



Neighbor Bob (The Benzo Whisperer) “Paid, Professional (Non Medical) Benzo Life Mentor LLC” and Inventor of “The Kiss Protocol” for protracted Psych drug withdrawal. Keep It Simple Stupid!

All About My New “Kiss Protocol For Protracted Psych Drug Withdrawal!

Be sure and click on these two Google Doc's! One is my new "FREE" RUMBLE Benzo Non Medical Psych Drug Withdrawal Channel".

And the other is my "MASTER GOOGLE DOC" that contains a whole list of clickable Google Doc links toward the bottom. All absolutely "FREE", and not copyrighted. As these Doc's are in real time. I can add to them as I see fit, when better information presents itself. If you just save the "Master Doc" alone. Anybody Worldwide with this link should be able to access it! Then, they can translate it into their language of choice, how convenient is that? :)

These Doc's could be an invaluable tool for "any" of the many counselors, therapists, coaches and Detox Centers. As direct (albeit anecdotal) knowledge from someone who has been there, and helped tens of thousands of others through it. Neighbor Bob said that.....

You hereby have my express permission to disseminate any and all of my content how you see fit to help others Worldwide for "FREE"!

Please Like, Subscribe, and Share Below! Thanks!

My RUMBLE channel :

<https://rumble.com/c/c-7671546/videos>

My Master Doc :

<https://docs.google.com/document/d/1WLELZM-SXkaUmU3Wtvq5lY9Q79zl4zn2VEgd9tbXuj0/edit?usp=sharing>

My Phased out YouTube Channel Of Old:

<https://www.youtube.com/@neighborbob3043>

My Private Facebook Channel (by invitation only)

<https://www.facebook.com/neighbor.bob.823592/>

My Mentor/Coaching email: neighborbob2411@gmail.com

Scroll all the way to the bottom for more “free” Google Docs!

(MEDICAL DISCLAIMER)

"This information is for educational, entertainment and informational purposes “only” and does not constitute medical advice, diagnosis, or treatment. It is not a substitute for professional medical advice. Always consult with a qualified healthcare provider for any questions you may have regarding a medical condition.

(Always consult with the dum sum bich that put you on Psyche drugs to begin with!) ::(..

I am not any kind of medical professional, nor do I profess to be. Never disregard professional medical advice or delay in seeking it because of something you have read on this website."

I plan on doing this with a lot of (100% FREE) Google Doc written material concerning healing from psych drugs in the near future. It is my sincerest hope that you find my over ten years of “albeit anecdotal” experience mentoring tens of hundreds of people worldwide helpful. Remember, when nobody else loves you.....Neighbor Bob does! :)

Need some one on one help through Psych drug withdrawal? Just email me at neighborbob2411@gmail.com and set up a time to talk.

My PayPal for those out of the USA.

https://www.paypal.com/ncp/payment/3JBGD7Y6G62QC?fbclid=IwY2xjawJvlsdleHRuA2FlbQIxMAABHj1fjxgWczhyQ1bG48TI3vbM6astqm7KvFl2nIJ3tq-d4sUOLKAgiYs6DOPX_aem_yZQ75tkgmpbvMXd3L75bGQ

My Venmo for those inside the USA

<https://account.venmo.com/u/Robert-Briant-2411>

“Neighbor Bob” (The Benzo Whisperer) What It Shall Be

(All About “The Kiss Protocol”)

Stay tuned, as I will be making a “HUGE” series of Psych drug videos coming soon! The A to Z of Psych drug withdrawal. The acronym for the saying "Keep It Simple, Stupid" or (KISS). Is most commonly attributed to Kelly Johnson in 1960, the lead engineer at [Lockheed's Skunk Works](#). Johnson used the principle to emphasize the need for designs that could be easily repaired by standard mechanics in combat situations, with limited tools.

The KISS principle is a design philosophy that prioritizes simplicity and ease of understanding, avoiding unnecessary complexity. There is in my humble

opinion no supplement, medicine, or specialist that will get you through this trying time any easier than this protocol. With some common sense do's and don'ts and a little time. You too will get on the other side of this and go onto live your very best life, and yes I 100% believe that! As Benzo withdrawal is "TEMPORARY", and everybody heals in time.

The above is why I am calling my Benzo withdrawal method "The K.I.S.S. Protocol" In short it is "Back To Basics" :) What gets you through withdrawal is time, clean diet, environment, and resisting the urge to do "more". Believe me, when the wheels come off, your brain will be scrambling to try "almost anything". And those added things will not be of help I can assure you.

It is 100% based on me seeing people in withdrawal (and many Benzo coaches) doing "Too much" so to speak. Recommending things like supplementation with man-made vitamins, amino acids, vitamins, herbs, dangerous diets in withdrawal (like plant based or Vegan) and more.

For my first four years of being a Benzo Mentor. I was trying to find that one special thing that can get a person through withdrawal sooner. For myself I changed my views on a couple of things over the years. So, if you see me say something now, that I did not say almost nine years ago, this is why.

I 100% believe and know this protocol will get you through protracted Psych drug withdrawal, and give you the "very best" results in complete healing. Something that I have seen does not always happen, when people are supplementing, or trying to circumvent their withdrawal, by "supplementing their way" out of it. I have helped many people put down their supplements in withdrawal, that some other coach, or Doctor had them talking tons of, inadvertently making them worse. Get "ALL" your nutrition from your food, preferably organic.

The same stands for prescription Psych drugs. It is literally impossible to drug yourself "normal"! But Doctors keep trying!

Psych drug withdrawal really is a time when “more” is not better. Not only will this get you through withdrawal, start to finish safely. But it will provide step by step support all along the way for FREE!

I actually got this idea from an established Benzo coach. She makes \$400.00 to \$500.00 an hour talking to people in withdrawal. She writes books as well, and says she cannot wait for the day when everybody is healed, so she does not have to be a Benzo coach anymore, bless her heart!. Well, with my new RUMBLE series she will very soon get her wish! :)

Cause I am going to give away every single bit of free advice I have garnered over the past ten plus years TOTALLY FREE!

Soon to be complete with an entire ASMR RUMBLE video series “talkdown/body scan series called “LYS” standing for “losing your shit”. That is a blue collar term that anyone in Benzo withdrawal can relate to at times! :)

A lot of Benzo coaches do a few free vid’s here and there. But only go into depth “after” getting paid. In that respect my new RUMBLE mentoring channel will be very unique.

I am not doing this for the money, clicks or views. I am doing this to help the millions suffering protracted Psych drug withdrawal. Because I will not be happy, until “YOU” regain your most wonderful life as I have. So, if you know anybody going through Psych med withdrawal, do them a favor and share with them my Master Google Doc or RUMBLE channel link!

Since in B.I.N.D. The “D” stands for dysfunction and “not permanent damage”. That is how fast it can turn around and I am living proof! I still say everybody heals in time. That is why you never give up, until you get to “your time” to heal. No matter how far off it may seem, that day will come I promise!

Since September 1st 2017 (the day I 100% healed literally overnight.) I have been tirelessly working behind the scenes with tens of hundreds of people

worldwide coming off psych drugs for free. I promise to give you the absolute “very best” holistic information on how to survive your Psych drug withdrawal going forward.

I DO NOT GIVE TAPER ADVICE:

But in my humble layman's opinion, one does not need a taper coach or professional to get off the drugs. These taper clinics often charge a horrendous amount of money over years. Which is money that many people in withdrawal who have lost their jobs cannot afford. That is why in my withdrawal I just printed out Dr. Heather Ashton's withdrawal protocol, gave it to my GP and we went with that. Tapering is not rocket science. Personally I believe in never up dosing. If people make a cut and have a bad time, I advocate just holding and then going down from there in time. Also, I am not a fan of reinstating (as it almost never works) if one is say three weeks or more already off. As a whole, I view up dosing or reinstating as throwing a mixed signal to one's Gaba receptors. Potentially kicking your can down the road further in healing. Also, I personally do not believe in so-called “rescue drug's” or helper drugs in withdrawal. As each prescription drug has an average of 68.8 side effects (many psyche drugs with over two hundred potential side effects each)! Given this, how can a toxic prescription drug be of any help in withdrawal?

I plan to break down Psych drug withdrawal into sections of RUMBLE videos and Google Docs. As a “FREE” service to the many suffering in withdrawal worldwide. Complete with ASMR style talkdown/body scan videos. I plan to make many videos I will call “The LYS” Series”, which stands for “losing your shit” which is unfortunately a common feeling in withdrawal oftentimes. I will do all of my videos in low light, so they can be viewed by more people.

My only goal is to get you past this trying time in your life, and back living your very best life (which is yet to come) believe it or not! Thank you so much “to each and every one of you” that has shared your story with me, and allowed me to hold your hand in a sense through this journey over the years.

Love & Light, Neighbor Bob said that.....