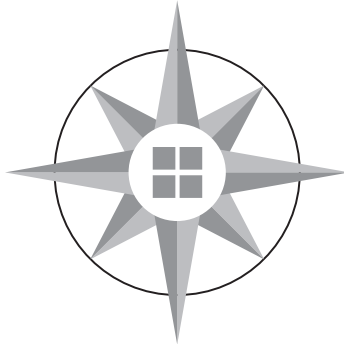


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References for Restoring Mental Health



INTRODUCTION TO REFERENCES FOR RESTORING MENTAL HEALTH

It took me decades to find quality care for depression and other problems. Bibliotherapy got me well. When I was sick, I wanted help. The up and down phases of my bipolar condition affected me but for years, I didn't know I had a mood disorder. In my 20s, I sought medical advice. This was nine years after my first episode of major depression. The psychiatrist used a silent treatment. That didn't help. When I sought medical advice again, the family doctor laughed. That didn't help either. After 28 years of problems, misdiagnosis and substandard care, I was sick and discouraged.

I had two labels for my condition: depression and dysthymia (chronic depression). While it was good to have names for the symptoms, they were wrong. Eventually, I learned that without a correct diagnosis, a patient doesn't get quality care. I don't have plain depression; I have a form of manic depression, a bipolar II mood disorder. Since the age of 17, I have been moody and anxious, intense and variable. Long episodes of depression came between normal periods. There were rare hypomanias. As the years passed, the episodes of depression deepened and lasted longer. It was uncomfortable to feel so dark and defective, helpless and hopeless. I wanted to restore normal mood but I was too confused and upset to achieve that goal on my own. In 1996, a depression survivor suggested orthomolecular medicine. Even though I have a degree in biological and medical sciences and psychology, *orthomolecular* was a puzzling word.

My psychiatrist told me not to read, but I began to look for information about restorative mental healthcare. Episodes of dysthymia and major depression did not stop me from reading. By distracting me from the dark side of depression, the helplessness and the hopelessness, reading was an effective therapy technique. I learned the truth about mental illness. Insightful writers introduced me to other patients with the same problems and competent doctors who knew how to help.

The first books were clear and well-written but they offered no hope of restoring normal health. Many books later, I realized that conventional mental healthcare was not working. I wanted to restore and maintain normal mood without negative effects. By the end of 1995, I had deteriorated. Years of depression and problems with synthetic antidepressants had taken their toll. I was worse and often thought about suicide. Most days it was painful to go on but my family was depending on me. It was frustrating to

be so sick. I trusted health experts but only received substandard care.

I do not suggest that any mental patient should stop taking their medications without supervision, but my SSRI medication was causing me to experience daily migraines, hypomania and other unwanted effects. I was only taking a medium dose but my system could not tolerate this type of medication without a number of negative effects. After prescribing antidepressants, my doctor, a conventional psychiatrist and a mood disorder expert, knew that I was experiencing hypomania. Knowing that I was suicidal, he let me sweat it out at home. He did not reconsider his diagnosis or offer support. His substandard care was not restorative.

Desperate for help, I decided to stop taking a benzodiazepine medication. After reading that three plant extracts (phytopharmaceuticals) - ginkgo biloba, odourless garlic and valerian - are commonly used in Europe and the Far East, I decided to try them. Highly skeptical, I started to take a simple regimen of these three extracts. Even though I doubted that they would work, these traditional medications quickly helped me feel better. Then I weaned myself off the SSRI antidepressant.

My psychiatrist did not explain my condition so I kept reading. I learned: (1) how depression is supposed to be diagnosed and treated, (2) how mental status exams are done, (3) how over fifty medical conditions can cause or contribute to symptoms of depression, (4) how medical testing can check for biological factors, (5) how mood disorders run in families, (suggesting genetic factors as well as other vulnerabilities), (6) how psychologists use talk therapies to help depressed patients, (7) how conventional psychiatrists often prescribe antidepressants (alone or in combinations using an arsenal of over 20 psychiatric medications. If depressed patients do not respond to single treatments, they may be given two or more pills.), (8) that combinations of therapy and pills can help depressed people and (9) that practice guidelines were developed by psychiatric associations (which compiled the expert opinions of mental health professional members into a consensus series: one guideline for each mental illness. These inform clinicians and help patients). It was fascinating to read. The more I learned, the less I had to be afraid of. I began to focus on recovery.

Before stopping the prescription medications (which were making me worse by adding negative effects to my symptoms), I learned about restorative care. Some nutritional supplements help my bipolar brain so its intensity does not deplete fuels and lead to depression. Others calm me down.

Any changes in medications should be supervised by health professionals. When I stopped taking my pills, I did not know the risks. After horrible experiences with hypomania induced by the SSRI antidepressant and a difficult

time stopping the medication, I learned that the proper procedure involves weaning a patient slowly off each pill while monitoring for problems such as withdrawal or rebound insomnia. The worst cases may need supportive hospital care. My psychiatrist did not explain risks or offer support. He just let me suffer: sick, alone and suicidal.

I am NOT suggesting that you should replace your medication with any old supplements. To repeat, and to warn readers, I am NOT recommending that you stop taking any prescription pills. That could be disastrous. Knowing that your doctor is busy and that you want help (or you would not be reading this book), I advise you to read and (1) learn about your condition, (2) educate yourself about the treatments which are known to be restorative, (3) understand the practice guidelines of psychiatry and (4) find quality care for your depression, mental episodes and brain disorders. Qualified health professionals can help you recover by using standard of care procedures and following their practice guidelines. Short cut alternatives are not likely to help you; incompetence or negligence can damage your life.

By studying, I learned that since the 1950s, orthomolecular doctors have been combining the life science of biochemistry with the art of medicine. They offer hope for restorative mental healthcare. I read books by doctors who (1) recovered from their own depressions, (2) eliminated their brain allergies, (3) reduced their intake of sweets after refined sugars caused hypoglycemia, (4) cleared up their brain fogs, (5) identified their food sensitivities and (6) took supplements of vital amines, trace minerals, amino acids, antioxidants, energy and enzyme co-factors and essential fatty acids. These doctors documented how they learned which supplements can restore brain chemistry and how they developed protocols to help patients recover and keep well. I read that some depressed people respond well to simple regimens of natural supplements while other patients need complex regimens. The best books explained how orthomolecular psychiatrists and naturopaths are trained to identify imbalances in brain chemistry and care for patients until they can live independently, work productively, make money and pay taxes! Those books renewed my hope.

The promise of restorative mental healthcare sounded too good to be true. I started to take brain ‘fuel’ supplements in small doses – worrying that they might make me worse. That was a sensible precaution. While I was taking synthetic antidepressants which caused me to experience ‘side’ effects, I learned what a negative effect felt like. When three supplements turned out to be unwise choices, I knew enough to stop taking them right away. There were only a few problems as I gradually tested a series of supplements and learned which ones balance my brain ‘fuels’.

Fortunately, the negative effects of natural supplements did not last long. For instance, when I took supplements of a vitamin called folic acid, which is known to help many depressed people, it caused me to experience hypomania. I found a reference book which explained that my type of brain imbalance does not respond well to folic acid. Fortunately, GABA proved to be a quick antidote to hypomania. When vitamin B-3 caused me to experience an uncomfortable flush and an episode of brain fog, Dr. Abram Hoffer wrote to encourage me not to give up. He learned from schizophrenic patients that vitamin B-3 (also called niacin) has restorative capabilities. Dr. Hoffer patiently explained that my reaction to vitamin B-3 proves the principle of biochemical individuality – each patient’s brain works best with the right biochemical supplements in the right quantities.

After taking three phytopharmaceuticals and a few supplements, I read *Nutrition and Mental Illness* by the late Karl Pfeiffer, PhD, MD. That book explained how supplements of vitamin B-6 work with small doses of zinc and manganese to help brain enzymes and other processes. When I tried taking them separately, nothing happened and I got discouraged. When I took them together, they worked. Now I take them as a team of three – the vitamin is balanced with two complementary trace minerals. Just as Dr. Pfeiffer predicted in his book.

Slowly and steadily, I added other supplements and learned which ones help my brain. I have been stable since 1996. I feel much better now. Orthomolecular medicine helps me maintain normal brain function without negative effects. I know there are other treatments for depression because I tried them – talk therapy and synthetic medications. The restorative approach consistently gives me better results.

If you wonder whether a person with a bipolar disorder can ever be ‘normal’, maybe you will accept that I am better. I may not be perfect, but I am perfectly good enough to live well and work productively. I hardly ever get depressed or hypomanic (then only briefly). I still tend to be VVV-RISCE-H – variable, volatile, vulnerable (to depression and hypomania), reactive, intense, hypersensitive, periodically creative, surgingly energized and hypergraphic (I write a lot). This curious profile is typical of people with mood disorders. We are an intense and moody bunch.

Several years before I recovered, I started writing a journal. When I was depressed, a psychologist suggested that regular writing might help me connect confused feelings, vent painful issues and safely express fears, frustrations and failures. I noted patterns of thinking, feeling and behaving and identified stuck places. Without expressing moody outbursts inappropriately, writing helps me focus and live well with a chronic disorder.

Writing is a productive use of my brain's capabilities. This is a good example of how a patient can reframe and transform characteristic symptoms into productive capabilities. In theory, every person who has a brain disorder is also gifted with a brain energy profile which they can learn about and apply productively. No, it isn't quick or easy to reframe and re-apply unusual brain 'energy' patterns, especially during dark depressions or delusional schizophrenias, but it can be done.

Even normal people have to learn about their strengths and weaknesses, faults and fallibilities. Everyone learns from experience as they search for their positive purpose in life. Mental patients are no different except that our brains are vulnerable to episodes involving low brain 'fuels'. *Shadow Syndromes* by Dr. John Ratey and Catherine Johnson, PhD can "identify the hidden time bombs in your personality ... [and suggest] proven treatments and strategies [to] ... change your life."

Finding Care For Depression has over 250 references for readers and caregivers who want to learn about depression, mental episodes and brain disorders. There are many books about restorative mental healthcare with success stories and current resources. Quality references can help people cope with chronic conditions or understand family members, friends or acquaintances who live with depression, mental episodes or brain disorders.

There are four types of books about mental illness. It is useful to read at least one book from each category. You can learn the truth about mental illness: accurate diagnosis and restorative treatments.

Standard, survivor, health profession survivor and restorative

1. Books by psychiatrists and psychologists who describe symptoms, label mental conditions and recommend talk-talks, synthetic medications or combination treatments. Sadly, when I tried those methods, they weren't enough to help me get well.
2. Books by people who live with disorders of mood, thought, attention or other brain problems. Survivor stories connect us with people who suffer as we do. They validate our experiences with involuntary symptoms of depression, mental episodes and brain disorders.
3. Books by health professionals with mental disorders. These offer insider insights into the reality of the mental healthcare maze. These are informative, encouraging and inspiring, especially those by gifted writers or doctors who learned how to restore and maintain their own mental health.
4. Books by scientific researchers and medical clinicians explain how they combine the life sciences (e.g., biochemistry) with the art of medicine.

They use orthomolecular medicine or other restorative methods to help patients recover normal brain function and maintain mental health.

Part Four references have snap-shots, cover quotes and longer reviews. Readers can prepare a short reading list and study books from each category. It does not take long to learn that patients can renew their hope, restore their wellbeing, recover their zest for life and maintain their health. There is a quick-pick reference section to guide your search for books which are relevant to common mental illnesses. Readers can learn how other people experience brain disorders, how mental illnesses are diagnosed and treated, how to navigate through the mental healthcare maze and how to find restorative care for mood, thought, attention and other brain disorders. Laymen, caregivers, family and professionals can find helpful books and develop peace of mind about mental illness.

Finding Care For Depression has a mental healthcare compass to guide you as you explore the mental healthcare maze, ask for helpful information and qualify for restorative care. TAYO – The Healthcare Planner uses the compass model to encourage patients, health professionals, family and friends to focus on restorative mental healthcare. Patients and caregivers can use these tools with the references as they search for competent caregivers, ask for standard of care procedures and cooperate with health professionals to learn, cope, recover, reframe and live well.

You can use *Finding Care For Depression* to find restorative healthcare for depressions, mental episodes and brain disorders. If you or someone you know has a mental problem, don't despair; restorative mental healthcare is available for many common brain conditions. Please be encouraged as you study the tips and tools, tales and references. Remember, if I could find quality care, stabilize, restore my health and feel well after twenty-eight years of migraines, depression episodes and bipolar II mood disorder problems, you can get better too!

REFERENCES FOR RESTORING MENTAL HEALTH

The stars indicate four levels of references for laymen, caregivers and health professionals.

★ **Standard** – Books by psychiatrists and psychologists describe symptoms, label mental conditions by type and recommend talk-talks, synthetic medications or combination treatments. Informative.

★★ **Survivor** – Books by people who live with disorders of mood, thought, attention and other brain conditions. Survivor stories connect us with people who can cope and validate our experiences.

★★★ **Health Professional Survivor** – Books by health professionals who live and work with mental disorders. These have insider tips about the reality of the mental healthcare maze. Insightful.

★★★★ **Restorative** – Books by scientific researchers and / or medical clinicians who explain how they combine life sciences with arts of medicine to help patients restore normal brain function and keep well.

• Bullets indicates Notes and Quotes.

★★★★ **Acidophilus and Colon Health: The Natural Way to Prevent Disease**

by David Webster, foreward by R. Renn, DO,

Kensington Books, New York, 1999

About: colon health, colon flora: our protective shield, the toxic colon

Focus: restoring colon health by using nutrition and supplements

With: microbiological facts, principles of colon health, resources, references

Author: health researcher and writer

★★★★ **A Dose of Sanity: Mind, Medicine and Misdiagnosis**

by Sidney Walker, MD, John Wiley & Sons, New York, 1996

About: thousands of patients with medical conditions such as thyroid imbalance, Lyme disease and even poor nutrition are misdiagnosed with psychiatric disorders

Focus: the dangers of misdiagnosis, a DSM label is not a proper diagnosis

With: cases, 24-hour-day checklist to note your symptoms, references

Author: neurologist, psychiatrist, neurosurgeon, degrees in physiology, pharmacology

Books: Psychiatric Signs and Symptoms Due to Medical Problems

★★ **Addiction by Prescription: One Woman's Triumph and Fight for Change**

by Joan Gadsby, Key Porter Books, Toronto, 2000

About: benzodiazepines, (commonly used for sleeping problems, anxiety)

Focus: her life deteriorated while taking anti-anxiety pills, tips, traps & cautions

With: personal experiences, interviews, references, survivor resource group,

A REVIEW:
**THE ANTIDEPRESSANT
SURVIVAL PROGRAM**

★★★★ Robert Hedaya, MD,
Crown Publishers, New York, 2000

Review by A. Hoffer, MD, PhD, FRCP(C)

I like this book on depression and how to become well with minimal side effects when antidepressants are needed. For decades I have been convinced that to treat depression adequately (i.e., to full recovery) one must pay attention to a large number of nutritional, physiological and medical problems, and that one cannot depend only on drugs even though they are very helpful. There are many good books that describe which antidepressants to use, how to use them, what are their side effects, but these books ignore the nutritional and other factors. Most of these are written by orthodox physicians. There are also many good books written about the nutritional, physiological and biochemical components of depression. Many ignore the value of the xenobiotic antidepressants. Most of these are written by non-medical writers. I have often wished that the whole spectrum of treatment would be described in one book where the proper use of antidepressants is dealt with, the side effects and toxic properties described, advice given how to minimize them, and where proper attention is given to food, to allergies, to digestion, to the hormones such as thyroid, and to the vitamins and other nutrients that do play a significant role. At last we have it; this book by Dr. Hedaya fulfills my wish.

In brief, his prescription for health, for a condition free of depression, includes a balanced diet (which he defines as free of junk food and which I call orthomolecular), a balanced fitness or exercise program, a balanced psychological program including stress reduction, spiritual development, pleasure in life and normal sexual responsivity. From the medical point of view he discusses the major hormones which influence mood and energy, thyroid and adrenal glands. In his discussion of thyroid he points out that the balance between T4 and T3 is important, something overlooked by many authors. He also discusses the vitamins and minerals and other nutrient factors that play a role. He finds that hair analysis for minerals is very helpful. Omega-3 essential fatty acids are recognized to help control mood and even in stabilizing bipolar mood disorders. Folic acid and vitamin B12 are recognized as very important in dealing with depression. In this Dr. Hedaya anticipates some of the work which is emerging such as the recent study showing that large doses of folic acid (up to 50 mg) daily are very effective and for many, may be much more effective than the standard antidepressant xenobiotic [medications].

Dr. Hedaya points out the importance of the doctor-patient relationship and urges patients to take a much more active role. Dr. Hedaya bases his conclusions on many years of clinical experience treating depression. Every orthomolecular psychiatrist will attest to the value of this kind of a program. I am grateful for this book which puts it all together so easily and so well. Both orthodox and orthomolecular therapists will find this book very helpful in their practice.

(Addiction by Prescription ... continued)

Author: journalist was treated for her 'life' with tranquilizers that made her worse; her doctor denied responsibility; as she researched, she was surprised and then shocked to learn that many other people have similar problems; she suffered withdrawal symptoms but stopped the drugs and got well. She felt betrayed by a healthcare system that recommends strong drugs to vulnerable patients without explaining the risks.

★★★★ The Antidepressant Survival Program

by Robert Hedaya, MD, Crown Publishers, New York, 2000

About: how to beat the side effects and enhance the benefits of your medication

Focus: restore using vitamins, minerals and hormones needed to maintain health

With: balance of nutrition and exercise, supplement considerations, references

Author: clinical professor of psychiatry, clinical pharmacologist

Books: Understanding Biological Psychiatry

★★★★ The Antioxidant Miracle

by Lester Packer, PhD and Carol Colman, J. Wiley & Sons, New York, 1999

About: putting lipoic acid, pycnogenol and vitamins E and C to work for you

Focus: the benefits of antioxidants, using a regimen of antioxidant supplements

With: clinical applications, references, clear scientific explanations

Authors: scientific professional – antioxidant researcher, bestselling co-author

Books: The Melatonin Miracle, Stop Depression Now, Shed 10 Yrs in 10 Wks

★★ Alternative Treatments for Children Within the Autistic Spectrum

by Deborah Alecson, Keats Publishing, Los Angeles, 1999

About: the experience of autism, overview of autistic spectrum disorders, treatments

Focus: layman's guide: outlines the variations of autism and helpful treatments

With: cases, references, practical information clearly explained

Author: master's degree in special education, practices as a behavioral therapist

Books: Lost Lullaby

★★ Alzheimer's: Finding the Words:

A Communication Guide for Those Who Care

by Harriet Hodgson, Chronimed Publishing, Minneapolis, MN, 1995

• Author's mother has had Alzheimer's for 12 years

★★★★ Anxiety & Depression: A Natural Approach

by Shirley Trickett, foreword by Dr. J. McDonald, Ulysses Press, Berkeley, CA, 1997

Author: nurse, counselor and teacher

Books: Free Yourself From Tranquilizers and Sleeping Pills Headaches
Migraine, Panic Attacks: The Natural Approach

★, ★★, ★★★ Anxiety and Depression: The Best Resources to Help You Cope

edited by Rich Wemhoff, PhD, Resource Pathways, Issaquah, WA, 1999

Review follows

ANXIETY AND DEPRESSION: THE BEST RESOURCES TO HELP YOU COPE

I recommend this book as a key tool in your search for information, books, references and resources about depression, bipolar disorder and anxiety. While it does not have all my favourites and it does not cover other mental disorders, it has many excellent books about mood disorders. A list follows of about one third of the books which are presented in this superb resource guide and depression reference directory for laymen. It includes books by psychiatrists, psychologists, other health professionals, depression survivors, and professional writers. You can select excellent books from this directory and find a wealth of information about mood disorders. The 1999 edition does not mention books about restorative orthomolecular medicine but it reviews many good books about traditional depression medications, even some prepared from plant extracts, herbs. Consider these 40 books:

1. ★★★ **Anxiety and Depression: A Natural Approach**
by Shirley Trickett, nurse, counsellor, teacher, author, Ulysses, 1997
2. ★★ **The Beast: A Journey Through Depression**
by Tracy Thompson, newspaper writer and depression survivor, Plume, 1996
3. ★★★★★ **Beat Depression With St. John's Wort**
by Steven Bratman, MD, physician, Prima, 1997
4. ★★ **Bipolar Puzzle Solution: A Mental Health Client's Perspective**
by B. Court (engineer & survivor) & G. Nelson, MD, Accelerated Development, 1996
5. ★★ **A Brilliant Madness: Living With Manic Depression**
by Patty Duke & Gloria Hochman, Bantam, 1993
6. ★★★ **Coping With Depression: Self-Help strategies**
by Mary Ellen Copeland, MS, MA, a survivor of manic depression, New Harbinger, 1994
7. ★★ **Darkness Visible, A Memoir of Madness**
by William Styron, Pulitzer Prize winning author, depression survivor, Vintage, 1992
8. ★★★★★ **Dealing With Depression Naturally**
The Drugless Approach to the Condition that Darkens Millions of Lives
by Syd Baumel, depression survivor who used natural antidepressants, Keats, 1995

9. ★ **Depression: How it Happens, How It's Healed**
by John Medina, PhD, molecular biologist, New Harbinger, 1998
10. ★★★ **The Depression Workbook**
A Guide to Living With Depression and Manic Depression
by Mary Ellen Copeland, MS, MA, a survivor of manic depression,
New Harbinger, 1992
11. ★ **Depression Resource List: web site of links to depression resources**
online www.execpc.com/~corbeau, by Dennis Taylor, depression survivor
12. ★ **Essential Guide to Depression**
by American Medical Association, large US physicians' assoc., 1998
13. ★ **The Essential Guide to Psychiatric Drugs**
by Jack Gorman, MD, psychiatrist, St. Martin's 1997
14. ★ **Feeling Good: The New Mood Therapy**
by David Burns, MD, teaches psychotherapy and drug therapy at university,
Avon, 1992
15. ★★★★ **Healing Anxiety With Herbs**
by Harold Bloomfield, MD, psychiatrist, Harper Collins, 1998
16. ★ **Listening to Prozac**
by Peter Kramer, MD, psychiatrist, Penguin, 1997
– an optimistic look at the properties of an ideal antidepressant (prozac
benefits some cases of depression; this best selling book does not claim
that prozac is a cure-all)
17. ★★★ **Living Without Depression and Manic Depression**
A Workbook for Maintaining Stability
by Mary Ellen Copeland, MS, MA, psychologist who recovered from
manic depression, New Harbinger, 1994
18. ★ **A Mood Apart**
The Thinker's Guide to Emotion and Its Disorders
by Peter Whybrow, MD, psychiatrist, Harper Collins, 1997
19. ★ **National Depressive and Manic Depressive Association**
www.ndmda.org - web site promotes NDMDA a non-profit mental health advocacy
and support organization, info. on depression and suicide, support groups
20. ★★ **No One Saw My Pain: Why Teens Kill Themselves**
by Andrew Slaby, MD and Lili Garfinkel, psychiatrist and parent educator,
W.W. Norton, 1994 – profiles of 8 suicidal teens, guidance for helping

21. ★ **Overcoming Depression:**

The Definitive Resource for Patients and Families who Live With Depression by D Papolos, MD and J Papolos, psychiatrist and writer, Harper Collins, 1997

22. ★★ **Overcoming Postpartum Depression & Anxiety**

by Linda Sebastian, nurse practitioner and therapist, personal experience, Addicus, 1998

23. ★ **Postpartum Survival Guide**

by A Dunnewold PhD and Diane Sanford, PhD, psychologists, New Harbinger, 1994

24. ★★ **Prozac Nation: Young and Depressed in America: A Memoir**

by Elizabeth Wurtzel, journalist and author, depression survivor, Riverhead, 1997

25. ★ **The Relaxation and Stress Reduction Workbook**

Cure Yourself of Worry, Depression, Chronic Anxiety and Fear by Martha Davis, PhD. et al, psychologist, social worker, New Harbinger, 1998

26. ★ **The Secret Strength of Depression**

by Frederick Flach, MD, psychiatrist, Hatherleigh, 1995

27. ★★ **Speaking of Sadness**

Depression, Disconnection and the Meanings of Illness by David Karp, PhD, sociologist and depression survivor, Oxford Univ. Press, 1996 – personal experience of depression and interviews with 50 depression survivors

28. ★★★★★ **St. John's Wort: Nature's Blues Buster**

by Hyla Cass, MD, psychiatrist who uses nutritional medicine, Avery, 1998

29. ★ **Suicide: Read This First**

www.metanoia.org/suicide – web site by Martha Ainsorth, works in crisis intervention, 1996

30. ★ **Talking Back to Prozac**

What Doctor's Aren't Telling You About Today's Most Controversial Drug by Peter Breggin, MD and Ginger Breggin, psychiatrist and educator, St. Martin's, 1994
– outlines how the FDA approved prozac, with cautions and concerns

31. ★★★ **Undercurrents: A Life Beneath the Surface**
by Martha Manning, PhD, psychologist and depression survivor,
Harper Collins, 1994
32. ★ **Understanding Depression**
A Complete Guide to its Diagnosis and Treatment
by Donald Klein, MD and Paul Wender, MD, psychiatrists,
Oxford University Press, 1993
33. ★ **Undoing Depression**
What Therapy Doesn't Teach You and Medication Can't Give You
by Richard O'Connor, PhD, director of a mental health centre,
Berkley, 1997
34. ★ **Understanding Your Teenager's Depression**
Issues, Insights & Practical Guidance For Parents
by Kathleen McCoy, PhD, psychologist and counsellor,
Perigee, 1994
35. ★★★ **An Unquiet Mind: A Memoir of Moods and Madness**
by Kay Redfield Jamison, PhD, psychologist survivor of manic depression,
Vintage, 1995
36. ★ **You Can Feel Good Again**
by Richard Carlson, PhD, psychologist, Penguin, 1993
37. ★★ **You Mean I Don't Have to Feel This Way**
New Help for Depression, Anxiety and Addiction
by Collette Dowling, writer, depression in family members,
Bantam, 1993
38. ★★ **We Heard the Angels of Madness**
A Family Guide to Coping with Manic Depression
by Diane and Lisa Berger, mother and sister of a bipolar chap,
Quill, 1991
39. ★ **Waking Up Alive**
The Descent, The Suicide Attempt, and The Return to Life
by Richard Heckler, PhD, psychologist, Ballantine, 1996
40. ★ **Winter Blues:**
Seasonal Affective Disorder, What It Is and How To Overcome It
by Normal Rosenthal, MD, psychiatrist and researcher,
Guilford, 1998

★★★★ The Arginine Solution:

The First Guide to America's New Cardio-Enhancing Supplement

by Robert Fried, PhD and Woodson Merrell, MD,

Warner Books, New York, 1999

About: using a natural supplement to open clogged arteries, boost potency

Focus: adding l-arginine to nutritional sources to restore biochemistry

With: research, case histories, clinical experience and references

Authors: prof. of biopsychology and clinical prof. at Columbia University Medical School

★ Asperger Syndrome

edited by Ami Klin, PhD, Fred Volkmar, PhD, Sara Sparrow, PhD,

The Guilford Press, New York, 2000

About: behavioral aspects, family genetics and neurobiology, diagnosis, treatment

Focus: increasing awareness of AS and related conditions

With: perspectives on research and clinical practice, parent essays, references

Editors: professors of child psychology and psychiatry at Yale University Child Centre

Other: Journal of Autism & Developmental Disorders, Journal of Child Psychology & Psychiatry

★ Asperger's Syndrome: A Guide for Parents and Professionals

by Tony Attwood, forward by Lorna Wing,

Jessica Kingsley Publishers, London and Philadelphia, 1998

About: empathetic information for patients, parents and professionals

Focus: description and analysis of unusual characteristics of Asperger's syndrome, social behavior, language, interests, routines, cognitions, sensitivities.

With: resources, diagnostic criteria, web sites, related book list, references

Author: clinical psychologist who specialises in AS for >25 years

Other: 1988 article in the Journal of Autism and Developmental Disorders

★★ Attention Deficit Disorder: A Different Perception

by Thom Hartmann, intro. by E. Hallowell, MD,

Underwood Books, Grass Valley, CA, 1997

About: ADD – “Hunter(s) in a Farmer's World”, how people can understand ADD

Focus: capabilities of the ADD brain, author's story, tips & traps

With: practical ideas, clear language, interviews, references

Author: former director of residential treatment facility for children, he has ADD

Books: Think Fast – the ADD Experience,

ADD Success Stories: A Guide to Fulfilment for Families with ADD,

Beyond ADD: Hunting for Reasons in the Past & Present

★★★★ A Beginner's Introduction to Vitamins

by Richard A. Passwater, PhD, Keats Publishing, Inc., New Canaan, CT., 1983

- identifies what vitamins are and how they work
- indicates recommended daily adult vitamin intakes
- sources & functions of specific vitamins
- vitamin deficiencies are linked to health problems

A REVIEW:
ACTIVE TREATMENT OF DEPRESSION

★★★ by Richard O'Connor,
W.W. Norton & Co., New York, 2001

(cover quote) "*Active Treatment Of Depression* skillfully highlights the fact that there are many paths into and out of depression. Each of the ways out requires a willingness to take sensible action on one's own behalf. It is to Richard O'Connor's credit that he is able to capture and articulate the complexity of depression, and that he can model through his style of writing, the flexibility and skill needed to manage the disorder intelligently. He provides an appropriate skepticism about what we think we know from depression research, and a healthy optimism that depression can be defeated." by Michael Yapko, PhD, author of *Breaking the Patterns of Depression*.

Richard O'Connor, a PhD psychologist, has suffered with depression himself. His book, *Undoing Depression*, shared his personal experiences and offered general readers suggestions for coping. *Active Treatment of Depression* is an in-depth guide, targeted for professional readers. The author proposes that client and clinician both need to take an active part in depression treatment. John Grohol, PhD says that the book offers "thoughtful commentary, researched explanations and illustrative case studies ... and provides realistic hope in the treatment and recovery from depression."

O'Connor proposes a common sense model of depression. He observes that some individuals are vulnerable to depression because of such varied factors as "genetic predispositions, history of noncontingent punishment, unstable self-esteem, early loss, poor interpersonal skills, pessimistic thinking and lack of social supports". Rather than proposing a narrow theory about what causes depression, O'Connor suggests that there can be multiple causes. He observes that when the vulnerability factors combine with current stresses such as "failure, illness, loss of role status, narcissistic injury or relationship loss," vulnerable people can be pushed past their comfort threshold until they experience the vicious circle of depression with its interlocking problems such as brain "neurochemical changes, physiological symptoms, sleep, appetite and sexual disturbance, discrimination and stigma, preoccupation with the self, depressed thinking, behavioral symptoms, guilt, shame and diminished self-esteem, (and suffer) impaired

functioning in their stable, dysfunctional interpersonal world.”

He quotes references such as the 1997 National Depressive and Manic-Depressive Association consensus statement on the under-treatment of depression by Hirschfeld et al which was published in the Journal of the American Medical Association as follows: “Depression is a pernicious illness associated with episodes of long duration, high rates of chronicity, relapse, and recurrence, psychosocial and physical impairment, and mortality and morbidity – with a 15% risk of death from suicide in patients with more severe forms of depression. Despite these facts ... patients with depression are being seriously undertreated, even though effective treatments have been available for more than 35 years ... the vast majority of patients with chronic depression are misdiagnosed, receive inappropriate or inadequate treatment, or are given no treatment at all.” Although this suggests a bleak outcome for many sufferers of depression, O’Connor does not shirk the difficult task of offering practical help.

He proposes active treatment for depression organized around eleven principles which he explains in considerable depth. It is clear that the author is familiar with the experience of depression as a patient himself and it is soon becomes clear that he also knows, from clinical successes, how to help patients recover and keep well. Each principle is explained. The eleven principles are as follows.

1. Conduct a thorough biopsychosocial assessment to determine what maintains depression in the patient’s world.
2. Engage the patient’s emotions.
3. Pay attention to feelings of grief, entitlement, rage and hope.
4. Use medications appropriately.
5. Use yourself wisely (addressed to clinicians).
6. Maintain a therapeutic focus.
7. Address the patient’s social and interpersonal world.
8. Challenge depressed thinking (using a cognitive-behavioral model for therapy).
9. Teach self-care so patients can treat themselves with respect and care.
10. Practice new skills rather than repeating acquired habits of depression.
11. Prepare for termination of the therapeutic alliance (by educating the patient about the disease and the need for continuing self-care, recognize when to get help and know how to get it).

He recommends an accurate differential diagnosis and medical treatment but leaves these topics to other writers. Instead, he focuses on counselling and coping strategies.

To illustrate the depth of O'Connor's insights, the chapter about assessment concludes with "There is a great deal to be done in the assessment phase with a depressed individual. We (clinicians) need to begin to determine the interplay between biological, psychological and social factors in the current illness. We need to make sure the patient is safe. We need to take steps to alleviate acute distress. We need to begin to develop a therapeutic focus. We need to begin to strategize about what points in the vicious cycle of depression may be the best targets for intervention. We need to begin to educate the patient about how we work, and we need to begin to learn about how the patient's mind works. And although we have to do a lot, we also have to begin to get the patient actively invested in the process of helping himself."

Although this book was written for health professionals, I had no problem reading it. There were valuable insights, and a wealth of detailed advice, encouragement and support. O'Connor uses clear language to tackle a range of issues that popular books about depression seem to gloss over. There are tips for patients and caregivers who want to understand depression triggers and make positive progress, cope with distressing situations in life, recover from depression and keep well.

My own case of depression required biological treatment to restore my mental health before I could benefit from therapy. O'Connor's *Active Treatment Of Depression* offers hope for cooperating with mental health professionals who can actively help with the prevention of depression relapse and the maintenance of normal mood.

★ **Benzo Blues: Overcoming Anxiety without Tranquilizers**

by Edward Drummond, MD, Plume – Penguin, New York, 1998

About: prescription benzodiazepines can prolong and exacerbate symptoms resulting in the “benzo blues,” without treating the underlying problems that cause the anxiety in the first place, reliance on them can grow

★★ **Beyond ADD: Hunting for Reasons in the Past & Present**

by Thom Hartmann, Underwood Books, Grass Valley, Calif., 1996

About: people with ADD have hunters’ capabilities but live in a world of farmers

★★★★ **Biochemical Individuality: The Basis for the Genetotropic Concept**

by Roger Williams PhD, Keats Publishing, New Canaan, 1998

About: understanding what shapes your health, useful for depression +

Focus: linking diversity in our anatomy and body chemistry to nutritional needs

With: concepts and examples of individuality in nutrition, references

Author: scientific professional – PhD biochemist, discovered some vitamins

Other: author also wrote articles for scientific journals

★★★★ **Biological Treatments for Autism and PDD**

by William Shaw, PhD, with contributions by Bernard Rimland, PhD, L. Lewis, PhD, Karyn Seroussi, Bruce Semon, MD, PhD, and Pamela Scott, The Great Plains Laboratory, Overland Park, KS, 1998,

www.greatplainslaboratory.com

About: range of effective treatments that have been useful for autism and PDD

Focus: restorative approaches based on scientific and medical knowledge

With: clear info. about biochemical factors, testing, supplements, references

Author: PhD biochemist, clinical chemist, toxicologist, organic testing for metabolic diseases

Other: author of many scientific papers, two book chapters

★ **Bipolar Disorder: A Guide For Patients and Families**

by Francis Mondimore, MD, Johns Hopkins University Press, Baltimore, 1999

About: symptoms, syndromes, diagnosis, treatment, variations, connections

Focus: comprehensive, practical, compassionate guide to manic depression

With: info. to help patients make informed choices, cases, history, references

Author: psychiatrist, faculty of Johns Hopkins Univ. School of Medicine

Books: Depression: The Mood Disease

★★ **Bipolar Puzzle Solution: A Mental Health Client’s Perspective**

187 Answers to questions asked by support group members

by B. Court and G. Nelson, MD, Accelerated Development, Philadelphia, 1996

About: the experience of bipolar disorder, tips and traps for coping and living well

Focus: practical information for patients and caregivers

With: personal insights, questions, clear answers, references

Author: engineer, who lives with a bipolar disorder, co-author physician

Books: A Passion for Science, The Triumph of the Embryo, Passionate Minds

★★ **Bitter Pills: Inside the Hazardous World of Legal Drugs**

by Stephen Fried, Bantam Books, New York, 1998

About: a husband's story of his wife's problems with negative effects of a NSAID

Focus: how a person suffers when their system can't tolerate a 'safe' medication

With: personal observations, investigative insights of the FDA process, references

Author: investigative journalist

Books: Thing of Beauty: The Tragedy of Supermodel Gia

★★★★ **The Body Ecology Diet:**

Recovering Your Health & Rebuilding Your Immunity

by Donna Gates, BS, MEd, B.E.D. Publications,
Atlanta, 1996

About: principles of human body ecology, description of body ecology diet

Focus: restoring your body ecology by managing your diet, creating a bright future

With: clear tips, examples, menus, references

Author: nutritional consultant and lecturer on candidiasis and immune disorders

Books: The Magic of Kefir, The Stevia Story, The Stevia Cookbook

★★★★ **Brain Allergies**

by W. H. Philpott, MD & D. K. Kalita, PhD,

Keats Publishing Inc., New Canaan, Connecticut, 1980

- a change in behaviour and in mental health can result from the changing concentrations of essential nutrients in the brain, or from reaction with an allergen
- discusses nutritional and orthomolecular approaches to well-being
- investigates drug-induced illnesses and the healing powers of vitamin C
- "behaviour is determined by the functioning of the brain ... is dependent on its composition and its structure"
- "proper functioning of the brain is known to require the presence in the brain of molecules of many different substances," "mental disease usually associated with physical disease, results from a low concentration in the brain of any one of a number of vitamins" Linus Pauling, PhD

★★★★ **Brain Builders: A lifelong guide to sharper thinking, better memory, and an age-proof mind**

by Richard Leviton: Parker Publishing Company, Inc.,

West Nyack, NY, 1995

- use nutrition, diet, herbs, and supplements to boost mental powers
- benefit from the brain's natural rhythms of activity and rest
- free the brain from potentially harmful environmental and lifestyle inhibitors that could be preventing it from reaching maximum efficiency
- achieve enhanced learning and memory abilities through music, meditation, brain aerobics, and breathing secrets
- develop "brain fitness" and prevent mental sluggishness and lazy mental habits through scores of "brain trainers"

★★★★ **Breaking the Vicious Cycle: Intestinal health through diet**

by Elaine Gottschall, MSc, The Kirkton Press, Baltimore, ON, Canada, 1994

- (cover) “The relationship between food and intestinal disorders such as Crohn’s disease, ulcerative colitis, diverticulitis, celiac disease, cystic fibrosis of the pancreas, and other forms of chronic diarrhoea.
- “A discussion of the cycle of events occurring in the intestine of those with (such) problems and how the Specific Carbohydrate Diet can break this cycle and permit the body to regain normal functioning.
- “A complete recipe section offers an assortment of simple, quick, as well as gourmet-type recipes, based on the scientific principle underlying the specific Carbohydrate Diet.”
- a clear and well written account of GI system function, carbohydrate digestion, brain connection and more!

★★★★ **The Burden of Sympathy: How Families Cope With Mental Illness**

by David Karp, Oxford University Press, New York, 2001

About: a sociology professor writes about his interviews with 60 families similarities in feelings of shame, fear, guilt and powerlessness in the face of socially stigmatized mental illnesses

Wrote: Speaking of Sadness: Depression, Disconnection & the Meanings of Illness

★★★★ **The Carnitine Miracle:**

Supernutrient Program that Promises Brain Wellness

by Robert Crayhon, MS, foreword by Dr Jeffrey Moss,
M Evans & Co., New York, 1998

About: l-carnitine for energy, brain wellness, fat burning, heart health, longevity

Focus: nutrition and supplement regimens for restoring good health

With: cases, regimens, carnitine programs, references

Authors: nutrition clinician, researcher and educator

Books: R Crayhon’s Nutrition Made Simple, assoc. editor of Total Health

★★★★ **The Canary and Chronic Fatigue**

by Majid, Ali, MD, Life Span Press, 1995

- “... chronic fatigue sufferers are human canaries – unique people who tolerate poorly the biologic oxidative stressors of the late 20th century. They are genetically predisposed to injury to their energy and detoxification enzymes by agents in their internal and external environments. Their molecular defences are damaged by undiagnosed and unmanaged allergies, chemical sensitivities, environmental pollutants, microbes, sugar-insulin-adrenalin roller coasters, stress and hostility of sped-up lives.”
- “... information about non drug therapies that work for the chronic fatigue sufferer”
- supplement protocols for people who want to restore normal function without adverse effects
- unique teaching tales that explain biochemical factors (without using chemical terms)

★ **Choosing to Live: How to Defeat Suicide Through Cognitive Therapy**

by T. Ellis, PsyD, C. Newman, PhD, foreword by Aaron Beck, MD,
New Harbinger Publications Inc., Oakland, CA, 1996

★★★★ Chronic Fatigue, Fibromyalgia & Environmental Illness

by Burton Goldberg and editors of *Alternative Medicine Digest*,
Future Medicine Publishing, Tiburon,
California, 1998

About: 26 doctors show how they reverse these conditions with alternative therapies

Focus: understanding causes, using nutritional supplements, restoring vitality

With: articles, advice, quick definitions, references

Authors: doctors who apply biochemistry to the art of medicine

Books: *Alternative Medicine Magazine*

★ Clinical Interviewing

by Rita and John Sommers-Flanagan PhD's, J Wiley & Sons,
New York, 1999

About: scientific and interpersonal aspects of mental health interviewing

With: issues, explanations, checklists, examples, references

Book: *Tough Kids: Cool Counselling*

★★★★ The Coenzyme Q10 Phenomenon

by Stephen Sinatra, MD, FACC, Keats, Lowell House,
Los Angeles, 1998

About: CoQ10 breakthrough nutrient that helps combat heart disease, aging + more

Focus: scientific studies and clinical applications show medical benefits of CoQ10

With: medical applications of CoQ10, a cellular energy co-factor, references

Author: clinical cardiologist at a US university, thousands of patients taking CoQ10

Books: *A Cardiologist's Guide to Weight Loss and Nutritional Healing*,
A Cardiologist's Guide to Optimum Health

★ Cognitive Behavior Therapy of DSM-IV Personality Disorders Highly Effective Interventions for the Most Common Personality Disorders

by Len Sperry, MD, PhD, Brunner/Mazel, Philadelphia, 1999

About: specific treatment strategies for avoidant, borderline & narcissistic disorders

Focus: potent interventions: cognitive and behavioral therapy and strategies

With: explanations of paradigm shift, treatment intervention charts, references

Author: prof. of psychiatry and behavioral medicine, psychiatrist and neurologist

Books: *Handbook: Diagnosis and Treatment of DSM-IV Personality Disorders*

★ Cognitive-Behavioral Therapy for Bipolar Disorder

by Monica Basco PhD and John Rush, MD, The Guilford Press,
New York, 1996

About: cognitive-behavioral techniques for managing bipolar disorder

Focus: monitoring symptoms, cognitive changes, psychosocial problems, coping

With: complementing medication, monitoring forms, resources, references

Authors: clinical psychologist and a clinical researcher in mood disorders

Articles: eg. neurobiological bases for psychiatric disorders in *Comp. Neurology*

★ **Comparative Treatment for Relationship Dysfunction,**

edited by Frank Dattilio & Louis Bevilacqua,
Springer Publishing Co., New York, 2000

About: 18 theories for couples therapy, fascinatingly applied to the same case story

Focus: illustrating how couples can find effective help for their interpersonal issues

With: theories applied in practice, goals, tips, pitfalls, limits, guidelines, references

Editors: psychologist trained in behavior therapy and clinical psychologist

Books: Cognitive Therapy for Couples, Panic Disorder: Assessment & Treatment Through a Wide Angle Lens, The Family Psychotherapy Treatment Planner

★ **The Complete Guide to Psychiatric Drugs:**

Straight Talk for Best Results

by Edward Drummond, MD, John Wiley & Sons,
New York, 2000

About: synthetic medications for depression, bipolar disorder, anxiety and other

Focus: understand psychiatric medications, side effects, how to get good results

With: medications with precautions, interactions, dose, monitoring, references,
some information about plant extracts and vitamins

Author: psychiatrist, medical director of a mental health centre in the US

★ **Consumer's Guide to Psychiatric Drugs**

by J. Preston, Psy.D. J, O'Neal, MD, and M. Talaga, R.Ph, MA,
New Harbinger Publications,
Oakland, California, 1999

About: comprehensive overview of current treatments for mood disorders

Focus: diagnostic issues, biology of mental illness, drug-drug interactions and more

With: clear language, dosage, side effects, directions for proper use, references

Authors: psychologist, psychiatrist, pharmacist

Books: You Can Beat Depression, Growing Beyond Pain

★ **Coping With Schizophrenia: Guide for Families**

by Kim Mueser, PhD and Susan Gingerich, MSW,
New Harbinger Publications, Inc., Oakland, CA, 1994

About: persistent symptoms: positive & negative, diagnosis, treatments

Focus: clear information for family caregivers: illness reviewed, treatment choices

With: common problems, tips, crisis and stress checklists, resources, references

Authors: assoc. professor of psychiatry and schizophrenia research associate

Books: Social Skills Training for Psychiatric Patients,
Workbook for Behavioral Family Therapy

★ **Current Psychotherapeutic Drugs**

by Donald Klein, MD and Lewis Rowland, MD,
Brunner/Mazel, New York, 1996

• *About:* medications: dosage, indications, adverse effects, half lives

★★★★ Dealing with Depression Naturally

The Drugless approach to the condition that darkens millions of lives

by Syd Baumel, Keats Publishing, Inc., New Canaan, Connecticut, 1995

- how orthomolecular psychiatry evolved & uses nutritional supplements if depressed patient has a subclinical nutritional deficiency, depressive may need certain nutrients in larger quantities than a normal diet can provide
 - supplements can make up for nutrient losses brought on by depression-related distress
 - supplements may improve the function of defective or deficient enzymes
 - large doses of some nutrients can have antidepressant effects, above and beyond their normal physiological effects, eg. #1 – large doses of vitamin B3 (niacinamide) may have a valium-like effect eg. #2 – large doses of vitamin B1 may act like an antidepressant drug
- certain medical conditions may promote depression, eg. – Candida imbalance, mercury from poor dental work

★ Defeating Depression

by Sidney Kennedy, MD, FRCPC, Sagar Parikh, MD, FRCPC, Colin Shapiro, PhD, Joli Joco Publications, Thornhill, ON, 1998

★★★★ Depression and Natural Medicine

by Rita Elkins, Woodland Publishing Inc., Utah, 1995

- discusses the connection between depression and diet, environmental factors, herbal treatments, vitamins and minerals, meditation, exercise, thyroid, light, food allergies, bowel disorders, hormones
- certain naturally occurring substances can stimulate the process in the brain which is affected by antidepressant drugs

★★★★ Depression: Cured At Last

by Dr. Sherry Rogers,

SK Publishing, 1996, Box 40101, Sarasota, FL, USA 34242

- environmental, nutritional, metabolic factors involved in some cases of mood disorder
- suggests treatment using nutritional supplements, vitamins, minerals and amino acids
- author is a physician who used this information to resolve her own depression and now she helps patients this way
- depression is not a deficiency of Prozac or antidepressant medication

★★★★ Depression-Free for Life:

All-Natural 5-Step Plan to Reclaim Your Zest for Living

by Gabriel Cousens, MD with Mark Mayell,

William Morrow, New York, 2000

About: optimizing your personal biochemistry, using diet and supplements

Focus: non-toxic methods of coping with depression

With: range of 5-step plans for different individuals, case studies, references

Authors: health professional – psychiatrist, medical writer

Books: Conscious Eating, Spiritual Nutrition and the Rainbow Diet

A REVIEW:
**DEALING WITH DEPRESSION NATURALLY
COMPLEMENTARY & ALTERNATIVE THERAPIES
FOR RESTORING EMOTIONAL HEALTH**

★★ and ★★★★★ by Syd Baumel,
Keats Publishing, Los Angeles, 2000 – 2nd edition

(cover quotes) *"A very good book. I wish every therapist, every medical columnist, and every expert in this field would read this and take to heart the important messages contained herein."* – Abram Hoffer, MD, PhD, orthomolecular psychiatrist

"An outstanding compilation of drug-free treatments for most depressions."
– Townsend Letter for Doctors & Patients.

(cover blurb) "Syd Baumel is a writer, editor, artist whose articles have appeared in *Health, Alive and Natural Life*. He is the author of *Serotonin and Natural Antidepressants*. For information about his work, visit his Web site at www.escape.ca/~sgb. The author takes an even-handed and compassionate look at depression, its symptoms, its causes, and the many options – both natural and pharmacological – available for treatment. Including extensive information on nutrition, holistic medicine, bodywork, exercise, psychotherapy, and many other nontraditional approaches to mental health, this invaluable guide will arm you with the knowledge you need to restore emotional well-being."

Some cover blurbs are overblown but I agree with this one. Syd Baumel, himself a survivor of depression, thoroughly explored the mental healthcare maze before writing this superb book for laymen and caregivers. Too many books about depression, even those written by mental health professionals, are superficial in the sense that they resort to quick labels and easy treatments - either medications or talk-talks. Mr. Baumel looks deeper. He considers the range of factors which can cause or contribute to the patient's symptoms of depression and then he explains how nontoxic natural methods can restore mental health. He writes so clearly that any reader, whether depressive or health professional, can use this book to their advantage.

The orthomolecular approach to depression is introduced and then the author explains how nutritional supplements can help some people recover. The book details the potential benefits of vital amines (i.e., vitamins), trace minerals, good fats, helpful amines and other supplements. The book recommends healing herbs for some cases of depression and an interesting and insightful range of subtler therapies such as aromatherapy. The author encourages depressed patients to "journey out of stress" and restore emotional health.

Definitely a four-star book - highly recommended.

★ **Depression: How it happens; How it's healed**

by John Medina, PhD, foreword by John Schwartz, MD,
CME Inc and New Harbinger Publications,
Irvine, California, 1998

About: depression – the basis, in words and pictures

Focus: clarifying how depression occurs and resolves

With: pictures, clear explanations for laymen, insights, references

Author: molecular biologist and writer

Books: The Outer Limits of Life, Uncovering the Mystery of AIDS

★★ **Depression Survivor's Kit**

by Robert Sealey, BSc, CA, SEAR Publications, Toronto, 1999

About: surviving depression: episodes of unipolar, bipolar, dysthymia, anxiety

Focus: tips & traps, survival insights, coping strategies

With: success story, references for laymen, writer-tested original ideas

Author: personal experience of depression, bipolar II mood disorder, migraines

Books: SEAR Guide Series: eg. Mental Healthcare References – Layman's Guide

Web site: www.searpubl.ca

★★ **Desperate Disguises: Living in the Shadow of Psychiatric Illness**

by Jo Clancy, LMSW-ACP, LCDC, Psychosocial Press,
Madison, Conn., 1998

About: how people who struggle with mental illnesses walk among us undetected,
often wearing 'masks' to be 'normal'.

Author: personal and professional accounts of the emotional pain experienced by
mental patients and the people who love them

★★★★ **DHEA: A Practical Guide**

**The Natural hormone that helps fight disease, improves mood and energy,
boosts your sex drive, influences longevity**

by Ray Sahelian, MD, Avery Publishing Group, Garden City Park,
New York, 1996

- (cover) "Dr. Sahelian discusses the safety of DHEA (dehydroepiandrosterone), how DHEA affects the brain, heart, and immune system, DHEA levels throughout life, and what is known about DHEA's anti-aging potential. He covers ... the practical aspects of how much to take and when, and ... includes personal stories of DHEA users ... provides straight forward answers regarding the benefits and limitations of this vital and important supplement."

★★★★ **DHEA: The Youth and Health Hormone**

by C. Norman Shealy, MD, PhD,

Keats Publishing, Inc., New Canaan, Connecticut, 1996

- shows promise as an antidote to diseases of aging and as a rejuvenator

★★★★ Digestive Wellness

by E. Lipski, Keats Publishing Inc., 1996

- chemical environment in our digestive tract is the medium from which we obtain our essential nutrients, except oxygen, and where we deposit most of our wastes. If the chemicals within that environment are wrong for the individual, if the system is not able to absorb or use them properly, and if waste products are not properly eliminated, it is impossible for that individual to be well.
- health of the individual depends on the integrity and functional capacity of the digestive tract. This book describes what a healthy tract should do, what can happen to it and how to correct problems.

★★★★ Distinguishing Psychological From Organic Disorders: Screening for Psychological Masquerade,

by Robert Taylor, MD, Springer Publishing Co., New York, 2000

About: appearances can be deceiving, clinical traps, recognizing brain syndromes

Focus: cases where mental symptoms reflect biological problems in the brain

With: analysis of masqueraders, drug induced mental disorders, cases, references

Author: consulting psychiatrist and lecturer

Books: Mind or Body (1982), Health Fact, Health Fiction (1990)

★★★ Do One Thing Different

by Bill O'Hanlon, MS, W. Morrow & So., New York, 1999

About: resolving depression, shifting toward the positive

Focus: solution oriented therapy, tips & traps, possibility and inclusive therapy

With: success stories, cases for laymen, writer-tested ideas

Author: marriage and family therapist, personal experience of depression

Books: Stop Blaming, Start Loving; Rewriting Love Stories, 15 other books

Web site: www.dooneethingdifferent.com

★★★★ Dr. Hoffer's ABC of Natural Nutrition for Children

by Abram Hoffer, MD, PhD, FRCP(C), Quarry Health Books, Kingston, 1999

About: diagnosis and treatment of children with learning and behavior disorders

Focus: orthomolecular nutrition to restore deficiencies in essential nutrients

With: research, cases, references

Author: biochemist, orthomolecular psychiatrist and author

Books: Vitamin B3 and Schizophrenia: Discovery, Recovery, Controversy

★★★ Driven to Distraction

Recognizing and Coping with ADD from Childhood through Adulthood

by Edward. Hallowell, MD and John Ratney, MD, Touchstone, New York, 1994

About: ADD – reality, risks and benefits, diagnosis and treatment

Focus: insights, strategies, tips & traps, life with the condition, family coping

With: success stories, references, research reports, cases, resources

Authors: healthcare professionals, psychiatrists who both have ADD

Books: What Are You Worth?; Finding the Heart of the Child: Essays

★ **DSM-IV Internet Companion**

by M. Robert Morrison, PhD & Robert Stamps, MA, MAC,
W.H. Norton & Co., New York, 1998

About: a guide to 1,500 web sites with information about mental illness

Focus: wealth of web sites keyed to the DSM-IV; info. for laymen and clinicians

With: web sites, resources, mailing lists, overview of DSM disorders

Authors: psychologist and professor; addictions counsellor and journalist

Books: The Video Improvement Program

★ **DSM-IV Made Easy: The Clinician's Guide to Diagnosis**

by James Morrison, MD, The Guilford Press, New York, 1995

About: quick guides for applying DSM criteria when diagnosing mental patients

Focus: understanding APA's diagnostic and statistical manual of mental disorders

With: for each category – cases, evaluations, symptoms, criteria, references

Author: chief of psychiatry and professor of psychiatry

★★★★ **Eat Smart, Think Smart**

How to use nutrients and supplements to achieve maximum mental and physical performance

by Robert Haas, HarperCollins Publishers, Inc., NY, 1994

- how to use nutrient programs to: boost mental energy, increase memory, fight depression; burn off excess body fat; promote anti-aging strategies for the brain; enhance sex drive; get a good night's sleep; build muscle with alternatives to synthetic medications

★ **Effective Treatments for PTSD:**

Practice Guidelines from Intl. Society for Traumatic Stress Studies

edited by Edna Foa, PhD, T. Keane, PhD, M Friedman, MD, PhD,
The Guilford Press, New York, 2000

About: treatment approaches based on literature reviews, treatment guidelines

Focus: variety of expert opinions on diagnosis, assessment, therapy

With: theories outlined, practices, clinical studies, references

Editors: professors of psychology and psychiatry, director of PTSD centre

Books: Treating the Trauma of Rape, Assessing Psychological Trauma & PTSD

★★ **Emergence: Labelled Autistic**

by Temple Grandin & Margaret Scariano, Warner Books, New York, NY, 1996

- (cover) "Temple tells the story of ... how she went from a fear-gripped, autistic childhood to become a successful professional, a world leader in her field. An astonishing true story, a chronicle of perseverance, courage, and the loving wisdom of a few adults who saw in Temple what others couldn't, *Emergence* will give new hope and new insight into the tragedy of autism and the vast potential of the human spirit."
- (cover) "This is the story of a frightening journey which provides the reader with ... the sense of isolation, hopelessness, and anxiety suffered by autistics and their families."
- explains how tests indicated the nature and extent of affected brain function, practical advice for autism caregivers
- mentions how Dr. A. Cott's regimen of supplemental vitamin B-6 and magnesium helps

★★★★ Enzymes & Enzyme Therapy:

How to Jump Start your way to Lifelong Good Health

by Anthony Cichoke, DC, Keats Publishing Inc., New Canaan, Conn., 1994

About: five step program to identify and restore enzyme imbalances to control the fuel and energy output of each cell in the body, reports of positive effects

★★ Facing Autism: Giving Parents Reasons for Hope and Guidance for Help

by Lynn Hamilton, fwd by Dr. Bernard Rimland,

Waterbrook Press, Colorado Springs, 2000

About: a mother who found quality care for her autistic child

Focus: understanding autism, finding help, integrating psychology and biology

With: practical tips for laymen, resources, web sites, references

Authors: a mother and a healthcare professional – PhD psychologist, autistic children

Books: Infantile Autism, by Dr. Bernard Rimland

★★★★ Fats that Heal – Fats that Kill

by Udo Erasmus, BSc, MA, PhD, Alive Books, Burnaby, BC, 1993

About: how healing fats can prevent and reverse ‘incurable’ degenerative diseases

Focus: healing properties of essential fatty acids, biochemistry explained

With: information on orthomolecular nutrition, biochemical individuality, references

Author: graduate studies in genetics and biochemistry, PhD in nutrition, psychologist

Books: MegaNutrition and The Listen to Your Body Diet, by Richard Kinin

★★★★ Foundations of Nutritional Medicine

by M.R. Werbach, MD, Third Line Press Inc., 1996

- 5th in a series of additions to the scientific development of orthomolecular medicine, evaluates orthomolecular literature
- details disorders due to abnormal nutrition, common deficiencies, bioavailability of supplements, interaction between supplements and between supplements and drugs
- considers pathology of heavy metal intoxication and interactions of metals with supplements
- useful for looking at relationships between essential reactions to hone in on biochemical faults, or missing nutrients

★★ The Gift of Dyslexia:

Why Some of the Smartest People Can’t Read ... and How They Can Learn

by Ronald Davis, Berkley Publishing, New York, 1994

About: dyslexia, how people can resolve its problems by reorienting

Focus: capabilities of the dyslexic brain, underlying talent, tips & traps

With: workable solution, practical program, clearly explained, references

Author: has dyslexia, gifted with creativity and imagination but labelled ‘retarded’ after failures and setbacks, he became an engineer, businessman, and sculptor – at age 38, a startling discovery enabled him to read better, founded the Davis Dyslexia Assoc. Intl. in 1995

Other: quarterly newsletter – The Dyslexic Reader

★★★★ Ginkgo: Elixir of Youth

by Christopher Hobbs, Botanica Press, Santa Cruz, Ca, 1991

- explains how ginkgo can improve memory and brain function, protect the heart and restore blood circulation, heal hearing and vision problems, fight common allergic reactions, help preserve general health and vitality
- includes notes on the chemistry and pharmacology of ginkgo

★★★★ Ginkgo: A Practical Guide

Nature's Effective Herb that improves memory, enhances concentration, increases circulation

by Georges Halpern, Md, PhD, Avery Publishing, Garden City, NY, 1998

About: ginkgo extract, used by mankind for thousands of years, to improve brain function

Focus: history, cultivation, beneficial effects for a variety of health problems

★ Guidelines for Diagnosis & Pharmacological Treatment of Depression

by Depression Working Group, Chair Sidney Kennedy, MD, CANMAT, Toronto 1999

About: making the diagnosis, managing depressive disorders, pharmacology

Focus: using antidepressant medications to help patients recover

With: charts, medication information, dose ranges, references

Contributors: mental health professionals – psychiatrists from major hospitals

★★★★ Healing Anxiety with Herbs

by Harold Bloomfield, MD, HarperCollins Publishers, New York, NY, 1998
Featuring a natural self-healing program to relieve stress, promote sleep & maximize performance

- herbal remedies with Kava, Valerian, Hypericum or St. John's Wort, ginseng, ginkgo, milk thistle, licorice root, traditional Chinese Medicine and aryuvedic herbs for anxiety and ADD, reishi mushroom, etc
- natural self-healing program of practical, powerful exercises to relieve anxiety and sleep well
- (cover) "H. Bloomfield, MD is a Yale-trained psychiatrist and a respected leader in ... integrative psychiatry ... he has been at the forefront of a number of world-wide self-help movements for more than two decades."

★★★★ The Healing Nutrients Within

by E. R. Braverman, MD with Carl Pfeiffer, MD, PhD, K. Blum, PhD and R. Smayda, DO, Keats Publishing, Inc., New Canaan, CT, 1997

How to use amino acids to achieve optimum health; new research on their beneficial roles in cancer, Alzheimer's disease, depression, heart condition and more

- (cover) "This update and revision of the landmark book on amino acids covers the exciting discoveries of the last decade and shows how to use them in your personal health management program."
- discusses amino acid function and therapeutic supplementation to help various conditions
- extensive reference section

A REVIEW:
**HANDBOOK OF PSYCHOTROPIC HERBS:
A SCIENTIFIC ANALYSIS OF HERBAL
REMEDIES FOR PSYCHIATRIC CONDITIONS**

★★ by Ethan Russo, MD,
The Hawthorn Press, New York, 2001

(cover quote) *"Sound advice on the rational use of safe and effective herbs to help alleviate a wide range of ... [mental] disorders. An authoritative guide in an area where solid, reliable information is often difficult to obtain."* – Mark Blumenthal, Executive Director of American Botanical Council, Editor of HerbalGram

Dr. Ethan Russo, MD is a neurologist at Montana Neurobehavioral Specialists, an adjunct associate professor at the University of Montana, Department of Pharmaceutical Sciences and a clinical associate professor in the Department of Medicine at the University of Washington. With a lifetime interest in medicinal plants, he lectures on a variety of topics and researches the serotonin receptor activity of natural products, especially for migraine treatment. He also treats patients.

It is unusual for such a highly qualified North American medical specialist to use herbal extracts in clinical practice. Readers will learn how a doctor who has as many qualifications as Dr. Russo came to use phytomedicines and how research studies encouraged him to apply these methods to neurology patients.

The author warns readers that this book was "not designed to be a self-help manual ... it cannot replace consultation with a properly trained herbalist, naturopath, or open-minded physician ... [It] was designed to introduce the ... herbal treatment of mental or nervous conditions, and ... a reference of current research on such agents. The book's audience ... psychologists, social workers, pharmacists and other counsellors in a position to advise patients about psychotropic herbal remedies. It may attract ... psychiatrists, other physicians, medical students ... and laypersons ... "

The book offers a wealth of information about the safe and effective use of herbal medications for depression, mental episodes and brain disorders. While not claiming these are panaceas, the author explains how botanical medications are regulated in the US, how plant extracts were researched and how they have been clinically proven to help people with mild to moderate cases of depression, insomnia, cognitive impairment, anxiety and other conditions.

Part III has eight detailed case studies of patients with depression, anxiety, dementia, head injuries and other mental disorders. These cases explain how carefully a neurologist examines each patient, taking histories and assessing mental status before making a diagnosis and prescribing treatments. Each patient's clinical outcome is provided. The cases show how a competent medical specialist uses standard of care procedures to diagnose and treat.

The book is enlightening and informative.

★★★★ The Healing Power of Herbs

The enlightened person's guide to the wonders of medicinal plants

by Michael T. Murray, ND, Prima Publishing, Rocklin, CA, 1995

- gives description, chemical composition (incl. chemical formulae), pharmacology, clinical applications, medicinal effects, dosages, and toxicity for many herbs
- recommends herbs for specific health conditions

★★★, ★★★★★ Healing the Hyperactive Brain:

Through the New Science of Functional Medicine

by Michael Lyon, BSc, MD, Focused Publishing, 2000

About: physician, medical researcher and ADHD sufferer shares his success using natural and nutritional medicine

★★★★ Healing the Mind the Natural Way

by Pat Lazarus, Nutritional Solutions to Psychological Problems

G.P. Putnam's Sons, New York, NY, 1995

- introduces orthomolecular psychiatry and presents nutritional solutions for common psychological problems
- leading-edge research by orthomolecular physicians offers new hope for people suffering from psychosomatic problems, depression, eating disorders, addictions, anxiety, learning disorders, hyperactivity, Alzheimer's, etc.

★★★ Healing the Trauma of Abuse: a women's workbook

by Mary Ellen Copeland, MA, MS and M. Harris, PhD,

New Harbinger Publications Inc., Oakland, CA, 2000

About: rebuilding self esteem after suffering abuse, your healing journey

Focus: practical, step-by-step guide through recovery and healing

With: warning signs, practical tips, checklists, references

Authors: psychologist who lives with manic depression, co-author psychotherapist in private practice, codirects nonprofit mental health agency, writes on violence

Books: Trauma Recovery and Empowerment

★★★★ Heinerman's Encyclopedia of Nuts, Berries and Seeds

by John Heinerman, Parker Publishing Company, Inc., West Nyack, NY, 1995

- nature's remedies for common health problems from a medical anthropologist's files
- "our ancestors learned by trial and error which natural foods were good for our bodies"
- plant knowledge became the basis for many medical remedies we take in pill or powder form

★ Helping Your Teen Overcome Depression: A Guide For Parents

by Miriam Kaufman, BScN, MD, FRCP, Key Porter Books, Toronto, 2000

About: types of depression and anxiety, medication and therapy treatments

Focus: helping teens cope with depression and anxiety, preventing suicide

With: signs & symptoms, practical information clearly explained, cases, references

Author: staff physician in adolescent medicine, assoc. professor pediatrics

Books: Easy For You to Say: Q&A for Teens Living With Chronic Illness

★★★★ Herbal Medicine: Expanded Commission E Monographs

editor Mark Blumenthal, American Botanical Council, Austin Tx, 2000

About: translated from German, authoritative information for medical use of herbs includes description, chemistry and pharmacology, uses, contraindications, side effects, interactions, dosage and administration and references

★★★★ Herbal Medicine for Sleep and Relaxation

by Dr. Desmond Corrigan, Amberwood Publishing Ltd., London, 1996

- history and science of several herbs commonly used to resolve sleeping problems
- helpful information about valerian, Passion Flower, hops (*humulus lupulus*) and more
- “All those with an interest in the simple and safe induction of restful sleep will be amply rewarded with new ideas and agreeable and effectual remedies.” Adrian Williams

★★★★ Herbs for the Mind: What science tells us about nature’s remedies for depression, stress, memory loss, and insomnia

by Jon Davidson, MD and Kathryn Connor, MD,

The Guilford Press, New York, 2000

About: use of St John’s wort, Kava, Ginkgo biloba and valerian for mental conditions

Focus: scientific & medical information about herbs used for anxiety & depression

With: scientific evidence, essential facts, uses, side effects, references

Authors: professors of psychiatry at a US university

Other: Dr. Davidson is main investigator of NIH study of St John’s wort and depression

★★★★ Herbs that Heal Rx: Prescription for herbal healing

by Michael A. Weiner, PhD & Janet A. Weiner,

Quantum Books, Mill Valley, CA, 1994

- traditional uses of, and recent scientific findings for over 220 medicinally active herbs

★★ His Bright Light: The Story of Nick Traina

by Danielle Steel, Delacorte Press, New York, 1998

About: Danielle Steel’s powerful personal story of the son she lost and his courageous battle with manic depression

★ A History of Psychiatry

by Edward Shorter, PhD, John Wiley & Sons, Toronto, 1997

About: psychiatry from the era of the asylum to the age of prozac

Focus: how psychiatry evolved to science and medical profession

With: history, references, little about the latest in restorative mental healthcare

Author: professor in the history of medicine, University of Toronto

Books: The Making of the Modern Family

★★★★ Hoffer’s Laws of Natural Nutrition:

A Guide to eating well for pure health

by Abram Hoffer, MD, Quarry Press, Inc., Kingston, ON, 1996

- recognizing connection between proper nutrition and health

(Hoffer's Laws of Natural Nutrition ... continued)

- processed diets appear to lead to various diseases
- food allergies may cause certain people to experience psychiatric symptoms
- describes positive effects of specific vitamins and minerals when the need exists, supported by case studies

★★★★ How to Get Well: Dr. Airola's Handbook of Natural Healing

by Paavo Airola, ND, PhD, Health Plus, Sherwood, Oregon, 1974

- (cover) "Learn how foods, vitamins, supplements, herbs, juices, baths, fasting, and other ancient and modern, harmless natural remedies can help to restore health, prevent premature aging, and prolong life."
- (cover) "an authoritative and practical manual on the most common ailments – and what you can do about them – by a world-famous authority on nutrition and natural healing."
- series of chronic conditions such as colitis are linked to dietary considerations, biological treatments, vitamins and supplements, juices, herbs, specifics and referential reading
- how to protect yourself against common poisons in food, water, air and environment
- why and how to use vitamins and supplements
- "vitamin guide – common vitamins, their functions, deficiency symptoms, natural sources, recommended dietary allowances (RDA) and usual therapeutic doses"

★★★★ How To Live Longer and Feel Better

by Linus Pauling, PhD, Avon Books, New York, 1987

About: a simple and inexpensive plan for health longevity

Focus: which vitamins your body needs on a daily basis, immune system

With: explanations of how vitamins help various body systems, references

Author: scientist, chemist, physicist, crystallographer, molecular biologist, researcher

Other: Vitamin C and the Common Cold, article about orthomolecular psychiatry

★ How to Save Your Own Life

The Savard System for Managing and Controlling Your Health Care

by Marie Savard, MD with Sondra Forsyth, Warner Books,

New York, 2000

About: how the patient can become an active partner with his doctor

Focus: learning about your condition, seeing your records, getting information

With: practical tips that can save your life, 8 step action plan, cases

Author: health professional – physician

Other: The Savard Health Record, host of radio show Medical Frontiers

★★★★ 5-HTP: Nature's Serotonin Solution – 5-hydroxytryptophan

by Ray Sahelian, MD, Avery Publishing, Garden City Park,

New York, 1998

About: how supplementation with 5-HTP can raise serotonin levels naturally and help to reduce depression and anxiety and improve sleep; author explains his views on the intelligent use of nutrients, amino acids, herbs and hormones in combination with medicines.

With: advice on dosages, complementary therapies, cautions and side effects

★★★★ The Hyperactivity Hoax:

How to Stop Drugging Your Child & Find Real Medical Help

by Sydney Walker, MD, St. Martin's Press, New York, 1998

About: how to determine if your child needs medical help, find a good doctor

Focus: many children with medical conditions are misdiagnosed & mistreated

With: cases, diagnostic criteria, 24-hour-day checklist, references

Author: neurologist, psychiatrist, neurosurgeon, degrees in physiology, pharmacology

Books: Help for the Hyperactive Child

★★★★ Hypericum & Depression

by H. H. Bloomfield, MD & M. Nordfors, MD & P. McWilliams,
Prelude Press, California, 1996

- according to the British Medical Journal, “ St. John’s plant (flower) is a promising treatment for depression ... hypericum extracts were significantly superior to placebo and similarly effective as standard antidepressants ... The herb may offer an advantage, however, in terms of relative safety and tolerability, which might improve patient compliance.”
- Dr. Bloomfield is a world-renowned Yale-trained psychiatrist who has 25 years of clinical practice specializing in the treatment of depression. He has written several other best-selling books about coping with depression.
- information to consult with healthcare professionals and make an informed choice about whether you need treatment for depression and what that treatment might be
- medicinal effects of hypericum on depression (includes clinical studies)
- hypericum is widely used for depression in Germany where hypericum products account for 50% of the German antidepressant market, compared to prozac which has 2%

★ I’ll Take Care of You: A Practical Guide for Family Caregivers

by J. Ilardo, PhD, LCSW and C Rothman, PhD,

New Harbinger Publications, Oakland, 1999

About: caregiving: the dynamics, self-care, when recipient has a mental disorder

Focus: practical guidance for caregivers

With: tips and traps, charts, cases, advice for laymen, references

Authors: psychotherapist, professor, clinical psychologist

Books: Father-Son Healing, Risk Taking for Personal Growth, As Parents Age

★★★★ The Ion Effect

by Fred Soyka with Alan Edmonds, Alpine Industries, Minneapolis, MN, 1991

Revolutionary discoveries reveal electrically charged particles in the air may control your moods, health, & sense of well-being

- (cover) “Tiny electric particles flowing in the air – negative and positive ions – may increase your sense of well-being or make you feel terrible... scientific findings about these mood-changing ‘vitamins of the air.’”

★★★★ Journal of Orthomolecular Medicine

Sr. Editor: Abram Hoffer, MD, PhD, 16 Florence Ave. North York, ON
M2N 1E9, 416-733-2117

(Journal of Orthomolecular Medicine ... continued)

- quarterly journal, information about current orthomolecular practices, procedures, research articles by health professionals
- publications are available by mail order, call for list.

★★★★ Kava: Nature's Answer to Stress, Anxiety, and Insomnia

by Hyla Cass, MD & Terrence McNally, Prima Publishing, Rocklin, CA, 1998

- (cover) "Kava has been used ritually and medicinally in the islands of the South Pacific for centuries. Widely used in Europe, [kava] has been shown to relieve tension and anxiety while maintaining alertness. In larger doses, kava promotes deep, restful sleep. Safe, natural, and inexpensive ... alternative to drugs such as Valium."
- author, is assistant clinical professor of psychiatry at the UCLA School of Medicine

★★★★ The Ketogenic Diet: A Treatment For Epilepsy

by John Freeman, MD, Jennifer Freeman, and Millicent Kelly RD, LD
Demos Medical Publishing, NY, 2000

About: controlling seizures using biochemistry, useful for people with epilepsy

Focus: nutritional control of epilepsy, diet developed at Johns Hopkins Hospital

With: serious science, clear language, case studies, references

Authors: health professional – physician, supported by a sick child's father

Books: Seizures and Epilepsy in Childhood: A Guide for Parents Tough Decisions:
A Casebook in Medical Ethics

★★★★ L-Carnitine: The Energy Nutrient

by Brian Leibovitz, PhD, Keats Publishing, Los Angeles, 1998

About: natural food factor that promotes cardiovascular health and burns fat

Focus: nutritional and biological aspects, medical applications

With: clinical effects, explains biochemistry and metabolism, references

Author: scientific professional – zoologist and physiologist, worked with L. Pauling

Books: Carnitine: The Vitamin B₁₂ Phenomenon, Journal of Optimal Nutrition

★★★ Learning to Live With a Stroke:

Can You Hear the Clapping of One Hand?

by Liza Veith, Jason Aronson Inc., New Jersey, 1997

About: author, a physician who suffered a stroke, shares her story of recovery

Focus: combining the insights of patient and physician, path to recovery

Author: physician, noted historian of health sciences and psychiatry

★ Life After Trauma

by Dena Rosenbloom, PhD & Mary Beth Williams, PhD, LCSW, CTS

foreword by Laurie Pearlman, PhD, The Guilford Press, New York, 1999

About: coping after trauma, feeling safe, rebuilding trust, regaining control

Focus: reactions to trauma, re-working beliefs, restoring self-esteem

With: clear text, perspectives on trauma, workbook exercises, references

Authors: clinical psychologist and social worker who work with trauma victims

Books: The Revised E.I. Syndrome, Wellness Against All Odds, Tired or Toxic?

★★ Like Colour to the Blind

by Donna Williams, Doubleday Canada Ltd., Toronto, 1996

- living well with autism

★ Living Well With Epilepsy

by Robert J. Gumnit, MD, Demos Vermande (Medical Publishing), NY, 1997

About: living well with a seizure disorder

Focus: practical tips for living well

With: information for finding quality care

Author: healthcare professional – physician

Other: First Aid for Epilepsy – information card for patients and caregivers

★★ and ★★★★★ Living Well With Hypothyroidism

What Your Doctor Doesn't Tell You ... That You Need to Know

by Mary J. Shomon, Avon Books, New York, 2000

About: thyroid dysfunction, how people can get proper diagnosis and treatment

Focus: symptoms, author's recovery story, tips & traps, risks & challenges

With: practical help, patient stories, interviews, references, resources

Author: professional writer, a thyroid patient herself

Other: monthly newsletter *Sticking Out Our Necks*; www.thyroid-info.com

★ Living With Grief After Sudden Loss –

Suicide, Homicide, Accident, Heart Attack, Stroke

edited by Kenneth J. Doka, PhD, Taylor & Francis, Bristol, PA, 1996

About: coping with the complications of grieving and mourning after sudden death

Focus: responding and helping survivors journey through grief and reinvest in life

With: insights, cases, resources, support, references

Authors: 21 health professionals, counsellors, survivors

Other: The Hospice Foundation of America

★★ Living With Prozac & other SSRI's: Life on Antidepressants,

edited by D Elfenbein, fwd. by P. Kramer, MD, Harper San Francisco, 1995

About: first person stories of depressed people who take prozac, paxil or zoloft, some do well, others experience negative effects.

★★★★ The Loneliness Workbook:

A Guide to Developing & Maintaining Lasting Connections

by Mary Ellen Copeland, MS, MA,

New Harbinger Publications, Oakland, CA, 2000

About: loneliness, useful for people with mood disorders, mental illness

Focus: insights, relieving loneliness, developing relationships, tips & traps

With: practical ideas for coping, interviews with sufferers, references, resources

Author: health professional – psychologist, has manic depression, thyroid condition

Books: series of books for laymen e.g., Living Without Depression and Manic Depression

A REVIEW:
**THE LAST TABOO
A SURVIVAL GUIDE TO
MENTAL HEALTH CARE IN CANADA**

★★ by Scott Simmie and Julia Nunes,
McClelland & Stewart, Toronto, 2001

(cover quote) *"The Last Taboo* will do more than any previous publication to break down the fear and stigma surrounding people with psychiatric disabilities ... " Ed Pennington, director of the Canadian Mental Health Association, writes in the foreword that *"The Last Taboo* is a practical road map for people ... looking for paths to hope and recovery."

Author Scott Simmie is an experienced journalist. He lives with a bipolar mood disorder. His wife and co-author Julia Nunes is also a journalist. Together they map out the mental health system in Canada, selecting their words with care and compassion, and explaining how the system can help sick people. Believing that "mental disorder, remains ... the last taboo, [they] work to break that taboo. One story at a time."

The book starts with Scott's story. Overseas on assignment, he experienced an episode of deep depression. Then he suffered the perplexing over-excitement of an episode of mania. As his mental health deteriorated and his world fell apart, Scott struggled to maintain his career and his self-esteem. For a long time, he did not know that he had a bipolar mood disorder. His wife cared enough to stay with him and they worked on his recovery. They became fascinated with mental illness: the people who have it and the people who care for them, how the mental health system works and how to renew hope for mental health.

Julia writes about her reaction to Scott's experience. Rarely do we get the chance to learn how hard it is for a close family member to understand what is happening to a sick mate. Julia was puzzled, concerned and upset, at times coping with her own health problems. Together they explored the mental health system and Scott found competent care. With Julia's help and his family's support, he recovered.

We expect experienced journalists to do extensive research. Scott and Julia do not disappoint us. They interviewed many people: patients, family, researchers and health professionals. They read about psychiatry and psychology. They share the good news: a lot is known about mental illnesses: how to diagnose disorders and how some patients recover. There is bad news too: some patients do not

recover normal brain function, even though they cooperate, take conventional psychiatric medications and have the usual talk therapies.

Scott and Julia explain that a person with a mental disorder is temporarily unwell and not an ogre to be feared or excluded. In addition to their own poignant story, they introduce us to a succession of fascinating people who live with a variety of mental illnesses such as manic-depression, depression, schizophrenia, and obsessive-compulsive disorder. We learn that mental patients want to get well and live with dignity. They have the same dreams and aspirations as normal human beings.

Statistics indicate that 20% of the general population suffer with episodes of depression, anxiety, substance abuse and other conditions. Psychiatrists and psychologists use a diagnostic manual to label the symptoms. The causes can be explored. Scientific knowledge has advanced but mental disorders are complex. Vulnerable people seem to have a susceptibility built into their genetic inheritance. Biological, psychological, social and environmental factors can overload peoples' coping capabilities until they experience the symptoms of a mental illness.

There is help. Scott explains the formal mental health system in Canada. We would like to believe that the system is working well but the authors report that there are major problems. Informal systems support people who are willing to learn from survivors. The benefits of conventional medications and therapy are outlined. Proven alternatives are also mentioned. Patients are advised to help themselves by reading, organizing peer support and using the formal and the informal systems to find care. Patients are encouraged to take responsibility for their progress.

It is sad that 15% of mental patients slip into despair and die by suicide. This horrifying reality is presented with tact and compassion. The issue of stigma is addressed and there is a conclusion: stigma isn't the patient's fault, it is a problem created by uninformed people who react inappropriately when they meet a mental patient. In the end, there is only one explanation " ... folks [who live with mental disorders] are just like everyone else. Just like you. Recovery ... needs nurturing. Care. Love."

While keeping Scott's story in their hearts, Scott Simmie and Julia Nunes wrote this book gently but firmly. They teach us that mental patients are people who are unwell not sub-human beings to shun. They paint a clear picture of the mental health system in Canada. They warn us about the problems but encourage patients and their families to explore the mental health system and hope for recovery.

★★★★ **Lifting the Bull:**

Overcoming chronic back pain, fibromyalgia & environmental illness

by Diane Dawber, Quarry Press Inc., Kingston, ON, 1997

- (cover) “Dawber builds her book on fibromyalgia – a chronically painful and disabling muscular syndrome – ... telling how she was able to defeat her pain and regain her strength through a regimen of orthomolecular nutrition or nutrient supplements, bodywork exercise, and cleansing of her environment. The title also alludes to the other kind of ‘bull’ – the various medical myths, useless diagnoses, and ineffective pharmaceutical and surgical treatments involved with chronic pain syndromes like fibromyalgia ...”
- (cover) “Told in a personal journal form ... a moving story of human suffering and recovery, full of the anecdotal appeal missing from other clinical treatments of this syndrome, as well as a practical guide to recovery. The recovery regimen the author recommends has been endorsed by medical doctors, physiotherapists and kinesiologists.”
- a rare account of the practical application of orthomolecular medicine by a patient who took the time to research her options, and persist as trial after trial of assorted treatments by a variety of medical professionals did not cure, she persisted until she found competent health professionals who diagnosed accurately and helped her recover

★ **Making Hope Happen: A Workbook for Turning Possibilities into Reality**

by D. McDermott, PhD & C.R. Snyder, PhD,

New Harbinger Publications, Oakland, CA, 1999

About: exploring and rebuilding hope, useful for people with mental illness

Focus: insights, your story, your hope patterns, renewing your hope, tips & traps

With: practical ideas, clear language, interviews, references

Authors: health professionals – psychologists

Books: The Psychology of Hope: You Can Get There From Here,

Hope for the Journey: Helping your Children Through Good Times and Bad

★★ and ★★★ **Malignant Sadness: The Anatomy of Depression**

by Lewis Wolpert, Faber and Faber Limited, London, 1999

About: the experience of depression, psychology, biology, treatments

Focus: how the condition feels, what treatments work

With: personal insights, historical notes, clear explanations, references

Author: science professional – research biologist, who experienced depression

Books: A Passion for Science, The Triumph of the Embryo, Passionate Minds,
The Unnatural Nature of Science

★★★★ **Managing Menopause with Diet, Vitamins and Herbs**

by Leslie Beck, RD,

Prentice Hall Canada, Toronto, 2000, www.lesliebeck.com

About: easing symptoms of perimenopause including mood swings

Focus: using natural supplements to restore and maintain good health

With: benefits of diet, herbs and supplements, references

Author: registered dietitian, integrative nutritional practitioner

Books: The Complete Idiot’s Guide to Total Nutrition for Canadians

★★★ **Margin: Restoring Emotional, Physical, Financial and Time Reserves to Overloaded Lives**

by Richard Swenson, MD, Navpress, Colorado Springs, 1992

About: pain of problems, stress, overloads – restoring margin through balance

Focus: restoring depleted energy and personal resources, tips & traps

With: practical ideas for coping, interviews with sufferers, references

Author: health professional – physician who experienced depletion

Books: The Overload Syndrome

★★★★ **Masks of Madness: Science of Healing**

by Dr. Abram Hoffer, introduction by Margot Kidder,

TV documentary (1998), available from Quarry Press, Cdn. Schizophrenia Foundation

- 8 mental patients report progress – orthomolecular care for schizophrenia, mood disorders
- 6 doctors share their clinical success using orthomolecular medicine – Abram Hoffer, Patrick Holford, Hugh Riordan, Hyla Cass, Bradford Weeks, Michael Janson

★★★★ **Mental and Elemental Nutrients:**

A Physician's guide to nutrition and health care

by Carl C. Pfeiffer, PhD, MD,

Keats Publishing, Inc., New Canaan, Connecticut, 1975

- during Dr. Pfeiffer's research, practice and experience as director of Princeton's Brain Bio Center, he learned that many mental conditions are caused by the absence of vital nutrients. This may relate to abnormal loss of trace mineral(s), a blood sugar imbalance, toxic pollutants or modern diet of adulterated empty-calorie processed foods
- role and function of nutrients including protein and vitamins as well as trace minerals which can make the difference between sickness and health, sanity and mental illness
- presents his program and philosophy for optimum mental and physical well-being

★★★★ **Mental Health: The Nutrition Connection**

by Patrick Holford, ION Press, 1996, 34 Wadham Rd., London, UK SW15 2LR

- consists of two back-to-back volumes: (1) How to Beat Depression, Anxiety and Schizophrenia by Carl Pfeiffer (2) How to Enhance Your Mental Performance and Emotional Well Being by Patrick Holford
- Pfeiffer established a scientific nomenclature, a diagnosis which is causal not merely descriptive, and methods one can use to repair damage and restore mental and physical health eg. method for dividing the schizophrenias into three sub groups
- Holford enlarges the value of nutritional treatment by discussing conditions such as sugar blues (depression caused by too much sugar in the diet), the role played by stress and allergies

★★ **Mental Illness: Survival and Beyond:**

A Practical Guide to the Inpatient Psychiatric Experience

by Virginia Wilson, Trafford Publishing, Victoria, 1998, www.trafford.com

About: reality of being hospitalized for a psychiatric illness

Focus: practical experience of the psych ward, cooperating with treatment

With: personal observations, clear insights, legal rights, references

Author: articulate and empathetic psychiatric survivor, experienced depression

★★★★ Methyl Magic: Maximum Health through Methylation

by Craig Cooney PhD & Bill Lawren,
Andrews McMeel Publishing, Kansas City, 1999

About: methylation aspects of human biochemistry, useful for depression +

Focus: the methyl magic program for health conditions, explained for laymen

With: methylating supplements, programs for using them, references

Authors: healthcare professional – PhD biochemist, medical writer

Books: authors have written for scientific journals and national magazines

★★★★ Migraine

by Oliver Sacks, University of California Press, Los Angeles, 1992

About: understanding migraines, the biological basis, treatment advances

Focus: migraines as an involuntary brain condition, possible reset function

With: case histories, new findings, practical information on treatment, references

Author: professor of neurology

Books: The Man Who Mistook His Wife For A Hat, Awakenings, Seeing Voices

★★ Migraine by Edda Hannington, MD, Priory Press Ltd., 1974

★★★★ Minerals, Supplements and Vitamins: The Essential Guide

by H. Winter Griffith, MD, Fisher Books, Tucson, Arizona, 2000

About: vitamins, minerals, amino acids and other supplements

Focus: basic information, benefits, deficiency symptoms, usage, interactions

With: warnings and precautions, overdose/toxicity, references

Author: physician, professor of medicine, writer of medical-info. books for laymen

Other: The Complete Guide to the Anti-Aging Nutrients by Saul Hendler, MD, PhD

★★★★ The Miracle Nutrient: Coenzyme Q10

by Emile G. Bliznakov, MD & Gerald L. Hunt, Bantam Books, 1986

- scientific and medical researchers learned that coQ10 is in every cell of the human body
- well known that oxygen, water, vitamins, proteins, carbohydrates and fats are essential to life; it is also true that the body cannot survive without coenzyme Q10
- as humans age, the body may not manufacture coQ10 from precursors efficiently enough for optimum health and this can lead to a deficiency throughout the body
- supplements can help to bolster brain and body energy systems including the immune system, protect against aging, lose weight, reduce high blood pressure, strengthen the heart or cure periodontal disease

★★★★ The Miracle of MSM: The Natural Solution for Pain

by Stanley Jacob, MD & Ronald Lawrence, MD, PhD & Martin Zucker
G.P. Putnam's Sons, New York, NY, 1999

- (cover) "... a nutritional supplement that is establishing a reputation as a safe, natural, and effective solution for many types of pain and inflammatory conditions, including: degenerative arthritis, chronic back pain, chronic headache, muscle pain, fibromyalgia, tendinitis and bursitis, carpal tunnel syndrome, TMJ, post-traumatic pain and inflammation, allergies.

- “a natural substance present in food and in the human body ... the end result is relief, with none of the troubling side effects frequently caused by prescriptive pain medication.”
- “Drs. Jacob and Lawrence explain the myriad benefits of MSM and share their wealth of experience in the successful treatment of thousands of patients for pain and allergies.”

★★★★ NADH The Energizing Coenzyme

by George Birkmayer, MD, PhD, Keats Publishing, New Canaan, CT, 1998

About: how an important, little-known coenzyme can enhance brain function

Focus: effects of NADH on cellular metabolism, medical applications – Depression, Dementia, Alzheimers, Chronic Fatigue Syndrome

With: success stories, references, research reports suitable for laymen

Author: health professional, physician, biochemical researcher

Other: 150 research papers, 100 scientific articles

★★★★ Natural Alternatives to Over-the-Counter and Prescription Drugs

by Michael T. Murray, ND, William Morrow and Company, Inc., 1994

- safe, natural alternatives to prescription drugs like Tagamet, Prednisone, Seldane, Zantac
- natural alternatives to over-the-counter drugs used to treat acne, high cholesterol, heartburn, the common cold, insomnia, arthritis, headache, hay fever, etc.
- suggestions for using medicinal herbs, nutrient therapy, dietary changes, etc.

★★★★ Natural Alternatives to Prozac

by Michael T. Murray, ND,

William Morrow and Company, Inc., New York, 1996

- discusses possible adverse effects of synthetic antidepressant medications like Prozac
- identifies causes and symptoms of depression, natural treatment alternatives
- lifestyle and nutritional factors which may be associated with depression
- (cover) “In a straightforward ... style ... offers natural remedies for people who want to alleviate depression without pharmaceutical drugs. Outlining some of the consequences involved with taking Prozac, naturopathic physician Michael Murray provides a comprehensive look at depression’s damaging effects on quality of life and includes tests that readers can take to help determine if they are suffering from depression. Chapters about lifestyle and nutrition examine how food allergies, heavy metals, and vitamin deficiency can contribute to a depressed state of mind. Murray shows which herbs, extracts, vitamins, and minerals can provide the same benefits as Prozac – without the side effects. With detailed, information, this guide will help readers live fuller, healthier lives.”

★★★★ Natural Energy: From Tired to Terrific in 10 Days

by Erika Schwartz, MD and Carol Colman,

Berkley Books, New York, 1998

About: simple rules to help repair, recharge and revive your life if you are tired

Focus: benefit from the right diet, exercise and nutritional supplements

With: information about carnitine, Co Q10 and other supplements, references

Author: physician who combines alternative and conventional medicine

Books: The Melatonin Miracle, The Superhormone Promise

A REVIEW:
**THE NOONDAY DEMON
AN ATLAS OF DEPRESSION**

★★ by Andrew Solomon,
Scribner, Toronto, 2001

(cover quote) *"An amazingly rich and absorbing work ... In its flow of insights and its scope – encompassing not only the author's own ordeal but also keen inquiries into the biological, social, and political aspects of the illness – The Noonday Demon has achieved a level of authority that should assure its place among the few indispensable works on depression."* – William Styron, author of *Darkness Visible*

Andrew Solomon is an American magazine writer and book author. He confesses that he is a mood disorder survivor with a vulnerability to depression and anxiety. The title of this book suggests that the book can be a map to guide readers. Indeed, this book covers the geography, history, psychology, biology and sociology of depression - from the author's perspective, as well as the perspectives of other patients, health professionals and authors. The author's exquisite writing, personal awareness and prolific coverage of the depth and breadth of depression could justify the sub-title of *An Encyclopaedia of Depression*.

Using his firsthand experiences and interviews with other patients, the author writes about depression, breakdowns, treatments (conventional and alternative), addiction, suicide, history, poverty, politics, evolution and hope. The author shares voluminous research, detailed notes and an extensive bibliography. Rather than waffling about difficult topics, the author takes a definitive stand. He shares what he learned during repeated episodes of depression. He compares his experiences with other patients. He interviews experts and outlines the literature in the field of mental health. The author tells it like it is and clearly outlines what is known and has yet to be discovered. He shares helpful information without offering false hope.

The author reports that various factors can cause depression. Some people succumb when there are multiple causes. Depending on their triggers, individual patients often benefit from appropriate treatments, competently applied. Incompetently applied, sick patients risk deterioration. The

author investigated a variety of treatments. Antidepressant medications and talk therapies are two conventional approaches which help him. He also investigated a range of alternative treatments and he enjoyed some benefit from EMDR and social rituals.

The author's story is fascinating. Few writers describe the painful experience of depression and anxiety as vividly or accurately. Few deal with the paradoxical effects of antidepressant medications which can numb the pain of depression but often cause negative effects. Few share the painful loss of a family member to suicide. Not content with sharing his own experiences, Andrew Solomon interviewed other patients: some from his country and some from abroad, some with his background and some from other cultures. Each story is fascinating in its own right. These accounts broaden the readers' understanding of the fallible human beings who are vulnerable to episodes of depression. Once kindled, episodes of depression can recur with successively weaker triggers. Readers learn that depression is a universal human condition but there is hope for recovery. The author suggests that a person who is vulnerable to depression would be wise to learn about their fallibilities and develop a mental health maintenance program of medications, therapy and support from family and friends.

★★★★ **Natural Healing for Schizophrenia: A Compendium of nutritional methods**

by Eva Edelman, Borage Books, Oregon, 1996

- imbalanced brain biochemicals are linked with schizophrenia, nutritive treatments can alleviate imbalances and lead to recovery
- nutritional therapies have helped a large number of patients recover from schizophrenia and other mental illnesses
- unique style presents a wealth of helpful information about orthomolecular psychiatry
- major biotypes of schizophrenic vulnerabilities. Appropriate helpful nutritional supplements are indicated.
- focus is schizophrenia but also covers other brain imbalances such as hypoglycemia and depression with symptom checklists and suggestions for natural supplements.

★★★★ **Natural Nutrition for Children, Dr. Hoffer's ABC of**

by Abram Hoffer, MD, PhD, Quarry Press Inc., Kingston, ON, 1999

- (cover) "Following on the success of his previous books on natural nutrition for adults, including *Smart Nutrients*, Dr. A. Hoffer, a founding father of [orthomolecular medicine] ... has written the definitive book on natural nutrition for children. He examines chronic illnesses suffered by 2,000 children in his practice, with special attention to learning and behaviour disorders, and discovers that nutrient deficiency is the predominant cause. He recommends against pharmaceutical, psychotherapeutic, and surgical intervention in favour of orthomolecular or nutritional therapy ... Nutritional therapy of physical and mental illnesses uses a combination of optimum nutrition from common foods with vitamin and mineral supplements. The book features chapters on diagnosis and treatment, and case studies, in which many parents will find their children's illnesses diagnosed; a table of the nutrient content of common foods which a parent can follow in developing an optimum diet; and a guide to vitamin and mineral supplements for children, with recommended dosages."

★★★★ **The Natural Pharmacy**

Covers all major ailments and conditions; includes herbs, nutritional supplements, and homeopathy

by Skye Kininger, DC, Editor-in-Chief, Prima Publishing, Rocklin, CA, 1998

- (cover) "... complete coverage of the most common conditions, together with useful guidance on how to treat them. In addition, ... gives you up-to-date, fully referenced, reliable information of a world of supplements that can improve your health ... guide to conditions, supplements, herbs, and homeopathic remedies."
- considers nutrients, herbs and supplements that may be helpful ... side effects and interactions
- herb section has names, conditions that might be supportive, historical use, active constituents, doses, side effects

★★★ **Night Falls Fast**

by Kay Redfield Jamison, PhD, Knopf, New York, 1999

About: suicide and people with mood disorders, schizophrenia, family issues

Focus: insights, survival strategies, tips & traps

With: coping stories, references, research reports

Author: health professional – psychologist, has manic depression

Books: An Unquiet Mind; Touched with Fire; Manic-Depressive Illness

★★ **Nobody Nowhere: The Extraordinary Autobiography of an Autistic**
by Donna Williams, Doubleday Canada Ltd., Toronto, 1992

★★★★ **Nutrition and Behaviour**

by Alexander Schauss, MA

Keats Publishing, Inc., New Canaan, Connecticut, 1985

- what you eat affects what you do – and can prevent or promote delinquency & antisocial acts
- identifies food intolerances and allergies
- links iron, zinc, refined carbohydrate and megavitamin deficiencies with behavioural disorders

★★★★ **Nutrition and Mental Illness:**

An orthomolecular approach to balancing body chemistry

by Carl Pfeiffer, PhD, MD, Healing Arts Press, Vermont, 1987

- (from the forward) “Dr. Pfeiffer decided to examine the biochemistry of his psychotic patients. He found high or low levels of nutrients and other body chemicals and where possible, he learned how patients could normalize them using non-toxic supplements. He tested for food sensitivities and blood sugar levels. He measured histamine levels and urine pyrrole levels. He observed his patients, asked them about themselves, learned about their problems and grouped them into (often overlapping) groups according to symptomology. He devised nutritional therapies for them according to observation and biochemical profile.”
- “Orthomolecular medicine today is primarily used in the treatment of psychiatric disorders, and orthomolecular psychiatrists make up approx. 1% of the 30,000 practicing psychiatrists in North America ... the scope of treatable disorders has continually broadened since the initial treatment of schizophrenia to include epilepsy, autism, senility, childhood hyperactivity, arthritis, colds, herpes simplex virus infections and allergic and digestive problems ... the nutritionally-oriented medical professional is a rare bird. The type of treatment offered by orthomolecular doctors varies, but the mainstream of work focuses on meganutrient therapy. After careful diagnostic testing ... trained doctors interpreting these tests recognize the biochemical individuality of each patient. That is, each patient may have very different nutrient requirements from those of other patients.”

★ **Nutritional Herbology: A reference guide to herbs**

by Mark Pedersen, Wendell W. Whitman Company, Warsaw, IN, 1994

- how and why herbs work, nutritional analysis of scores of herbs
- scientific analysis that authenticates historical usage
- detailed description of active principles in each herb, how to decipher each herb's herbal properties
- acupressure and iridology points correlated to herbal combinations, information about individual herbs

★★★★ **Nutritional Influences on Mental Illness**

by M.R. Werbach, MD, Third Line Press Inc., 1992

- information about the scientific development of orthomolecular medicine
- common mental health conditions are analyzed with an overview of nutritional causes,

(Nutritional Influences on Mental Illness ... continued)

nutritional supplements and diet

- with supporting studies both observational and experimental
- reviews articles and case reports for each of several supplements

★ **Obsessive-Compulsive Disorders:**

Complete Guide to Getting Well & Staying Well,

by Fred Penzel, PhD, Oxford University Press, New York, 2000

About: the most effective therapies, how to avoid relapse, help for loved ones

Focus: getting proper treatment, recovery and acceptance, different forms

With: information explanations, checklists, references

Author: psychologist who treats people with OCD

Other: contributor to the newsletter of the Obsessive-Compulsive Foundation

★ **Of Two Minds – The Growing Disorder in American Psychiatry**

by T.M. Luhrmann, Knopf, New York, 2000

About: psychiatry at a cross-roads – inconsistent methods, questionable results, caring young psychiatrists see mental illness exploding but cost-cutting reduces quality of care in many cases, leaving doubts about their work

Focus: insights into two methods of psychiatry which are at odds, perceptions about the ‘culture’ of mental healthcare professionals and patients

With: interviews, references, research reports

Author: academic professional – anthropologist

Books: Persuasions of the Witch’s Craft; The Good Parsi

★★★★ **Orthomolecular Nutrition: New lifestyle for super good health**

by Abram Hoffer, PhD, MD & Morton Walker, DPM,

Keats Publishing, Inc., Connecticut, 1978

- explains the importance of orthomolecular nutrition (ingesting appropriate amounts of appropriate vitamins and nutrients to create an optimum molecular environment in the body) to maintain and recover mental and physical health, examples and cases including relative hypoglycemia, schizophrenia, etc.
- clear, easy to read

★★★★ **Orthomolecular Treatment for Schizophrenia**

by A. Hoffer, MD, PhD, FRCP(C), Keats Publishing, Los Angeles, 1999

About: using orthomolecular medicine, normalizing biochemistry of schizophrenia

Focus: taking natural supplements like vitamin B3 and C to restore mental health

With: information about accurate diagnosis and effective treatments, references

Author: health professional - psychiatrist, PhD biochemist and medical writer

Books: Vitamin B3 and Schizophrenia: Discovery, Recovery, Controversy
Vitamin C and Cancer: Discovery, Recovery, Controversy

★ **Phantoms in the Brain: Probing the Mysteries of the Human Mind**

by V.S. Ramachandran, MD, PhD and S. Blakesless,

foreword by Oliver Sacks, MD

About: “Sherlock Holmes” of neuroscience reveals his strangest cases
Focus: insights about human nature and the mind from cases in neurology
With: cases to illustrate the functions and dysfunctions of the brain, references
Authors: neurologist, professor and director of Centre for Brain and Cognition; writer
Books: Second Chances, The Good Marriage

★ **Practice Guidelines** of the American Psychiatric Association
steering committee chair John McIntyre, MD, APA,
New York, 1996

About: psychiatric evaluation of patients with mood, eating and substance disorders
Focus: disease definition, treatment principles & alternatives, recommendations
With: studies from 1971-1991, consensus of experts, references
Purpose: to improve patient care by educating psychiatrists, other mental health
professionals, and the general public about appropriate treatments
Contributors: mental health professionals
Other: There are APA guidelines for a range of mental illnesses.

★ **Practitioner’s Guide to Empirically Based Measures of Depression**
edited by A. Nezu, G. Ronan, E. Meadows, K McClure,
Kluwer Academic/Publishers, New York, 2000

About: 90 instruments that measure depression, written for health practitioners
Focus: clinical tools for depression assessment, intervention and / or research
With: reviews of depression measures, symptoms, scales, constructs, references
Editors: psychologists at four US universities

★★★★ **Prescription for Nutritional Healing**

by James F. Balch, MD & Phyllis A. Balch, CNC,
Avery Publishing Group, Garden City Park, NY, 1997

• reference to drug-free remedies using vitamins, minerals, herbs and food
supplements

★ **A Primer of Drug Action: A Concise, Nontechnical Guide to The Actions, Uses & Side Effects of Psychoactive Drugs**

by Robert Julien, MD, PhD, W.H. Freeman & Co.,
New York, 1998

★★★★ **Probiotics: Nature’s Internal Healers**

by Natasha Trenev, Avery Publishing Group, New York, 1998

About: your diet and friendly bacteria, how people can benefit from supplements
Focus: how gut flora and fauna can help you recover from various conditions
With: recommended probiotic regimens, references
Author: worked in a family yogurt business, began studying the health benefits
of probiotic cultures, established a standard for the Natural Products Quality
Assurance Alliance (NPQAA), researched probiotics
Other: articles on probiotics for medical journals www.natren.com

A REVIEW:

PROZAC BACKLASH

★ by Dr. Joseph Glenmullen, MD
Simon and Schuster, New York, 2000

The front page of the August 13, 2000 Toronto Star newspaper reported the case of a depressed 37-year-old mother, physician and therapist who tried to take her own life by jumping in front of a subway train with her baby in her arms. Sadly, they both died. The headline describes the case as a 'puzzle'. Until we know what caused this tragedy, we can wonder why up to 15% of depression sufferers take their own lives. Caregivers can read books like *Prozac Backlash* to learn how we can cooperate to help depressed people before they suicide.

As a result of my book research and writing, study of reference books about mental illness, consulting with local clients, and experiencing my own bipolar II mood disorder, I know something about depression and how despair can lead to suicidal thoughts. When I was being treated for depression, I took two SSRI antidepressants in succession. I was troubled, both times for months, with negative effects, side effects and adverse effects. I felt like a bad person and a bad patient when I was following my doctor's orders and taking these prescription medications which only made me worse. At one point, while I was also taking a 'sleeping' medication which my psychiatrist prescribed, I experienced a paradoxical inability to sleep. I was in so much pain that I wanted to end my life rather than continue living in such torment. Fortunately, relief of the episode of sleeplessness came soon after I stopped taking the new medication.

I wondered if a book might help to explain my experiences or solve the 'puzzle' of sudden suicides. *Prozac Backlash*, written by Dr. Joseph Glenmullen, clinical instructor of psychiatry at Harvard Medical School, explains matters in fascinating detail. Its complete title is *Prozac Backlash: Overcoming the Dangers of Prozac, Zoloft, Paxil and Other Antidepressants with Safe, Effective Alternatives*. Unlike other books with similar sounding titles, this book is thoughtful, balanced, clear and logical. It does not make wild accusations or grandiose claims. It focuses on the facts and outlines unsettling information about SSRI medications. Some of these disturbing patterns also happened years ago when patients took older psychiatric medications.

I am not against psychiatry and I am not against antidepressant medications. Thousands of people are helped by pills which ease the dreadful pains of their depressions and give them a welcome respite, renew their sense of peace, bolster their self-confidence and give them windows in time to address painful losses, cope with transitions and deal with other depressogenic life situations. Antidepressants, anti-anxiety and mood stabilizing medications have their place in psychiatry. How do people cope if their medications have multiple side effects or cause adverse effects, while they are already sick with depression? Studies and anecdotes are reporting that many people who need help for depression, anxiety (and other mental health problems, distresses, strains and overloads) hope and trust that quick and easy one or two pill prescriptions will solve their problems. If only life's problems and medical conditions could be fixed by taking a few pills.

Dr. Glenmullen's book presents many patients who suffer with depression for a variety of reasons. He explains what happened when they took SSRI antidepressants. He notes a pattern: new psychiatric drugs are lauded as definitive answers to serious mental problems. Some are prescribed widely BEFORE extensive testing is done but AFTER the medications have been tested enough to qualify for prescription drug status. There are 3 stages: 1. some patients report negative effects; 2. more testing is done; and 3. results lead to reduced medical applications of troublesome drugs. Stage #1: For about ten years, a large number of patients seem to be helped by the new medications but a growing number report multiple problems. When mental patients complain, their difficulties may be dismissed, discounted or ignored. Stage # 2: For another ten years, scientific studies are reviewed, questions are asked and tests are redone to systematically check thousands of patients and document the relative frequency of mild side effects, moderate adverse effects and serious complications connected to the medications (which by then are 10 to 20 years old and have been used by millions of patients). Stage #3: By about the thirty year mark, medications which are proven to cause serious complications are then limited to restricted use.

The experience of human use unfolds differently for each prescription drug; eventually the drug patents expire. Manufacturers can make millions of dollars if their drugs are widely used. Effective medications help hundreds of thousands of patients who respond

favourably. Responsive patients are happy to feel better; bad responders are upset. There is confusion about the differences.

Noting that this cycle of concerns and restrictions happened before with amphetamines and benzodiazepines, Dr. Glenmullen's book raises questions about whether the same pattern is repeating with SSRI antidepressants. With millions of people taking these medications every day and depending on them for effective care for depression and other mental problems, we can hope that Dr. Glenmullen is wrong. Surely drug companies invested enough time and money to design, develop, produce and market only the best SSRI antidepressants. They must have done testing to be certain that their pills are safe and effective for human use. We cannot be repeating the same patterns and problems that happened with other drugs in the past. Or can we?

Several SSRI antidepressant medications are at the 10 year mark. A few have been under development and used for nearly 20 years. Concerns about side effects, adverse effects and serious complications are being written about more often. Some people suffer worse than others. Clinical trials have been reviewed, questions asked and new studies started. Dr. Glenmullen writes at length about the concerns that some patients report while taking SSRI's and he notes the responses of pharmaceutical companies. He seems to be objective and independent of SSRI drug companies, unlike other psychiatrists who encourage the use of medications without disclosing financial connections to the drug company manufacturers. Among Dr. Glenmullen's concerns are:

1. SSRI antidepressant manufacturers claim that sexual dysfunction is only experienced by 2 – 5% of the patients who use these medications; current studies report that up to 60% of patients suffer sexual dysfunction while taking SSRI's for depression and other indications.
2. Chapter 4, titled "Bones Rattling Like Tuning Forks: Startling New Information on Suicide and Violence", may offer clues to puzzling cases of sudden suicide attempts by depression patients. On page 155, Dr. Glenmullen writes "in early 1990, two Harvard Medical School psychiatrists ... reported in the *AJP* that ... (*one SSRI antidepressant*) could induce 'intense, violent suicidal preoccupation'." The chapter presents patients who experienced paradoxically suicidal thoughts while taking

SSRI medications. The worst case involved a chap who, soon after starting to take an SSRI, went berserk, killed several people and took his own life. The jury's verdict vindicated the drug manufacturer, however questions and concerns linger after the legal settlements. We are left with unanswered questions about the possible connection between SSRI medications, suicidal thoughts and impulsive behaviors in some people who don't seem able to tolerate these pills.

It is common knowledge that psychiatric medications can make some patients worse. Sometimes the effects clear up. It appears that psychiatrists cannot predict who will be good responders and who will suffer from side effects, adverse effects or serious complications. We cannot assume that an attempted suicide was caused by an antidepressant medication leading to overwhelming suicidal impulses, however that risk may apply to a small percentage of patients.

Doctors may be overloaded and overworked with depression cases because they face severe cost-cutting while caring for a virtual epidemic of patients with depression. Who could blame doctors for using quick and easy methods or prescribing the newest antidepressants? If an individual turns out to be one of the estimated 3.5% of patients who experience an unexpected, surprising or 'paradoxical' suicidal reaction to an antidepressant, that might explain some of the reports of unexpected self-harming behaviors.

If a patient's antidepressant is a factor in impulsive behavior or a suicide attempt, that might leave the drug manufacturer with some 'splaining to do. We cannot assume that medication is the only possible culprit. If violence involves impulsivity or criminal behavior, it is up to the patient's doctor, the family, the medical review boards, lawyers and the police to investigate and take appropriate legal action. If an inappropriate medication can be linked to suicidal behavior, only a careful forensic investigation will yield the proof needed to prosecute the responsible parties.

Meanwhile, readers who are taking antidepressants (and coping with side effects and adverse effects as well as involuntary symptoms of conditions like depression and anxiety or bipolar disorder) can read *Prozac Backlash* by Dr. Glenmullen to learn more about the touted benefits, success claims and valid concerns involving SSRI antidepressant medications.

★ **Prozac Backlash: Overcoming the Dangers of SSRI's and other Antidepressants With Safe, Effective Alternatives**

by Joseph Glenmullen, MD, Simon and Schuster, New York, 2000

About: risks and benefits of SSRI antidepressants, surprises about these pills, unravelling depression, surmounting anxiety, conquering addictions

Focus: tips & traps about antidepressants, why they aren't panacea's

With: practical, timely, clear warnings, clinical cases, research, references

Author: health professional – psychiatrist, instructor at Harvard Medical School

Books: Sexual Mysteries: Tales of Psychotherapy www.glenmullen.com

★ **The Psychiatric Interview: A Practical Guide**

by Daniel Carlat, MD, Lippincott Williams & Wilkins, New York, 1999

About: obtaining a reliable history from a mental patient, form a therapeutic alliance

Focus: quick concise information for professionals in the mental health system

With: questions for diagnostic interviews, sample forms, references

Author: psychiatrist, section chief, dept of psychiatry, US hospital

★ **Psychiatric Malpractice: Stories of Patients, Psychiatrists and the Law**

by James Kelley, Rutgers University Press, New Jersey, 1996

About: true stories: patients who sought help from psychiatrists, sued for malpractice

Focus: four kinds of malpractice – patient suicide, patient violence, sexual misconduct by psychotherapist and use of unconventional treatments

With: psychiatry – an uncertain branch of medicine, case reports, references

Author: lawyer and writer who has personal experience of manic depression

Other: author questions whether there is a consistent standard of care in psychiatry

★★★★ **Pycnogenol: The Super “Protector” Nutrient**

by Richard A. Passwater, PhD & Chithan Kandaswami, PhD

Keats Publishing, Inc., New Canaan, Connecticut, 1994

- an antioxidant that can help fight arthritis, diabetes, stroke, heart disease & cancer

★★★★ **RDA: Rats, Drugs and Assumptions**

A book about one physician's search for the cause of disease and the truth in medicine by Majid Ali, MD, Life Span Press, Denville, NJ, 1995

- challenges assumptions of drug medicine
- clarifies medical statistics and shows how ... medical research can be distorted to promote long-term use of drugs
- exposes the deep prejudice of practitioners of drug medicine against natural nontoxic therapies
- promotes restoration of enzymes by using appropriate nutrition, environmental and physical fitness approaches

★★★★ **Reading by the Colours: Overcoming Dyslexia and Other Reading Disabilities Through the Irlen Method**

by Helen Irlen, Avery Publ. Group, Garden City, NY, 1991.

About: scotopic sensitivity syndrome, using chronotherapy to improve reading

★★★★ Reading to Heal:

A Guide to the Best Nutritional Health Books for Indiv. & Groups

by Diane Dawber, Quarry Press, Kingston, 1999

About: alternative and complimentary books for laymen, setting up a reading group

Focus: healthy book choices, using books to learn what doctors don't explain

With: 60 book cover images, snapshot reviews, references

Author: writer who found books to solve her fibromyalgia and depression mysteries

Books: Lifting the Bull: Overcoming Chronic Back Pain, Fibromyalgia etc.

★★★★ The Rebellious Body: Reclaim your life from environmental illness or chronic fatigue syndrome

by Janice Strubbe Wittenberg, RN, Plenum Press, New York, NY, 1996

- (cover) "If you want to make sense out of the broad spectrum of disparate information, this practical, self-help book engages you in your own recovery, and assists you in customizing healing options. [Janice], a registered nurse and health educator, herself afflicted since 1982 with both illnesses, combines personal experience and scientific research to help you: identify sources of allergic reactivity ...; discover how to avoid harm from toxins and detoxify from damaging substances; learn specific dietary interventions and supplements that support and boost immune function; strengthen certain organs and body systems in what which support recovery; examine deeper causes of illness that may inhibit health."
- author is a mental health crisis specialist, health educator and freelance writer who worked at the Menninger Fndn. and now teaches classes in management of chronic pain, suicide prevention and self-directed healing from environmental illness and chronic fatigue syndrome

★ Refractory Depression: Current Strategies and Future Directions

edited by W. Nolen, J. Zohar, S. Roose, J. Amsterdam,

J Wiley & Sons, New York, 1995

About: depressed patients who do not respond to standard treatments

Focus: standard treatments, adding lithium, psychosocial factors, bipolar disorder

With: 21 chapters by a variety of mental health professionals, references

Editors: mental health professionals from US and European psychiatric centres

Books: previous books on the same topic – 1987, 1990, 1991

Clues: Ch. 20 Assessment – explains the value of physical exams, medical tests to detect conditions which might predispose patients to treatment resistance

★★★★ Return to the Joy of Health

Natural medicine & alternative treatments for all your health complaints

by Zoltan P. Rona, MD, MSc, Alive Books, Burnaby, BC, 1995

- various disciplines of health care (eg: medical, nutrition, chiropractic, naturopathy, etc.) may be appropriate
- the medical approach may not provide the best solution for every (chronic health) problem, but it is the best route when it comes to diagnosis, surgery, emergency and trauma
- "a nutritional assessment can help determine whether or not there is a need for [supplementing] vitamins, minerals, essential fatty acids, digestive enzymes [or] amino acids"

★★ Riding the Roller Coaster: Living With Mood Disorders

by Marga Bergen, Northstone Publishing, Kelowna, BC, 1999

About: first person account of living with a bipolar disorder

Focus: practical tips, encouragement for managing mood disorders

With: understanding, insight, tangible strategies, resources, web sites

Author: photographer, freelance writer, lives with manic depression

Other: articles for The Vancouver Sun, Fellowship Magazine, editing Moments

★ Risk Management with Suicidal Patients

edited by B. Bongar, PhD and A Berman, PhD, The Guilford Press, NY, 1998

About: standards of mental healthcare and management of suicidal patients; for outpatients and hospital patients, with legal issues and risk management, checklists

★★★★ The Roots of Orthomolecular Medicine: A Tribute to Linus Pauling

edited by Richard Huemer, MD, W.H. Freeman & Co., New York, 1986

About: the biochemistry of various diseases, Ch. 12 – orthomolecular psychiatry
Ch. 17 – the future of orthomolecular medicine by L. Pauling

Focus: collection of papers presented at an orthomolecular medical society meeting

With: papers about molecular biology of various illnesses, references

Editor: physician, lecturer in genetics, director of clinical and research lab,

Other: editorial board of Mechanisms of Aging and Development

★★★ Running on Empty: The Complete Guide to Chronic Fatigue Syndrome

by Katrina Berne, PhD foreword by Daniel Peterson, MD,
Hunter House Inc., Alameda, CA, 1995

About: diagnosis and treatment of CFIDS

Focus: the person who suffers with chronic fatigue, a misunderstood illness

With: personal observations case stories, resources, references

Author: clinical psychologist who has CFIDS and treats patients since 1985

★★★★ The SAM-E Solution:

The Essential Guide to the Revolutionary Antidepressant Supplement

by Deborah Mitchell, foreword by Steven Bock, MD, Warner Books, NY, 1999

With: clearly written and helpful information explains how SAM-E can work faster than prescription antidepressants in some people with no negative side effects, relieve pain from arthritis, fibromyalgia, and more

★★★ Scattered Minds:

A New Look at the Origins & Healing of Attention Deficit Disorder

by Gabor Mate, MD, Knopf Canada, Toronto, 1999

About: ADD – the experience

Focus: insights, author's story, tips & traps

With: helpful ideas, clear language, interviews, references

Author: health professional, a physician, therapist and writer; he has ADD

Other: long time medical columnist for The Globe and Mail, Vancouver Sun

★★, ★★★★★ **Schizophrenia Cured:**

A Case History and a Look at Orthomolecular Therapy

by Terra Ford, Canadian Schizophrenia Foundation Publications,
Toronto, Ontario, 1994

- (cover) “ Sister Theresa works at the Morris Centre, an orthomolecular treatment home in Winnipeg, Manitoba ... would like the whole world to know the good news that schizophrenia is an illness as physical as a broken leg ... believes that thousands of people with schizophrenia suffer unnecessarily and she hopes her wonderful story of recovery will help to reduce that number. Her interest is not limited to schizophrenia; orthomolecular treatment, which involves the optimum balance of nutrients for an individual, is also used successfully for arthritis, allergies, hypoglycemia, senility, coronary disease, learning disabilities and cancer.”
- two books in one: (1) first person account of suffering with schizophrenia and recovering using orthomolecular methods (2) questions and answers about schizophrenia by health professionals, including biochemistry of the condition and using orthomolecular supplements to restore and maintain normal brain function without adverse effects

★★★★ **The Scientific Validation of Herbal Medicine**

by Daniel B. Mowrey, PhD,

Keats Publishing, Inc.,

New Canaan, Connecticut, 1986

- “comprehensive and highly referenced scientific approach to the science, history, pharmacology and clinical applications of herbal materials.”
- “Mowrey weaved a subtle balance between the clinical anecdote, the history of natural botanicals, and the science which underlies their efficacy.”
- “enlightened style flowed and inspired reader to read on”
- “the field of green medicine began when pharmacological evaluations of indigenous Aztec medicines yielded agents with important implications in the treatment of modern disease. Since then, medicinal plants have provided the foundation of the modern pharmaceutical industry. Certainly, natural products may suffer from a lack of defined dose and potency data, but they benefit from the virtue of containing many specific molecular principles in their natural state possessing a variety of influences upon human physiology, as opposed to the purified synthetic drugs which are based on just a single specific molecular substance derived from the natural product. Dr. Mowrey has described these differences very nicely in this book and I believe this volume should benefit any individual who is concerned about natural healing and its clinical applications.”

★★★★ **Smart Nutrients:**

A Guide to Nutrients that can Prevent and Reverse Senility

by Dr. A. Hoffer, PhD, MD & M. Walker, DPM,

Avery Publishing Group,

Garden City Park, New York, 1994

- senility is not inevitable, even if the first symptoms have occurred
- aging changes are caused gradually by the stresses of our industrialized society
- hypotheses to describe the aging process, senility can be a form of chronic malnutrition
- vitamins, minerals, physical fitness can help to prevent senility

★★★★ Stop Depression Now:

SAM-e the Breakthrough Supplement that Works as Well as Prescription Drugs in Half the Time ... with No Side Effects

by Richard Brown, MD, T. Bottiglieri, PhD, & Carol Colman,
Putnam & Sons, NY, 1999

About: normalizing biochemistry of mood by using SAME for depression

Focus: how SAME works, supplements can help some depressions, for laymen

With: practical information about taking a natural substance, references

Authors: healthcare professionals – physician, PhD biochemist, medical writer

Books: co-authored by C. Colman: Natural Energy, The Lupus Handbook for Women,
The Melatonin Miracle: Nature's Age-Reversing, Disease-Fighting, Sex-Enhancing
Hormone The Female Heart: The Truth About Women and Coronary Artery Disease

★ Straight Talk about Psychiatric Medications for Kids

by Timothy Wilens, MD, The Guilford Press, New York, 1999

About: psychotropic medications for common childhood psychiatric disorders

Author: professor of psychiatry at Harvard Medical School

★★★★ Stress, Anxiety and Insomnia:

How you can benefit from diet, vitamins, minerals, herbs & exercise

by Michael T. Murray, ND, Prima Publishing, Rocklin, CA, 1995

- recognizing, understanding & managing stress, insomnia & anxiety
- dietary, exercise, nutrition and herbal guidelines

★★★★ The Super Anti-Oxidants:

Why they will change the face of healthcare in the 21st century

by James F. Balch, MD, M. Evans and Co. Inc., New York, NY, 1998

- (cover) "Includes the most up-to-date information on ... super antioxidants such as Vitamins A,C,E, lycopene from tomatoes, quercetin found in zucchini, squash and green tea, herbs like ginkgo biloba and garlic, selenium and germanium, and proanthocyanidins, in grape seeds
- "... food sources for phytonutrient power, techniques to decrease stress, anti-aging answers, dosage information on the powerful antioxidants ..."
- "... how and why free radicals attack cells and how the antioxidant system works to counteract this attack; the crucial link between free radical activity and health and physical problems associated with aging."
- (cover) "Dr. Balch's medical journey began as a traditional physician, a urological surgeon. As he began complementing traditional surgical and treatment methods with nutritional supplementation and dietary change, [he] discovered that [his] patients were not only improving, many of them were being healed in an almost miraculous fashion ... leading authority on nutrient healing."

★ Surviving the Crisis of Depression and Bipolar Illness: Layperson's Guide to Coping with Mental Illness Beyond the Crisis and Outside the Hospital

by Mark Halebsky, BA, MPA, Personal & Prof. Growth Organization, 1997

★ **A Symphony in the Brain: The Evolution of the New Brain Wave Biofeedback**

by Jim Robbins, Atlantic Monthly Press, New York, 2000

About: healthcare professionals who continued to believe in the therapeutic possibilities for neurofeedback, developing clinical protocols to help people with mood disorders, addiction, ADD, autism

Focus: how neurofeedback offers hope for restoring mental health

With: success stories, references, research reports, therapeutic discoveries

Author: freelance journalist writes for the science section of The New York Times

Books: Last Refuge: The Environmental Showdown in the American West

★★ **Thinking in Pictures and Other Reports from my Life with Autism**

by Temple Grandin, foreword by Oliver Sacks,

Vintage Books, Random Hse, NY, 1996

About: how a little girl with autism became a gifted animal scientist with a PhD

Focus: first person account; dual perspectives of a scientist and an autistic person

★ **Tangled Minds: Understanding Alzheimer’s Disease and other Dementias**

by Muriel Gillick, MD, Plume and the Penguin Group,

New York, 1999

About: eye-opening journey through the stages of Alzheimer’s disease

Focus: history, research, treatments to lessen symptoms

With: story of a composite patient, references

Author: physician who cares for elderly, professor in Harvard Medical School

★★★★ **The Testosterone Solution**

What Men – and the Women Who Love Them – Need to Know

Increase your energy and vigor with male hormone therapy

by Aubrey Hill, MD, Prima Publishing, Rocklin, CA, 1997

- testosterone production gradually decreases as men age
- (cover) “Dr. Hill explains how men can recapture their youthful vigor through testosterone replacement therapy. As we age, our body’s production of testosterone declines. Now there are safe and effective ways to boost our natural supplies. The positive impact may [include]: boost energy, enthusiasm, and self confidence; raise libido, strengthen muscles and build body mass, lower risk of heart disease, bone deterioration, etc; increase memory and mental acuity; enhance sense of well-being”
- author is a family physician and counsellor on personal, marital and sexual difficulties

★★★★ **Textbook of Advanced Herbology,**

Textbook of Modern Herbology

by Terry Willard, PhD,

Wild Rose College of Natural Healing, Ltd., Calgary, Alta, 1992

Quotes from the foreword and the preface

- “For centuries, three traditional systems of medical care relied on the plant-human healing connection – Traditional Chinese Medicine, traditional European medicine and Aryurveda. Terry Willard’s text is part of work which is combining the ‘soul’ of traditional

(Textbook of Advanced Herbalogy ... continued)

medicine with the 'mind' of scientific understanding to produce a 'New World' herbalism.

- understanding plant constituent biochemistry with personal clinical experience and traditional medical thought
- over 50 years, a huge body of scientific research on botanical constituents has been assembled. This text presents a relevant summary of this research with key applications. Balance between pharmacology of botanical medicines and the centuries-old traditions of herbalism. Effort to integrate tradition with scientific underpinnings of herbal practice.
- reviews how herbal products are manufactured and how the quality should be evaluated.
- Advanced Herbalogy has the biochemistry of healing plant categories like glycosides, lipids and the names of commonly-used herbs which share those biochemical characteristics
- Modern Herbalogy outlines problems in brain and body systems with the names of healing herbs.

★★★★ Thorson's Guide to Amino Acids

by Leon Chaitow, ND, DO, Thorsons, Hammersmith, London, 1991

- amino acids: what they are, what they can do, and how to use them
- why each person has individual requirements for 20 amino acids
- therapeutic roles of individual amino acids
- certain types of depression can improve using appropriate amino acids supplements

★★★★ TMS: Transcranial Magnetic Stimulation in Neuropsychiatry

edited by Mark George, MD and Robert Belmaker, MD, American Psychiatric Press, Washington, 2000

About: TMS as a brain mapping tool, application to major depression and bipolar

Focus: how TMS can be used to show how the brain works and malfunctions

With: brain scans, research reports, extensive references

Authors: professor of psychiatry, radiology and neurology; professor of psychiatry

★★★★ Today's Herbal Health

by Louise Tenny, MD, Woodland Books, Pleasant Grove, UT, 1992

- herbs supply the body with essential nutrients that a healthy body and mind need
- the vitamins and minerals found in herbs have curative effects when used properly, herbs can remedy diseases
- natural therapy can activate the body's natural healing powers
- why herbs, vitamins, minerals and natural foods work

★★★ Tormenting Thoughts and Secret Rituals:

The Hidden Epidemic of OCD

by Ian Osborn, MD, Dell Publishing, New York, 1998

About: diagnosis and treatment of obsessive-compulsive disorder

Focus: making sense of senseless symptoms, OCD – a brain disorder, finding help

With: diagnostic criteria, cases, OCD scale, resources, references, internet sites

Author: psychiatrist who specializes in treating OCD, personal experience

★★ and ★★★ **The Toxic Labyrinth:**

by M Millar, BEd, MBA, H. Millar BSN, RN, foreward by Sherry Rogers, MD,
Nico Professional Services, Vancouver, 1995

About: a family's successful battle against environmental illness

Focus: the biographical account of the stages of environmental illness

With: personal observations, diary format, references

Authors: mother and daughter (nurse and the patient)

Books: The Revised E.I. Syndrome, Wellness Against All Odds, Tired or Toxic?

★★★★ **Toxic Metal Syndrome**

by Dr. Richard Casdorff and Dr. M. Walker, Avery Publishing, New York, 1995

About: connections between brain conditions and aluminum and heavy metals

Focus: conditions like Alzheimers may be affected by trace metals

With: information about treatment with chelation therapy, brain boosters, references

Author: physicians – one practices in internal medicine, other a prof. medical writer

Books: Smart Nutrients, The Chelation Way, orthomolecular education

★ **Transforming Depression: Healing the Soul Through Creativity**

by David Rosen, MD, Penguin – Arkana, New York, 1996

About: applying C Jung's method of active imagination to depression, suicide

★ **Treating Difficult Personality Disorders**

edited by Michael Rosenbluth, MD & Irvin Yalom, MD,
Jossey-Bass Inc., San Francisco, 1997

About: personality disorders: borderline, narcissistic, antisocial

Focus: guidance for clinicians: assessment and treatment, esp. psychotherapy

With: therapy journeys, flexible treatment options, cases, concerns, references

Editors: psychiatrists

Books: The Handbook of Borderline Disorders, Love's Executioner

★ **Treating Mental Disorders: A Guide to What Works**

by Peter Nathan, Jack Gorman, Neil Salkind, Oxford University Press, New York, 1999

About: helping people with mental disorders and their caregivers

Focus: practical information, clearly presented

With: questions, answers, web sites, references

Authors: professors of psychology and psychiatry, education and research

Books: The Essential Guide to Psychiatric Drugs

★ **Treating Suicidal Behavior: An Effective Time-Limited Approach**

by M. David Rudd, PhD, ABPP, T. Joiner, PhD, M. Hasan Rajab, PhD,
The Guilford Press, New York, 2001

About: assessing suicide risk, crisis intervention, cognitive restructuring

Focus: structured yet flexible approach in time-limited settings, skill building

With: literature review, illustrations, outlines, forms, charts, references

Authors: professors of psychology, psychiatry and behavioral science

Other: articles and book chapters about depression, eating disorders, suicidality

★ **Treatment of Bipolar Disorder: The Expert Consensus Guideline Series**

Steering committee: A Frances, MD, J. Docherty, MD, D. Kahn, MD, Ross Editorial Services, Expert Knowledge Systems, LD, Independence, VA, 1996

About: treatment of bipolar disorder

Focus: medications, psychosocial intervention, medical evaluation, monitoring

With: expert consensus panel of 60 MD's, mental health professionals, references

Steering committee members: professors of psychiatry

Books: There are other expert guidelines.

★ **The Treatment of Bipolar Disorder:**

Review of the Literature, Guidelines, Options

editors: Quentin Rae-Grant, MD, Paul Grof, MD, Mary Seeman, MD et al
by The Canadian Journal of Psychiatry, Vo. 42, supp. 2, Cdn. Psychiatric Assoc., 1997

About: bipolar mood disorders: diagnosis, treatment and management

Focus: summarizing evidence and recommendations for effective treatment

With: assessment, medical evaluation of new patients, references

Contributors: mental health professionals

★ **Treatment Plans and Interventions for Depression and Anxiety Disorders**

by Robert Leahy, PhD and Stephen Holland, PsyD,
The Guilford Press, NY, 2000

About: facilitating effective treatment in typical outpatient settings

Focus: enabling clinicians to quickly generate individualized treatment plans

With: patient monitoring forms on CD, references

Authors: assoc. prof. of psychology in psychiatry and private practitioner

★★★★ **The Ultimate Nutrient Glutamine:**

The Essential Nonessential Amino Acid

by J. Shabert, MD, RD & N. Ehrlich, Avery Publishing Group, New York, 1994

About: glutamine supplements to help with liver function, immune system, depression

Focus: how glutamine can help some people with a variety of health problems

With: clear explanations of research results, success stories, definitions, references

Authors: obstetrician/gynaecologist, registered dietitian, husband is a pioneer in parenteral nutrition at a US university where he researches glutamine

★★★★ **Unravelling the Mystery of Autism and PDD:**

A Mother's Story of Research & Recovery, by Karyn Seroussi

fwd by B. Rimland PhD, Simon & Schuster, New York, 2000

About: "a mother's successful struggle to rescue her child from a hopeless disease"

Focus: two parents cooperate to learn how a child can get well from autism

With: personal experiences, menus, scientific and medical information, references

Author: freelance writer, cofounder of ANDI – Autism Network for Dietary Intervention

Books: ANDI News, www.AutismNDI.com

★★★★ **Vitamin B-3 & Schizophrenia: Discovery, recovery, controversy**
New hope for schizophrenics, their families & friends

by Abram Hoffer, MD, PhD, Quarry Press Inc., Kingston, ON, 1998

- (cover) “Dr. A. Hoffer is a founding father of the alternative health movement whose pioneering research in nutritional therapy has become legendary. While he was director of psychiatric research for the Province of Saskatchewan during the 1950s, he developed Vitamin B-3 (niacin) treatments for schizophrenia. Although demonstrably effective for recovery from various forms of this illness, Dr. Hoffer’s use of Vitamin B-3 became highly controversial among the medical profession, especially within the American Psychiatric Association ... story of Dr. Hoffer’s quest to provide natural, effective treatment for [schizophrenics using vitamin B-3] and the story of his patients who have been healed by his efforts. This story is also a central chapter in the history of nutritional medicine and vitamin therapy.”

★★★★ **Vitamin B6 Therapy: Nature’s Versatile Healer**

by John Ellis, MD and Jean Pamplin, Avery Publishing, Garden City, NY, 1999

About: how vitamin B6 works, history, activates over 100 enzymes, 19 amino acids

Focus: chronic conditions benefit from vitamin B6 supplements, inclu. brain function

With: nutritional program, research, cases, success stories, references

Author: physician and medical director who does clinical research with vitamin B6

★★★★ **Vitamin Bible**

by Earl Mindell, Warner Books, Inc., NY, 1991

- in-depth look at vitamins, minerals, amino acids, fats, carbohydrates, herbs

★★★★ **Vitamin C & Cancer: Discovery, Recovery, Controversy**

by Abram Hoffer, MD, PhD, FRCP(C), Quarry Health Books, Kingston, 2000

About: vitamin C-as-treatment paradigm developed with biochemist L. Pauling, PhD

Focus: cancer patients who lived longer than expected while taking supplements

With: cases, survival extension success stories, regimens, references

Author: biochemist, physician, orthomolecular psychiatrist, writer

Books: Vitamin B-3 & Schizophrenia, Hoffer’s Laws of Natural Nutrition

★ **Waking Up, Alive: The Descent, The Suicide Attempt, and the Return to Life**

by Richard Heckler, PhD, Ballantine Books, New York, 1994

About: the experience of the desire to die; the resilience of the human spirit

Focus: 50 startling interviews with suicide survivors of all ages

With: case stories, insights, suicide facts, resources, references

Author: psychologist – prof. of counselling psychology

Other: American Association of Suicidology

★★★★ **Was It Something You Ate? – Food Intolerance:
What Causes It, How to Avoid It**

by John Emsley and Peter Fell, Oxford University Press, Oxford, 1999

About: identifying non-nutrients that provoke a toxic response and make us ill

Focus: food intolerance results if our body gets overloaded with a toxin

(Was It Something You Ate? ... continued)

With: examples of 'natural' toxins, additives, contaminants, reactions, references

Authors: Peter Fell is a physician in general practice, director of Oxford Allergy Centre.
John Emsley lectured in chemistry for 25 years – U of London, writer

Books: The Consumer's Good Chemical Guide, Molecules at an Exhibition

★★★ and ★★★★★ **The Way Up From Down**

by Dr. Priscilla Slagle, St. Martin's Press, New York, 1992

- author is a psychiatrist who used orthomolecular methods to restore normal mood without adverse effects after she spent many years suffering with depression. Antidepressant medications did not help and therapy did not help her to resolve her depression.
- her application of orthomolecular medicine worked for her and she wrote this easy-to-follow drug-free program of B vitamins and amino acids which may help depressed people restore normal mood without adverse effects

★★★ **Wellness Recovery Action Plan (W.R.A.P.)**

A System for monitoring, reducing and eliminating uncomfortable or dangerous physical symptoms and emotional feelings

by Mary Ellen Copeland, MS, MA, Peach Press, W. Dummerston, VT, 1997

About: learning self-help skills for dealing with physical and emotional symptoms

Focus: activities for everyday wellbeing, track triggering events, prepare, plan

With: info. for developing a support system, focusing, tips, self-help references

Author: psychologist – teacher, writer and lecturer, survivor of manic depression

Books: A Guide to Living With Depression and Manic Depression

★★★★ **What Do Lions Know About Stress?**

by Majid Ali, MD, Life Span Press, Denville, New Jersey, 1996

- Dr. Ali spent many years as a pathologist, looking at the causes of death for people
- considers not just the obvious labels, like heart disease, but the underlying causes of health problems
- this book has many tales which teach people how to manage stress; a sort of Aesop of medicine
- Dr. Ali reports scientific studies that validate some ancient healing arts and philosophies

★ **What to Do When Someone You Love is Depressed: A Compassionate Guide**

by Mitch Golant, PhD and S. Golant, H Holt & Co., New York, 1996

★★★★ **What Your Doctor Won't Tell You**

The Complete guide to the latest in alternative medicine including:
mega-nutrients, chelation therapy, energy medicine, therapeutic diets

by Jane Heimlich, HarperCollins Publishers, New York, NY, 1990

- (cover) "... surveys the latest nonconventional medical treatments for prevalent diseases.
- "... sourcebook on the most significant alternative approaches to health, including: antioxidants, Bach flower remedies, biomagnetism, colon detoxification, electrodiagnosis, fish oils, homeopathy, kinesiology, live cell therapy, macrobiotics, orthomolecular medicine, ozone therapy, vitamin C infusion, etc

A REVIEW:
WORRY
CONTROLLING IT AND USING IT WISELY

★★★ by Edward Hallowell, MD,
Ballantine Books, New York, 1997

(inside quotes) *"Dr. Hallowell explains the universal problem of worry in its normal and abnormal forms. His book will be helpful for anyone who has experienced unnecessary worry – and who hasn't? It is eminently readable and spiced with informative case examples. He offers sage advice about what to do about worries."* – Aaron T. Beck, MD, author of *Anxiety Disorders & Phobias: A Cognitive Perspective*

"In a voice both authoritative and compassionate, Hallowell thoroughly explores a topic that touches nearly everyone in this age of anxiety ... [and] provides abundant information on a wide variety of alleviating treatments." – Publishers Weekly

Dr. Hallowell hooks our interest as soon as he explains that he is a master worrier himself. We know that his empathy for patients and readers is based on firsthand experience. His book is divided into three parts: 1. The World of Worry; 2. Toxic Types of Worry and 3. Remedies that Work.

Every normal human being gets anxious from time to time. Dr. Hallowell explains how we have a built-in danger detection system. Some people are so acutely sensitive that their excessive or inappropriate worry can become toxic. In the same way that the clanging of a fire alarm keeps us motivated to put out the fire, the human alarm system can motivate us to steer clear of danger. If the alarm stays on after the danger is long gone, we pay a price for our hypervigilance. Dr. Hallowell explains that worry can be adaptive but anxiety can escalate out of control. High on the anxiety scale, we find "maladaptive [or] unwise worry that serves no useful purpose and can hamper your life." Looking at the root causes of worry, Dr. Hallowell outlines three categories. Underlying medical conditions, which may be inherited, can lead to toxic worry. Tragedy or trauma can add a second layer. Habitual worriers worry all the time about everything. By using examples from his own experience and stories involving patients, we learn how anxiety can be diagnosed accurately and treated effectively.

His cases indicate that Dr. Hallowell's combination treatments work. He listens, observes, gives rational assurances and encourages cognitive restructuring. He prescribes exercise and advises reorganizing. Practical treatments for coping with excessive worry also include medication (as-needed), meditation and relaxation until the patient moderates the intensity and duration of his worrying. The goal is to achieve "rebalancing, restoration of perspective and reassurance" that lasts.

Psychiatrists give diagnostic labels when patients suffer from excessive anxiety. Conditions like generalized anxiety disorder, depression, panic disorder and social phobias, obsessive-compulsive disorder and paranoia are known to many mental patients and family caregivers. Dr. Hallowell's book explains how to "turn chronic worry into a positive force." His information is helpful and hopeful.

(What Your Doctor Won't Tell You ... continued)

- “introduces you to a new world of medical doctors training in nutrition and preventative medicine ... objective appraisals of dozens of mainstream medical treatments, from chemotherapy to bypass surgery and describes why the medical establishment continues to rely on toxic drugs and ineffective treatments owing to its ties with big business and government ... in-depth overview of the best that alternative medicine has to offer.”

★ **When Perfect Isn't Good Enough**

by M. Antony, PhD and R. Swinson, MD,
New Harbinger Publication, Oakland, 1998

About: understanding and overcoming perfectionism, working with problems

Focus: practical guidance for laymen, links with depression in some people

With: advice, explanations, charts, references

Authors: psychologist and psychiatrist

Books: Obsessive-Compulsive Disorder: Theory, Research and Treatment

★★★★ **Dr. Whitaker's Guide to Natural Healing**

by Julian Whitaker, MD, Prima Health, Rocklin, CA, 1996

About: wellness programs (e.g., to help people end depression without drugs comprehensive approach to natural healing)

★★★★ **Why I Left Orthodox Medicine**

by Derrick Lonsdale, MD,

Hampton Roads Publishing Company Inc., Norfolk, VA, 1994

- author “... nutritional medicine is extremely effective, particularly in the early stages of disease where modern orthodoxy fails miserably. Its preventive approach is a guaranteed benefit; and it is economically effective ... though the developing science of nutritional treatment may appear, at first sight, to be an oversimplification, it actually influences body repair at the cellular level. Nutrition works, and this book provides a foundation for understanding why.”
- interesting chapters include inborn errors of metabolism, intermittent and vitamin-responsive disorders, adaptive mechanisms and what happens when they fail, how oxygen drives the adaptive machinery and the three circles of health (genetics, stress and fuel)
- “It is worth remembering that the ancient Chinese paid their physicians only when they were well. The moment that they became sick they stopped paying. It was an advantage to both physician and patient to remain well.”

★★★★ **The Wild Rose Scientific Herbal**

by Terry Willard, PhD,

Wild Rose College of Natural Healing, Ltd., Calgary, Alta, 1991

- complements the Textbooks of Modern Herbology and Advanced Herbology
- commonly used herbs – biochemistry of selected active ingredients, description of the plant, constituents, mode of action, clinical studies, conditions which are helped, energetics, dosage and toxicity
- scientific and medical references are provided for each herb

★★★ **Winning Against Relapse:**

A Workbook of Action Plans for Recurring Health and Emotional Problems,
by Mary Ellen Copeland, MS, MA,
New Harbinger Publications, Oakland, CA, 1999

About: self-help system for monitoring symptoms and responding to reduce relapse

Focus: identifying daily activities to maintain an optimum level of wellness

With: tips for developing a personal crisis plan, forms, resources, references

Author: psychologist – teacher, writer and lecturer, survivor of manic depression

Books: Living Without Depression and Manic Depression

★★★ **The Worry Control Workbook**

by Mary Ellen Copeland, MS, MA, New Harbinger Publications, Oakland, CA, 1999

About: learning to reduce anxiety and deal with worry

Focus: supportive and comprehensive guide for coping with excessive concerns

With: techniques for identifying sources and reducing worry, forms, references

Author: psychologist – teacher, writer and lecturer, survivor of manic depression

Books: Fibromyalgia & Chronic Myofascial Pain Syndrome

★★★★ **Zinc and Other Nutrients**

by Dr. Carl C. Pfeiffer, PhD, MD,

Keats Publishing, Inc., New Canaan, Connecticut, 1978

- Dr. Pfeiffer was the director of the famed Brain Bio Center and author of Mental and Elemental Nutrients
- presents the facts about findings on twenty essential trace minerals, how they can help, heal or even harm (e.g., zinc) – important in many biochemical processes throughout the body and brain, signs of deficiency, illnesses related to zinc deficiency includes depression, food sources, benefits of dietary supplement, toxicity, references

Another reference (adding to the 250)

★★ and ★★★★★ **Healing Depression**

A Guide to Making Intelligent Choices about Treating Depression

by Catherine Carrigan, fwd. by Abram Hoffer, MD, PhD, FRCP(C)

Heartsfire Books, Santa Fe, NM, 1997

- Survivor Carrigan offers care, help and hope. Using 38 questions to focus attention, she explains how she struggled with a misdiagnosed bipolar disorder and recovered. She gently prompts depressed readers to get started by considering medical factors, stress and nutrition, connections, natural supplements and habits of mind.
- (cover) “Catherine Carrigan explores the causes of depression, understanding that it has different origins in different people and that multiple aspects must be explored to uncover those factors needed for recovery. Her book stands as a holistic self-help manual that the reader can use to begin to understand the chemical origins of depression ... Ms. Carrigan has been through the fires ... Her experiences, both her triumphs and her failures ... finding her way back to health are enlightening and encouraging for weary travellers with depression [who can] use [her] ray of sunshine as a guide in their own quests.”

Paul Goldberg, MHH, DC, Professor of Clinical Nutrition and Gastroenterology

Star ratings: give the level of information and the writer

- ★ **Standard Information** – written by a health professional
- ★★ **Validation Of The Experience** – written by a psychiatric survivor
- ★★★ **Insights** – written by a working health professional survivor
- ★★★★ **Hope For Restoring Mental Health And Living Well**
– health professional writers

Attention Deficit Disorder (ADHD)

- ★★ **Attention Deficit Disorder, A Different Perception
New Ways to Work with ADD at Home, Work and School**
by Thom Hartman, Underwood Books, CA, 1997
- ★★★★ **Dr. Hoffer's ABC of Natural Nutrition for Children
with Learning Disabilities, Behavioral Disorders, and Mental
State Dysfunctions**
by Abram Hoffer, MD, PhD, FRCP(C), Quarry Press, Kingston, 1999
- ★★★ **Driven to Distraction
Recognizing and Coping with ADD from Childhood through Adulthood**
by Edward Hallowell, MD and John Ratney, MD, Touchstone, NY, 1994
- ★★★ **Scattered Minds
A New Look at the Origins & Healing of Attention Deficit Disorder**
by Gabor Mate, MD, Knopf Canada, Toronto, 1999
- ★★★, ★★★★★ **Healing the Hyperactive Brain
Through the New Science of Functional Medicine**
by Michael Lyon, MD, Focused Publishing, Calgary, 2000
- ★★★★ **The Hyperactivity Hoax
How to Stop Drugging Your Child and Find Real Medical Help**
by Sydney Walker, MD, St. Martin's Press, New York, 1998

Autism

- ★ **Asperger's Syndrome: A Guide for Parents and Professionals**
by T. Attwood, fwd. by Lorna Wing, Jessica Kingsley Publishers,
London, 1998

★★★★ **Biological Treatments for Autism and PDD**

What's going on? What can you do about it?

by William Shaw, PhD, with contributions by B. Rimland, PhD, L. Lewis, PhD, Karyn Seroussi, Bruce Semon, MD, PhD, and Pamela Scott, The Great Plains Laboratory, Overland Park, KS, 1998

★★★★ **Facing Autism:**

Giving Parents Reasons for Hope and Guidance for Help

by L. Hamilton, foreword by Dr. B. Rimland, Waterbrook Press, Colorado, 2000

★ **Alternative Treatments for Children Within the Autistic Spectrum**

by Deborah Alecson, Keats Publishing, Los Angeles, 1999

★★★★ **Unravelling the Mystery of Autism and PDD:**

A Mother's Story of Research & Recovery

by Karyn Seroussi, fwd by B. Rimland PhD, Simon & Schuster, NY, 2000

Depression and Bipolar Disorder

★ **The Antidepressant Era**

by David Healy, MD, Harvard University Press, London, 1997

★★★★ **The Antidepressant Survival Program**

by Robert Hedaya, MD, Crown Publishers, New York, 2000

★, ★★ **Anxiety and Depression:**

200 References and Resources to Help You Cope

edited by Rich Wemhoff, PhD, Resource Pathways, Issaquah, WA, 1999

★★ **Bipolar Puzzle Solution: A Mental Health Client's Perspective
187 Answers to Questions Asked by Support Group Members
about Living with Manic-Depressive Illness**

by B. Court and G. Nelson, MD, Accelerated Development, Philadelphia, 1996

★ **The Complete Guide to Psychiatric Drugs:**

Straight Talk for Best Results

by Edward Drummond, MD, John Wiley & Sons, New York, 2000

★★★★ **Dealing With Depression Naturally**

**Complementary and Alternative Therapies for Restoring
Emotional Health**

by Syd Baumel, Keats Publishing, Los Angeles, 2nd edition, 2000

★★★★ **Depression-Free for Life:
All-Natural 5-Step Plan to Reclaim Your Zest for Living**
by Gabriel Cousens, MD with Mark Mayell, William Morrow, NY, 2000

★ **Depression: How it Happens; How it's Healed**
by John Medina, PhD, foreward by John Schwartz, MD, CME Inc
and New Harbinger Publications, Irvine, California, 1998

★★ **Depression Survivor's Kit**
by Robert Sealey, BSc, CA, SEAR Publications, Toronto, 1999

★★★ **The Depression Workbook
A Guide for Living With Depression and Manic Depression**
by Mary Ellen Copeland, MS, New Harbinger Publications, 1992

★ **Fight the Winter Blues: Don't Be Sad
Your Guide to conquering Seasonal Affective Disorder**
by C. Peters, fwd. by C. Gorman, MD, Good Health Books, Calgary, 1994

★★ **The Gift of Depression
Twenty-One inspirational stories sharing experience, strength and hope**
compiled by John Brown, Inspire Hope Publishing Corporation,
Koloa, HI, 2001

★ **Guidelines for Diagnosis & Pharmacological Treatment of Depression**
by Depression Working Group, Chair Sidney Kennedy, MD,
CANMAT, Toronto 1999

★★ **The Last Taboo:
A Survival Guide to Mental Health Care in Canada**
by S. Simmie and J. Nunes, McLelland & Stewart Ltd., Toronto, 2001

★★ **Mental Illness: Survival and Beyond
A Practical Guide to the Inpatient Psychiatric Experience**
by Virginia Wilson, Trafford Publishing, Victoria, 1998

★★★★ **Mind Boosters
A Guide to Natural Supplements That Enhance Your Mind,
Memory & Mood**
by Ray Sahelian, MD, St. Martin's Griffin, New York, 2000

★★ **The Noonday Demon
An Atlas of Depression**
by Andrew Solomon, Scribner, New York, 2001

★★★★ **The Omega-3 Connection**

The Groundbreaking Omega-3 Antidepressant Diet and Brain Program
by Andrew Stoll, Simon & Schuster, New York, 2001

★ **Prozac Backlash: Overcoming the Dangers of SSRI's and Other Antidepressants With Safe, Effective Alternatives**

by Joseph Glenmullen, MD, Simon and Schuster, New York, 2000

★★★★ **Solving the Depression Puzzle**

The Ultimate Investigative Guide to the Complex Causes of Depression, and How to Overcome It Using Holistic Approaches
by Rita Elkins, MH, Woodland Publishing, 2001

★ **Understanding Depression**

A Complete Guide to Its Diagnosis & Treatment

by Donald Klein, MD & P. Wender, MD, Oxford University Press, NY, 1993

★★★ **The Unquiet Mind**

A Memoir of Moods and Madness

by Kay Redfield Jamison, PhD, Knoff, New York, 1995

Dyslexia

★★ **The Gift of Dyslexia**

The Revolutionary New Method of Correcting Dyslexia and Other Learning Disorders

by Ronald Davis,

The Berkeley Publishing Group, New York, 1997

Epilepsy

★ **Epilepsy: a new approach**

What Medicine Can Do; What You Can Do For Yourself

by Adrienne Richard & Joel Reiter, MD,

Walker & Company, NY, 1995

★★★★ **The Ketogenic Diet**

A Treatment for Epilepsy

by John Freeman, MD, Demos Medical Publishing, NY, 2000

★ **Living Well With Epilepsy**

by Robert Gumnit, MD,

Demos Medical Publishing, New York, 1997

Obsessive-Compulsive Disorder (OCD)

★ **The Imp of the Mind**

Exploring the Silent Epidemic of Obsessive Bad Thoughts

by Lee Bauer, PhD, Penguin Putnam Inc., New York, 2001

★★★ **Tormenting Thoughts and Secret Rituals**

The Hidden Epidemic of Obsessive-Compulsive Disorder

by Ian Osborn, MD, Dell Publishing, New York, 1998

Schizophrenia

★ **The Complete Guide to Psychiatric Drugs: Straight Talk for Best Results**

by Edward Drummond, MD, John Wiley & Sons, New York, 2000

★ **Coping With Schizophrenia: A Guide for Families**

by K. Mueser, PhD & S. Gingerich, MSW, New Harbinger Publ. Inc., Oakland, 1994

★★★★ **Natural Healing for Schizophrenia**

A Compendium of Nutritional Methods

by Eva Edelman, Borage Books, 1996

★★★★ **Nutrition and Mental Illness**

An Orthomolecular Approach to Balancing Body Chemistry

by Carl Pfeiffer, PhD, MD, Healing Arts Press, Rochester, VT, 1987

★★★★ **Schizophrenia Cured**

A Case History and a Look at Orthomolecular Therapy

by Terra Ford, CSF Publications, Toronto, 1994

★★★★ **Vitamin B3 & Schizophrenia: Discovery, Recovery, Controversy**

by Abram Hoffer, MD, PhD, FRCP(C), Quarry Health Books, Kingston, 1998

Suicide

★ **Living With Grief After Sudden Loss**

Suicide, Homicide, Accident, Heart Attack, Stroke

edited by Kenneth J. Doka, PhD, Taylor & Francis, Bristol, PA, 1996

★★★ **Night Falls Fast**

by Kay Redfield Jamison, PhD, Knopf, New York, 1999

★ **Waking Up, Alive**

The Descent, The Suicide Attempt, and the Return to Life

by Richard Heckler, PhD, Ballantine Books, New York, 1994

**MUSINGS ON THE CURIOUS
CAPABILITIES OF THE DISORDERED BRAIN**

P sychiatrists and other mental health professionals use their Diagnostic and Statistical Manuals to assign labels to a range of behaviors involved with bad moods, mental episodes and brain disorders. Getting a disorder label can clarify the patient's perceptions - apparently he has a mental illness. Clarity is useful but living with a stigmatized condition can leave the disordered person feeling defective. Negative self-esteem becomes self-limiting. It is possible to reframe one's self-concept by focusing on the positive power of his brain. Self-acceptance can renew hope and encourage progress.

"Mood-disorder" might seem to imply that the patient's moods are always in disorder. This is not the case. A mood-disordered brain can be described as VVV-RISCE-H. This acronym stands for Variable, Volatile, Vulnerable (to episodes of depression and / or hypomania), Reactive, Intense, hyperSensitive, periodically Creative, surgingly Energized and Hypergraphic. Even normal people have moods.

One can learn to identify their characteristics as capabilities and learn to focus them selectively and apply them productively in a range of activities, jobs and even professions. Consider writing. A writer can use variability to approach a topic from different angles, and revise writing by testing new words and reorganizing a succession of drafts to suit different readers. The spark of volatility can ignite new ideas or take existing ideas off in new directions. Reactivity to feedback, sensations and perceptions can be useful to spur a quick reply or re-focus writing. When combined with variability and volatility, reactivity can lead to all sorts of interesting reactions, comments, objections, arguments - any of which can be helpful, useful, practical or insightful. Intensity is easily applied to writing. Thoughts and feelings can quickly be translated into a stream of words by using intensity.

Hypersensitivity is another useful dimension of the mood-disordered brain. It allows a writer to detect opportunities, start new trains of thought, develop subtleties and distinguish shades of meaning. Surges of energy help to maintain an intense flow of writing. Periodic bursts of creativity can generate new ideas or express existing ideas differently or more effectively. Hypergraphic means that a lot of writing can be generated by a mood disordered brain. It is best to focus this output productively.

The variability, volatility, reactivity, intensity, hypersensitivity, creativity

and energy characteristics of the VVV-RISCE-H brain can open doors to many positive possibilities. However, along with the concept comes a caution about the third ‘V’, the characteristic vulnerability to depression and / or hypomania. The mood-disordered person must take care to manage their episodes of depletion or depression carefully and be alert for the characteristic fifteen or so involuntary symptoms during episodes of low energy or depression and also during times of high energy or hypomania. It takes effort to monitor one’s moods and decide if refueling is required to restore normal mood before experiencing negative effects of low brain fuel conditions. Self-control is needed to control, channel or contain temporary outbursts. It is advisable to limit the expression of moods in social situations to avoid being branded as too unstable, difficult or eccentric to tolerate. Ongoing mood swings are not always socially acceptable.

The mixed blessings of mental disorders are identified by John Ratey, MD in *Shadow Syndromes: The Mild Forms of Major Mental Disorders* (Bantam Books, 1997). The author lives and works with ADD. He describes the characteristic profiles of mild forms of mood disorders, schizophrenia, autism, ADD and OCD and other conditions that can be mildly annoying but can also give people a range of productive capabilities. He explains that people can learn to identify the degree of their disorders and focus on its positive aspects. Vulnerable people can reframe from disabled to enabled and make the most of their opportunities for living well.

Touched With Fire by Kay Redfield Jamison, PhD also offers hope for using the characteristics of the mood-disordered brain productively. The author, a health professional psychologist with a bipolar disorder, learned about well known artists, writers and poets who had similar tendencies.

It takes many trial and error experiences to appreciate the capabilities of a disordered brain, monitor one’s mental status and express one’s characteristics positively and productively. After living with my bipolar II mood disorder, migraines and anxiety for the past thirty-three years, at age 50, using restorative mental healthcare, I am finally making positive progress with my VVV-RISCE-H brain.

Turning 50 This 2000 Year

After years of fear, frustration and failure,
INTJ preferences and a VVV-RISCE-H brain,
Thirty eight years of migraine resets,
Thirty three years of bipolar moods

Depressions, worries and hypomanic times,
set-backs, symptoms and stigma mimes,
disapproval, disrespect and discouragement,
rejection, exclusion and distance sent,
put-downs, fault-finding and denials,
isolation, shunning and lonely trials,
problems, pains and paradoxical perceptions
whispers, wimpers and negative reactions

Involuntary symptoms,
Recurring episodes

Hopeful expectations,
misplaced trust

Minimalist doctors,
mental telepathy

Short-cut alternatives,
incompetent negligence

Misdiagnosis, mistreatment,
laughing slough-offs

Careless care,
deceitful cover-ups

Public hearings,
interview-free investigations

Silent communications,
penniless support

Distressing strains,
social failures

What have I learned?

All these failures were my fault

I'm pragmatic enough to see reality,
and resilient enough to take it

So many questions,
so few answers

The relentless dark side lingers set
how much blacker can it get?

Is it grey before the dawn?
looking for the sun, the light turns on

So many problems, so little time,
can I love my half a lime?

Can I reframe and recover,
stay alive and make me over?

Writing, working the way ahead,
going slowly, still not dead

How long will the struggle last?
Should I be happy to get this past?

The truth comes clear,
through the facts and the fear

All this trouble, toil and strife,
when will peace come to my life?

Restorative healthcare keeps me bright,
live quite well and see the light.

CONCLUSION TO FINDING CARE FOR DEPRESSION

Depression is sometimes called the common cold of mental illness. It isn't clear why people describe depression that way. Many people know it is a common experience because ten to fifteen percent of the population suffer with depression and one to two percent have a bipolar mood disorder. Many have anxiety. Maybe people think depression is like a cold. Could it be caused by a mystery virus. Does it come and go when the weather is cold or wet? Not likely. Depression is a serious illness and a life threatening disorder. Finding care for depression can be a life saver. You might think it is easy to get good care for common mental illnesses but it can be difficult. If you trust your health professionals and your depression still doesn't get better after treatments, you may get discouraged.

The last thing a depressed person needs is to feel more hopeless and helpless after asking for care, cooperating with the advice and taking the treatments recommended. Obviously no ethical health professional would make sick people worse but quick and easy care for depression isn't always effective. More than fifty medical conditions can cause or contribute to symptoms of depression and there are genetic, environmental, biochemical, metabolic, relationship, lifestyle and many other aspects to a person's vulnerability to episodes of depression and other brain disorders. It is important that you get a proper diagnosis of the root cause(s) of your condition. Based on an accurate diagnosis, you can find effective treatments which are designed to help without causing negative effects (when you are already suffering with symptoms of depression and anxiety). If you are determined to restore normal mood and recover brain function without adverse effects, you can use this book to find restorative care. You can find and cooperate with ethical health professionals who know when and how to recommend nontoxic methods for common mental illnesses.

If you or affected family members are depressed, I caution you not to trust anyone's life to incompetent care. Think carefully about what can go wrong. You will find it a fearful, frustrating, time-consuming, humiliating, costly and futile experience to be treated negligently, have your concerns dismissed and be laughed at by so-called experts who are too busy to bother with proper care. If your goal is to restore and maintain mental health without adverse effects, I encourage you to think about my explorations of the mental healthcare maze. Be skeptical about my story but please do not repeat my mistakes. You can use restorative methods. You can get well.

You can use the mental healthcare compass to guide your search for restorative care. You can use TAYO, The Healthcare Planner, to cooperate with health professionals, family, and other caregivers. You can use the annotated references to find books about restorative mental healthcare. Dr. Abram Hoffer's introduction to orthomolecular medicine explains how that can help. There are nontoxic methods to help patients get well. You can try quick and easy approaches to finding care for depression or you can consider restorative healthcare. Either way, take care when you trust your life to any health professional. Ask questions, read and learn. I wish you well finding care for depression, mental episodes and brain disorders.

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ABOUT THE AUTHORS

Dr. Abram Hoffer is a founding father of orthomolecular medicine. He studied chemistry, medicine and psychiatry at the University of Saskatchewan (MSA), University of Minnesota (PhD) and the University of Toronto (MD). During the 1950s as Director of Psychiatric Research in the Province of Saskatchewan, Dr. Hoffer researched and developed orthomolecular treatments for schizophrenia, depression and other mental disorders. He pioneered research in nutritional therapy and developed protocols to optimize brain biochemistry. Treatment regimens combine healthy foods with natural supplements. If patients also require medications, Dr. Hoffer prescribes them in modest doses, as needed. Readers can learn, by studying his books and the *Journal of Orthomolecular Medicine*, how Dr. Hoffer and his colleagues diagnose and treat patients.

Over his long medical career, Dr. Abram Hoffer helped thousands of patients to restore and maintain their mental health. At the age of eighty-something, he still practises psychiatry in Victoria, British Columbia, Canada. He has published nearly five hundred research articles as well as ten books, including the following:

How to Live with Schizophrenia

Vitamin B-3 & Schizophrenia: Discovery, Recovery, Controversy

Vitamin C & Cancer: Discovery, Recovery, Controversy

Hoffer's Laws of Natural Nutrition

Dr. Hoffer's ABC of Natural Nutrition for Children

Smart Nutrients: A Guide to Nutrients That Can Prevent and Reverse Senility

Robert Sealey, BSc, CA is a consultant and writer in North York, Ontario, Canada. His brain has faults and fallibilities. He is variable, volatile and vulnerable to episodes of depression and hypomania. Reactive, intense, hypersensitive, periodically creative and surgingly energized, he is bipolar, migrainous and anxiety-ridden. Bob advises local clients about accounting, auditing, tax, business operations and financial planning. He has worked on fraud investigations. Thirty percent of his clients have depressions, mental episodes or brain disorders.

From the age of seventeen, Bob suffered prolonged episodes of depression. Eight health professionals failed to 'cure' him. After decades of misdiagnosis and mistreatment, incompetence and short cuts, Bob learned how to restore and maintain his mental health. Damaged as a victim of psychiatric malpractice, Bob set up IDP, an Independent Depression Project, to explore the mental healthcare maze, research,

develop and write a series of articles and layman's guides including the following:

Depression Survivor's Kit

Living with Depression: The Bad Mood Disorder – A Survivor's Guide

Orthomolecular and Mental Healthcare References – Layman's Guides

We might expect helpful guides from a chap with a Bachelor of Science degree with courses in biological and medical sciences and psychology. We wonder what would motivate Bob to study so many books about conventional psychiatry and restorative biochemistry. What could he learn by probing the healthcare system while living and working with a mood-disordered brain?

Bob writes clearly enough for anyone to learn that restorative mental healthcare is not an impossible dream. He encourages patients, family and caregivers to hope, learn, cooperate and benefit. He reminds us that many people have mental conditions. We all know some of these poor souls: silenced, stigmatized, marginalized, shunned as if they were lepers. We recognize the urgent need for carefully designed tools to help vulnerable patients find effective care for depression, mental episodes and brain disorders. By writing about quality mental healthcare in a direct and uncompromising manner, Bob questions the status quo of psychiatric minimalism, offers tips, tools and teaching tales and links the practice guidelines of psychiatry with restorative methods suitable for patients and caregivers.

BY THE SAME AUTHORS

Dr. Abram Hoffer

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Tel 416-733-2117 www.orthomed.org

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Dr. Hoffer's ABC's of Nutrition for Children: With Learning Disabilities, Behavioral Disorders And Mental State Dysfunctions, 1999

Hoffer's Laws of Natural Nutrition:

A Guide to Eating Well for Pure Health, 1996

Dr. Abram Hoffer with Linus Pauling, PhD

Vitamin C & Cancer: Discovery, Recovery, Controversy, 2000

Dr. Abram Hoffer with Dr. Morton Walker

Putting It All Together: The New Orthomolecular Nutrition, 1996

Smart Nutrients:

A Guide to Nutrients that can Prevent and Reverse Senility, 1994

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Dr. Abram Hoffer with Margot Kidder

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Robert Sealey, BSc, CA

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A Layman's Guide for Survivors and Caregivers, 1996

Mental and Orthomolecular Healthcare References:

Laymans' Guides to New Hope for Mental Health, 1997 & 1998

Articles about the psychology of money – Cdn. Moneysaver, 1998 - 2001

Articles, poems – Open Minds Quarterly, Fire & Reason, Wordscape 6&7, 1999 - 2000

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available on the Internet www.mentalhealthrecovery.com

or by mail, write to PO Box 301, West Dummerston, VT, USA 05357-0301

The Depression Workbook:

A Guide to Living with Depression and Manic Depression

Healing the Trauma of Abuse: A Women's Workbook

Living Without Depression and Manic Depression:

A Guide to Maintaining Mood Stability

The Loneliness Workbook

Winning Against Relapse:

A Workbook of Action Plans for Recurring Health and Emotional Problems

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info@iristhedragon.com

Catch a Falling Star

information for children and families of children with mental illness

Planned – newsletter, series of Iris the Dragon books

Priscilla Slagle, MD

e-mail newsletter available from www.thewayup.com

The Way Up From Down

John Brown

Inspire Hope Publishing Corp., 2721 Poipu Rd. Ste. 533,

Koloa, HI, USA 96756 www.findfun.org

The Gift of Depression

Appendix

90 Day Plan for Finding Quality Care

Personal Progress Report of _____

Index: Notes and Forms: ASTER, Compass, TAYO

Mental healthcare compass 234

The patient, doctor, family, and caregivers can ask for quality care at the start of the 90 day period. Consider all the choices. Discuss.

1st Month of _____ Year _____

Patient can outline visits with health professionals – Overview. 235

Patient can note ASTER details – Assessment, Treatment, Effects, Results. 236

Health professional rating – at the start of the 90 day period. 238

TAYO chart for the month. 240

Mental healthcare compass – Mark your heading at the end of the month. 242

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Patient can outline visits with health professionals – Overview. 243

Patient can note ASTER details – Assessment, Treatment, Effects, Results. 244

TAYO chart for the month. 246

Mental healthcare compass – Mark your heading at the end of the month. 248

3rd Month of _____ Year _____

Patient can outline visits with health professionals – Overview. 249

Patient can note ASTER details – Assessment, Treatment, Effects, Results. 250

TAYO chart for the month. 252

Mental healthcare compass – Mark your heading at the end of the month. 254

After three months

After 90 days of cooperating and monitoring care, if there are problems with diagnosis and / or problems with treatments, a patient or family can ask the health professional to discuss the medical file and review the practice guidelines. Refer to pages 32 to 42.

Notes

1st Month of _____ Year _____

**PATIENT NOTES
(VISITS WITH HEALTH PROFESSIONALS):**

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

HEALTH PROFESSIONAL RATING

(For use by patient, family and caregivers)

Assessment

Respects

R
1

Approves

A
1

Includes

I
1

Supports

S
1

Encourages

E
1

R.A.I.S.E. Total

Notes

Profile of a R.A.I.S.E. Practitioner

(Scores between 3 and 5)

- focus is guideline quality of care, sincere communication, cooperation and competence
- follows professional practice guidelines for accurate diagnosis and effective treatment
- cooperates to help the patient restore mental health, maintain high functioning
- encourages recovered patient to live well

Notes

1st Month of _____ Year _____

**TAYO – THINK ABOUT YOUR OPTIONS
HEALTHCARE PLANNER**

**Patients use squares P1 – P8,
Health Professionals D1 – D8, Family F1 – F8,
Caregivers C1 – C8**

Quick Label		Easy Treatment	
P3	D3	P4	D4
F3	C3	F4	C4
QL Quick Label A short chat A DSM label A disorder		ET Easy Treatment Medications Talk therapy Shock therapy	

Conservative

Restorative

Accurate Diagnosis		Restorative Treatment	
P7	D7	P8	D8
F7	C7	F8	C8
AD Accurate Diagnosis Mental status exams Take histories Diagnostic tests		RT Restorative treatment Effective care Treats root causes Helps patient recover	

Notes

2nd Month of _____ Year _____

**PATIENT NOTES
(VISITS WITH HEALTH PROFESSIONALS):**

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

ASTER DETAILS

Assessment		Treatments	
Symptoms	Diagnosis	<ul style="list-style-type: none"> • Medications • Supplements 	<ul style="list-style-type: none"> • Therapy • Counselling

Questions	Questions

Notes

2nd Month of _____ Year _____

**TAYO – THINK ABOUT YOUR OPTIONS
HEALTHCARE PLANNER**

**Patients use squares P1 – P8,
Health Professionals D1 – D8, Family F1 – F8,
Caregivers C1 – C8**

Quick Label		Easy Treatment	
P3	D3	P4	D4
F3	C3	F4	C4
QL Quick Label A short chat A DSM label A disorder		ET Easy Treatment Medications Talk therapy Shock therapy	

Conservative

Restorative

Accurate Diagnosis		Restorative Treatment	
P7	D7	P8	D8
F7	C7	F8	C8
AD Accurate Diagnosis Mental status exams Take histories Diagnostic tests		RT Restorative treatment Effective care Treats root causes Helps patient recover	

Notes

3rd Month of _____ Year _____

**PATIENT NOTES
(VISITS WITH HEALTH PROFESSIONALS):**

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

Date: _____

Name of professional: _____

Discussion: _____

Recommendations: _____

Results: _____

ASTER DETAILS

Assessment		Treatments	
Symptoms	Diagnosis	<ul style="list-style-type: none">• Medications• Supplements	<ul style="list-style-type: none">• Therapy• Counselling

Questions	Questions

Month of _____ Year _____

ASTER DETAILS

Effects		Results	
Positive	Negative	Progress	Problems

Questions	Questions

Notes

3rd Month of _____ Year _____

**TAYO – THINK ABOUT YOUR OPTIONS
HEALTHCARE PLANNER**

**Patients use squares P1 – P8,
Health Professionals D1 – D8, Family F1 – F8,
Caregivers C1 – C8**

Quick Label		Easy Treatment	
P3	D3	P4	D4
F3	C3	F4	C4
QL Quick Label A short chat A DSM label A disorder		ET Easy Treatment Medications Talk therapy Shock therapy	

Conservative

Restorative

Accurate Diagnosis		Restorative Treatment	
P7	D7	P8	D8
F7	C7	F8	C8
AD Accurate Diagnosis Mental status exams Take histories Diagnostic tests		RT Restorative treatment Effective care Treats root causes Helps patient recover	



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