



C.A.M. For Sexual Disorders

Complimentary & Alternative Medicine





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SMART Recovery meetings for addictive and problem behaviors

Join a SMART Recovery meeting to get support for addiction to all types of problematic behaviors including drugs, alcohol, gambling, cigarettes, food, and more. SMART Recovery meetings are free and are guided by trained facilitators.

[Find a SMART Meeting](#)





Upcoming Schedule

January 6, 2026

Basic Training Class

OneLightHealingTouch.com

November 2, 2025

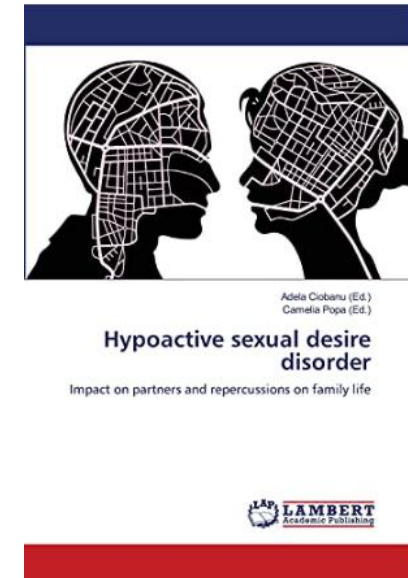
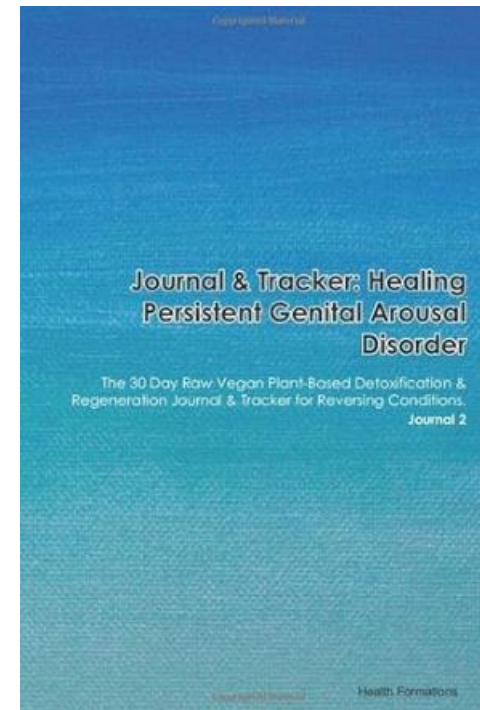
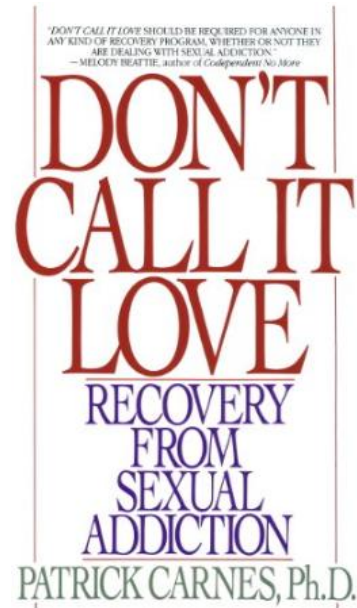
Episode 19: Early Screening for Dementia

November 5, 2025

Episode 20: Vegetable oil is more dangerous than sugar and fat



Reading List



Complimentary & Alternative Medicine

- Complimentary
Added to mainstream

- Alternative
Instead of mainstream



Mainstream for Sexual Disorders

- Psychotherapy
- Mood stabilizers
- Naltrexone
- 12 Steps
- Brene Brown books
- Functional Psychiatry



C.A.M for Sexual Disorders

- Ancient Male:Female Energy Healing Technique
- Standard psychiatric ethics and boundaries



C.A.M for Everything

- Epsom salt aromatherapy
- Acupuncture
- Reiki
- Meditation & Prayer
- Stretching
- Relaxation time in nature





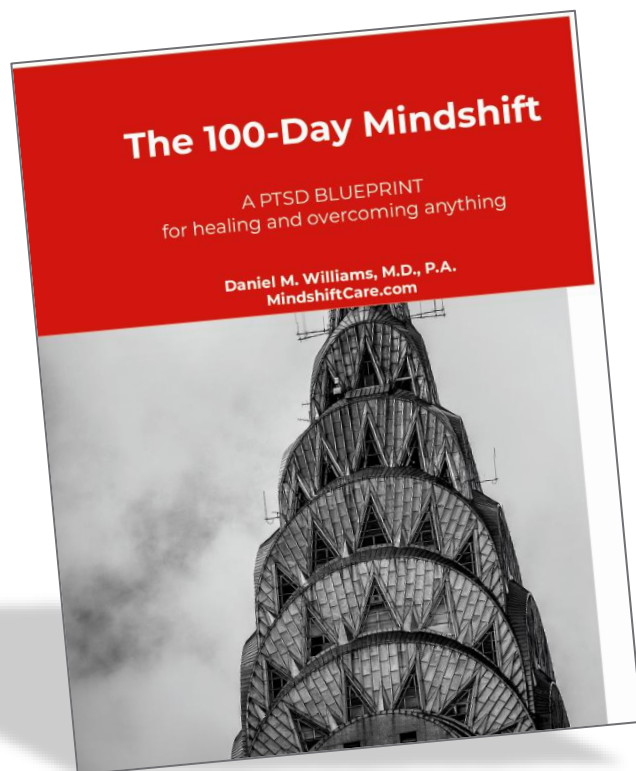
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Book
Assessment

Join a
Mastermind

D.I.Y.
Healing



Use this [healing guide](#) as a journal while you study our video programs at your own pace.

- Watch [free videos](#) in any order
- Join a [live discussion](#) with the author



GLUTEN FREE PSYCHIATRY
PODCAST

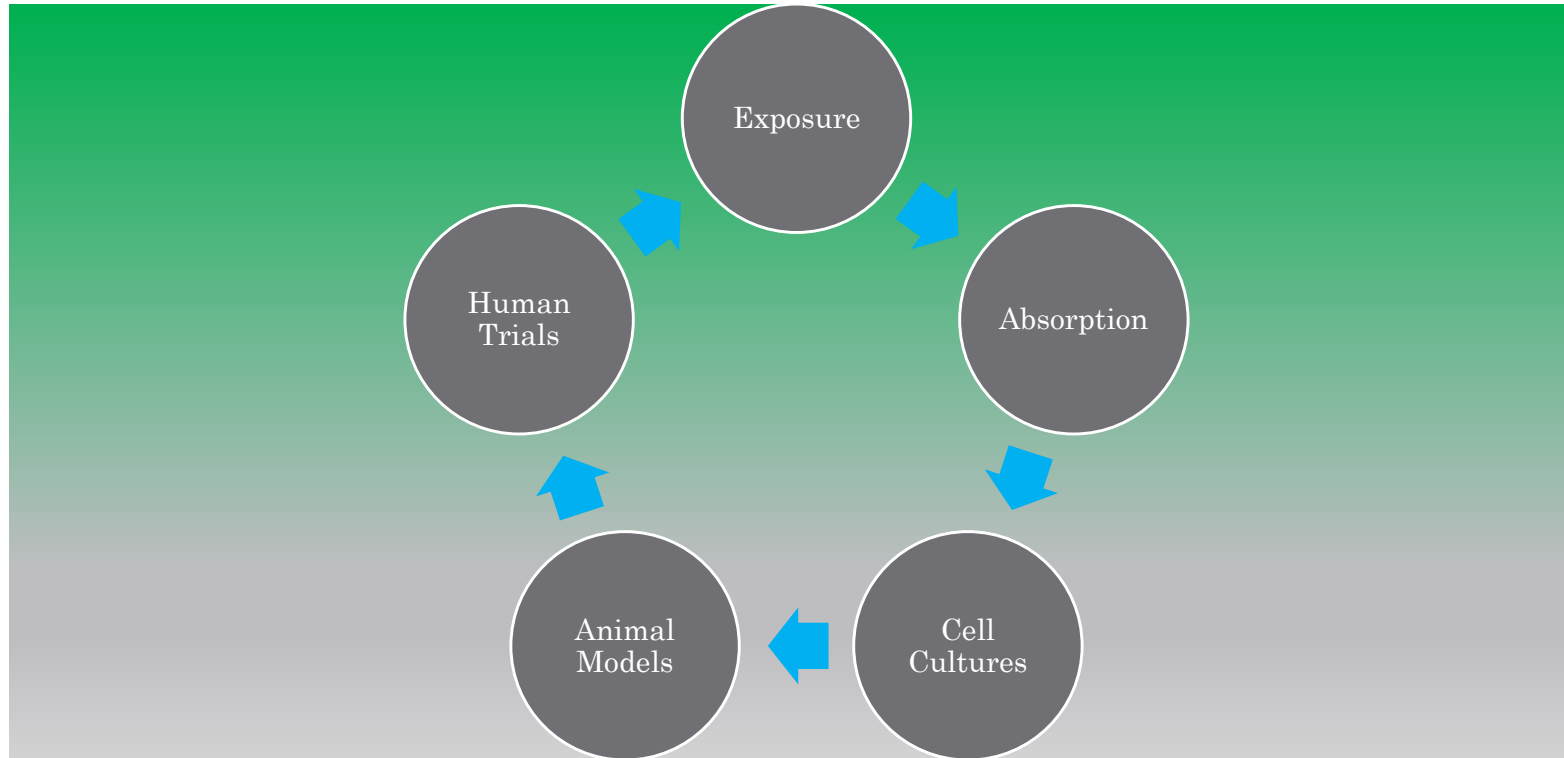


Mindshift Care

An Independent Voice for Behavioral Health

Independent Medical Opinions

- Disability applications
- Civilians and veterans



Join the Healing Revolution Today

[Sign Up](#)

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“A friend loveth at all times;
And a brother is born for adversity.”
Proverbs 17:17 ASV

Daniel M. Williams
MD, PA

Dr. Daniel M. Williams, MD, PA

Founder, [MindshiftCare.com](https://www.MindshiftCare.com)



Mindshift Care

An Independent Voice for Behavioral Health

Texas- Mexico Border 2022

