

Finding Care For Depression, Mental Episodes and Brain Disorders

READER COMMENTS

“Most health books can be divided into two major types:
1. Where the writer is a victim of one or more illnesses and describes in detail what happened, both negative and positive.
2. When the author is a physician or healer who describes one or more different types of therapy. A few books fit into a third category: determined patients who keep searching until they find quality care and learn how to become therapists for their own conditions.

In the field of orthomolecular therapy, there have been several books of this third type, but more are appearing. This is the type of book written by Mr. Sealey. He describes his chronic depression, the failure of standard psychiatric treatment to provide him with restorative care, and how he recovered after he undertook a major responsibility to heal himself. He became a serious student of the literature of mood disorders, starting with psychiatry and psychology. Eventually, he read about orthomolecular medicine, and worked hard to apply its principles and practices to his own condition. He is now well. After decades of problems, he vanquished his depression and began to rebuild his life.

I ask readers to consider his account seriously because [the author's] illness might have left the patient forever incapacitated and a charge on his family and community. His anecdote represents only one of thousands of stories about similar patients who recovered using orthomolecular treatment. The evidence has been published in many clinical accounts, standard and complementary journals and many books. The evidence is there. It needs only to be studied and applied.

Sealey developed a practical guide for patients, family and caregivers. I think that this book could be a model for anyone who is ill, especially for people who cannot find quality care or orthomolecular therapy. I recommend this book, even to medical students and psychiatrists in training.”

Dr. Abram Hoffer
Victoria, BC, Canada

"Antidepressants and mood stabilizers only clouded Bob Sealey's brain or gave him the type of nervous energy that made him want to jump out of his skin. Then there were the side effects. One professionally negligent psychiatrist did nothing as Bob's condition deteriorated on the drug he prescribed. When Bob filed a complaint, the professional governing body refused to act (when have you ever heard of a psychiatrist being disciplined for misconduct or incompetence?). Talk therapies proved similarly disappointing. After 20 years of struggling with bipolar II, Bob decided to take a different approach. He researched natural therapies, and through trial and error under the guidance of doctor [authors] he restored his mental health using a combination of low-cost plant extracts and a regimen of nutrients and minerals. Bob describes his journey to recovery ... it eventually dawned on him that there were four options for diagnosis and treatment, three of them not good. Even psychiatry at its best [too often] relies on labels rather than a true diagnosis and pills and talk therapies instead of real treatment.

A restorative approach, by contrast, is based on accurate diagnosis of the root causes of the illness and corresponding treatment to recover normal health without adverse side effects. This means that if you have say a vitamin B6 deficiency, you will be treated with vitamin B6. A chapter written by Dr. Abram Hoffer, the father of orthomolecular medicine, describes how he and a colleague first got started by successfully treating a schizophrenic patient with vitamin B3 (niacin) and vitamin C. A subsequent small double-blind study found the two-year recovery rate for first-time mentally ill [schizophrenic] patients using the vitamins was 75 percent.

All this whets one's appetite for more [information about] natural supplements and how they work on the brain – but the book is content to provide a lengthy list of references ... it's as if the author knows you're cheating yourself if you try to get all your information out of one book. With precious few doctors out there committed to restorative medicine, the onus is on us to learn everything we can, from as many references as we can get our hands on. One day, perhaps, we can place our trust in the hands of a new generation of practitioners. Hopefully, the wait won't be long."

John McManamy

McMan's Depression and Bipolar Weekly, CT, US

"Your book is a beacon to those searching for an accurate diagnosis and appropriate care ... I applaud you for having the courage to bare your soul as you took the reader through the "roller coaster years" ..."

PB, RN, Toronto, ON

"Congratulations on a job well done!"

DG, BSc, Welland, ON

"The book is well written and easy to follow and understand, not technical ... It gives a good outline of what one can go through when suffering from depression, of how one can feel. One could do a self analysis by using the book. It also details the problems encountered in finding good care and [explains] how to assess the care given. Plenty of reference books are [listed] ... to further increase knowledge of the illness and its ramifications ... very helpful reading for people with depression."

LS, PEng, Niagara Peninsula, ON

"Your book is disturbing and reassuring at the same time. It is extremely informative to the person who hasn't gone through what the rest of us have ... 10 years of hit and miss treatment. I am a professional therapist [bipolar II] and so experienced far less damage than the average person and was far more fortunate than most in finding an excellent psychiatrist. However, I am interested in the alternative treatment of bipolar II disorder with vitamins and supplements specifically ... You should be proud of your work, as it is so informative, a person can avoid all the pitfalls of bad and insufficient treatment no matter how shy you are about taking [the responsibility for finding effective] treatment into your own hands! Thank you!"

DG, Therapist, NY, US

Review – Reference Copies Were Submitted to

- Mood Disorders Assoc. of Ontario
- National Depression and Manic Depression Assoc., Chicago, US
- Canadian Naturopathic College
- Canadian Schizophrenia Foundation
- Journal of Orthomolecular Medicine
- Learning Disabilities Assoc. of Ontario
- McMan's Depression and Bipolar Weekly, CT, US
- MindFreedom Journal (formerly Dendron News), OR, US
- Nutrition and Mental Health, Toronto, ON
- Open Minds Quarterly, Sudbury, ON
- Psychiatrists, physicians and other health professionals
 - Centre for Addiction and Mental Health, Toronto
 - Mt. Sinai Hospital, Toronto
 - private practitioners, Toronto, ON and BC, US
 - Sick Children's Hospital, Toronto
 - Sunnybrook and Women's College Health Centre, North York
- Schizophrenia Digest, Ft. Erie, ON
- Toronto public library
- University of Toronto
- Vitality, Toronto, ON
- www.mentalhealthrecovery.com
- www.alternativementalhealth.com

Presented

Canadian Authors Association, Toronto branch

Word on the Street, Toronto, Sept. 2001

Canada's National Book and Magazine Fair

Canadian MoneySaver magazine conferences

Burlington and North York, Oct. 2001

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