

Natural Strategies for Mental Disorders

This manual is intended to provide hope for a new and improved life for those with mental disorders. Few societies around the world treat people with mental disorders with respect and dignity. People with mental disorders are expected to find a quick fix, to cope and hide their problems or to disappear from view, out of sight and out of mind. It is rare to find any research into the real root causes of these devastating afflictions or natural restorative solutions for them.

The vast majority of research resources are spent in devising ways to develop complex drugs that tinker with the intricate chemistry of the brain for palliative symptom relief and create long-term dependency. The only scientific journal that publishes information about natural therapies for psychological disorders – the *Journal of Orthomolecular Medicine* – is not even indexed by Medline, the National Library of Medicine’s indexing service, thus making it impossible for most doctors to even find articles in it, let alone use it as a source of remedies for their clients.

But there have been some cracks in the wall. Thirty years ago in Europe, where the research into psychological disorders was not yet immersed in drug company money, researchers found that people with depression appeared to have deficient amounts of a neurotransmitter called serotonin. They found that giving people a medicinal herb extract called 5-HTP, derived from the African Griffonia plant and biologically and chemically identical to the brain chemical from which serotonin is made (called a serotonin “precursor”), appeared to alleviate the depression of many people, merely by enabling the brain to make more serotonin. They did not have any explanation for why the serotonin deficiency occurred in the first place, but 5-HTP appeared to be a successful treatment. It was inexpensive, plentiful, naturally derived, non-toxic, and it had no side effects. 5-HTP became the natural remedy of choice for depression in Europe.

About the same time, two researchers, David Horrobin from Canada and Donald Rudin from Pennsylvania, hypothesized that serious brain disorders were a result of extreme fatty acid (EFA) deficiency in the cell membranes of brain cells, causing a breakdown of normal cell communication. Rudin performed the first clinical tests, using enormous amounts of dietary flaxseed oil, that showed that EFA deficiency was indeed connected with psychological disorders.

During the next two decades researchers working with David Horrobin established that schizophrenia in particular was caused by an excess of a chemical (called PLA2) that removes EFAs from the cell membrane. They found that adding specific amounts of an essential fatty acid called EPA, in fish oil, could counter this excess, and that adding it to the diet would alleviate some of the symptoms of schizophrenia in patients. Fish oil contains some essential fatty acids that form the neural membrane – the cell wall of the neurons in our brains – and the fatty tissues and cells that surround our brain cells.

A research physician named Andrew Stoll, who was director of the psychopharmacology clinic at prestigious McLean Hospital in Belmont, Massachusetts, became interested in Horrobin's research and some supportive epidemiological research about depression. Several researchers had noticed that the prevalence of depression in the Far East – even in countries in which people live extremely stressful lives – was much lower than in the U.S. and Europe. They did a comparison of the lives of people in these two regions of the world, and came to a startling conclusion: the only major difference was that people in the Far East eat a lot of fish.

Stoll gave some of his depressive and bipolar patients concentrated essential fatty acids derived from fish oil. He found that within a few months some of them were faring much better. Some of his most profoundly ill mental patients needed less and fewer drugs. Several other researchers around the world were also doing research into the use of EFAs for mental disorders, and he wrote a popular book about it (which I recommend) called *The Omega-3 Connection*.

In this book, Stoll also cites research indicating that EFAs have been used effectively to treat Attention Deficit Hyperactivity Disorder (ADHD).

Other researchers have found a strong connection between toxic trauma and depression. Exposure to heavy metals such as mercury (such as the silver-mercury tooth fillings found in most adults) and powerful chlorine-organic contaminants such as dioxins (found in popular broadleaf weed killers and in Agent Orange used during the Vietnam War) seemed to trigger major depression.

So what is going on?

1. Millions of children and adults today are deficient in various nutrients, some as a result of poverty but many more as a result of eating food that is grown on nutrient-poor soils.
2. Virtually everyone living in Europe and the US also eats far less than the necessary amounts of Essential Fatty Acids (EFAs) because fish is a delicacy rather than a staple food. (The only other source of large amounts of EFAs is flaxseed oil, which until recently was primarily used to preserve wood - linseed oil - rather than a nutritional supplement.)
3. We are constantly exposed, since birth, to a large amount of toxic chemicals, primarily in our food from pesticide residue. Most adults have at least one silver-mercury amalgam tooth filling, which continuously vaporizes mercury – a powerful neurotoxin – into their bodies. These toxic chemicals interfere with nutrient absorption.
4. Finally, cardiovascular disease is universal in the human population. A thin layer of plaque throughout the arterial systems in our brains lowers the amount of nutrients getting to our brain cells.

Some researchers have suggested that these deficiencies and toxic effects make the neural membrane and the neurotransmitter synthesis and transmission systems weak and

sensitive to stress. Why would this be so? **Stress depletes nutrients!** It is this factor – stress – that usually triggers depression and bipolar disorder. Psychologists even have a term for this explanation of mental disorders: the “diathesis-stress model.”

So why isn't everyone depressed or bipolar? Well, in fact, almost 20% of Americans actually have a bout of depression sometime in their lives, far more than Asians in similar stressful environments, as mentioned before.

This explanation is in keeping with Stoll's work with EFAs and depression and the British and Canadian research work with supplemental nutrients and bipolar disorder: providing adequate supplementation – or perhaps even bathing the neurons in essential nutrients – is a promising approach to effective treatment of mental disorders.

The regimen in this manual does exactly that: it provides large quantities of the nutrients necessary for brain health – the raw materials used by the brain for protection and repair of the neural membrane and fatty tissue surrounding the neurons and the synthesis of neurotransmitters. It contains within it a detoxification regimen to neutralize and remove chemical toxins. It also contains a nutrient combination that reverses cardiovascular disease, increasing circulation of nutrients to the brain.

What's wrong with SSRIs?

Unfortunately the drug companies in the U.S. began in earnest in the 1980's to find a complex chemical to emulate what the doctors in Europe had accomplished with 5-HTP; selling an herb that could not be patented and sold at a huge profit was not attractive to them. They eventually developed drugs that did exactly the wrong thing but appeared to alleviate the problem: they stopped the natural process of serotonin being removed from between the brain neurons after each neural impulse (transmission from one neuron to another), creating a biological “illusion” of having more. They created a new class of drugs called Selective Serotonin Reuptake Inhibitors (SSRIs); the first such drug was Prozac. There are now many prominent SSRIs: Prozac (and Prozac II), Paxil, Zoloft, etc.

SSRI “Side Effects”

But interfering with the intricate chemistry of the brain was destined to bring unwanted problems. Their horrible, devastating side effects are now making headlines: suicide, murder, anxiety and panic disorder, and a deadly neuromuscular interaction with other drugs called serotonin syndrome.

Nonetheless, the drug companies are seeking means to create an ever-expanding market for SSRIs, convincing government agencies to “screen” entire populations for depression and then convince those found to be “depressed” to take these drugs. Despite the horror stories, the “global market” of SSRI anti-depressants now stands at nearly \$17 billion per year.

Natural Strategies for Mental Disorders

Strategy 1 (long-term for depression, anxiety, panic disorders, bipolar disorder, attention deficit disorder (ADD), attention deficit hyperactivity disorder (ADHD), schizoaffective disorder, and schizophrenia): The Brain Health Regimen (see below). This regimen, taken over a period of several months, provides all of the nutritional requirements for supporting brain health and recovery. It is a long-term adjunctive (add-on) and support treatment for these chronic disorders. There is strong evidence that this regimen can provide a long-term complete, natural treatment for some people with for depression, anxiety, ADD, ADHD, and bipolar disorder, **but it is important to have the help of a psychological professional if you decide that you want to reduce or eliminate any medications that you are currently taking.**

Strategy 2 (for depression, anxiety, panic disorders): 5-HTP is a natural anti-depressant and anti-anxiety medicinal herb. It is clinically proven to be as effective as the SSRI anti-depressants. It is very safe, and has no side effects. **Note however that 5-HTP should NOT be taken by people with bipolar disorder, and if the patient is on a pharmaceutical anti-depressant already, he or she needs to stop the pharmaceutical one for a week to clear it before taking 5-HTP.** Start with 50 mg per day. Dosage can be increased, over several weeks, to a maximum of 900 mg per day. Take with food. You can do more reading about this "miracle" substance - derived from a common African plant and used routinely in Europe for depression - from the book by the same name: "5-HTP" by Michael Murray (the foremost naturopathic physician in the US). 5-HTP should be considered a short-term remedy to be used until the Brain Health Regimen restores full mental function. In addition, supplementation with GABA (a neurotransmitter), magnesium, and the amino acid taurine have been shown to reduce anxiety. (See the regimen below for dosages.)

Strategy 3 (for depression, anxiety, and panic disorders): Find psychological counseling that matches your personality. Rogerian therapists reflect your thoughts and emotions so that you can emotionally process them. Gestalt therapists focus on what and how you are feeling. Dialectical Behavioral therapists focus on your actions; their use of systematic desensitization is very effective for panic disorders, phobias, and post-traumatic stress disorder. Cognitive-behavioral therapists focus on changing self-damaging thought patterns.

The Brain Health Regimen

Take this regimen in divided doses: 1/3 of the daily dose with each meal. Eat normal meals. Try to stay as low on the "food chain" as you can (more vegetable-based food and less meat), but don't be obsessive about it. The vitamin C will naturally regulate your cholesterol, so don't worry too much about your diet. Avoid junk food (those made with partially hydrogenated oils or a lot of sugar).

Modify by body weight if this regimen is being administered to a child, using 150 lbs as the adult weight. Thus if the child weighs 50 lbs, use 1/3 of the regimen dosage.

I suggest that you get these supplements at Vitamin Shoppe (retail store) or iherb.com (online) unless otherwise specified. I have marked the most important components of the regimen with an asterisk (“*”) if you are on a limited budget.

This regimen has a large set of vitamins, minerals, amino acids, and other components. I recommend buying them in powdered or capsule forms (the powdered, bulk products are also the least expensive) and mixing them with the soy protein drinks recommended as part of the regimen.

1. *Soy protein drink, such as Spirutein non-GMO or Naturade Organic, 1/3 scoop mixed with about 8 ounces of organic soy milk, such as White Wave Silk or Whole Foods 365 Organic Soy Milk, 2-3 times per day. The protein drink mixes are available at Whole Food Stores or at Vitamin Shoppe. Mix in a blender for smooth consistency.
2. *Vitamin C - very high doses, almost to bowel tolerance (see below), at least 6000 mg per day (2000-4000 mg per meal but not more than 4000 mg per dose). Always take with food or organic soy milk to coat your stomach. Vitamin C is an essential nutrient and antioxidant – it detoxifies free radicals. Start at 2000 mg three times per day and then increase dosage to up to 4000 mg at each dosage, and then increase the number of dosages (spreading them out over the day) to the point where you get diarrhea - the signal that your intestine is getting too much. You then back off until the diarrhea stops, and that is your bowel tolerance dose. I personally take 8000-12,000 mg per day - 4000 mg two to three times per day - and when I have a cold I'm able to increase it to 4000 mg six times per day or more.
3. *Lysine and Proline - 6000 mg of each per day to resolve cardiovascular plaques.
4. *DHA and EPA essential fatty acids. Start at 2000 mg EPA per day, and 1000-1500 mg DHA per day, must be “pharmaceutical grade” or “molecular distilled.” I suggest Natural Factors RxOmega-3 Factors, EPA 400/DHA 200, since this is derived from fish oil, and a very-high-quality brand is necessary to avoid mercury contamination. DHA and EPA help rebuild neural membranes. They are called "Essential Fatty Acids" because they are actually required components for healthy cell membranes. Slowly increase dosage; you can safely take up to 6,000 mg EPA/3000 mg DHA or more (maximum published dosage is 10,000 mg EPA), but reduce dosage if you experience “racing thoughts.”
5. *For anxiety and depression: 1000 mg taurine, 1000-2000 mg GABA, 200-400 mg theanine, and 3000 mg niacinamide per day, all in divided doses. Tyrosine: start at 200 mg per day, slowly increase until you feel its calming effects, the maximum dose is 5000 mg.
6. *For OCD: 500 mg methionine, 1000-3000 mg GABA, 1000-3000 mg theanine, 4000-18,000 mg inositol per day (1 teaspoon = 4000 mg), all in divided doses, start at

lower doses, build up to higher doses over two weeks. Tyrosine: start at 200 mg per day, slowly increase. Recommended dose is 1000 mg, the maximum dose is 5000 mg

7. *Lecithin Powder – 2-4 tablespoons granules per day, mixed into the soy drinks (at breakfast and supper, for instance, mixed into the soy drink). Lecithin provides some of the raw materials for rebuilding the cellular membranes. Combined with pantothenic acid, it also enhances acetylcholine (a neurotransmitter) production in the brain. I suggest purchasing Now Foods lecithin from iherb.com. This is the cheapest lecithin, and it is derived from non-genetically-engineered soybeans.
8. *Pantothenic Acid - 500 mg/day - together with Lecithin, enhances production of acetylcholine, the memory and neuromuscular neurotransmitter.
9. *High-potency multivitamin/multimineral complex: 1–2 per day, depending on the instructions on the label. Be sure that it provides 200 micrograms of selenium and 50 mg of vitamin B6 per day; if not, purchase separately.
10. *Methylcobalamin B-12 - 2000 micrograms (2 mg)/day - helps rebuild neural tissue.
11. *Folic Acid – 800-1600 micrograms (mcg) per day. Note: Some multivitamins contain 400 mcg.
12. *Beta Carotene: 100,000-150,000 IU - Vitamin A is needed for healing. Beta carotene provides vitamin A in a form that is completely safe in huge quantities. Your body safely produces the vitamin A that it needs from beta carotene.
13. *Vitamin E: 400–800 IU — If you have hypertension, stay with 400 IU until your blood pressure is reduced by the regimen. Vitamin E strengthens your heart muscle.
14. *Calcium/magnesium - 1000 mg calcium, 500 mg magnesium, per day. Most people don't get enough of these essential minerals. If you encounter muscle cramps day or night, you can increase these to 1500 mg calcium/750 mg magnesium. When you have blood work done by your doctor, make sure he or she checks the levels of these minerals, and increase accordingly if deficient.
15. *Trimethylglycine (TMG) - 2000 mg per day. This is the recommendation of the Life Extension Foundation protocol for neural degeneration, to enable rebuilding of the myelin sheath around nerve cell axons. Must be taken with meals.
16. *Organic flaxseed oil – 2 tablespoons per day. Flaxseed oil provides the correct balance of Essential Fatty Acids for maintenance and repair of cell membranes. Buy in pint or quart bottles from Whole Foods or other health food store. Note: Flaxseed Oil does not taste very good. You might consider mixing it into the soymilk shake, or using it as the base for salad dressing if you use a lot of herbs to make it.

17. *Zinc – 30-50 mg/day – essential for healing. Try to get zinc citrate or other "chelated" type, because it can upset your stomach. Be sure to take with meals.
18. *Copper – 2-3 mg per day. Necessary for balance with zinc.
19. *Gingko, 240 mg/day. Gingko increases blood flow in the brain, and is a proven memory enhancer.
20. *Acetyl-L-Carnitine - 1500 mg per day. Carnitine is a vitamin-like substance that stimulates energy production in cells. Heart patients have been shown to have a deficiency of carnitine in their heart muscle cells. Acetyl-L-Carnitine enhances production of acetylcholine, the memory and neuromuscular neurotransmitter.
21. N-Acetyl-Cysteine (NAC) - For OCD - 3000 mg per day. There is new research indicating that N-Acetyl-Cysteine is effective in reducing obsession-compulsive thought patterns. A Yale study is underway.
22. *VERY IMPORTANT: 2-4 quarts spring water or other liquids per day - not fluoridated. (Avoid fluoridated water and drinks bottled from it such as Dasani and soft drinks)
23. *Exercise: Stretching exercises, isometric exercises, yoga, swimming, etc. to keep blood flowing to the brain. Yoga and meditation have a physiological calming effect on the brain.

The following are helpful, but of lesser priority.

24. Vitamin D3 – 4000 IU per day, in 2 doses. - Recently published research indicates that a minimum of 4000-5000 IU vitamin D3 should be consumed daily (unless you are light-skinned and get daily full-body sun exposure with no sunscreen). Many foods are supplemented with D3, so I have recommended this extra daily supplementation at the 4000 IU level.
25. MSM – 2000-4000 mg per day. MSM slowly and safely removes mercury from the body. Be sure to take chlorella (see below) as well.
26. Coenzyme-Q10 (Co-Q10) – 300-600 mg per day – a vital nutrient for brain health, normally produced internally, but often deficient.
27. Grapeseed Extract - 150-300 mg per day – a powerful anti-oxidant that enhances the action of vitamin C.
28. N-Acetyl-Cysteine - 2400 mg per day. N-Acetyl-Cysteine has been shown to help in normalizing blood pressure, and it increases the production of glutathione, an internal detoxifying antioxidant.

29. Chlorella powder – 1 teaspoon or 3000 mg per meal at the very beginning of each meal. This supplement is essential to prevent re-absorption of toxins released by the liver. (Note: Powdered chlorella is much less expensive than tablets.) Start with ½ teaspoon or 1500 mg at each meal, and increase to 1 teaspoon or 3000 mg per meal over several days. Note: some people are sensitive to chlorella. If it causes you stomach or intestinal upset, try using another “green food” such as Natural Factors Enriching Greens or Garden of Life Perfect Food.
30. Ashwaganda – 400-500 mg per day (capsules are generally between 470 and 500 mg each, just take one per day). Ashwaganda is an ancient herb used for brain restoration by Eastern naturopaths. It has been identified in several recent studies to enhance memory.
31. Turmeric Extract (Curcumin) – 2000 mg per day – powerful anti-inflammatory. (Must be taken with meals.)
32. Ginger Extract – 2000 mg per day – another powerful anti-inflammatory. (Must be taken with meals).
33. If you have any liver damage or elevated AST/ALT counts: Milk Thistle Extract – 1200 mg per day (of 70% silymarin content).
34. There is a new product called Mental Clarity by New Chapter, contains extracts of a mushroom called Lion's Mane, which has apparently been shown to rebuild brain tissue (a process called “collateral sprouting”). 2 capsules per day is the recommendation of the manufacturer.

Other recommendations

I suggest removal of all dairy products; use organic soy drinks and substitutes instead (no casein, no lactose). Dairy products are pro-inflammatory, that is, they cause the creation of inflammatory compounds that interfere with tissue rebuilding. The metabolism of casein (milk protein) can produce metabolic products (peptides) that are harmful to the brain in some patients.

Eat as far down the food chain as possible, slowly making the transition away from red meat. Especially avoid freshwater fish, swordfish, shellfish, and any varieties of tuna and salmon, which are loaded with mercury and PCBs. A non-dairy vegetarian (“vegan”) diet is best, though this can be a difficult transition; use “non-GMO” or organic soy proteins (meat substitutes, tofu, soy protein shakes, etc.) and beans to obtain sufficient protein.

Reduce salt intake as much as possible to reduce blood pressure if you have cardiovascular disease or high blood pressure.

Do not drink diet drinks containing aspartame, which is a multiple neurotoxin. No Diet Coke or even non-sugar chewing gum. Do not use tylenol, which is a liver toxin. For

headache and colds use aspirin, which is reasonably safe if taken with vitamin C and with food or soymilk to coat the stomach. There is also an excellent anti-inflammatory called Zyflamend, available at most health food stores, which is a good substitute, but it is a bit pricey.

Avoid canned fish and freshwater fish. These are now so contaminated with mercury that the federal and state governments have issued advisories for young children and pregnant women, but the advisories don't make it into the mainstream press because of "business concerns" (that is, the fishing industry would just about die off). Because of the Fukushima nuclear accident, avoid Pacific fish. Because of the Fukushima nuclear accident, avoid Pacific fish.

Pharmaceutical medications are often toxic to nerve tissue and the brain. I would suggest reducing or stopping any such medications except insulin for diabetes or medication for severe high blood pressure or thyroid conditions. The regimen above is a cardiovascular restoration regimen, so that high blood pressure will, over time, be alleviated, and the regimen also reduces the need for insulin, so sugar and insulin levels must be checked regularly to avoid over-medication.

Frequently Asked Questions

Why so many supplements?

The damage done by nutrient deficiency in the brain cannot easily be undone. Providing the body with an environment to rebuild, recover, and heal requires bathing all the cells of the brain with concentrated nutrients.

Why focus on cardiovascular health?

I focus on restoring cardiovascular health, since cardiovascular blockages (including in the brain and carotid artery) are universal. They are usually present in children age 12 and even younger. This regimen reverses these blockages, because it contains a natural therapy developed by Matthias Rath and Linus Pauling in the early 1990s but marginalized by the pharmaceutical industry, which was more interested in selling expensive cholesterol-lowering drugs.

Why so much Vitamin C?

Vitamin C is manufactured by the livers of most mammals except for humans, the apes and monkeys, the guinea pig, and a couple of rare animals. It is needed for literally dozens of metabolic processes, including the proper recycling of cholesterol, and the Daily Requirement should be between 3000 and 6000 mg. But this fact will take at least another generation to be accepted. (The existence of vitamin C and our inability to manufacture it was only discovered in the 1930's). Vitamin C is powerful detoxification agent and a mercury chelator – it removes mercury from the body.

For rapid rebuilding of tissue, the "bowel tolerance dose" of vitamin C is recommended. Start at 2000 mg three times per day and then increase dosage to up to 4000 mg at each dosage, and then increase the number of dosages (spreading them out over the day) to the point where you get diarrhea - the signal that your intestine is getting too much. You then back off until the diarrhea stops, and that is your "bowel tolerance dose." I personally take 12,000 mg per day - 4000 mg three times per day - and when I have a cold I'm able to increase it to 4000 mg six times per day or more.

Is vitamin C safe?

Vitamin C is probably the safest nutritional supplement. In fact there is no toxic dose. It is proven safe in huge quantities. Intravenously it has been in quantities exceeding 200 grams per day with no side effects. Dr. Ian Brighthope of Australia and Dr. Robert Cathcart in California use 100+ gram vitamin C infusions for their AIDS patients, with no adverse effects. Its only "side effect" is mild diarrhea if you take too much orally. Some AIDS patients have taken enormous quantities orally – upwards of 100 grams per day – for extended periods of time, again with no side effects.

Almost all animals on earth produce their own vitamin C, at concentrations between 30 and 300 times as much as the FDA says we need. Humans, monkeys, guinea pigs, and a few other animals have a genetic defect that prevents them from turning blood sugar into ascorbate – vitamin C. When most animals are under stress – when they are scared or ill or exposed to toxins – their internal vitamin C factories go into overdrive and provide this nutrient in very large quantities.

What about the vitamin C scares?

There have been no documented cases of anyone who has ever had adverse side effects from taking very large doses of vitamin C, other than the diarrhea mentioned above, which is simply the indicator that you have exceeded the dose that your body is using. But for many years, the pharmaceutical industry has gone to great lengths to scare people away from vitamin C. These companies have huge investments in expensive prescription drugs that attempt to treat the symptoms of diseases that would be addressed, cured, or prevented easily and cheaply with the same dosage of vitamin C as is found in the blood of most animals.

The scares have accelerated since 1999. One researcher noted finding vitamin C in a cancer tumor, and then reported that vitamin C might induce cancer or interfere with anti-cancer agents.¹³ If he had understood the action of vitamin C against cancer, he would have realized that the vitamin C that he found was contained in leukocytes — our body's natural immune defense mechanism against cancer — that had collected in the tumor to attempt to destroy it!

A few months later, two researchers reported “thickening of the artery wall” from vitamin C, assuming that the arteries were being blocked. In fact, they did not test for blood flow, and if they, too, had understood the action of vitamin C, they would have realized that the thickening was in fact related not to the blocking of the arteries, but rather to the strengthening of the arteries that was due to proper collagen formation.

Finally, in June of 2001 a researcher at a university that receives large amounts of funding from drug companies reported, with great media attention, a test-tube experiment in which he analyzed the action of vitamin C on “peroxidized lipids” (blood fats that had been made toxic by extreme free radical damage) and reported that the resultant compounds might be carcinogenic.¹⁵ This researcher failed to mention that this test tube reaction has been known for several years and that no such reaction has ever been found in animals or humans. He also failed to mention that peroxidized lipids do not form in the first place in a person who takes adequate vitamin C. Finally, he failed to mention that peroxidized lipids are extremely toxic to the body anyway, so that claiming that they turned into something toxic when exposed to vitamin C is misleading at best. This might be equivalent to saying, “When I applied vitamin C to cyanide I got something poisonous.”

It is interesting to note, as has Dr. Matthias Rath, that the timing of these scares coincides with the meetings of the Codex Alimentarius commission of the United Nations. In his

public lectures Dr. Rath has pointed out that this commission is strongly influenced by the major pharmaceutical companies.

Maintenance Regimen for Brain Health

Once neural and cardiovascular health is restored, you will want to keep up a strong maintenance regimen to prevent re-occurrence of problems. The following nutrients will help you to do this.

- a. Soy protein drink, such as Spirutein non-GMO or Naturade Organic, ½ scoop mixed with about 8 ounces of organic soy milk, such as White Wave Silk or Whole Foods 365 Organic Soy Milk, 3 times per day. The protein drink mixes are available at Whole Food Stores or at Vitamin Shoppe. Mix in a blender for smooth consistency
- b. Beta Carotene – 25,000-50,000 IU per day, in 2 doses. This is the safest way to obtain vitamin A, since Beta carotene is very safe in extraordinarily large doses, whereas vitamin A oil is toxic in large doses.
- c. Vitamin C - 6,000-20,000 mg (6-20 grams), in the form of crystals or capsules, keeping near bowel tolerance (as discussed in the primary regimen). Take crystals with orange juice; follow all doses with food or something that will coat your stomach, such as soy drink.
- d. Lysine – 3-4 grams (3,000-4,000 mg) per day. Combined with vitamin C, this will keep plaques from forming, continue to remove any remaining plaques, and help the healing process.
- e. Vitamin E – 800-1200 IU per day.
- f. Vitamin D3 – 4000 IU per day, in 2 doses. - Recently published research indicates that a minimum of 4000-5000 IU vitamin D3 should be consumed daily (unless you are light-skinned and get daily full-body sun exposure with no sunscreen). Many foods are supplemented with D3, so I have recommended this extra daily supplementation at the 4000 IU level.
- g. Calcium/magnesium - 1000 mg. calcium, 400-500 mg magnesium, per day.
- h. High-dosage multivitamin/multimineral complex per day.
- i. Zinc/Copper – 30-50 mg. zinc/2-3 mg. copper If tablets irritate your stomach, there are zinc lozenges available at health food stores. (Check the zinc content of the multimineral supplement. Take enough to reach 50 mg total.)
- j. Keep fluid levels high by drinking ½ to 1 gallon (8 to 16 cups, 2-4 liters) of fluid per day. This is essential both for the high vitamin intake and also to flush toxins out of the body.
- k. Organic flaxseed oil – 2 tablespoons per day. Flaxseed oil provides the correct balance of Essential Fatty Acids for maintenance and repair of cell membranes.
- l. DHA and EPA essential fatty acids. EPA 2000 mg per day, DHA, 1000-1500 mg per day, must be “pharmaceutical grade” or “molecular distilled.” I suggest

Natural Factors RxOmega-3 Factors, EPA 400/DHA 200, since this is derived from fish oil, and a very-high-quality brand is necessary to avoid mercury contamination. DHA and EPA help rebuild neural membranes.

- m. Ginkgo Biloba – 120-240 mg per day for increasing and maintaining blood flow in the brain and extremities, to maintain brain health.
- n. Lecithin Powder – 2-4 tablespoons granules per day, mixed into the soy drinks (at breakfast and supper, for instance, mixed into the soy drink). Lecithin provides some of the raw materials for rebuilding the cellular membranes destroyed by Lipitor. Combined with pantothenic acid, it also enhances acetylcholine (a neurotransmitter) production in the brain. I suggest purchasing Now Foods lecithin from iherb.com. This is the cheapest lecithin, and it is derived from non-genetically-engineered soybeans.
- o. Pantothenic Acid - 500 mg/day - together with Lecithin, enhances production of acetylcholine neurotransmitter (which controls muscles).

Optional components for optimum health:

- a. Aloe gel - drink 1-2 fluid ounces per day to enhance the health of your alimentary canal. Drink 8 fluid ounces per day (2-3 ounces after each meal) if you have stomach or intestinal problems, until they are resolved. This is a safe, inexpensive remedy for “acid reflux.”
- b. Grape seed extract (95% proanthocyanidins): 100-300 mg/day. This antioxidant works with vitamin C to rid your body of free radicals
- c. Lutein – 10-20 mg per day helps to prevent cataracts and eye degeneration.
- d. Bilberry – 300 mg per day helps retain visual acuity.

If you have allergic symptoms or inflammation:

- e. Ginger: 1000-3000 mg per day with meals.
- f. Turmeric Extract (Curcumin): 600-2000 mg per day. Must be taken with meals. Curcumin is a natural anti-inflammatory, and also has a powerful anti-cancer and anti-viral effect.
- g. Quercetin: 400 mg three times a day, about 20 minutes before each meal.

Acute Illness Regimen

No regimen, no matter how perfect, can prevent you from coming in contact with the millions of viruses and bacteria that are everywhere, both in the human population but sometimes also, unfortunately, in our food.

By using a Natural Health Regimen, you are preparing your body to defend itself against these disease carriers, by building up the immune system. There are steps you can take if you do get ill to help your immune system respond very quickly and help you become well again in very little time.

1. Vitamin C - When you are ill – infected with a virus or bacteria – your immune system is using vitamin C much faster than normal, so you can increase your dosage dramatically. I have personal experience in my bowel tolerance being above 30 grams per day; I was able to take 3 grams every HOUR while I was ill, and the illness (the recent and famous Norwalk flu) lasted less than a day.
2. If it is a stomach or intestine related virus or bacteria, oregano oil and olive leaf extract are effective antibiotics, at 1000-2000 mg per day (I usually don't recommend brands, but in this case I recommend GAIA Herbs). I used these to stop the Norwalk flu from having any of its horrible symptoms (nausea, vomiting, diarrhea).
3. Ginger capsules, or even better, ginger oil capsules such as New Chapter Ginger Force. These are useful when the virus or bacteria causes nausea or diarrhea, since ginger is an anti-inflammatory and relaxant. (Ginger is as effective as pharmaceutical drugs for motion sickness.)
4. If the virus or bacteria seems to be getting the better of your immune system and you get pneumonia or for some other reason you don't think your body is responding adequately, you should consider getting one or more vitamin C intravenous infusions of 35-50 grams. Clinics that offer chelation – removal of heavy metals or as a cardiovascular remedy – often also offer intravenous vitamin C infusions. (In the US: in New England, this is offered by the Marino Center in Cambridge, Mass.; in the Midwest, the Riordan Center offers these treatments at <http://www.brightspot.org>.)
5. Overcoming an acute illness takes a tremendous amount of energy. Be sure to keep up your healthy food intake (use easily digested protein such as soy shakes) and get lots of rest. This may sound obvious, but there are many people today who attempt to work and go through their daily routine even when they are ill. This is not the way to heal quickly from illness.

Disclaimer

When pursuing the regimens described herein, please understand that Jonathan Campbell is a health researcher and consultant and not a physician, and the regimens are not prescriptions but recommendations based on published research. The profound nature of mental disorders makes it impossible to guarantee that these regimens will restore full functioning. The author has made every attempt to include all components that have shown any promise of restoring neuronal, neuromuscular and cardiovascular health.