

Naturopathic Clinical Nutrition

by Jonathan Prousky, ND, MSc, CCNM Press, Toronto, 2008
(416 pages, available at Amazon.com)

With its wealth of clinical information, well organized and clearly explained, this insightful text recommends restorative treatments and offers research as evidence. With ten years of clinical experience, seeing patients with various health problems including psychiatric disorders, author Jonathan Prousky, ND, MSc knows about the healing capabilities of nutritional regimens, even for anxiety, ADHD, autism, alcoholism, bipolar disorder, depression and schizophrenia. While the author did not address this medical text to laymen, Prousky's accessible writing style makes scientific and medical information understandable to every reader, no matter what their education. Prousky presents clinical pearls about nutrition and nutrients. He encourages readers to learn about naturopathic and orthomolecular care, cooperate with differential diagnostic workups and consider the benefits of regimens of vitamins, trace minerals and amino acids i.e. supplements.

Abram Hoffer's preface states that readers can trust Prousky's reports. After meeting Jonathan Prousky and reading many books about orthomolecular medicine, I agree. Prousky's book reminds me of Dr. Hoffer's *Orthomolecular Medicine for Physicians (OMP)*, printed in 1989 and no longer easy to find. Hoffer's book still reads fresh and clear today. Prousky's clinical guide adds current information. Fortunate readers of both books will realize that Jonathan Prousky has carefully studied Abram Hoffer's research and clinical findings. Prousky not only learned how to help his patients restore their health, but he also writes about restorative care and he teaches orthomolecular principles and practices to naturopaths-in-training. Prousky's textbook explains the healing power of complementary naturopathic and orthomolecular practices. He encourages medical students and health professionals to read about orthomolecular medicine and consider nutritional regimens. Some professionals may follow Prousky's example and document the progress of their patients by writing their own books and medical journal articles. Hopefully this will help to sustain orthomolecular medicine for decades to come.

Prousky's important clinical textbook belongs in the libraries of a wide readership where his excellent information can bring clinical help and hope for restoring health to thousands of patients. If sick and vulnerable people trust quick labels and easy shortcuts and only get toximolecular pills, they are unlikely to heal as well as patients whose health professionals read Prousky's comprehensive clinical guide and learn to assess nutritional and biochemical aspects and recommend restorative regimens as complements to other treatment modalities.

As an example, let's consider benign prostatic hypertrophy. What does conventional medicine offer aging men who have trouble with their waterworks? – DRE exams and PSA tests before painful and repeated surgical procedures combined with pills and unwanted side effects. When I had that sort of trouble, I googled and read how Feinblatt and Gant were researching another problem when they noticed that three amino acids - glycine, glutamic acid and alanine - helped a surprising number of patients to restore normal 'flow'. In 1958, they published their finding in the *J Maine Medical Assoc.*, available from the Prostex website. Prousky's 2008 book shares their discovery, which was confirmed by other doctors in 1962, but remained little-known for the past fifty years. Within one day, those three amino's eased my discomfort.

Thousands of trusting patients hope that our health professionals will find, read and apply books about restorative treatments which were researched and found safe and effective by Abram Hoffer and other orthomolecular pioneers. Readers of *Naturopathic Clinical Nutrition* can thank Jonathan Prousky for studying orthomolecular medicine very carefully and then writing this thorough, detailed and documented textbook with more than 400 pages of clinical information about the principles and practices of naturopathic and restorative orthomolecular medicine.

Review by Robert Sealey, BSc, CA (author of *Finding Care for Depression*, www.searpubl.ca)

(Note to readers – Dr. Hoffer has updated his 1989 *OMP* book, re-titled as *Orthomolecular Medicine for Everyone*, due in Nov., 2008 from Basic Health.)