This is a note from a client who has been having an awful time with a kind of vertigo where he feels like he feels like he’s floating. It’s been debilitating for him and he has finally traced it to withdrawal from Benzodiazepines. These would include Valium, Ativan and Klonopin. Just a note that when I was sick I took 8 mg. of Ativan daily ( a huge dose)  for 8 years, and though it took me 2 years to wean off of it, I had no adverse symptoms at all, so this could be an individual experience not applicable to all, but it’s certainly worth noting this man’s experience and advice:

One thing I wanted to tell you about on top of the link to the Ashton Manual on benzodiazepines you included is a link to a GREAT discussion forum on benzodiazepine withdrawal.<http://benzowithdrawal.com/forum/>.

I have recently found that my problems for the last year have been from benzo withdrawal and am now on a plan of attack to beat this. Might take a year or more, but it will be done. That is how bad it can get. It is actually a much bigger problem than most people think and it has effected everyone I know who has ever taken any benzo for any length of time. It has been compared to heroine addiction and tapering off of it is incredibly difficult if not harder than some illicit street drugs. This forum is filled with FANTASTIC information as well as support.

Just wanted to pass that along.

My best, Abbie