
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FUNCTIONAL MECHANISM

Ketamine blocks activity of the Default Mode Network aka DMN. **The DMN is a portion of the brain which can become overactive with negative thoughts, and some believe the DMN is where the ego resides.**

When ketamine is given, this area becomes less active, and gives the individual a chance to take a break from these thoughts and detach from the ego which can aid in healing.

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PSYCHOLOGICAL MECHANISM

In this model, each individual has a conscious (what we are aware of) and unconscious (what we are unaware of) part of the mind. **Ketamine allows the individual to experience entering into the unconscious mind via its dissociative property.**

Accessing the unconscious **allows for exploration of memories, emotions, and stories** which may contain unprocessed and/or repressed feelings of pain and sadness. This allows one to clean, clear, and integrate traumatic events which leads to healing.

Ketamine also gives you **an opportunity to gain a new and possibly healing perspective** on a traumatic or unpleasant situation.

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SPIRITUAL MECHANISM

This mechanism of how ketamine works requires a couple things: **belief in the soul and being comfortable with not having a hardcore scientific explanation.** Our hypothesis is that ketamine allows for healing of the soul and reconnection to the universal. Pain and depression can be a result of disconnection and spiritual injury.

Under the effects of ketamine, some patients have experienced feelings of connection to God, or the Universe all around them. Some have seen people from their past or met spiritual beings.

Could you find scientific data explaining this? No. Will we ever be able to fully explain this mechanism? Probably not. However, **this mechanism explains why many individuals who have sought out traditional Western medical treatments for their depression and pain did not find relief and healing.**

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Conclusion

Each mechanism explains an aspect of how ketamine works. **Alone, each one is not enough and would be an oversimplification.** Some of these explanations are easier to accept than others for some, especially the spiritual aspect. Understanding that ketamine works on many levels can further explain why it works so well compared to traditional treatments.

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