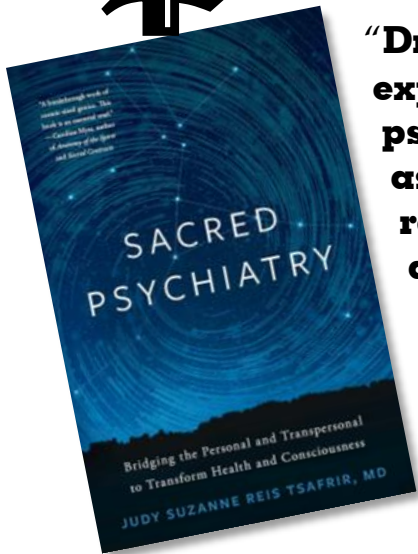




## SGARLAT PUBLICITY

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**“Dr. Tsafirir’s *Sacred Psychiatry* is an exploration of the many ways in which psychiatry and American culture have gone astray by focusing solely on the material realm. She shows, in wondrous detail, how attention to the emotional, energetic, societal, and, most of all, spiritual dimension of life is the key to healing ourselves and our world. A highly recommended paradigm buster!”**

— ERIC LESKOWITZ, MD, author of *The Joy of Sox: Weird Science and the Power of Intention*

For far too many, their experience with conventional psychiatry likely consisted of suppressing symptoms with pharmaceuticals, all without being considered as a whole person. It’s probable that there is little exploration of the power of the sacred to promote healing, which is especially crucial in our current climate of widespread fear and disconnection.

In psychiatrist JUDY SUZANNE REIS TSAFRIR’s *Sacred Psychiatry: Bridging the Personal and Transpersonal to Transform Health and Consciousness*, the reader is introduced to a diverse range of holistic approaches to psychiatric healing. It offers invaluable guidance on how to develop personal spiritual practice and highlights the profound significance of fulfilling the soul’s purpose. Moreover, it illustrates the usefulness of astrology, emphasizes how toxic relationships undermine healing, and showcases the remarkable healing power of food as medicine.

Dr. Tsafirir’s groundbreaking magnum opus also provides a holistic framework for weaning off psychiatric pharmaceuticals and focuses on treatable, but frequently overlooked, complex chronic conditions such as mold toxicity, mast cell activation syndrome, and Ehlers-Danlos syndrome.

As Caroline Myss, bestselling author of *Anatomy of the Spirit*, says of this book, “*Sacred Psychiatry* is a breakthrough work of cosmic-sized genius. This book is an essential read for every person interested in including the realm of the cosmos into the dynamics of their health as well as the well-being of others. I love this book.” And Paul Selig, award-winning author of *I Am the Word*, adds, “In *Sacred Psychiatry*, Dr. Judy Tsafirir offers cohesive models for healing in these times of unprecedented change. It is a wise, compassionate, and loving book that will benefit many for years to come.”



## JUDY TSAFRIR, M.D.

**Dr. Tsafir** is a holistic healer with a private psychiatry and psychoanalysis practice in Newton, Massachusetts. She is a board-certified adult and child psychiatrist and psychoanalyst, is on the faculties of Harvard Medical School and the Boston Psychoanalytic Society & Institute and teaches and supervises at the Cambridge Health Alliance. Although thoroughly trained in the conventional allopathic approach to psychiatric care, she no longer endorses it, and in fact, believes that it causes harm. The multi-modal approach she makes use of with her patients integrates her conventional training in adult and child psychiatry and psychoanalysis with functional medicine and Eastern medicine, ketamine assisted psychotherapy (KAP), archetypal psychology and trauma work, shamanism, energy healing, homeopathy and spiritual herbalism, astrology, the Tarot, and her commitment to

### Interview Questions

1. What prompted you to shift from a conventional practice of psychoanalysis and psychotherapy to the more holistic approach that you take today?
2. What is the overlap between the Greek mythological figure Chiron and your personal Chironic journey and your heavenly mandate to be a Chironic psychiatrist? How has your own life experiences influenced your desire to help others?
3. Why are you in disagreement with the conventional approach to psychiatric symptoms? What is the relationship between chronic illness and emotional and physical trauma, particularly in childhood? What is the connection between autoimmunity and inflammation and psychiatric conditions?
4. Why do patients seek the help of a holistic psychiatrist like yourself?
5. You write about this being a time of breakdown and collapse on the planet. How does astrology help us to make sense of what is happening in our world today? Help us understand the current astrological weather.

6. What is the significance of the white lions in this regard, and what message do the White Lions have for us? How did you get introduced to the white lions?
7. You write about the importance of having a multidimensional sense of yourself and the important role it plays in healing. How do you see that?
8. You describe many practices that one can do to increase a sense of communion and connection to the Universe, to the ancestors and spirit guides. What are some of these practices that you discuss?
9. Limbic system retraining seems to be an important part of your healing approach. What is Limbic System Retraining? You mentioned the GUPTA program, a limbic retraining practice. Tell us about that.
10. You wrote about the use of acupuncture points, essential oils and of lower essences to connect us with a psychospiritual dimension healing. Can you discuss how you make use of this in your practice? You mentioned rose and geranium essential oils in particular to calm the limbic system. Where might one apply these oils to calm an overactive limbic system?
11. You mentioned ketamine assisted psychotherapy. What has your clinical experience been with this medicine and how does it support your patients?
12. In the book, you write about “energy vampires.” How can we know whether a relationship is toxic and that it would be in our best interest to end it? How do energy vampires undermine our effort to heal?
13. You write about helping patients to wean from psychiatric medications. How do you approach this?
14. You write that Mast Cell Activation Syndrome (MCAS) is a powerful contributor to inflammation. What is MCAS? Is there a connection between MCAS and our mental or emotional or even limbic health? What is the relationship between MCAS and Long Covid? Do electromagnetic frequencies influence mast cells? What is the relationship between MCAS and mold? Is mold a common condition you see in your practice? What is Ehlers Danlos Syndrome and how is it related to MCAS and mold? What are some of the treatments that you use? Tell us about Low Dose Naltrexone.
15. What advice can you give to our listeners for how we can all best navigate these times more skillfully? What are some of the key things you do on a daily basis in support of your own health?