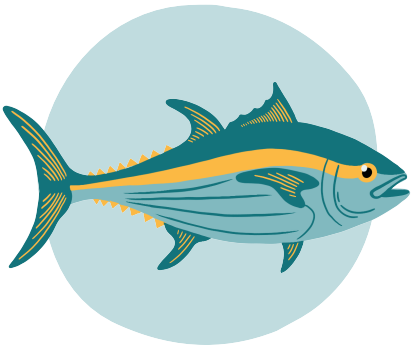
Complementary Treatments for Schizophrenia

Medication is important in managing schizophrenia. Complementary treatments like these should only be used in addition to the care of a doctor and prescribed medicine.



Ensure you're getting enough vitamins B, C, D, and E.



Take fish oil supplements.



Try the ketogenic diet.



Prioritize stress management.



Consider melatonin supplements if your levels are low.