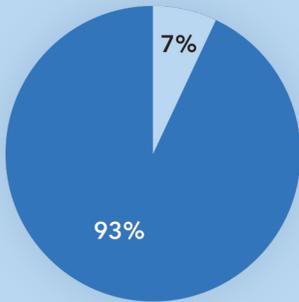
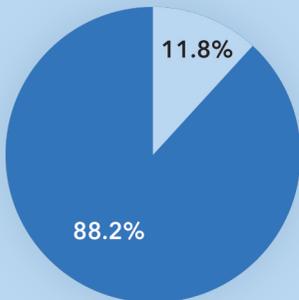


Our practice is built on success, trust and clinical evidence and is focused on helping you to safely and comfortably regain your health.

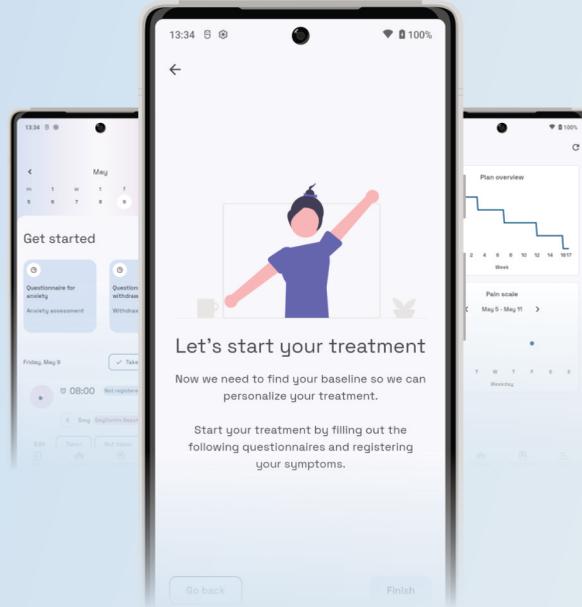
Our patients rate their care **9.6/10** and **93%** report they would recommend our services.



**88.2%** of our patients have had successful tapering treatments.



Tapering isn't about giving something up – it's about **gaining back control, clarity, and health.**



Ask your physician for a referral.



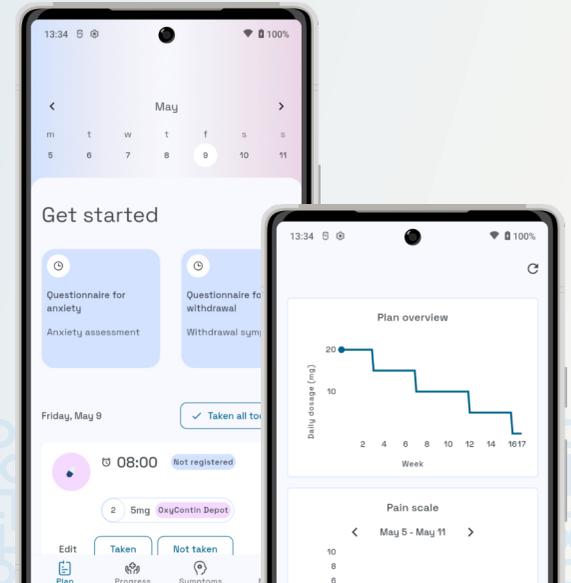
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# Medication matters. Let's talk about it.

At Prescriby Health you'll receive personalized care to support you in reaching your goal – living free of unwanted medication.



# Facts

**Opioids** (like Oxycodone, Morphine, Tramadol, or hydromorphone) are powerful pain relievers used for short-term pain from surgery, injury, or illness.

**Benzodiazepines** (like Xanax, Valium, Ativan, and Klonopin) and **sleeping medications** (like Ambien and Lunesta) help calm the body and mind or aid sleep.

While these medicines can be very effective in the short term, they are not meant for long-term use. Over time, your body can adapt to them – needing higher doses to feel the same effect – a process called **tolerance**. Continued use can lead to **dependence**, where your body and mind require the substance to function normally and stopping suddenly can cause withdrawal symptoms.

Extended use of these medications can experience significant side-effects like drowsiness, dizziness, feeling of foginess, reduced memory and concentration.

Tapering means **slowly reducing your medication under medical supervision** to minimize withdrawal symptoms and help your body adjust. It's a key step toward restoring your natural balance and improving your health.

# Why consider tapering?

Here's what our patients experience after we've helped them taper:

## 🧠 Clearer Thinking

Improved focus, memory, and alertness; less confusion and daytime fatigue.

## 💪 Stronger Body

Better balance and coordination, more energy for daily activities.

## 💬 Improved Mood and Confidence

Many feel less depressed and anxious, with renewed motivation and control over life.

## ❤️ Healthier Hormones and Sleep

Restoration of the body's natural rhythms, improving sleep quality and emotional balance.

## 😊 Greater Independence

Regain trust in your body's ability to manage stress, sleep, and pain naturally.

# Moving forward

- Give some serious thought to how your own health and life could benefit from getting off or reducing your medication use.
- You can always get in touch with us to get more information, to talk about and better understand the process.
- If you decide to take the step, ask your physician for a referral and we'll give you a call to schedule an initial appointment.
- During the initial appointment we'll get to know you and understand your health history and needs. Together, we'll set up a tapering plan with realistic goals that will work best for you.
- You will also have access to our mobile app, which will be your compass and map throughout the treatment.
- We'll also schedule routine calls to support your progress and provide prescriptions needed throughout the tapering period.

